DON’T MISS FAMILY TO FAMILY EDUCATION PROGRAM
STARTING IN SEPTEMBER

The NAMI Family-to-Family Education Program

This free, 12-week course is taught by trained NAMI members who have lived with this experience and offers education and support for families and friends of people with mental illness.

The course teaches the knowledge and skills that family members need to use to cope more effectively.

- Attend with other family members just like you in a confidential setting.
- Gain insight into how mental illness effects your relative.
- Take an eye-opening look inside some of today’s current brain research related to mental illness.
- Learn how families can become advocates for better treatments for their relatives.
- Learn about the mental illness medication issues available and the latest treatment options.
- Learn to cope with worry and stress; learn to focus on care for you as well as your loved ones.

Many describe the impact of this program as life-changing. Join the more than 200,000 individuals just like you who have gained information, insight, understanding and empowerment.

Classes fill up quickly, so contact: Mary at 691-3696.

When: September 6th to November 22nd, 2016, from 6:30 pm to 9:00 pm.
What: Support Group Meeting
When: Meets 3rd Thursday of each month
Location: STAR (253 Penrose Place Carlisle, PA 17013)
Time: 7:00 pm up to 8:30 pm there will occasionally be an educational program. When there is an education program it shall run from 7:00 PM until 7:50 PM, and the support meeting shall follow at 8:00 until 9:00 PM

July 21, 2016
7:00 up to 8:30 PM—Support Meeting

WEST SHORE SUPPORT GROUP
Meets at 6:30 PM on the 1st Thursday of each month at St. Timothy’s Lutheran Church, 4200 Carlisle Pike, Camp Hill, PA. There may be an education program 1x per quarter. Call Hazel at 737-8864 for information.

August 4, 2016
6:30 to 8:00 PM—Support Meeting

DAUPHIN COUNTY SUPPORT GROUP [Assoc with NAMI PA Dauphin County]
Meets at 7:00 on the 3rd Monday of each month at the Epiphany Lutheran Church at 1100 Colonial Rd., Harrisburg, PA. Contact Marge Chapman at 574-0055 for more information.

August 15, 2016
6:30 to 8:00 PM—Support Meeting

$35.00 For an individual
Membership includes membership in NAMI [national] and NAMI PA, and Subscriptions to The Advocate, The Alliance, and NAMI PA C/P News.

$35.00 For a Family
Same price as an individual. A family consists of two people living at the same address. A family has one vote, and will receive one copy of subscriptions.

$3 - $50.00 For “Open Door” membership
Anybody can opt to join as an open door member. Dues are any amount that can be afforded. This option is available so that membership is not denied due to financial hardship. Open door members are regular members with all the privileges and powers of membership including all subscriptions.

$50.00 For Professional Membership
A Professional member shows support for the mission and goals of the organization. Upon request, NAMI PA C/P will provide multiple copies of our newsletter for the waiting room of Professional Members.

Make Payment to: NAMI PA C/P
Send Payment to: NAMI PA C/P, Box 527, Carlisle, Pa 17013

JOIN NOW TO BECOME PART OF THE NAMI FAMILY
Memberships submitted now will extend to the end of 2016
Hello my name is Thom Fager. I am currently serving in the position as Vice President for our affiliate. My work experiences in the mental health field span 16 years. I have been on the local Nami Board of Directors in some role or capacity for over 15 years. In addition to my work on the Board for our affiliate, I can also be found as an educator for our various NAMI signature classes and program offerings such as: Peer-to-Peer Recovery and Hearts and Minds. Peer-to-Peer focuses on recovery whereas Hearts and Minds focuses health issues like nutrition, exercise, and smoking cessation.

Currently, I am Chair of the Programs committee for our affiliate. Our committee drives the programs we offer, the presentation series which includes a variety of topics with guest speakers and arranging the monthly support groups. Our teachers, facilitators and Support personnel are all trained volunteers certified by NAMI on the national level.

We are looking for interested volunteers willing to be trained to teach in some of our programs such as: Family-to-Family (family member), Parents and Teachers as Allies (a consumer of mental illness, parent of consumer and educator), On the Homefront (family member of consumer who has suffered from PTSD or a consumer suffering from PTSD), In Our Own Voice (consumer, especially aged in their 20s), Support Meeting leaders (family member or consumer). If you are interested or have any questions please contact me at the Nami Cumberland & Perry counties, PA message line at 240-8715 and I will get back to you.

Research Validates NAMI’s Family-to-Family Program

As the National Alliance on Mental Illness (NAMI) is convening its annual national conference in Denver, a new study validating the effectiveness of the organization’s signature family education program has been published in Psychiatric Services, a journal of the American Psychiatric Association.

The study, "Generalizability of the NAMI Family-to-Family education program: Evidence from an efficacy study," was conducted by researchers from the New York University school of social work at the behest of NAMI-New York City. The researchers recruited 121 individuals who enrolled in a Family-to-Family (FTF) course in the US between September 2013 and July 2014 and agreed to participate in an assessment of the program when they finished.

The Findings

"After completing FTF, individuals had improved family empowerment, family functioning, engagement in self-care activities, self-perception of mental health knowledge and emotional acceptance as a form of coping," according to Micaela Mercado and colleagues. "Scores on the coping subscales and for emotional support and positive reframing also improved significantly. Displeasure in caring for the family member, a measure of subjective burden, significantly declined."

The study sample was small - 38 of the enrollees in the study did not complete follow-up assessments, leaving 83 participants - and did not have a control group for comparison. Nonetheless, the findings were consistent with three previous studies of Family-to-Family effectiveness, adding to the program’s evidence base.

"Improvements in empowerment, coping, family functioning, self-care and knowledge, as well as reductions in subjective burden, are consistent with previous FTF studies," the authors wrote. "This study demonstrated gains in additional aspects of coping, including positive reframing and emotional support. Scores on a validated measure of self-care also improved, extending the findings of previous studies."

Family-to-Family is a free, 12-week program developed by Joyce Burland, PhD, in the early 1990s to educate families and friends of people living with mental illness. Taught by trained family-member volunteers, classes meet in person in communities nationwide. The program was intended to fill a gap that existed be-
For some of us, a new year means a new health insurance policy. Sometimes, it may even mean a new health insurance provider. You give your physician your new cards when you go in for an office visit and you hand your new cards to your pharmacist when picking up your first refills of the year. Then, you go back to pick up your prescriptions and you stare in disbelief at the price that shows up on the prescription bag.

"Not covered," the pharmacist says. "Your health insurance won't pay for it."

If this sounds like something you've gone through in the last several months, don't worry. You have quite a few options to reduce your prescription medication costs.

Switch to generic. While for some individuals, this option is not possible, for most, it is the best approach to lowering your prescription medication costs.

Switch pharmacies. A recent Consumer Reports broadcast found Costco to have the lowest prescription prices. In my own research, I found Giant pharmacies to be consistently lower than other pharmacies in our area.

Get a discount card. A prescription drug discount card will reduce the cost of your medications if your health insurance coverage will not pay for your medication or you do not have health insurance coverage. A free drug discount card can be found at drugs.com or www.rxassist.org.

Get samples. If your psychiatrist's office is not affiliated with a larger practice or hospital, he or she may receive samples from pharmaceutical reps. These medications are for your use. Ask for them.

Ask the pharmaceutical company for help. Many different drug manufacturers offer assistance programs to patients who cannot afford their medications. Visit www.rxassist.org to search their comprehensive directory of patient assistance programs.

As always, discuss any prescription drug options and choices with your doctor. He or she will be able to help you make the choices that are best for you and your health.

Despite widely available mental health services in New York City, the authors said "family members of adults living with serious mental illness experience substantial unmet need for education and support. In our experience, FTF has helped to address that unmet need."

Caregiver stress is a significant issue for family members living with serious mental illness. A February 2016 study published by the National Alliance for Caregiving reported that three-quarters of surveyed caretakers experienced "high emotional stress" from performing their responsibilities. About 4 in 10 said they found it difficult to take care of their own health, and 6 in 10 said caregiving had made their own health worse.

DIRECTIONS TO S.T.A.R.

From I-81:

- Take Hanover St. Exit and turn towards town, [Rt. 34 North];
- At the major intersection at Noble Blvd, turn left on Noble Blvd.
- Proceed straight ahead at the first Stop sign at West St.;
- Turn right after the gas station on Penrose Pl.;
- The Penrose Plaza is immediately on your left;
- STAR is the last store front on the right end of the Plaza.

From Downtown Carlisle:

- Take Hanover St. out of town [Rt. 34 South].
- At the major intersection at Noble Blvd, turn right on Noble Blvd.
- Proceed straight ahead at the first Stop sign at West St.
- Turn right after the gas station on your right;
- The Penrose Plaza is immediately on your left;
- STAR is the last store front on the right end of the Plaza.

OCD SUPPORT GROUP

ENCOURAGING, INFORMATIVE, MEETINGS FOR PERSONS WITH OCD AND THEIR FAMILIES AND FRIENDS

Third Monday of each month - 6:30 p.m. ‘til 8:00 p.m.
Trinity Evangelical Lutheran Church, 2000 Chestnut St., Camp Hill, PA 17011
PROFESSIONALLY FACILITATED - FREE OF CHARGE
(this is not a NAMI group)
The organization that is now NAMI started in the late 70’s as The Alliance For The Mentally Ill. It was a grass roots organization as is reflected by the circular logo on page one of this newsletter with blades of grass. From very early in the history of the organization a membership was effective for the national organization as well as state organizations and local affiliate organizations. Pennsylvania founded its state organization in 1983 and it helped to give birth to more than 50 local affiliate organizations. Our local organization—then called The Alliance for the Mentally Ill of Cumberland County—was founded in 1983 by many of the same folk who founded the state organization.

For many years the state organization thrived and supported a large staff in a headquarters building on 2nd Street in Harrisburg.

Sadly, the fortunes of the state organization turned downward several years ago. Staff was discharged and this past Winter it was announced that NAMI Pennsylvania had ceased operations. This has complicated our ability to train teachers and also our ability to put on out education programs. We have needed to seek support directly from the national organization or one of the larger affiliates in the state.

NAMI [national] has now led an effort to re-establish a statewide NAMI office. NAMI staff has recently networked with NAMI leaders from across the state and held listening meetings in Philadelphia, Harrisburg and Pittsburgh. Imminent action by the Board of NAMI is now expected. It is possible that the location of the state office may move from Harrisburg, but there will be a new and revitalized statewide NAMI office. Future developments will be reported here.

Changes in the state office, the National office, and with our own local affiliate have also affected our membership enrollments in our affiliate.

For most of our history most of our members have joined at our local affiliate level and we have shared dues and information with the state and national organizations that have taken some time to process the membership information. This kept us on top of our membership rolls which we used for our newsletter mailing lists.

Several years ago we were encouraged by the county MH office to migrate our newsletter to an email platform rather than a paper newsletter sent by US Mail. The county MH office pays for our newsletter costs and this was to be both a budget saving move and also a way to improve our newsletter. We now email our newsletter to more than 175 individuals who are current members, former members, interested individuals who may become members, and community leaders. We also send paper copies of our newsletter to approximately 60 individuals who do not nave email capability.

In recent years the NAMI national organization has exercised more control on the membership processes and more individuals have been joining at the national level through the www.nami.org website. This, with our relaxed rigor in overseeing our membership roles has brought us to a point where our membership registered with NAMI national is less than 1/2 of what our membership was just a few years ago.

Our affiliate will be making an effort to reenlist lapsed members and to recruit new members. If you have access to the national website, make inquiry there as to whether you are currently registered as an active member. If not, join, either at the NAMI website, or by sending in the panel of this newsletter.

LOOKING FORWARD WITH NAMI PA CUMBERLAND & PERRY COUNTIES

Mental Illness Presentation Series

Special Needs Trust and Able Act *** September 15th from 7:00-8:00 p.m. By Taylor P. Andrews, Esq.
at S.T.A.R. Center; 253 Penrose Place, Carlisle

Special Needs Trust and Able Act (repeat presentation) *** November 3rd from 6:30-7:30 p.m.
Camp Hill at St. Timothy’s

Stay tuned for new upcoming NAMI topics offered in Cumberland and Perry counties

Upcoming Programs

NAMI Homefront *** a class for families, partners and friends of military service members and veterans experiencing a mental health challenge. The course is designed specifically to help these families understand those challenges and improve the ability of participants to support their service member or veteran.

NAMI Parent and Teachers as Allies *** is a presentation for teachers and other school personnel to raise their awareness about mental illness and help them recognize the early warning signs and the importance of early intervention.
U.S. House of Representatives Passes Mental Health Care Reform:  
NAMI Applauds "A Major Step Forward"

Jul 06 2016
WASHINGTON—The National Alliance on Mental Illness (NAMI) today applauded the U.S. House of Representatives for taking "a major step forward" to improve the lives of Americans living with mental illness.

The House passed H.R.2646, the “Helping Families in Mental Health Crisis Act,” sponsored by Reps. Tim Murphy (R-Pa.) and Eddie Bernice Johnson (D-TX) by a vote of 422 to 2.

NAMI Chief Executive Officer (CEO) Mary Giliberti issued this statement:

"The House has taken a major step forward toward mental health care reform. The bill addresses a broad range of issues and provides an important framework for the future."

"Over the past four years, House members have conducted hearings and immersed themselves in mental health policy like never before. Mental health reform is truly a bipartisan issue."

"One in 5 Americans has a mental health condition. With the right help, people with mental illness can live well and thrive, but at least half do not get care. Seventy-five percent of mental illness begins by age 24. The sooner children and young adults get help, the better the outcomes."

"H.R. 2646 addresses gaps in America’s mental health system and accommodates different perspectives on complex issues. It will improve crisis response services, provide grants to track inpatient and residential beds, promote early intervention and suicide prevention and support integration of mental health, substance use and primary care."

"NAMI thanks Reps. Murphy and Johnson for their leadership, as well as House Energy and Commerce Committee chair Fred Upton (R-Mich) and ranking member Frank Pallone (D-N.J.). We also thank Speaker Paul Ryan (R-Wisc.), House Majority Leader Kevin McCarthy (R-Calif.) and Democratic Leader Nancy Pelosi (D-Calif.)."

"All eyes are now on the Senate. The Senate Committee on Health, Education, Labor and Pensions (HELP) unanimously approved its own bill, which is waiting for a vote of the full Senate. Once the Senate acts, differences between the House and Senate can be reconciled."

"The process needs to move forward as quickly as possible. NAMI will keep working hard to make sure Congress passes a bill this year and sends it to the President for signature."

The House of Representatives recently passed the Helping Families in Mental Health Crisis Act (HR 2646) by an overwhelming majority (422-2).

Celebrate today as we make history.  
Tomorrow we get back to work.

Today’s vote sends a clear message to the Senate: our treatment system is broken and unacceptable. To change the status quo, they too must take action.

CONTACT YOUR SENATORS

Tell them to bring mental health reform to a vote, NOW.

Tomorrow we get back to work.
MENTAL HEALTH BY THE NUMBERS
From www.nami.org

Prevalence of Mental Illness

- Approximately 1 in 5 adults in the U.S.—43.8 million, or 18.5%—experiences mental illness in a given year.
- Approximately 1 in 25 adults in the U.S.—10 million, or 4.2%—experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.
- Approximately 1 in 5 youth aged 13–18 (21.4%) experiences a severe mental disorder at some point during their life. For children aged 8–15, the estimate is 13%.
- 1.1% of adults in the U.S. live with schizophrenia.
- 2.6% of adults in the U.S. live with bipolar disorder.
- 6.9% of adults in the U.S.—16 million—had at least one major depressive episode in the past year.
- 18.1% of adults in the U.S. experienced an anxiety disorder such as posttraumatic stress disorder, obsessive-compulsive disorder and specific phobias.
- Among the 20.2 million adults in the U.S. who experienced a substance use disorder, 50.5%—10.2 million adults—had a co-occurring mental illness.

Consequences of Lack of Treatment

- Serious mental illness costs America $193.2 billion in lost earnings per year.
- Mood disorders, including major depression, dysthymic disorder and bipolar disorder, are the third most common cause of hospitalization in the U.S. for both youth and adults aged 18–44.
- Individuals living with serious mental illness face an increased risk of having chronic medical conditions. Adults in the U.S. living with serious mental illness die on average 25 years earlier than others, largely due to treatable medical conditions.
- Over one-third (37%) of students with a mental health condition age 14—21 and older who are served by special education drop out—the highest dropout rate of any disability group.
- Suicide is the 10th leading cause of death in the U.S.,20 the 3rd leading cause of death for people aged 10–2421 and the 2nd leading cause of death for people aged 15–24.
- More than 90% of children who die by suicide have a mental health condition.
- Each day an estimated 18–22 veterans die by suicide.

Social Stats

- An estimated 26% of homeless adults staying in shelters live with serious mental illness and an estimated 46% live with severe mental illness and/or substance use disorders.
- Approximately 20% of state prisoners and 21% of local jail prisoners have “a recent history” of a mental health condition.
- 70% of youth in juvenile justice systems have at least one mental health condition and at least 20% live with a serious mental illness.
- Only 41% of adults in the U.S. with a mental health condition received mental health services in the past year. Among adults with a serious mental illness, 62.9% received mental health services in the past year.
- Just over half (50.6%) of children aged 8-15 received mental health services in the past year.
- African Americans and Hispanic Americans used mental health services at about one-half the rate of Caucasian Americans in the past year and Asian Americans at about one-third the rate.
- Half of all chronic mental illness begins by age 14; three-quarters by age 24. Despite effective treatment, there are long delays—sometimes decades—between the first appearance of symptoms and when people get help.

NAMI Cumberland and Perry Counties needs

Individuals who will become active with NAMI as

Teachers [Family to Family or Peer to Peer or other signature programs]
Support Group facilitators
Speakers for Speakers’ Bureau
Board Members
Program coordinators
Event Planners

If you are interested you should contact one of the Board Members or Officers listed on Page 2

Step Up and make our Community even stronger.
Enclosed is my membership or my tax deductible donation (check or money order)

Payable to NAMI PA C/P - mail to PO Box 527, Carlisle, Pa. 17013


___ New member or ___ Renewal

NAME:_____________________________________________________________________________________ Date__________

STREET:__________________________________________________________________________________ email:______________________________

CITY:_________________________STATE_____________ZIP_________________