Happy New Year to all and hope you had a peaceful Holiday. Our annual Holiday party was very nice. We had about 20 people attend and had great food, a fun game and lots of good talk. Met a few new folks and hope they will return.

SADNESS, DISAPPOINTMENT, AND SEvere CHALLENGE ARE EVENTS IN LIFE, NOT LIFE ITSELF. PAIN IS REAL BUT SO IS HOPE

The Annual NAMI Keystone PA Mental Health & Wellness Conference is March 12-13 in Harrisburg. If anyone is interested in attending please see Mim for scholarship details, etc.

UPCOMING MEETINGS

WEDNESDAY JANUARY 24TH 7:00 – 9:00PM
Alyssa Cypher, Data & Communications Specialist, NAMI Keystone
Alyssa will speak about her personal experience and how it inspired her to start Inside Our Minds

WEDNESDAY FEBRUARY 28TH 7:00 – 9:00PM
To be determined

WEDNESDAY MARCH 28TH 7:00 – 9:00PM
Charles Alter, County speaker on commitments

WEDNESDAY APRIL 25TH 7:00 – 9:00PM
Jon Lloyd Paul Freund
Beulah Presbyterian Church, Room 104, Park and enter back of church, 2500 McCrady Rd, Churchill, PA 15235

RESOURCES
Achieva.com support for disabled 1-888-272-7229 or 412 995-5000x565
Alanon Family 888 425-2666
Allegheny County MH Emergency Line 412 350-4457
Anti-stigma blog www.nkms2.org/news-blog Joey Pants
Bipolar magazine – bhopc.com
Bipolar & Depression Support Group/Edgewood – Gary 412 708-9423
Borderline Personality Support Group 814 317-0350
Community Care Member Services 1 800 553-7499
Consumer Health Coalition 412 456-1877
DOCS(Downtown Outreach Center & Shelter) 866 583-6003
Drug & Alcohol Helpline 877 537-7852
Emergency shelter for youth, alcohol & drug abuse counseling Employable 412 422-5227
Howard Levin Clubhouse 412 422-1850
MedlinePlus https://nlm.nih.gov/medlineplus
Mental Health America (Westmore, Ct) 1 800 871-4445
Mercy Behavioral Health 412 261-5071
NAMI Southwestern PA 412 366-3788
NAMI Veterans Resource Center www.nami.org
New Horizons Peer Support Center 412 766-8060
Obsessive Compulsive Support Grps 412 363-6231
Ombudsman Public Advocate – 1 877 787-2424
PA Health Law Project 1 800 274-3258/Janice Meintert
Peer Support & Advocacy 412 227-0402/ PSAN@peer-support.org
Resolve Crisis Center – 1 888 796-8226
Schizophrenia Resource Center – Sovaproject.pitt.edu – Resource for teens and parents
Http://schizophrenia.elsevierresource.com
Suicide Help Line – 1-800-273-8255
Survivors of Suicide WPIC 412 246-5633
WarmLine 412 641-4546
Women's Center & Shelter 412 687-8005
WPIC Winter Videoconference series-www.wpcc.pitt.edu/eerp/video

MEETINGS/CONFERENCES/EVENTS
Scholarships for FAMILIAS members available-see Mim

NAMI SPOUSE GROUP & CARE AND SHARE – 7:30pm
meets 2nd Wednesday at Beulah. Everyone is welcome.

PEER MENTAL HEALTH SUPPORT GROUP
Group will meet the 2nd & 4th Mondays of every month beginning Sept 11th, 2017
Dormont Library, 2950 W. Liberty Ave. 6PM – 7:30PM (412)366-3788

ACHIEVA 2018 SPEAKER SERIES – 711 Bingham St-Attend in person or live webinar
Friday, Jan 12 -9am-11am Everything you need to know about community health choices. Speaker David Gates, Senior Attorney & Director of Policy, PA Health Law P
Friday, Feb 9 9am-11am Housing Options for individuals with disabilities. Speaker Michelle Stockunas, Manager, A home of my own. ACHIEVA
Friday, April 13 – 9am-11am Update on Medicaid Services in PA. Speakers Janice Meintert, Paralegal, PA Health Law Project & Erin Ninehouser, PA Health Access Network

NAMI KEYSTONE PA ANNUAL MEETING – March 12-13, 2018
Best Western Premier, The Central Hotel & Conference Center
800 East Park Dr., Harrisburg, PA 17111

25th Annual OCD Conference – July 27-29, 2018
Washington Marriott Wardman Park, Washington, DC
617.973.5801

OUR NEWSLETTER IS ON NAMI SW WEBSITE WWW.NAMISWPA.ORG
If you need to speak to someone please call
Anne Handler – (412) 421-3656 or Mim Schwartz – (412) 731-4855
Mimschwartz1@gmail.com
Nami Familias Meeting
Wednesday, November 15, 2017

Familias now has Facebook – “friend” Mim to get connected

Speaker: Jack Rozel, M.D.  Medical Director Resolve Crisis Network – Guest Speaker

Most individuals with mental illness are not aggressive or violent, but there is a subset of people that are. However at this point there is not much scientific evidence to work through how to deal with the violent mentally ill. There currently is a study to work through this issue.

Resolve has been in existence for ten years. Prior to that there were several crisis agencies providing mobile crisis intervention services. Resolve is trying to be one team; one roof; one mission. Several agencies provided funds for the service. Western Psych conducted focus groups with community groups to determine how the service should be structured. Resolve provides phone service, mobile service, a crisis center and short-term residential care. All these services are free and offered 24/7... 365 days a year. The team is 150 individuals with mostly clinicians with a variety of backgrounds.

The individual defines their own crisis. The call doesn’t need to be attached to a diagnosis. The team member is able to assist the person with what is going on in the moment. Resolve services are on a voluntary basis; meaning if the individual refuses services Resolve is not able to help. In the case of an involuntary 302 crisis, Resolve is able to assist with the hospital admission in conjunction with the local police.

The resolve phone number is: 1-888-796-8226

Resolve is mostly created to serve the residents of Allegheny County.

Criteria for commitment came from the mental health procedures act enacted in 1976. The criteria needs to be updated. The default is always voluntary treatment. The medical team at the hospital has the final decision. The four basic involuntary criteria categories: the intent to harm oneself (suicidal intentions to take an act of furtherance); intent to harm others; inability to care for themselves, and self-injurious behaviors (like cutting). These actions need to have happened in the last 30 days. The petitions are almost always completed via computer that ensures that all the paperwork is in order and completed correctly. The country delegates must sign off on the petitions. The delegate training in Allegheny Country is very good; however the only legal requirement is to have a high school diploma and pass the civil service exam. A 302 is good for 120 hours. Then a 303 must be filed that entails a hearing at the hospital that can add another 20 days. Following that is a 304 and 305 that involves longer stays.

Once a person has a documented 302 admission the information goes back to the state police and is entered into a data base that can be matched with gun control inquiries. This does not apply to firearms currently owned. This is concerning for violence and suicide.