



**nami**

National Alliance on Mental Illness

Keystone  
Pennsylvania

**THE  
VOICE**

Volume 21, Issue 3 February 2019

## Shining a Light: Green Light Gala Raises Awareness for Mental Health

For one night in Pittsburgh, mental health took center stage as NAMI Keystone Pennsylvania hosted its second *Green Light Gala for Mental Health Awareness*. The Gala was held on Thursday, December 6, 2018, at Nova Place on Pittsburgh’s North Side.

“The venue was very special,” said Christine Michaels, CEO of NAMI Keystone Pennsylvania. “They were able to transform the space, which is a workplace by day, into an elegant setting which really set the tone.” *The Green Light Gala* is a biennial event that shines

a light on the importance of mental health awareness and the power of recovery.

“Despite making progress, there is still so much stigma and discrimination that surrounds mental illness,” said Michaels. “The Gala is an opportunity to bring the topic of mental health out of the shadows by making it the focus of a high-profile event with some of the city’s most influential partners.”



**Gala Co-chairs Sam Kane (left) and Libby Mascaro (right) pictured with Diane Holder, President and CEO, UPMC Health Plan**

The presenting sponsors of *The Green Light Gala* were UPMC Health Plan and Community Care Behavioral Health, Inc. Other notable sponsors included Mascaro Construction, the Pittsburgh Steelers, Pirates Charities, PNC, PricewaterhouseCoopers, The Rhodes Group, Highmark Blue Cross Blue Shield and Allegheny Health Network just to name a few.

“We were humbled to have so many major corporations and businesses inside and outside the mental health arena sponsor the Gala,” said Michaels. “We couldn’t have forged those relationships without the leadership of our co-chairs.”

Gala co-chairs included Kathy Testoni, who is vice president of NAMI Keystone Pennsylvania’s Board of Directors, Libby Mascaro, and Sam Kane.

“The sponsors see the value in getting behind this cause,” said Kane. “Some of the biggest organizations recognize how prevalent mental illness is and the need for more funding in all aspects.”

The 2018 Gala raised \$122,000 for mental health awareness, surpassing the 2016 total.

“Libby, Sam, and I felt honored to continue addressing the need for mental health transparency,” said Testoni. “Our

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## From the Desk of the CEO

Christine Michaels, MSHSA  
Chief Executive Officer, NAMI Keystone Pennsylvania

**H**appy New Year! I hope 2019 is off to a good start for everyone. At NAMI Keystone Pennsylvania, we're off to a fast and exciting beginning. This winter newsletter is our first electronic-only newsletter and all NAMI members across the state are receiving it in their inbox.

So, if this is your first time reading *The Voice*, we hope you enjoy! Here's a little bit of what you can expect:

As you scan the newsletter, you'll find articles on NAMI Keystone Pennsylvania's *Green Light Gala for Mental Health Awareness*, NAMIWalks, NAMI Homefront, and NAMI Connection Recovery Support Group.

The *In the Spotlight* section profiles new staff members or volunteers who are making a difference. In this issue, we're highlighting Joel Richard, NAMI Keystone Pennsylvania's Data and Communications Specialist. You can learn more about Joel on page ten.

The *Keystone Connection* section highlights events from affiliates across the state. Be sure to check out page six to read about an exciting billboard campaign at NAMI Scranton and Northeast Region, NAMI Erie County PA's holiday event in the community, and the 7th Annual Benefit for the Brain at NAMI Montgomery County PA.

One last thing you can look forward to in every newsletter is the *Public Policy* page. This is where you can find updates on federal and state legislative activity or advocacy initiatives.

A few additional items to point out - at the end of 2018, NAMI Keystone Pennsylvania was chartered by NAMI making our role as a state organization official. As the state office, NAMI Keystone Pennsylvania is no longer accepting memberships directly. New members in the state, or those seeking to renew, can visit [www.nami.org](http://www.nami.org) and become a member of their local NAMI Affiliate. By doing so they will automatically become members of NAMI and NAMI Keystone Pennsylvania.

Remember, if you ever have questions about mental health resources, you can call our HelpLine at 1-888-264-7972 or log on to our website [www.namikeystonepa.org](http://www.namikeystonepa.org).

Warmest Regards,

A handwritten signature in cursive script that reads "Chris".

***NAMI Keystone Pennsylvania is a 501(c)(3) grassroots, nonprofit organization dedicated to improving the lives of children, adolescents, adults, and families affected by mental illness through recovery-focused support, education, and advocacy.***

# Public Policy Updates

By Christine Michaels, MSHA, CEO, NAMI Keystone Pennsylvania

## Call to Action: Support and Protect

The Behavioral Health Managed Care Organization (BHMCO) Human Services Integration Model (carve-out model) is being targeted for elimination. Two legislators from York County are sponsoring bills to eliminate the “carve-out model” to save money.

The fact is HealthChoices, Pennsylvania’s Managed Care Medicaid program with the “carve-out” model, has been very successful. The projected cost savings was achieved, the quality continuously improved, and the highest level of individual and family satisfaction was attained.

NAMI Keystone Pennsylvania, formerly NAMI Southwestern Pennsylvania, stands in support of the HealthChoices Human Service Integration Model (the “carve-out” model) just as it did over 20 years ago.

An advocacy campaign to support the HealthChoices Behavioral Health carve-out will begin shortly. Your voice will be needed to save the “carve-out.”

## Community HealthChoices

On Jan. 1, 2019, Community HealthChoices, or CHC, rolled out in southeastern Pennsylvania in Bucks, Chester, Delaware, Montgomery, and Philadelphia Counties. CHC is managed care long-term care for nursing home individuals who are eligible for both Medicaid and Medicare. It is also for non-nursing home individuals living in the community who are eligible for both. We often refer to this group as “dual eligibles.” The rollout in the southeast will include about 131,000 individuals. CHC was unveiled in southwestern Pennsylvania in January 2018. The rollout for the rest of the state will take place in January 2020. When fully implemented across the state, CHC will include 420,000 Pennsylvanians.

For more information on plan selection, call 1-844-824-3655 (TTY 1-833-254-0690).

## Additional CHC Resources

[CHC Website](#) | [CHC Enrollment Website](#) | [DHS CHC Video](#)

## Other Pennsylvania News

- The Governor’s budget address will be on Tuesday, February 5. A \$1.5 billion deficit is being projected.

Mental health cannot absorb any cuts in funding.

- H.B.1233 and S.B.599 were passed as Act 106 in late 2018. This is the AOT (Assisted Outpatient Treatment) legislation to be effective in mid-April 2019. Revised regulatory standards are pending.

## National News


NAMI hand-delivered welcome packets to 92 new House members and eight new senators that outlined NAMI’s policy priorities and an information sheet about NAMI.

NAMI is following a proposed rule that would allow the Centers for Medicare and Medicaid Services (CMS) to remove mental health medication from their “protected status” in Medicare Part D. Antidepressants and antipsychotics are 2 of 6 protected classes of medication.

## #BackOnTrackPA

In January 2019, NAMI Keystone Pennsylvania launched #BackOnTrackPA, a statewide initiative to bring awareness to the nine First Episode Psychosis (FEP) programs in Pennsylvania and highlight the positive impact they’re having on young people and their families.

First episodes of psychosis typically occur in teenagers and young adults between the ages of 15 and 30. FEP programs help young people with symptoms of serious mental illness get the treatment they need to get better, get their lives back on track, and pursue their goals by using a recovery-focused treatment model known as Coordinated Specialty Care (CSC). The CSC model involves a team of people, including professionals and family, who work together with the individual experiencing psychosis to support them through case management, medication management, psychotherapy, family education, supported education or employment, and peer support.

During 2019, NAMI Keystone Pennsylvania will be working with Denny Civic Solutions to manage the awareness campaign which includes affiliate and county outreach and education. Learn more at [www.namikeystonepa.org/backontrackpa](http://www.namikeystonepa.org/backontrackpa). 

**If you would like to receive Action Alerts from NAMI Keystone Pennsylvania regarding legislation affecting mental health services send your request to [info@namikeystonepa.org](mailto:info@namikeystonepa.org).**

*Green Light Gala Raises Awareness for Mental Illness continued from page one*

2016 NAMI Gala was very well received and encouraging. We felt strongly that NAMI should address the stigma of mental health to an audience which has not been reached out to.”

“There is no other black-tie gala in Pittsburgh dedicated to mental health awareness and we wanted to change that,” said Mascaro.

“An event like the NAMI Gala is another way to talk about mental health and the need to continue that discussion until it becomes comfortable and open,” said Testoni.

Green accent lights set the scene as Pittsburgh-based *The Move Makers Band* entertained nearly 250 guests. Rania’s Catering provided heavy hors d’oeuvres that included grilled New Zealand lamb chops, Tuscan chicken, and sesame orzo salad.



*The Move Makers Band kept Gala attendees on their feet!*

“There were food stations set up so people were able to mingle and network while still having seconds and thirds, so it really worked out,” said Debbie Ference, COO of NAMI Keystone Pennsylvania.

Artist Johno Prascak donated four prints that were raffled off. Three of the prints had been featured on NBC’s hit show *Will & Grace*. The fourth print was an iconic Pittsburgh skyline that you can also find decorating the cover of Sarris candy boxes.

“Johno has been a part of both Galas and his support really means the world to us,” said Michaels. “Johno is a legend here in Pittsburgh,”



*One lucky raffle winner pictured with Johno Prascak’s print.*

said Mascaro. “His art is unique and meaningful. He and his wife, Maria, are incredibly kind and generous people whom we are lucky to call our friends.”

Other in-kind contributors who donated their services or goods included Whitney Lerch Photography, Pete Donati and Sons Florist, The Pie Place, and Cocoa Bake Shop.



“They saw the value in the cause and have a deep desire to be a part of the only black-tie gala for mental illness,” said Kane. “It was truly remarkable how they all stepped up.”

Organizers say none of the success would have been possible without the guests.

“They commit financially and then walk the walk,” said Kane. “They stand side by side with us in support of the afflicted and their families.

We can always book a beautiful venue, hire a fun band, and have delicious food, but without the people, we have nothing.”



*Gala Committee member, Stacey Rhodes, pictured with her husband, Andy.*

For Sam and Libby, who are brother and sister, the Gala is personal.

“Our mother ended her life by suicide on June 1, 2013, after a 25 year battle with bipolar disorder,” said Mascaro. “My brother and I immediately got involved with mental health advocacy to help those who are affected with mental illnesses and their families.”

“We saw firsthand the devastating effects of the stigmas associated with non-physical illnesses and the crucial need for more mainstream conversations,” said Kane. “My sister and I pledged to not let her die in vain. We share our story for others, in her honor.”

# Leading the Way

## Peer Facilitators Find Strength in NAMI Connection Recovery Support Group

Peer support is gaining momentum. While the research for evidence-based peer support grows, many individuals who make it part of their recovery plan can attest to the benefits. Across the state, NAMI affiliates are finding success with the NAMI Connection Recovery Support Group, a free, confidential, peer-led support group for adults (18+) living with mental illness.

“The Connection Recovery Support Group has been instrumental in my recovery,” said Amy Barry, Connection facilitator. “Listening and learning from others who have struggled with their mental health for years and what they have achieved has been a source of strength and inspiration.”

Amy Barry has been attending the Connection Recovery Support Group since June 2018. That’s also when she became a facilitator.

“I have a background in human resources and organization development and wanted to put my facilitation skills to work aiding my own and other people’s recovery,” said Barry.

All NAMI Connection groups are led by individuals with lived experience who have completed the NAMI Connection Facilitator training. Fred Terling is a professional writer and mental health advocate. He is also a NAMI *In Our Own Voice* presenter and NAMI Connection facilitator. He says there are benefits to attending a support group led by peers.

“We tend to hold certain things back from our therapists, psychiatrists, and caregivers,” said Terling. “Some things can be quite embarrassing or show us at our weakest points.”

“Peers get it because they’ve been through it, too,” said Nicole Campbell, Connection facilitator and Peer Engagement and Education Specialist at NAMI Keystone Pennsylvania. “The group provides a comfortable environment to be open because you get to talk to others who don’t judge you and get support in a non-clinical setting.”

NAMI Connection groups give people the opportunity to talk about something they’re dealing with or share what has been working for them in their wellness. Jeff Fitzwilliam is an interviewer for the Consumer Action Response Team of Allegheny County. He also became a NAMI Connection facilitator in June 2018.

“The strength and positivity that peers bring to each other in our battle against these illnesses is essential to our recovery,” said Fitzwilliam.

But facilitators are clear - this is a support group, not therapy and they don’t give advice.

“Our role is not to instruct our attendees on what they should do,” said Terling. “We only guide the group utilizing the tools that we were trained to use like calling on ‘group wisdom’ when someone is looking to resolve a particular issue.”

Connection groups are also confidential.

“Not everyone who lives with a mental health condition has the luxury of being open about their diagnosis with family, friends, and coworkers,” said Campbell. “It’s nice to have a safe space to share your experiences without fearing people discriminating against you or being dismissive.”

There are nearly two dozen NAMI Connection Recovery Support Groups held across the state. But before a NAMI affiliate can add a Connection group, they need to have two people trained to lead the group. As the state organization, NAMI Keystone Pennsylvania tries to hold two facilitator trainings per year. There is a strict application process that the state organization oversees.

“Once someone applies, affiliate leaders pre-screen their applicants prior to submitting the paperwork to the state,” said Susan Caban, Director of Education at NAMI Keystone Pennsylvania. “Then we vet the applicants to ensure they meet the qualifications.”

To become a NAMI Connection facilitator you must be a peer, a NAMI member prior to training, successfully complete a



NAMI Connection Facilitators: Amy Barry, Jeff Fitzwilliam, Nicole Campbell and Fred Terling.

*continued on page 6*

# Keystone Connection: Highlights from Across the State



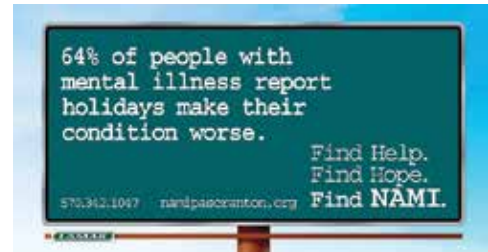
On Nov. 7, 2018, NAMI Montgomery County PA hosted its 7th annual *Benefit for the Brain* at the Philadelphia Marriott

West in Conshohocken. The event highlights the need for both medical and non-medical research and services for mental illness. Maria Oquendo, MD, PhD, received the *Scientific Research Award* and Valerie Arkoosh, MD, MPH, received the *Impact Award*.

NAMI Erie County PA celebrated the holiday season at the Flagship Niagara League's 14th annual Christmas Tree Ship event. Nearly 1,000 visitors attended the celebration that took place on December 8, 2018, at the Erie Maritime Museum. Children made holiday crafts and mingled with Santa Claus and his reindeer aboard the U.S. Brig Niagara. NAMI Erie County PA was represented by recent graduates of NAMI's Family-to-Family program and students from Penn State Behrend.



awareness billboard campaign that was held during the months of November, December, and January. The goal was to provide information and hope to people who may be struggling over the holidays. The campaign, which was funded by The Katie Foundation, included three different messages in various locations within a five middle radius.



The Board of Directors and staff at NAMI Scranton and Northeast Region are wrapping up a successful mental health

Be on the lookout - NAMI Scranton and Northeast Region is already planning a second campaign that will use hashtags and prizes to create a more interactive experience.

*Leading the Way* continued from page 5

2-day training, and able to commit to overseeing a 90-minute group at least once a month.

"I knew I wanted to be a facilitator as soon as I found out about NAMI and the support group," said Barry. "I knew facilitating would help in my learning and healing process."


"Anyone who has that burning desire that they can't quite explain that compels them to give of themselves to aid other people who struggle, becoming a NAMI Connection Facilitator is a step they should take," said Terling.

Facilitators say there is a natural exchange during the group

that creates a safe environment.

"It's often easier to share your struggles with strangers than with people who are close to you," said Campbell. "But those strangers can soon become friends and allies in fighting your struggles."

"Regardless of our diagnoses or severity of our symptoms, we can always reach out to others and by doing so effect positive change for each other," said Fitzwilliam.

"The group has become an extension of my family," said Terling. "Every single session I learn something new and am astonished at how powerful simple belief and encouragement can be." 

# Lessons From the Homefront: What I Learned and What You Can Expect

By Nicole Dawson

Being a veteran in today's tumultuous world can be a lonely experience. Many veterans choose to isolate themselves because they find it a better alternative than participating in a world that often misunderstands them. Many times, veteran family and friends may be the only contacts a veteran has with the "civilian" world. Because of this, it's critical for family and friends to know how a veteran's service may impact their mental health and more importantly how these issues manifest themselves. Enter NAMI Homefront, a free educational program for families, caregivers, and friends of military service members and vets with mental health conditions.

I recently had the opportunity to complete the six week NAMI Homefront class online. I must admit, going into the class I was a little apprehensive. Would I learn anything new? Could I relate to my classmates? I also had to remember that I was taking the class as a family member and not as a veteran. Looking back, I'm sorry I didn't take the class sooner. Not only was the material spot-on, but hearing the experiences of my fellow classmates was invaluable. We exchanged stories, tears, and most importantly we knew we weren't alone in our struggles.

Throughout the six-week course, we covered a wide variety of topics relating to the mental health of service members and the unique issues they face. Any reservations I held were quickly put to ease during the first session as participants took turns sharing experiences with their loved ones and what led them to take this program. The class was filled with brothers, sisters, spouses, and more importantly people who cared. As someone who has navigated the VA system as a loved one, finding someone who cares and is willing to listen is painstaking at best.

During the first several classes, the basics of mental health were covered. Among them were signs and symptoms, why caring for your own and a loved one's mental health are important, and perhaps most significant – the stigma surrounding mental health, especially in the military and veteran communities. EVERY story shared during my time in Homefront had a stigma component. As a veteran myself I lived with this stigma. I had to be hush-hush as I cared for my own mental health while I was still active duty. In the military, we are expected to be tough 24/7 and it is a widely-held view that only weak soldiers have "those types" of problems. Should your fellow soldiers find out

you are seeking treatment, rarely is it accepted the way a soldier who has been diagnosed with cancer would be. Instead, the person is ridiculed and sometimes even harassed by their superiors.

By week four a great deal of time was being devoted to helping your loved one through a crisis situation and treatment planning. These lessons focused on finding resources in your community, understanding the treatment options most commonly used for various mental illnesses, and identifying what relapse looks like. We compiled a crisis folder that included phone numbers such as 911, the local VA, and any doctors our loved one was currently seeing. Instructors also talked about the importance of becoming familiar with our local NAMI affiliate and the support they may be able to provide.

During the last week of class we discussed the importance of communication and problem solving and how they play a vital role in getting your loved one help. One thing I love about NAMI education courses is the importance placed on "I" statements. In the case of communicating with a loved one during a crisis or relapse, the use of "I" statements is imperative as to not make the other person feel attacked or belittled for what they are experiencing. Based on my own experiences it's difficult to reach out for help if you feel attacked or judged, especially with the deep-rooted stigma in the military community.

By far, the most important topic of the course in my opinion was self-care! After all, we can't provide meaningful support to our loved ones when they need it most if we aren't caring for ourselves first. I admit I am guilty of putting myself second to the needs of my loved ones. But, I have learned that even the tiniest measures go a long way in preserving my own mental health. Sometimes that means saying no, taking an afternoon nap, or even just vegging out watching your favorite shows. Another great measure of self-care: taking NAMI Homefront. I'm so thankful I did!! 🌍



# A Look Back at NAMIWalks 2018



There's nothing like a long walk along the Monongahela River to take the edge off of a chilly October morning! On Sunday, Oct. 14, 2018, NAMI Keystone Pennsylvania hosted its 12th annual NAMIWalks at the Waterfront in Homestead. Thousands of people bundled up for the 5k walk that raises awareness for mental health and spreads the word that recovery is possible. This year's event featured face painting, balloon and caricature artists, and a selfie station where people posted photos to social media using #NAMIWalks. Honorary Chair, WTAE-TV News Anchor Michelle Wright, emceed the event and for the fifth year in a row Deb Wasilchak from Community Care Behavioral Health served as the NAMIWalks Chairperson.

NAMI Keystone Pennsylvania would like to thank everyone who participated.

## By the Numbers

No. of Teams: 90  
 Walkers Not On a Team: 89  
 Online Participants: 1189  
 Virtual Walkers: 128  
 Total Raised: \$159,165.27

## Top 5 Individual Fundraisers

James Ehrman  
 Jim's Jocks - \$5,495.00

Deb Wasilchak  
 Community Care 2018 - \$5,250.00

Roxanne Mahfood  
 Bonnie's Brigade - \$3,095.00

Charma D. Dudley, PhD, FPPR  
 Beacon Health Options - \$2,270.00

Rosemary Dempsey  
 Community Care 2018 - \$2,115.00

## Top Ten Teams

Community Care 2018 - \$15,565.78  
 Captain Rosemary Dempsey

Jim's Jocks - \$5,495.00  
 Captain James Ehrman

Beacon Health Options - \$4,545.00  
 Captain Sue Klaus

Team Allegheny DHS - \$4,387.00  
 Captain Denise Macerelli

Bonnie's Brigade - \$4,130.00  
 Captain Roxanne Mahfood

Corinne's Cool Crew:  
 Walking for Sammie - \$3,580.00  
 Captain Darcey Mamone

Pittsburgh/North Support Group - \$3,215.00  
 Captain Sharon Vogel

AHCI Walks for NAMI - \$3,185.00  
 Captain Lea Ann Gerkin

Team Bellefield - \$3,010.00  
 Captain Kelly O'Toole

NAMI McKeesport/MYCS  
 Recovery Advocates - \$2,791.00  
 Captain Barbara Tomko



NAMIWalks Chair Deb Wasilchak, NAMI Keystone PA Board President Dr. Charma D. Dudley, NAMIWalks Honorary Chair Michelle Wright, and NAMI Keystone PA CEO Christine Michaels.



# Thank You To Our 2018 NAMIWalks Sponsors

Premier NAMI Walks Sponsor

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Ohio Valley General Hospital \* Dollar Bank  
The Jewish Healthcare Foundation  
Achieva Family Trust \* Dr. Charma D. Dudley  
Interim Healthcare \* Stay Counseling Center  
Genoa HealthCare \* Clifford A. & Dr. Cynthia Krey

## NAMWalks is on the Move!

NAMI Keystone Pennsylvania will hold its 2019 NAMIWalks on Sunday, October 6, at a brand new location at Monroeville Community Park West, which is located off of Tilbrook Road in Monroeville. The park spans 66 acres and includes a paved walking trail for participants. The 2019 Walk will once again feature a DJ, face painting, and balloon and caricature artists. New highlights will include food trucks and a coffee cart.

Registration will open in the spring/summer of 2019. For more information on sponsoring or exhibiting, contact Sara Levine Steinberg by email at [ssteinberg@namikeystonepa.org](mailto:ssteinberg@namikeystonepa.org) or by phone



See you  
October 6th!





## *In the Spotlight*

### **Joel Richard, Data and Communications Specialist, NAMI Keystone Pennsylvania**

#### **How did you first get involved with NAMI Keystone Pennsylvania?**

I first got involved with NAMI Keystone Pennsylvania as a volunteer. I was pretty fresh on my recovery journey when I shared publicly with a group of people my experience with suicidal ideation and my struggle with mental illness. One of the folks who heard me was a NAMI member and approached me with the suggestion that I become a presenter through NAMI's *In Our Own Voice* program. Once my mental health started to improve and after some serious soul searching where I decided that I wanted all the suffering I'd endured because of my mental illness to have some meaning, I applied to the program through NAMI Keystone PA and became trained as a presenter.

#### **Why do you think sharing your story is important?**

Outwardly, I find sharing my story is important because I want to show people that there is a real, genuine, human face to mental illness. A mental illness doesn't make someone a good or bad person any more than cancer would make them a good or bad person. Who they are doesn't change. And for my peers, I wanted to empower them by sharing that "recovery" for me means living a satisfying life while having a mental illness.

Inwardly, sharing my story is important because it grounds me and reminds me where I came from, what I experienced, and how far I've managed to come. I don't ever want to forget the lessons I learned and I want to remember what it was like to be in that dark place so I can try to be understanding and helpful to others who may still be in a place like that.

#### **What is one of your most memorable moments as a NAMI *In Our Own Voice* presenter?**

I've accrued many thank yous both verbal and written since I first started presenting. They all mean a great deal to me. However, the first one I received showed me that something as simple as talking about my experience could be educational and empowering to others. It's a powerful reminder that what is familiar and normal to me may be

alien or inspiring to someone else. My experience can be invaluable to other people as their experiences can prove invaluable to me.

#### **What are some of your main responsibilities as the Data and Communications Specialist?**

It depends on the hat I'm wearing that day! My primary responsibilities are three-fold and in no particular order.

First, I generate our social media content across our various social media platforms.

Second, I'm responsible for maintaining our website. There's less coding involved in what I do and more design and layout.

And finally, I handle the maintenance of all the information in our Constituent Database, such as recording donations, generating acknowledgements, and providing staff with information regarding sponsorships, events, donations, etc.

#### **What do you like most about your job?**

The thing I like most is also the most challenging aspect of this job: the fact that its responsibilities are so varied from each other. In one day I can be working on designing a graphic for social media in the morning, then tinkering with the formatting and layout of a webpage in the afternoon, and finally, recording information in our database at the end of the day. From time to time there are presentations I have to give sprinkled in my schedule as well. Having that variety and the challenge of trying to keep all the plates spinning at once is rewarding and even fun at times.

#### **How can someone become a NAMI *In Our Own Voice* presenter?**

The incredible thing about an *In Our Own Voice* presentation is it is literally just the presenter sharing their story with others. We only need to be experts in our lives. There is no one on the planet more qualified to share our experience than ourselves.

Interested individuals can complete a training application and once the application has been approved, individuals will need to complete both an online and one day in-person training.

# Find NAMI in Pennsylvania

Visit “Find Your Local NAMI” on the NAMI Keystone Pennsylvania website at [www.namikeystonepa.org](http://www.namikeystonepa.org) for information on NAMI support groups and programs in Pennsylvania. You can also contact our office at 1-888-264-7972.

**NAMI Keystone Pennsylvania**  
**Annual Child & Adolescent Mental Health Conference**  
**Friday, March 8, 2019 | Pittsburgh Airport Marriott**

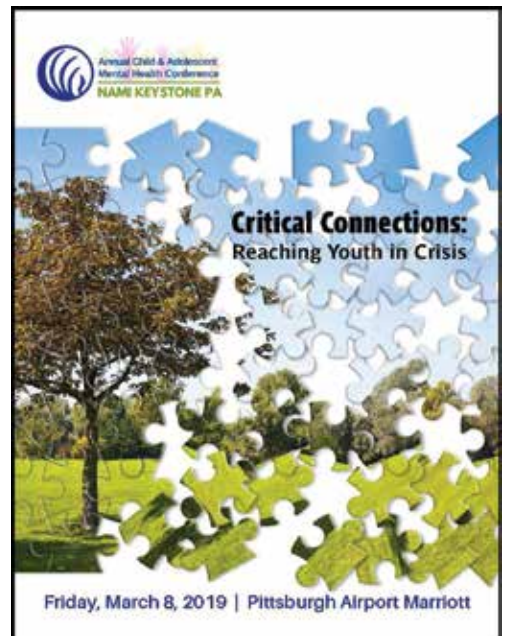
Register online at [www.namikeystonepa.org](http://www.namikeystonepa.org).

## Featured Presenters

Michelle Kuchuk, MS, National Suicide Prevention Lifeline  
*Children & Adolescents: Best Practices for Suicide Prevention*

Irene Hurford, MD, University of Pennsylvania  
*Before a Diagnosis: First Steps in Early Intervention*

The conference, **Critical Connections: Reaching Youth in Crisis**, has a little something for everyone. We have workshops designed for parents and caregivers; behavioral health professionals and health care providers; and teachers, school counselors, and administrators. **Continuing Education Credits and Act 48 Credits are being offered.**



## SAVE THE DATE FOR...

May 20-21, 2019  
Holiday Inn Harrisburg -Hershey

**3 ORGANIZATIONS**  
**1 MISSION**

Uniting peers, family members, advocates  
& professionals for a one-of-a kind,  
statewide mental health event



Join us May 20-21, 2019, as three leading statewide mental health organizations unite to host the *Pennsylvania Mental Health & Wellness Conference* in Harrisburg. NAMI Keystone Pennsylvania, the Pennsylvania Mental Health Consumers' Association (PMHCA), and the Mental Health Association in Pennsylvania (MHAPA) invite peers, family members, advocates, and professionals to experience this one-of-a-kind event that will provide a platform to learn, share, and network.

## Marketing Opportunities

The 2019 Pennsylvania Mental Health and Wellness Conference is an opportunity to showcase your organization or business to hundreds of attendees from across the state over the course of this two-day event. There are opportunities to sponsor, become a scholarship benefactor, exhibit, or place an ad. Contact Sara Levine Steinberg at [ssteinberg@namikeystonepa.org](mailto:ssteinberg@namikeystonepa.org) for information.

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## THE GIFT OF GENEROSITY

NAMI Keystone Pennsylvania provides life-changing education classes and support groups that are offered at no cost to participants. Your donations to NAMI Keystone Pennsylvania fund crucial programs that support and educate individuals living with mental illness and empower them to get help. Our programs also raise awareness among parents, caregivers, teachers, and professionals so they are better informed about mental health.

\$25    \$50    \$75    \$100    \$500    Other amount \$ \_\_\_\_\_

Donation to remain anonymous



NAME/S \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE (H) \_\_\_\_\_

E-mail \_\_\_\_\_

Donation in Memory of \_\_\_\_\_

Donation in Honor of \_\_\_\_\_

Send acknowledgment to (name & address):

\_\_\_\_\_  
\_\_\_\_\_

### Please make check payable and mail to:

NAMI Keystone Pennsylvania, 105 Braunlich Drive, McKnight Plaza, Suite 200, Pittsburgh, PA 15237

**Donate via the website at [www.namikeystonepa.org](http://www.namikeystonepa.org).** Donations are tax-deductible. Official registration and financial information of NAMI Keystone Pennsylvania may be obtained from the PA Department of State by calling toll-free within PA: 1-800-732-0999. Registration does not imply endorsement.