

NAMI PITTSBURGH/NORTH SUPPORT GROUP

NAMI Keystone PA/NAMI Southwestern PA
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JUNE 6, 2018
7:00PM – 9:00PM

GENERAL MEETING

NAMI is Concerned about Harmful Health Plans

NAMI.org website 5/29/18

Earlier this year, the U.S. Department of Health and Human Services (HHS) proposed changes that would expand the sale of certain types of health insurance plans, called “short-term limited duration plans.” If finalized, this rule could negatively impact access to health and mental health care for people with mental illness.

Unlike other types of health insurance plans, these short-term limited duration plans would not need to comply with patient protections put in place under the Affordable Care Act (ACA). This means that short-term limited duration plans *do not* have to:

- Cover pre-existing conditions like mental illness;
- Provide essential health benefits, including mental health and substance use care;
- Have adequate provider networks; or,
- Comply with other key consumer protections that were put in place by the ACA.

Many people who have enrolled in these plans have later discovered that their plan does not cover needed mental health care, leaving them with high medical bills or causing them to go without needed health care altogether.

The proposed rule would expand the availability of short-term limited duration plans. NAMI is concerned that doing so will raise premiums for all people seeking comprehensive health and mental health plans, while those enrolled in short-term limited duration health plans may find themselves without any coverage for mental health care.

NAMI strongly believes that finalizing this proposal will limit access to quality and affordable health insurance coverage for all Americans and will unfairly harm individuals with mental health conditions. NAMI has urged HHS to withdraw the proposed rule until it can protect individuals with mental illness and move us toward a health care system that provides high-quality, affordable mental health care for every American.

New Initiative Helps Keep People with Mental Illness Out of Jail

Nami.org Website 5/9/18

NAMI is pleased to announce the launch of [Serving Safely](#), a national initiative to help police and sheriffs' departments effectively respond to mental health crises. Funded by the U.S. Department of Justice, "Serving Safely: The National Initiative to Enhance Policing for Persons with Mental Illnesses and Developmental Disabilities" will be a one-stop shop for communities—specifically law enforcement agencies—to request training and technical assistance. Through the initiative's work, law enforcement agencies will be better prepared to interact with people experiencing mental illness or developmental disabilities and their families.

Each year, millions of people with mental illness are booked into jails across the U.S. Due to limited resources, a lack of quality community treatment options and no alternatives, law enforcement are increasingly called upon to respond during mental health crises. For the last 30 years, local and state NAMIs have been on the front lines promoting programs—such as [crisis intervention teams \(CIT\)](#) and mental health courts—that divert people with mental illness away from the criminal justice system and into treatment.

Teaming up on this project are the U.S. Department of Justice, The Vera Institute of Justice, The Arc, CIT International, National College of Emergency Physicians, Prosecutors Center for Excellence, National Disability Rights Network and several national researchers. In addition to providing training and technical assistance, these partners will develop new resources to support communities and develop a plan to guide research on mental illness and the justice system. NAMI will ensure that individuals and family members' voices are front and center.

To learn more about this initiative, please visit www.vera.org/projects/serving-safely or email us at cit@nami.org. You can also learn more about NAMI's work to improve police interactions with people experiencing a mental health crisis by going to www.nami.org/cit. There, you'll find resources and ways to keep up to date about NAMI's latest work to improve the criminal justice systems response to people with mental illness.

SAMHSA's Sponsored Webinar: Enhancing Recovery through Lived Experience

Nami.org Website 5/34/18

JUNE 7, 2018

2-3:30 pm EST

Call the NAMI office for instructions on how to join. 412 366-3788

Join NAMI Assistant Director of National Education Programs, Suzanne Robinson, MSW, to discuss the unique lived-experience approach that drives NAMI's peer and family-delivered education, support and presentation programs and how they complement the work of community mental health programs with an emphasis on NAMI Peer-to-Peer and NAMI Family & Friends, and how these programs can complement the work of community mental health programs.

Their firsthand experience of mental health issues provides NAMI program designers and leaders with an unparalleled ability to understand and support those on the road to recovery. NAMI's peer and family-delivered programs serve an important role in achieving wellness, supporting recovery and resiliency and complementing other mental health services. The updated version of the NAMI Peer-to-Peer education program teaches self-awareness, self-care and the importance of taking an active role in your own treatment. The new NAMI Family & Friends seminar offers a convenient way for families and friends to learn more about mental health conditions and how to best support a person in their recovery.

Our Presenter

Suzanne Robinson, MSW, serves as the Assistant Director of National Education Programs at NAMI. She began working at NAMI in August of 2013 as the Senior Manager of National Education Programs responsible for oversight, growth, development and enhancement of the NAMI Family-to-Family Education Program and NAMI Homefront Program. Suzanne is the co-author of the NAMI Homefront program and developed the NAMI Family & Friends Seminar. Prior to coming to NAMI, Suzanne served as Director of Programs at NAMI Ohio for fourteen years.

Annual Child & Adolescent Mental Health Conference

June 8, 2018

Pittsburgh Airport Marriott

777 Aten Road
Coraopolis PA 15108

NAMI Keystone Pennsylvania's Annual Child and Adolescent Mental Health Conference will take place on Friday, June 8, 2018 at the Pittsburgh Airport Marriott. This day-long event unifies families, caregivers, and behavioral health professionals who will discuss best practices and new discoveries in youth mental wellness. There are 12 workshops to choose from including anxiety in the classroom, social media awareness for caregivers and mindfulness-based stress reduction in schools.

Two keynote speakers, Ross W. Greene, Ph.D. and Dior Vargas, bring different backgrounds, perspectives, and methods to a similar mission: crossing boundaries and overcoming obstacles to improve behavioral health care. Call the NAMI office for more information: 412 366-3788 or slsteinberg@namikeystonepa.org.

2018 NAMI National Convention

June 27 – 30, 2018

New Orleans, LA

The NAMI National Convention is one of the largest annual gatherings of mental health advocates in the nation. The 2018 NAMI National Convention will convene at the [Sheraton New Orleans](#) on Canal St. in the heart of New Orleans, June 27 -30.

This year's theme "**Live. Learn. Share hope.**" describes the NAMI experience. Our collective voice spreads hope that recovery is possible and families can be whole again.

The NAMI National Convention connects people affected by mental illness who are looking for resources, research and support. Attendees include individuals with mental illness, family members, caregivers, advocates, policymakers, educators, researchers, clinicians and press.

5 Great Reasons to Attend

1. Learn from experts who share exciting research, tools and treatment options
2. Hear powerful stories and make connections with people you can relate to
3. Deepen your recovery toolbox with advanced support and coping methods
4. Earn continuing education credits as a licensed counselor, social worker or registered nurse
5. Develop NAMI leadership skills that can take the NAMI movement to the next level

Call the NAMI office for more information: 412 366-3788

NAMI Keystone Pennsylvania's 12th Annual NAMIWalks

OCTOBER 14, 2018

The Waterfront Town Center, Homestead, PA

Registration: 9 am

Walk: 10 am

Our Support Group Team has been registered for this year's NAMIWalk. Our Team is **PITTSBURGH/NORTH SUPPORT GROUP**. Join our team for this year's NAMIWalks event! We are walking to raise awareness of mental illness and raise funds for the important work of NAMI, the National Alliance on Mental Illness.

Please JOIN OUR TEAM and walk with us, or support our team by making a donation to a team member who is attending the Walk. Our Team is trying to raise \$1,000 for NAMI. You can either mail your donation to SHARON VOGEL or CANDY VENEZIA (contact info above) or make a donation online. Sharon is the Team Captain and the site is: <https://www.namiwalks.org/participant/SharonVogel>. We can provide other direct links to team members

once they are available. All donations roll up to our team total! Every \$5 donated will receive a raffle ticket for a chance to win one the prizes at the Walk. Our Support Group had a winner last year. They are great prizes.

All funds raised directly support the mission of NAMI to provide support, education and advocacy to individuals and families right here in our region.

More info to come.... Thank you for your consideration.

NAMI MEETINGS – 2018

January – No Meeting
February – No Meeting
March 7, 2018
April 4, 2018
May 2, 2018
June 6, 2018

July 4, 2018 – To Be Determined
August 1, 2018
September 5, 2018
October 3, 2018
November 7, 2018
December 5, 2018

