

NAMI PA, Main Line Events

Event: Speaker meeting, “**Early Identification of Adolescents Who Are at Risk for Psychiatric Illness**” with **Monica Calkins, Ph.D.**
 Date: 10 March, 7 p.m.
 Place: St. Mary’s Episcopal Church, Lancaster and Louella Aves., Wayne
 Note: Dr. Calkins is an Assistant Professor of Psychology in the Department of Psychiatry at the University of Pennsylvania School of Medicine. She specializes in psychopathology research and has extensive experience in diagnostic assessments and reviews. Currently she is the Principal Investigator for a NIMH grant for a longitudinal investigation of risk factors in youths judged at high risk of developing psychosis. Dr. Calkins has authored/co-authored numerous articles about her research. Information will be available on resources to help adolescents at risk for psychiatric illness. If you have any questions call 267.251.6240.

Event: **Kickoff luncheon for NAMIWalk volunteers**
 Date: Sunday, 6 April, 1:00 – 3:00 p.m.
 Place: The Shop/H&H Community Development Center, 2036 East Haines St., Philadelphia.
 Note: See NAMIWalk announcement that follows for more information.

Event: **The First Annual Greater Philadelphia NAMIWalks for the Mind of America, a fundraising and awareness raising event**
 Date: Saturday 31 May, starting at 7:30 a.m.
 Place: Memorial Hall in Fairmount Park, Philadelphia
 Note: Plans for our first annual **Greater Philadelphia NAMIWalks for the Mind of America** are well underway. *NAMIWalks* are awareness and fund-raising events that have helped to raise the profile of NAMI all across the country. This year seven affiliates (Montgomery, Bucks, Delaware, Main Line and three in Philadelphia) join two Philadelphia NAMI support groups (one of which is Latino) in this effort.

We are looking for volunteers, sponsors and Walk Teams to help us make this a success. You can help by going to the NAMI website (www.nami.org) and sponsoring a Walker, by joining our affiliate team (Main Line Movers), or by forming your own team of family, friends, church groups or co-workers. There are many, many ways to participate. Please contact **Janet Rutzel at jrutzel@nami.org or 610.664.2679** for more information how you can contribute to this event. Checks can be made out to “*Greater Philadelphia NAMIWalks*”

Local Events

Event: **NAMI’s Peer to Peer Education Course**
 1) Date: Once a week for 9 weeks beginning 2 March (afternoons)
 Place: NAMI Lower Bucks Consumer Center, Levittown
 2) Date: Once a week for 9 weeks beginning 7 March (afternoons)
 Place: Doylestown Hospital
 Note: Peer to Peer is a unique experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. The course consists of nine two-hour classes and is taught by a team of three trained “mentors” who are personally experienced at living well with mental illness. Participants come away from the program with a binder of hand-out materials and other resources: an advanced directive; a “relapse prevention plan” mindfulness exercises, and survival skills for working with providers and the general public. Transportation issues can be addressed. Registration is required; call 866.399.NAMI.

Main Line Health’s Tobacco Control Programs: SmokeFREE – Free Smoking Cessation Program		
Paoli Hospital – NOT ON TOBACCO – Teen program	Mar. 3, 4, 7, 10, 11, 14, 17, 18	3– 4 p.m.
Paoli Hospital, Malvern Rm.	Mar. 7, 14, 21,28, Apr 4, 11, 18	10 a.m–noon
To register call 1-866-CALL-MLH www.quitnet.com		

Family to Family Education Program is series of weekly classes structured to help family members understand and support a relative diagnosed with a serious mental illness while maintaining their own well-being. The course is facilitated by trained volunteer family members who know what it's like to have a loved one with a serious mental illness. All instruction and course materials are free to participants. There is no fee, but registration is required.

NAMI PA, Bucks County

1) Date: Beginning 4 March, 7 p.m., once a week for 12 wks
Place: Community Crossing Church, Newtown

2) Date: Beginning 5 March, 7 p.m., once a week for 12 wks
Place: Doylestown Hospital, Doylestown
Note: To register for either class call 215.886.0350

NAMI PA, Chester County

Date: 4 March, 7–9:30 p.m., once a week for 12 weeks
Place: Government Services Center, 601 Westtown Rd. West Chester
Note: For more information or to register call 610.293.1422 or email chester@nami.org

NAMI PA, Delaware County

Date: 10 March, 7-9 p.m., once a week for 12 weeks
Place: Springfield Hospital
Note: To register call Jean Kirk Hindley at 610.449.9156 or Jeannette Shepper at 610.328.0998

NAMI PA, Main Line

Both F2F and Visions for Tomorrow (similar to F2F but for families who care for school-age children) are already in session. If you have questions call Judy at 610.688.7917 or contact her at F2FMainLine@aol.com.

NAMI PA, Montgomery County

Date: Beginning 3 March, 6:30 – 9:00 p.m.
Place: Glenside office, 100 S. Keswick Ave.
Note: Instructors: Al Grabish and Kathie Rittenhouse. To register call 215.886.0350. Montco is also offering F2F classes in Pottstown which have already started.

Event: **Working with people who have mental illness and intellectual disabilities**
Dates: 3 sessions in March, each from 9:30 a.m. – 12 noon
Place: Chester County Government Services Center, 601 Westtown Rd., Rm. 171, West Chester
Note: Session I – 6 March – **More Alike Than Different**. This is a panel discussion with 5 clinicians who work with people who have intellectual disabilities and mental illness.
Session II – 12 March – **Syndromes**. Amy Nemirow, PhD will discuss Down Syndrome and other genetic syndromes.
Session III – 18 March – **Overlapping Physical vs Behavioral Health** with Amy Nemirow, PhD.
Register by 28 February at www.pchc.org or call 215.546.3367.

Event: **NAMI Adult Issues Conference Call with Drs. Steven Schroeder and Ken Duckworth about smoking cessation.** :
Date: 7 March, 12-1:30 p.m. (note—not the usual time)
Note: Dr. Schroeder is Distinguished Professor of Health and Health Care at the Univ. of CA, San Francisco, where he also heads the Smoking Cessation Leadership Center.. Dr. Duckworth is NAMI's Medical Director. To participate in this free teleconference, dial 888.858.6021, access number 309918#.

Event: **Chester County Youth Suicide Prevention Task Force Meeting**
Date: 12 March, 3:30 p.m.
Place: COAD, 930 East Lancaster Ave., Exton
Note: For more information call 610.594.9740

Event: **Teleconference training to address discrimination and stigma associated with people who have mental illness and who are lesbian, gay, bisexual, and transgender.**

Date: 12 March 2-3:30 p.m.

Note: The call is sponsored by SAMHSA. To register go to:
<http://stopstigma.samhsa.gov/teleconferences/registration/default.aspx> Registration is required by 10 March. You will be given the conference call number when you register.

Event: **TEC's group for family and friends of people who have mental illness with guest speaker Christian Kohler, M.D.**

1) Date: 13 March, 10 a.m. – noon

Place: MHASP, 1211 Chestnut St., 11th fl, Philadelphia

2) Date: 24 March, 7 – 9 p.m.

Place: Belmont Center, 4200 Monument Ave., Rm. 138, Phila.

Note: Dr. Kohler will summarize the University of Pennsylvania's Neuropsychiatry program's services and research, after which there will be a problem solving discussion of issues. For more information call MHASP's Training and Education Center at 215.751.1800, x232 or x233 or emannion@mhasp.org.

Event: Training: **Developing Empathy for the Lived Experience of Psychiatric Disability: a Simulation of Hearing Distressing Voices**

Date: 18 March, 9:30 a.m. – 12:30 p.m.

Place: Coatesville VA Medical Center, Building 38, 2nd fl, Rm. 224, 1400 Black Horse Hill Rd., Coatesville

Note: To register or for more information call Nina Yentzer at 610.384.7711, x6104. This training is intended only for those who do not hear voices.

Event: **NAMI PA Chester County General Meeting**

Date: 20 March, 7 p.m.

Place: Christ Memorial Lutheran Church on Paoli Pike in Malvern

Note: Call 610-293-1422 for more information.

Event: NAMI Children's Conference Call: **"NAMI Basics program for parents and caregivers of children and adolescents living with mental illness"** with Teri Brister, PhD.

Date: 21 March, 11 a.m. – 12:30 p.m.

Note: To participate in this free teleconference, dial 888.858.6021, access number 309918#.

Event: **Essay Contest for People who have Mental Illness**

Date: Entries due 21 March

Place: Send short essay or poem (one page max) to COAD Mental Health Services, 930 East Lancaster Avenue, Exton, PA 19341; fax to 610-594-0278 or email mhs@coadgroup.com.

Note: Mental health recovery is all about reaching your potential, but everyone can get bogged down by day-to-day challenges. The Dream Contest is sponsored by the Mental Health Resource Exchange. Just use your imagination to write about where you'd like to be or what you'd like to be doing one year from now. A dream can be as practical as getting a job or as fantastic as flying to the moon. It is up to you!! The contest winner will receive a \$25 gift certificate to the Exton Mall. Honorable mention will receive a \$10 Exton Mall gift certificate. For more information, contact MHRE at 610-594-9740.

Event: **Sibshops: a program for brothers and sisters of children with emotional/behavioral problems**

Date: 22 March, 10 a.m. – 2 p.m.

Place: Devereux Day School, 600 W. Boot Rd., Downingtown.

Note: To register, call Karen Brenneman at 610-783-1788, ext. 223.

Event: **NAMI PA, Montgomery County Open House to celebrate the opening of their third office**

Date: 25 March, 11 a.m. -2:00 p.m. (ceremony at 12 noon)

Place: NAMI Norristown Office, Catholic Social Services, 353 E. Johnson Highway, Norristown

Note: Lunch will be provided. RSVP by 21 March—215.886.0350.

Event: **6th Annual BrainStorm Poetry Contest for people who have mental illness**

Date: Entries due 28 March

Note: The top three poems, judged by a panel of mental health consumers and family members with literary interests, will be awarded prizes (1st=\$250, 2nd=\$150, 3rd=\$75) and be published in *Open Minds Quarterly*, a literary journal dedicated to publishing the writing of individuals with mental illness. Rules and entry form are available at www.nisa.on.ca.

- Event: **Stomp out Stigma Run**
Date: 30 March, beginning at 10 a.m.
Place: Immaculata University Campus
Note: Contact missy3girl@comcast.net or hopely@mail.immaculata.edu for more information.
- Event: **DBSA Peer Specialist CE Webinar. Peer-Led Health Self-Management: An Emerging Field of Practice**
Date: 8 April
Note: Cost: \$75. Registration required. Go to www.DBSAAlliance.org/events_PeerSpecialistCEcourses.
- Event: **Advocacy Workshop to help disability advocacy groups improve their skills**
Date: 15 April, 10 a.m. – 3 p.m.
Place: Vision for Equality, The Cast Iron Building, Philadelphia
Note: Learn how to organize for success—how to get and keep your group organized. Receive training on special education laws and advocacy techniques. Learn collective advocacy strategies and explore ways parents can join efforts among themselves and with other groups to affect educational policy change. There is no charge for workshop or materials. To enroll or for more information contact DASH at 866.915.3274 or Ido@drnpa.org. Workshop is a project of the Disability Rights Network of PA and funded by the PA Developmental Disabilities Council.
- Event: **New Directions' speaker meeting with Norman Cotterall, Phd from the Beck Institute**
Date: 17 April, 7:30 p.m.
Place: St. Peter's Episcopal Church, 654 N. Easton Rd., Glenside
Note: Group discussion with follow Dr. Cotterall's talk. For more information call 215.659.2366 or go to www.newdirectionssupport.org.
- Event: **Support group for adults who have/had a sibling or parent with mental illness**
Date: 17 April, 7-9 p.m.
Place: Belmont Center, Rm. 139, 4200 Monument Ave., Phila.
Note: Information and support group that focuses on the needs of the participants. Free handouts and resources offered. Call TEC to register at 215.751.1800 x232 or x233 or emansion@mhasp.org
- Event: **NAMI Children's Conference Call: Dr. Maryann Davis on Transition-Age Issues**
Date: 18 April, 11 a.m. – 12:30 p.m.
Note: Dr. Davis is an Assistant Professor at the Univ. of MA Medical School and a national expert on transition-age issues. To participate in this free teleconference, dial 888.858.6021, access number 309918#.
- Event: **Developing a Wellness Recovery Action Plan (WRAP) Facilitating Skills (10 hours)**
1) Date: 24 April
Place: Holiday Inn, West Chester
2) Date: 30 April and 4 June
Place: Friends Hospital, Philadelphia
Note: Sponsored by Drexel University School of Medicine. Call the Registrar at 877.243.3033 or go to www.drexelmed.edu
- Event: **NAMI PA, Delaware County's Workshop with David Wohlsifer, PhD.**
Date: 27 April, afternoon
Place: First Presbyterian Church of Lansdowne, 140 N. Lansdowne Ave., Lansdowne
Note: Details to follow. Call 610.623.0071 if you have questions.
- Event: **SPAN/Survivors of Suicide Walk/Run**
Date: 3 May
Place: Ridley Creek State Park
Note: For more information contact info@delcosuicideprevention.org
- Event: **Co-occurring Disorders: Crisis Prevention, Intervention, and Postvention**
Date: 6 May
Place: Friends Hospital, Philadelphia
Note: Sponsored by Drexel University School of Medicine. Call the Registrar at 877.243.3033 or go to www.drexelmed.edu

Event: **The Jake Kelleher Liv ~ Live Concert**
Date: Friday, 9 May, 7-9:30 p.m.
Place: The Garage in Kennett Square.
Note: For more information, contact the COAD Task Force at 610-594-9740. Tickets are \$5.

Event: **NAMI Children's Conference Call: Mike Cohen and Ken Norton on the Suicide Prevention Frameworks Project**
Date: 16 May, 11 a.m. – 12:30 p.m.
Note: Mike Cohen is NAMI NH Exec Dir. and Ken Norton is the Frameworks Project Director. The program has received national and international attention.. To participate in this free teleconference, dial 888.858.6021, access number 309918#.

Event: **Orientation to Psychiatric Rehabilitation Principles and Practices** (12 hours)
Date: 19-20 May
Place: Friends Hospital, Philadelphia
Note: Sponsored by Drexel University School of Medicine. Call the Registrar at 877.243.3033 or go to www.drexelmed.edu

Conferences

Event: **Bucks County Resiliency Conference and Family Resource Expo: *Expanding Possibilities***
Dates: 26 March 5:30 – 9 p.m. and 27 March 8:30 a.m. – 4 p.m.
Place: Spring Hill Manor, 171 Jacksonville Rd., Ivyland
Note: Keynote speaker on the 27th is Josh Shipp, TV host, author and inspirational speaker. Registration is required. Youth and family members are exempt from registration fees; professionals will be charged \$25/day. For more information call 215.773.9313 ext. 1. Sponsored by Bucks County Behavioral Health System.

Event: **Third annual Penn Autism Network Conference**
Date: 28 March 2008, 8 a.m. – 4:15 p.m.
Place: University of Pennsylvania, Houston Hall, 3417 Spruce St. Phila.
Note: This year's conference will concentrate on the needs of adults with ASD, as well as issues related to transition to adulthood. Details to follow, but if you have questions now contact Deirdre Wright at dewright@mail.med.upenn.edu or 215.746.1967.

Event: **2008 NAMI Convention: Tomorrowland Today: Making Recovery Real**
Date: 13-16 June
Place: Rosen Centre Hotel, Orlando FL
Note: Register before 16 May and pay \$225 for NAMI members, \$275 for non-members, and \$125 for people with mental illness.. Hotel rates are \$134 plus tax, per night, for a single or double room. You must book the hotel by 8 May to be eligible for this rate. Call 800.204.7234 to make the hotel reservation and be sure to say you are attending the NAMI conference.