

Stronger Together Conference Unites Organizations, Advocates, and Affiliates

Advocates from all corners of the state converged in Harrisburg for the 2019 Pennsylvania Mental Health and Wellness Conference that was hosted by NAMI Keystone Pennsylvania, Pennsylvania Mental Health Consumers' Association (PMHCA), and Mental Health Association in Pennsylvania (MHAPA). This was the first time all three groups collaborated for a major event.

"Our organizations work together all the time on advocacy issues," said Christine Michaels, CEO of NAMI



NAMI affiliate leaders pose for a picture during a break at the 2019 Pennsylvania Mental Health and Wellness Conference.

Keystone Pennsylvania. "But never had we joined forces on such a large scale."

More than 400 people attended the conference that took place May 20-21, 2019, at the Holiday Inn Harrisburg-Hershey Hotel in Grantville. The theme was *Stronger Together* and the goal was to unite peers, family members, advocates, and professionals for a single event that would inform and inspire them to take action.

"Working together strengthens each of our organizations," said Sue Walther, Executive Director of Mental Health Association in PA. "We build and enhance our networks by coming together and as a result, our organizations will be more effective in our efforts, including our advocacy work."

Educating and mobilizing supporters was a thread throughout the two-day event which featured Rep. Mike Schlossberg from Lehigh County as the keynote speaker. Rep. Schlossberg talked about how his experience with anxiety and depression impacts his role as a state legislator.

"Rep. Schlossberg has a very unique perspective as an individual with lived experience but also as a legislator crafting laws regarding mental health," said Michaels. "People really enjoyed his speech and he took a lot of time, both during his keynote and afterward, to answer questions."

There was also a panel discussion on the top advocacy issues in Pennsylvania. Joan Erney, CEO of Community Behavioral Health, served

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FROM THE DESK OF THE CEO

Christine Michaels, MSHSA
Chief Executive Officer, NAMI Keystone Pennsylvania

Unity. Collaboration. Action. The meaning of these words has never been more important. This edition's cover story is about our statewide Mental Health and Wellness Conference that took place May 20-21, 2019, in Harrisburg.

For the first time ever, NAMI Keystone Pennsylvania joined forces with two other leading mental health organizations, Pennsylvania Mental Health Consumers Association (PMHCA) and Mental Health Association in Pennsylvania (MHAPA), to organize an event focused on mental health awareness, education, and advocacy. The goal was to bring together peers, family members, and professionals from across the state and we were overwhelmed at the turnout, with more than 400 people including 54 exhibitors attending.

And we are grateful for the support of our affiliates. Leaders from more than 20 affiliates participated in the Annual Meeting the night before the conference. Many attended in person and some called in by phone to ratify the results of the NAMI Keystone Pennsylvania Board of Directors election and to hear updates on education and advocacy initiatives. It was encouraging to see so many supporters and advocates come together to talk about the future of mental health services and supports in Pennsylvania and how best to keep our efforts moving forward.

There's no question in my mind that Pennsylvania NAMI affiliates will be key to progress. The "Keystone Connection" section on page 8 highlights some of the many activities affiliates are involved with in the community. And at the end of the newsletter, you'll find a listing of all of the NAMI family and peer support groups that affiliates offer across the state.

Our collaboration was even recognized by NAMI National, which honored the NAMI Member Community in Pennsylvania with the "Outstanding NAMI Member Award" at the 2019 NAMI National Convention in Seattle. The award is the highest honor given to members in recognition of their longstanding, effective work toward accomplishing NAMI goals. This year, NAMI recognized Pennsylvania members for persevering in service of the NAMI mission despite many years of challenges in its leadership and structure.

Finally, I want to bring your attention to the "In the Spotlight" section that features our new Adult Mental Health Advocate, Aleta Barnett. Aleta, who is originally from Erie, brings a lot of experience as a service coordinator. She joins Advocacy Director Nikki Dawson on our advocacy team and we're excited to see the great things they can accomplish together!

Warmest Regards,

A handwritten signature in blue ink 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 Nikki Dawson, Advocacy Director, NAMI Keystone Pennsylvania

Coalition Efforts Halt Attempt to Dismantle Behavioral HealthChoices

Early in the 2019-20 legislative session, measures were introduced in both the Pennsylvania House and Senate to do away with Behavioral HealthChoices or the “carve-out” as it is often referred to. NAMI Keystone Pennsylvania along with more than a dozen other organizations rallied advocates to e-mail, call, and even visit their legislators and other key state administrators to ensure the program remained in place. Some lawmakers believe that doing away with the carve-out will ultimately save the Commonwealth money. Advocates feared that the program would suffer during budget discussions as well. However, thanks to the coalition and all of our members, the program remains in place. Although safe for now, our work is not yet finished. Please keep an eye out for updates and action alerts once the legislators return from summer break.



On June 28, 2019, Governor Tom Wolf signed into law the budgetary and fiscal bills finalizing the 2019-20 budget. Although considered non-controversial by many, the General Assistance fund was once again scrapped after only being active again for less than a year. Sadly, this fund accounts for less than 1% of the DHS budget. Additionally,

cuts were made to the environmental budget. Other departments within the Departments of Education and Labor receive sizable increases to promote more economic development. A slight increase was given to Mental Health Services through the Department of Human Services budget for continued state hospital operations and the addition of CHIPP beds.

Pennsylvania to Get State-Based Healthcare Exchange

Beginning in 2021, the Commonwealth will begin operating its own Health Insurance Marketplace for the first time since the Affordable Care Act (ACA) was established in 2010. Currently, Pennsylvania relies on the federal marketplace which costs insurers nearly \$98 million annually. The new marketplace is expected to save consumers in Pennsylvania up to \$250 million in annual health insurance premiums.

Legislative Watch

PA HB 1075 | Extreme Risk Protection Orders – Legislation that would limit one’s access to purchase and retain firearms and associated permits due to the individual posing a threat to themselves or others. For more information please visit: <https://www.legis.state.pa.us/cfdocs/billInfo/billInfo.cfm?sYear=2019&sInd=0&body=H&type=B&bn=1075>.

PA HR 268- Resolution directing the Joint State Government Commission to study the impact of this Commonwealth’s current behavioral health needs and behavioral health care system capacity on hospital emergency departments and patient health. For more information please visit: <https://www.legis.state.pa.us/cfdocs/billInfo/billInfo.cfm?sYear=2019&sInd=0&body=H&type=R&bn=0268>.

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.

NAMI Keystone Pennsylvania Launches CEOs Against Stigma

INITIATIVE AIMS TO MAKE MENTAL HEALTH A PRIORITY IN THE WORKPLACE

To coincide with Mental Health Month in May, NAMI Keystone Pennsylvania launched CEOs Against Stigma, an initiative to raise awareness of the impact mental illness is having on the workplace.

“Depression is the leading cause of disability worldwide,” said Christine Michaels, CEO of NAMI Keystone Pennsylvania. “It affects attendance, productivity, work product and that’s just one aspect. There’s also the personal impact. You put it all together and you have a very complex problem.”

To kick off the project, NAMI Keystone Pennsylvania hosted a breakfast for CEOs at the Duquesne Club in downtown Pittsburgh. Executives from nearly 40 companies attended.

“We were thrilled with the turnout,” said Michaels. “These leaders came from a diverse group of businesses and organizations and they were really into the message.”

CEOs are asked to sign a pledge signifying their commitment to making mental health a priority in their workplace. One of the most notable executives to sign the

pledge is Pittsburgh Mayor Bill Peduto. The city made the pledge-signing its signature event during Mental Health Month.

During the ceremony at the City-County Building, Mayor Peduto issued a challenge to Pittsburgh leaders. “I call out to all other CEOs throughout this city whether you have five employees or 5,000 to sign this pledge with me to join with me and to assure your employees are being given the resources they need and that they deserve when we deal with mental health.”

NAMI Keystone Pennsylvania plans on delivering educational presentations in workplaces so supervisors and staff can learn more about mental health warnings signs, talking with a co-worker or employee, and person-first language.

NAMI’s In Our Own Voice anti-stigma presentation is also a component. In Our Own Voice presentations personalize mental illness by having someone with a diagnosis tell their story while offering hope that treatment works and recovery is possible.



Pittsburgh Mayor Bill Peduto signs the CEO Pledge during a ceremony May 23, 2019, at the City-County Building in downtown Pittsburgh.



Business leaders listen to a presentation during the CEOs Against Stigma kickoff breakfast on May 7, 2019, at the Duquesne Club.

“In Our Own Voice presentations are very personal and very powerful,” said Debbie Ference, COO of NAMI Keystone Pennsylvania. “The hope is that they can help break down the stigma associated with mental illness and show people that even if someone has a mental health diagnosis, they can still go to work and be productive members of a team.”

There’s no cost for companies to participate thanks to a three-year grant from the Staunton Farm Foundation. Executive Director Joni Schwager says they got involved in the project because too many workers are afraid to

share their behavioral health status for fear of losing their jobs. “CEOs set the environment for the entire company. When they offer benefits and resources to their employees, it makes it easier to seek help.”

NAMI Keystone Pennsylvania also had help launching and promoting the initiative from the Public Relations Society of America (PRSA) Pittsburgh Chapter. The group chose CEOs Against Stigma as its 2019 public service project.

“Mental illness is such an important topic that often isn’t discussed, yet affects so many,” said Deanna Tomaselli, PRSA

Public Service Chair and Account Supervisor at Red Havas. “Our hope is that the project makes people understand how much mental health matters, and it starts a conversation at all offices between employers and employees.”

“In order to have a productive workforce, employees have to be healthy,” said Schwager. “That translates into less absenteeism and presenteeism, and improved productivity and bottom line.”

To learn more about the CEOs Against Stigma project, to take the CEO Pledge, and to find resources on workplace mental health visit ceos.namikeystonepa.org.

CEOs Against Stigma is being funded by the Staunton Farm Foundation



Benefits of Prioritizing Mental Health on Your Team



Increased
productivity



Decreased
disability cost



Increased retention and
engagement of valued employees

Stronger Together continued from page one

as moderator and panelists included Peri Jude Radecic, CEO of Disability Rights PA, and the leaders of the three hosting organizations.

“The idea behind the advocacy panel was to educate the audience about the legislation we’re following so they can become aware of the information, but also understand why their involvement is important,” said Michaels.

Lynn Keltz, who served as executive director of PMHCA for almost 10 years before retiring this summer, was also on the panel. “We are the voices for people with mental health challenges and those who care about them. Bringing our memberships and our expertise together to ensure recovery-oriented services and supports allows us to achieve more than any one of us can achieve alone.”

A second panel discussion focused on First Episode Psychosis (FEP) programs in Pennsylvania. 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 life goals. Pennsylvania has nine FEP programs in the state.

“The results are dramatic,” said Michaels. “The young people who participate in FEP programs are being hospitalized less frequently, they’re getting back into school or the workforce, and they’re improving their overall quality of life.”

The panel featured FEP experts from around the state who talked about the importance of early detection for psychosis, the Coordinated Specialty Care treatment model, and how the state is collaborating with counties to sustain and grow the programs. NAMI Keystone Pennsylvania also publicly launched its #BackOnTrackPA initiative, which is a statewide campaign to bring awareness to FEP programs.

“We want families and schools to know these programs exist so they know where to turn when the young people in their lives start to exhibit signs of psychosis,” said Michaels. “We want them to know that even though they’re going through something very frightening they don’t have to go through it alone.”

The conference also served as a unifying event for NAMI affiliates in Pennsylvania. More than 20 leaders either attended or called in to the annual meeting that was held the evening before the conference kicked off.

“This type of statewide collaboration had been missing for years due to a lack of leadership,” said Michaels. “Now that our organization, the state organization, is taking the lead, we are fortunate that we have such capable affiliates that are taking this responsibility seriously.”

During the annual meeting, election results for the NAMI Keystone Pennsylvania Board of Directors were ratified. Board members Charma D. Dudley, PhD, FPPR; Kathy Testoni; and Jack Cahalane, PhD, were re-elected and Cherrie Brummans was elected to her first term.

The conference also offered 21 workshops and featured 54 exhibitors. Those numbers, plus the attendance, exceeded expectations.

“People value the opportunity to learn about mental health and advocacy, and to network around our shared values and lived experience,” said Walther.

“The number of people who came to our conference confirmed for me that our work is critical and that we are stronger when we work together,” said Keltz.



Lynn Keltz, former Executive Director of PMHCA (left), and Sue Walther, Executive Director of Mental Health Association in PA (right), each received a Lifetime Achievement Award in Mental Health Advocacy.



NAMI Keystone PA CEO Christine Michaels pictured with Nicholas Emeigh, Director of Outreach and Development for NAMI Bucks County, PA and recipient of the 2019 Carol Caruso Mental Health Advocacy Award.



Keystone
Pennsylvania

SAVE THE DATE

FRIDAY | FEB. 28
2020

CHILD & ADOLESCENT MENTAL HEALTH CONFERENCE

PITTSBURGH AIRPORT MARRIOTT

- Designed for parents and caregivers, mental health professionals, and educators
- Keynote Presentations and Workshops
- Continuing Education Credits & Act 48 Credits
- Exhibitor Hall
- Networking Opportunities
- Lunch
- Free Parking

Join NAMI Keystone Pennsylvania for this unique conference specializing in child and adolescent mental health.

NAMI Keystone Pennsylvania is now accepting applications for workshop proposals for the 2020 Child and Adolescent Mental Health Conference. Workshops must run 75 minutes in length including audience Q&A. More information on workshop topics can be found at www.namikeystonepa.org on the Education page.

The deadline to submit a workshop application is Monday, September 23, 2019. Only applications that are submitted on time and include all required documents will be reviewed.

For workshop inquiries, contact Susan Caban, Director of Education at NAMI Keystone Pennsylvania, by email at scaban@namikeystonepa.org.

For inquiries on exhibitor space and sponsorship opportunities, please contact Sara Levine Steinberg at ssteinberg@namikeystonepa.org.

KEYSTONE CONNECTION

HIGHLIGHTS FROM ACROSS THE STATE

Congratulations to **NAMI Erie County PA** for being chosen as the 2019 beneficiary of the Roar on the Shore motorcycle parade. The Roar on the Shore event in Erie is one of the largest motorcycle parades in the United States, drawing more than 165,000 motorcycle enthusiasts over the course of five days.

Each year, the Roar on the Shore Board selects a nonprofit organization as the recipient of its proceeds. NAMI Erie County PA will use the donation to fund a pilot session of NAMI Homefront in the spring. Christina Halli is a veteran and NAMI program leader. “The education provided through this program will bring families closer



Pictured: Christina Halli (second from right), her family, and Denise Kolivoski, Executive Director, NAMI Erie County PA.

together, increase the quality of life for all involved, and eliminate stigma throughout the community.”

To learn more about NAMI Homefront, visit www.namikeystonepa.org/education/programs.



In honor of Mental Health Month in May, UPMC hosted an awareness event in Blair County. **NAMI Blair County PA** Board President Kathy Custren and Executive Director Sara McConnell shared NAMI resources and program information with participants. The event included an agency wellness fair and a presentation titled, “Healing Trauma’s Invisible Wounds.”

In June, **NAMI Beaver County PA** teamed up with law enforcement to raise awareness of NAMI and to educate the community about substance use. A program titled “Opioids and Dangerous Drugs” was presented at the Senior Center in the Beaver Valley Mall. Special Agent Alan McGill from the Attorney General’s Office talked about the illegal use of prescription drugs, the prevalence of prescription drug theft by health care professionals, and how counterfeit drugs are made.

LOOKING AHEAD: NAMI Luzerne-Wyoming Counties PA is offering a free IEP (Individualized Education Program) clinic for families in conjunction with Children’s Service Center and Family Service Association of NEPA. During the two-part clinic, families will learn about IEP laws in Pennsylvania and they will also have

an opportunity to speak one-on-one with an attorney regarding their child’s IEP. McAndrews Law Firm is presenting the clinic which is taking place on Wednesday, Sept. 18 from 4-8 p.m. at Children’s Service Center at 355 South Franklin St., Wilkes-Barre, PA 18702. The opportunity is open to up to 50 families in the area.

NEW AFFILIATE ALERT

NAMI Keystone Pennsylvania is excited to announce that **NAMI Bradford County PA** is officially up and running! They’re still working on their website and organizing a support group, but here is their information so far:

307 N. Main St. Athens PA 18810.

PH: 570-415-0100

Email: sking@namibradford.org

Facebook: <https://www.facebook.com/namibradfordpa/>



National Alliance on Mental Illness

2019



13th Annual NAMIWalks

October 6, 2019

5K Walk · 9am

Monroeville Community

Park West

www.namiwalks.org/keystonepa

Join NAMI Keystone Pennsylvania on October 6, 2019 for the 13th Annual NAMIWalks

Join us for the largest mental health awareness walk in the country. Together we will spread the word that treatment works and recovery is possible.

For more information:

www.namiwalks.org/keystonepa

(412) 366-3788

Child and Adolescent Mental Health Conference Draws Attendees From 13 States

More than 300 people attended NAMI Keystone Pennsylvania's 2019 Child and Adolescent Mental Health Conference held on Friday, March 8 at the Pittsburgh Airport Marriott. Attendees came from 13 states to hear experts talk about the latest research in suicide prevention and early intervention for psychosis.

"We're really seeing a demand in the need for more education about youth mental health," said Susan Caban, Director of Education at NAMI Keystone Pennsylvania. "Parents, medical professionals, and school



Pictured from left: Conference speakers Michelle Kuchuk and Dr. Irene Hurford, NAMI Keystone Pennsylvania COO Debbie Ference, and NAMI Keystone Pennsylvania CEO Christine Michaels.



"I believe we won't eliminate discrimination against mental illness until we accept the fact that over 43 million people live with a mental or behavioral condition. Mental health is health. You can't have one without the other."

~Joni Schwager

personnel are constantly looking for new information to help them at home, at work, and in the schools."

The conference also featured 12 workshops and more than 40 exhibitors came from all over Pennsylvania as well as Virginia and Florida. "We feel as though we had a lot of great resources here for everyone," said Caban. "We received very positive feedback about the presenters, the workshops, the information, as well as the networking that took place."

During the conference, NAMI Keystone Pennsylvania presented the annual Dick Jevon Advocacy Award to Joni Schwager, Executive Director of the Staunton Farm Foundation. The award recognizes advocates who have a passion for mental health, champion improvements to the mental health system, strive to eliminate stigma, and believe that recovery is possible for those affected by mental illness.

"Recipients of the Dick Jevon Advocacy Award are people who work

tirelessly to make a difference in the lives of individuals and families affected by mental illness," said Christine Michaels, CEO of NAMI Keystone Pennsylvania. "Joni Schwager is at the top of that list. Because of her leadership and vision, she has really had an impact on southwestern Pennsylvania over the course of her career."

"Advocates create change," said Schwager. "I believe we won't eliminate discrimination against mental illness until we accept the fact that over 43 million people live with a mental or behavioral condition. Mental health is health. You can't have one without the other."



IN THE SPOTLIGHT

Aleta Barnett, Adult Mental Health Advocate, NAMI Keystone Pennsylvania

You are originally from Erie. What brought you to Pittsburgh?

I graduated from Edinboro University with a degree in Sociology. My brother had been living and working in Pittsburgh for more than five years at that time as well as one of my best friends. With me knowing I would have some support, I made the decision to try something new and packed up to move to Pittsburgh.

What did you do prior to becoming the Adult Mental Health Advocate at NAMI Keystone Pennsylvania?

Prior to me becoming the Adult Mental Health Advocate with NAMI Keystone Pennsylvania, I was a Service Coordinator working with people who were experiencing homelessness, living with a mental health diagnosis, or had drug and alcohol issues. I would connect clients with housing, treatment, and community support. Before that position, I worked at a women's shelter as a service coordinator assisting women who were experiencing homelessness after being released from jail or a halfway house. The Step-Up program gave the women a chance to get back on their feet and find employment and housing.

What does your role as Adult Mental Health Advocate entail?

My role as an Adult Mental Health Advocate has several components. I attend the ACSP (Acute Community Support Planning) meetings as an advocate for the individual going through the process. The planning gives people a voice and enables them to be involved in their own treatment plan once they are discharged from the inpatient unit of the hospital. I also assist individuals with understanding the importance of and completing a Mental Health Advance Directive (MHAD). MHADs allow a person to outline the preferences in their mental health treatment, such as who is involved and what works best for them. I also provide agency trainings on MHADs with the same objectives so staff can assist their clients with completing the forms. At the office, I help with answering the phone and obtaining resources for people who call in looking for services either for themselves or a loved one.

How does your previous work experience help you in your role at NAMI Keystone Pennsylvania?

My experience as a Service Coordinator exposed me to real-time situations involving people who are experiencing mental health issues. I've had the opportunity to build my problem-solving skills as well as make personal connections within the community. I have also been able to build relationships with the individuals I worked with allowing me to talk with them about their different experiences and barriers they face daily while living with a mental health diagnosis. Serving in the role as a Service Coordinator gave me a lot of insight on mental illness by coaching me on the language to use, how to approach people, and the importance of meeting a person where they are in terms of treatment and advice.

What is the most rewarding aspect of your position as an Adult Mental Health Advocate?

The most rewarding aspect of my position is being able to coach people to take a front seat in their mental health treatment whether it's at the ACSP meetings or assisting with an MHAD. Being a support for someone going through a scary time in their life gives them an extra layer of comfort and helps them form confidence in their recovery.

What is one thing most people don't know about you?

I obtained an Associate's Degree in Travel and Tourism in 2003. I aspired to become a travel agent. The dream died when 9-11 happened and changed the travel industry. I then started working in a community center in Erie, Pa which led me to the path of social services.





Building Relationships Through *Ending the Silence*

NAMI Keystone Pennsylvania would like to thank Malika Beveridge from Quaker Valley High School. Malika raised \$503 for NAMI Keystone PA by organizing a cabaret titled, *Musically Inclined*. She was inspired after seeing an *Ending the Silence* presentation at her school. Malika and her family stopped by our office in June to drop off the donation and we are grateful for their support.

For more information about *Ending the Silence*, visit www.namikeystonepa.org/education/programs.

NAMI Keystone Pennsylvania offers a number of NAMI Signature Programs and customized presentations that help educate people about mental illness. There are also opportunities for individuals with lived experience and family members to become trained program facilitators. Below are upcoming trainings. For more training information visit www.namikeystonepa.org/state-trainings.

STAY CONNECTED



www.namikeystonepa.org



In January 2019, NAMI Keystone Pennsylvania launched #BackOnTrackPA. The goal of the statewide initiative is to bring awareness to the existing FEP programs in Pennsylvania and to highlight the positive impact these programs are having on young people and their families.

www.namikeystonepa.org/backontrackpa

NAMI KEYSTONE PA SUPPORT GROUPS

Allegheny County

NAMI Connection Peer Support Group - Dormont Library, 2950 West Liberty Ave. Meets 2nd & 4th Mon., each month, 6-7:30 pm. Contact NAMI Keystone PA: 412-366-3788.

NAMI Parent (Youth & Transition-Age) Support Group - 2nd Mon., each month, 5:30-7:30 pm. Crossroads Church, 325 N. Highland Ave., East Liberty 15206. Contact: Linda Thornhill, 412-689-0319.

NAMI Pgh South Family Support Group - 3rd Wed., each month, 7:30-9 pm, Southminster House, 801 Washington Rd. Mt. Lebanon 15228. Contact: nami.south@gmail.com. No Aug. mtg.

NAMI Pgh North Family Support Group- 1st Wed., each month, 7-9 pm. 105 Braunlich Dr., Suite 230, Ross Twp. 15237. Contact: Candy 412-361-8916.

NAMI Pgh East-FAMILIAS - 4th Wed., each month, 7-9 pm. Beulah Presbyterian Church. 2500 McCrady Rd. Churchill 15235. Contact: Mim Schwartz 412-731-4855

NAMI Spouse Support Group - 1st Wed., each month, 7-9 pm. Beulah Presbyterian Church. 2500 McCrady Rd. Churchill 15235. Contact: Mim Schwartz 412-731-4855.

NAMI McKeesport Family Support Group - 3rd Thurs., each month, 7-8:30 pm. Penn State Greater Allegheny, 4000 University Dr., Frable Bldg, Rm 122, McKeesport 15132. Contact: Anna Lisa 412-527-6600.

NAMI Keystone PA Borderline/Personality Disorders Family Support Group - 3rd Sat., each month, 11-1 pm. 105 Braunlich Dr., Suite 230, Ross Twp. 15237 Contact: Jo 724-776-5974.

UPMC Western Psychiatric Hospital Family Support Group - 2nd Mon., each month, 6-7 pm. 3811 O'Hara St., Oakland 15213. Contact: Ray 412-379-3902.

Beaver County

NAMI Beaver County Family Support Group - 3rd Thurs., each month, 7-8:30 pm. 1229 3rd Street, Beaver 15009. Contact: Carla Braund at 724-888-6877 or Rick Mattia at rmattia@namibeavercounty.org.

NAMI Connection Peer Support Group - Tuesdays, 12 pm. 1229 3rd Street, Beaver 15009. Contact: Carla Braund at 724-888-6877 or email at carlabraund@namibeavercounty.com.

Berks County

NAMI Family Support Group - 2nd Weds., each month, 7-8:30 pm. 640 Centre Ave., Reading 19605. Contact: berksnami@gmail.com or call 610-685-3000.

NAMI Connection Peer Support Group - 2nd & 4th Thurs., each month, 6:30-8 pm. 644 Penn Ave., West Reading, PA 19611. Contact: berksnami@gmail.com or call 610-685-3000.

Blair County

NAMI Family Support Group - 3rd Thurs., each month, 7-8 pm. VA Medical Center, 2907 Pleasant Valley Blvd., Altoona 16602. Contact: 814-327-7083 or office.blairnami@gmail.com.

NAMI Connection Peer Support Group - Every Mon, 3-4:30 pm. HOPE Drop In Center, Bethany Lutheran Church, 200 3rd Ave., Altoona 16602. Contact: 814-327-7083 or office.blairnami@gmail.com.

NAMI Connection Peer Support Group - 3rd Thurs., each month 5-6:30 pm. VA Medical Center, 2907 Pleasant Valley Blvd. Altoona 16602. Contact: (814) 327-7083 or office.blairnami@gmail.com.

Bucks County

NAMI Family Support Group - 1st & 3rd Mon., each month 7:30-9 pm. Community Crossing Church, 80 Lower Silver Lake Rd., Newtown 18940. Contact: 866-399-6264 or info@namibuckspa.org.

NAMI Family Support Group - 2nd & 4th Thurs., each month 7-8:30 pm. Doylestown Mennonite Church, 590 N. Broad St., Doylestown 18901. Contact: 866-399-6264 or info@namibuckspa.org.

NAMI Connection Peer Support Group - 1st, 2nd, & 3rd Weds. each month, 3-4:30 pm. Makefield Executive Quarters, 301 Oxford Valley Road, Suite 1001A, Yardley 19067. Contact: 866-399-6264 or info@namibuckspa.org.

NAMI Connection Peer Support Group - Tuesdays 6:30-8 pm. 1432 Easton Road, Suite 2D, Warrington 18976. Contact: 866-399-6264 or info@namibuckspa.org.

NAMI Connection Peer Support Group - 2nd & 4th Thurs., each month, 3-4:30 pm. United Christian Church, 8525 New Falls Rd. Levittown, 19054. Contact: 866-399-6264 or info@namibuckspa.org.

NAMI Connection Peer Support Group - 1st, 2nd, & 3rd Sun. each month, 6:30 pm. St. Peters Tohickon United Church of Christ, 1071 Old Bethlehem Rd., Perkasio 18944. Contact: 866-399-6264 or info@namibuckspa.org.

NAMI Support Group for Parents of Youth - 2nd Thurs. each month, 5:45-7:15 pm. Christs Home Chapel, 800 York Rd. Warminster 18974. Contact: 866-399-6264 or info@namibuckspa.org.

Butler County

NAMI Family Support Group - Last Tues. each month 6 pm. St. Andrew's Presbyterian Church, 201 E. Jefferson St. Butler 16001. Contact: NAMI Butler Office at 724-431-0069 or namibutler@hotmail.com.

NAMI Family Support Group - 2nd Tues. each month 5:30 pm. Passavant Retirement Community Center, 401 S. Main St, Zelienople 16063. Contact: NAMI Butler Office at 724-431-0069 or namibutler@hotmail.com.

NAMI Connection Recovery Support Group - 2nd Tues. each month. 4-5:30 pm. Grapevine Center, 140 N. Elm St. Butler 16001. Contact: NAMI Butler Office at 724-431-0069 or namibutler@hotmail.com.

Centre County

NAMI Family Support Group - 2nd Tues., each month (except July & August) 7 – 9 pm. South Hills School of Business & Technology 480 Waupelani Dr., State College 16801. Contact: David Jeffreys at 814-238-1983

Chester County

NAMI Family Support Group - 1st Weds., each month, 7-8:30 pm. Peer Recovery Center, 825 Paoli Pike West Chester 19380. Contact: NAMI Chester County at 484-947-5643

Crawford County

NAMI Family Support Group - Tuesdays 4:30 - 5:30 pm. CHAPS, 944 Liberty St., Meadville 16335. Contact: Sally Burns at sburns@chapsinc.org or 814-333-2924

NAMI Connection Peer Support Group - Mondays 1:30 - 2:30 pm. CHAPS, 944 Liberty St., Meadville 16335. Contact: Sally Burns at sburns@chapsinc.org or 814-333-2924

Cumberland/Perry Counties

NAMI Family Support Group - 1st Thurs. each month, 6:30–8 pm. Saint Timothy Lutheran Church, 4200 Carlisle Pike Camp Hill 17011. Contact: NAMI Cumberland/Perry at 717-877-7214.

NAMI Family Support Group - 3rd Thurs. each month 7–9 pm. Merakay STAR Center, 253 Penrose Place Carlisle 17013. Contact: NAMI Cumberland/Perry at 717-877-7214

Dauphin County

NAMI Peer Support Group - 3rd Mon. each month, 7-8:30 pm. Epiphany Luthern Church, 1100 Colonial Rd. Harrisburg 17109 Contact: mchapman@nami-dauphincounty.org or 717-233-1164.

Delaware County

NAMI Peer Support Group - 3rd Thurs. each mont, 7 pm. Lima United Methodist Church, 209 N. Middletown Rd. Media 19063 Contact: Jean Shatoff at 610-325-9623

Erie County

NAMI Family Support Group - 1st & 3rd Tues. each month 6-7:30 pm. NAMI of Erie County Office, 1611 Peach St., Suite 218 Erie 16501. Contact: 814- 456-1773 or info@NAMIERIE.org.

NAMI Connection Peer Support Group - 1st & 3rd Mon. each month, 6-7:30 p.m. NAMI of Erie County Office, 1611 Peach St., Suite 218 Erie 16501. Contact: 814-456-1773 or info@NAMIERIE.org.

Lancaster County

NAMI Family Support Group - 2nd Tues. each month, 7-8:30 pm. 790 New Holland Ave., Lancaster 17602. Contact: Vivian Spiese at 717-871-6205.

Lehigh County

NAMI Family Support Group - 3rd Mon. each month, 7-8:30 pm. St. Timothy Evangelical Lutheran Church, 140 South Ott St., Allentown 18104. Contact: NAMI Lehigh Valley at 610-882-2102.

NAMI Family Support Group - 4th Tues. each month, 7-8:30 pm. 802 West Broad St., Bethlehem 18018. Contact: NAMI Lehigh Valley at 610-882-2102.

NAMI Family Support Group - 1st Mon. each month, 7-8:30 pm. First Presbyterian Church, 333 Spring Garden St., Easton 18042. Contact: NAMI Lehigh Valley at 610-882-2102.

NAMI Connection Peer Support Group - 3rd Mon. each month 7-8:30 pm. 802 West Broad St., Bethlehem 18018. Contact: NAMI Lehigh Valley at 610-882-2102.

NAMI Connection Peer Support Group - 1st Mon. every month, 7-8:30 pm. First Presbyterian Church, 333 Spring Garden St. Easton 18042. Contact: NAMI Lehigh Valley at 610-882-2102.

Luzerne/Wyoming Counties

NAMI Family Support Group - 2nd & 4th Mon. every month, 6 pm. 259 Wyoming Ave., Lower Level, Kingston PA 18704. Contact: NAMI Luzerne/Wyoming office at 570-371-3844.

NAMI Connection Peer Support Group - 2nd & 4th Mon. every month, 6 pm. 259 Wyoming Ave., Lower Level, Kingston 18704. Contact: NAMI Luzerne/Wyoming office at 570-371-3844.

NAMI Connection Peer Support Group - 3rd Weds., every month 6 pm. Catholic Social Services, 214 W. Walnut St., Ste 1 Hazleton 18201. Contact: NAMI Luzerne/Wyoming office at 570-371-3844.

NAMI Main Line

NAMI Family Support Group - 1st Mon. every month, 7 pm. Bryn Mawr. Contact: Diane at 610-247-4545.

NAMI Family Support Group - 3rd Tues. every month, 7-8:30 pm. Presbyterian Church of Llanerch, 211 Lansdowne Rd., Havertown 19083. Contact. Nora at nora@huntjohnson.org.

NAMI Family Support Group for Parents of MS/HS students - Weds., 6:45-8:15 pm. Wayne Presbyterian Church, Room 207 125 E. Lancaster Ave., Wayne 19087. Contact: Nancy Dever at 610-574-3319 or email nancydever@comcast.net.

NAMI Connection Peer Support Group - Group will resume Sept. 10. Bryn Mawr. Contact: Danielle 484-880-0660 for information.

Mercer County

NAMI Family Support Group - 3rd Thurs. every month. Contact: Veral Adair at atvadair@cccmer.org for information.

Montgomery County

NAMI Family Support Group - 1st Mon., every month 7-8:30 pm. Lower Providence Presbyterian Church, 3050 Ridge Pike, Eagleville 19403. Contact: office@namimontcopa.org or call 215-361-7784.

NAMI Family Support Group - 1st Tues. every month, 7-8:30 pm. St. John's United Church of Christ, 500 Main St., Lansdale 19446. Contact: office@namimontcopa.org or call 215-361-7784.

NAMI Family Support Group - 2nd Thurs., every month, 7:30-9 pm. Abington Presbyterian Church, 1082 Old York Rd, Abington 19001. Contact: office@namimontcopa.org or call 215-361-7784. NAMI Family Support Group - 2nd Mon. every month, 7-8:30 pm. Creative Health Services, 11 Robinson St., Pottstown 19464. Contact: office@namimontcopa.org or call 215-361-7784.

NAMI Connection Peer Support Group - 1st Mon. every month 6:15-7:45 pm. Williams Jeanes Library, 4051 Joshua Rd., Lafayette Hill 19444. Contact: office@namimontcopa.org or call 215-361-7784.

North Central (Lycoming/Clinton counties)

Family & Peer Support Group - 2nd Tues. every month 6:30 pm. Robert M. Sides Family Music Center, 201 Mulberry St., Williamsport 17701. Contact: 570-326-7895.

Family & Peer Support Group - Last Weds. every other month (July, September, November) 6:30 pm. Avenue 209 Coffee House, 209 Bellefonte Ave., Lock Haven 17745. Contact: 570-326-7895.

Philadelphia

NAMI Family Support Group - 2nd Tues. every month, 7-8:30 pm. NAMI Philadelphia Office, 520 N. Delaware Ave., 7th Fl., Philadelphia 19123. Contact: 267-687-4381

NAMI Connection Peer Support Group - Tues. & Thurs., 11 am - 12 pm. NAMI Philadelphia Office 520 N. Delaware Ave., 7th Fl., Philadelphia 19123. Contact: 267-687-4381

NAMI Connection Peer Support Group - 2nd & 4th Tues. every month, 7-8:30 pm. NAMI Philadelphia Office, 520 N. Delaware Ave., 7th Fl., Philadelphia 19123. Contact: 267-687-4381.

Scranton and Northeast

NAMI Family Support Group - 1st & 3rd Thurs. every month 7-9 pm. Lakeville Volunteer Fire House, 10 Daniels Rd., Lakeville 18438. Contact: info@namipascranon.org or call 570-342-1047.

NAMI Family Support Group - 2nd & 4th Mon. every month 7-9 pm. Advocacy Alliance Media Center, 841 Jefferson Ave. Scranton 18510. Contact: info@namipascranon.org or call 570-342-1047.

Washington County

NAMI Family Support Group - 4th Thurs. every month, 6:30 - 8:30 pm. Court House Square, Room 103, 100 W Beau St, Washington 15301. Contact: Jim Gleason at 724-416-7574.

NAMI Connection Peer Support Group - 3rd Thurs. every month 6-7:30 p.m. Thomas Campbell Apartments, 862 Beech St., Washington 15301. Contact: Lisa Bails at 724-288-3401.

Westmoreland County

NAMI Family Support Group - 2nd Tues. each month (except July & December) 7-9 pm. West Hempfield Presbyterian 8 West Hempfield Dr., Irwin 15642. Contact: Harriett Hetrick at 724-872-2186.

York/Adam Counties

NAMI Family Support Group - 1st Tues. every month, 6:30-8 pm. Luther Memorial Church, 1907 Hollywood Dr., York 17403. Contact: namiyc@gmail.com or 717-848-3784.

NAMI Family Support Group - 1st Weds. each month, 7-8:30 pm. St. James Church, 109 York St., classroom 303, Gettysburg 17325. Contact: namiyc@gmail.com or 717-848-3784.

NAMI Connection Peer Support Group - Every Weds., 6-7:30 pm. Luther Memorial Church, 1907 Hollywood Dr., York 17403. Contact: namiyc@gmail.com or 717-848-3784.

NAMI Connection Peer Support Group - Every Thurs., 10-11:30 am. NAMI York-Adams County Conf. Rm, 140 Roosevelt Ave. # 105, York 17401. Contact: namiyc@gmail.com or 717-848-3784

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