



NAMI

PA, Bucks County

The Nation's Voice on Mental Illness

The Official Newsletter of NAMI Bucks County Volume : 9 Issue 1 Newsletter Winter 2012

Our Mission

To improve the lives of the citizens of Bucks County who suffer from a serious mental illness or, as family members and caregivers, share the burden of these devastating illnesses.

Our mission is accomplished through programs designed to **support, educate** and **advocate** for individuals with a mental illness and their family members. We strive to educate the public about the true nature of mental illnesses and combat the stigma and discrimination often faced by people with these serious brain disorders.

Our programs educate individuals with mental illness to better understand their illness, stressors, and how to live in recovery. We help families to understand and be supportive of loved ones with mental illness. We also advocate for training of teachers, law enforcement, and first responders to recognize and respond appropriately to individuals with mental illness.

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Depression and Bipolar Disorder in Children and Adolescents

Thursday, February 16, 2012 at 7:30 P.M.

Dr. Kathleen Schramm

Please join us for our February 16, 2012 Forum. Kathleen Schramm, M.D. , will discuss the diagnosis and treatment of Depression and Bipolar Disorder in children and adolescents. A brief overview of normal emotional and brain development will be covered. The proposed diagnosis of Temper Dysregulation Disorder and newer research will be included in this talk. Kathleen Schramm, M.D., is a Board Certified Child, Adolescent and Adult Psychiatrist. She received her medical and residency training at the Medical College of Pennsylvania. Dr. Schramm has been in private practice since 1989, and she is the founding partner of Southampton Psychiatric Associates. In addition to private practice, Dr. Schramm has previously had experience with inpatient and partial hospitalization programs. She has also been involved in the training and supervision of medical students and psychiatric residents.

Abington Memorial Health Center, Warminster Campus
(Formerly Warminster Hospital)
Main Conference Room (Ground Floor)
225 Newtown Rd., Warminster, PA 18974
Call 1-866-399-NAMI (6264) for further information

Bucks County's Crisis Intervention Team (CIT) Task Force Members present at the Crime Victims with Disabilities National Training Conference in Orlando, Florida (Story on page 6)



Bucks County Crisis Intervention Team (CIT) Task Force, Sergeant Andrew Aninsman, Bensalem Police Department; Sharon Curran and Nicole Wolf, Lenape Valley Foundation; Officer Stephen Kingsdorf, Northampton Township Police Department; and Carol Meholc, NAMI (National Alliance on Mental Illness).

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9:00 A.M. – 9:00 P.M.
E-mail info@namibuckspa.org
Web Site
www.namibuckspa.org

**NAMI Bucks County
Newsletter**

Letters, News Articles, and
Announcements are welcome.
Deadline for articles for our Spring
2012 issue is March 5, 2012
Send to above address or by e-mail to
· info@namibuckspa.org

Announcements

NAMI of Bucks County is part of United Way Donor Choice Program

Donors can designate a gift to NAMI of Bucks County via a Donor Choice during United Way's Annual Campaign. **Our organization code is #14632** and is only valid for the United Way of Southeastern Pennsylvania. **PLEASE NOTE: BE SURE TO USE THIS NUMBER IF YOU WANT YOUR DONATION TO BENEFIT THE NAMI BUCKS COUNTY, PA CHAPTER.**

Designate NAMI Bucks to Receive Donations through EBAY Giving Works

Sellers on EBAY can now designate all or a portion of the proceeds from an EBAY sale to benefit NAMI of Bucks County. When listing your item, go to the [Sell Your Item form](#) on EBAY. In the "Pictures & Details" section, click the "Add" link in the area titled "Donate percentage of sale." Choose your organization "NAMI of PA, Bucks County Chapter" to receive the proceeds or a portion of the proceeds.

WE TAKE CREDIT CARDS

Renew your Membership or Make a Donation to NAMI of Bucks County

You can become a new member, renew your current membership and/or make a donation to NAMI with your credit card, through the mail, or telephone. Visit our website at www.namibuckspa.org for details or call Debbie at 1-866-399-NAMI (6264) for an application.

NOTE: Since renewals are handled on a quarterly basis, you will be notified when your current membership is due to expire. Please do not renew your membership until you receive notice. If paying by check, we would appreciate if you would note in the memo section of your check whether it is a donation, membership renewal or both. We appreciate your help.

Volunteers Needed

The heart of NAMI Bucks rests on all of its volunteers. We are currently recruiting volunteers to facilitate our Support Groups, teach the Family-to-Family Education Course or mentor Peer-to-Peer. You must have taken the Family-to-Family or Peer-to-Peer Education Classes to qualify. We also are looking for volunteers to serve on the 2012 NAMI Walks Committee and a newly forming Outreach Committee. If you are interested, please call the NAMI Bucks office at 215-442-5637.

Thank You for Your Contribution

We want to thank the following who have been so generous:

\$1 to \$25

Karen Boyce
Dr. Chris Bursk
Ronald Cole
George Crane
Velia Dean
Mary Dziedzic
Alec & Andy Eckhardt
Richard & Joan Gowen
Matthew Gustafson
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Marcie & Derek White
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\$26 to \$50

Paul Ambrosini, M.D.
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Phil Hober
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David McComsey
Thomas & Joann McGowan
James & Sharon McNamara
Jim & Carol Meholic
William & Alison Montemarano
Carol Walsh

\$51 to \$100

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Shelly Quigley
Annie Stilz
Tom Tantillo
Tracy & William Thomas
John & Carol Winkler

\$101 to \$500

Margaret Illenberger

\$501 to \$1,000

Liberty Mutual (Employee Contribution) Robin & Mike Martel
Joseph & Anne Gardocki

All the NAMI Bucks County Volunteers

Your continuing contributions are important in sustaining our advocacy. NAMI welcomes and appreciates any amount that people can afford. Keep in mind when making your donation that many companies will match employee gifts. If you have not already contributed, please do so by sending your tax deductible donation to: NAMI of Bucks County, P.O. Box 355, Warrington, PA 18976-0355.

10th Annual Spectacular Basket Bingo



Wellspring Clubhouse will be holding its 10th annual Basket Bingo fundraiser on Saturday, March 24, 2012, at the Sellersville Firehouse to benefit the Wellspring Clubhouse, a social and vocational program of Penn Foundation. 20 Games for \$20, extra bonus games and two fabulous raffles. Door prizes galore. Call Lu Mauro (215) 257-4760, or send \$20 and your name to Wellspring Clubhouse, 700 South Main St., Sellersville, PA 18960. Make checks payable to Penn Foundation, write "Basket Bingo" in memo area of check.



National Alliance on Mental Illness



Our Peer-to-Peer Education program will be offered in Warminster beginning Wednesday, March 7, 2012, and in Lower Bucks beginning in March. 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. Exact dates, times and locations to be determined. If you are interested in

taking the Peer-to-Peer Recovery Course, please call 1-866-399-NAMI(6264) to register. The program is free but **REGISTRATION IS REQUIRED**. Class size is limited and fills up quickly.



NAMI Bucks County will be offering Family-to-Family Education Classes beginning on Monday, February 27, 2012, in Doylestown and on Tuesday, February 28, 2012, in Newtown.

The NAMI Family-to-Family Education Program is a free 12-week course for family members and caregivers of individuals with severe brain disorders (mental illnesses). The

course is taught by trained family members. All instruction and course materials are free for class participants.

The Family-to-Family curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD). The course discusses the clinical treatment of these illnesses and

teaches the knowledge and skills that family members and caregivers need to cope more effectively.

If you are interested in taking this course, please call 1-866-399-NAMI(6264). **REGISTRATION IS REQUIRED**. Class size is limited and fills up quickly.

NAMI Family Support Group New Location

The Family Support Group that met at 56 East Oakland Avenue, Doylestown, PA will now be meeting at Doylestown Mennonite Church at 590 N. Broad Street, Doylestown, PA

18901 on the 2nd and 4th Monday at 7:00 PM. **Registration is required.** Call 215-262-3220 The Newtown Family Support Group continues to meet at Crossing Community Church

at 80 Silver Lake Rd., Newtown on the 1st and 3rd Monday of the month at 7:30 PM. No registration is required for this group.



The Fifth Annual Greater Philadelphia NAMIWalks Changing Minds...One Step at a Time!, a fundraising and awareness-raising event, is scheduled for Saturday, May 5, 2012, at Montgomery County Community College in Blue Bell. It's now time to create your Walk team. You have the option of forming a Walk team, signing up to walk with an existing Walk team, or signing up to walk as an individual walker. **The Greater Philadelphia NAMI Affiliates** are comprised of the following counties who work to further the national

organization's goals in our region: NAMI PA-Bucks County; NAMI PA-Delaware County; NAMI PA-Philadelphia, Mainline and NAMI PA-Montgomery County.

Our Chapter's team, "NAMI Bucks for Brains", is already registered online and anyone may join this team or form your own family or organization team.

If you are interested in participating in some way, either by joining a team, forming your own team and/or volunteering, please call 1-866-399-

NAMI(6264). If you would like to donate, please send a check made payable to Greater Philadelphia NAMI Walks to PO Box 355, Warrington, PA 18976 or go online and support our team or an individual walker on the Walks Website – <http://www.namibucks.org> click on NAMI Walks in the table of contents.

We raised more than \$14,000 last year and we hope to raise even more this year. No transportation will be provided to the walk, however, car pool opportunities may be available.

Give us your Poems, Stories, Anecdotes, Articles

We'd like to include your poems, personal stories, anecdotes and articles in the Chapter Newsletter. Send them to: NAMI of Bucks County, P.O. Box 355, Warrington, PA 18976-0355 or send by e-mail to info@namibuckspa.org

Ship in the Bottle

By Emily Plewes

The ship in the bottle will yearn for the sea.
Sitting on the mantle of the fireplace you
dream of the crashing waves.

No one will pay you any mind.

They will merely see you as a decorative
prop and dismiss the bottle at once.
People come and go but you still remain in
a shell hidden away from the rest of the
world.

But there's something you've forgotten, a
tale not yet told; a dream that you are
whole.

They say one and one makes two, but that
is the saying only known to fools.
For it took two hands to reach for you to
take you in their arms. It took two hands
to lift you in the air and let you feel that
first gust of the sea breeze. It took two
hands to walk you down to the ocean and
two hands to set you free. These two
hands are from you and the sea.



Winter Reverie

By Dottie McClellan

October 20, 1999

Come winter and the soft snow
I will sit by the fire and watch the embers glow.
I will spin daydreams, the kitten will purr.
She is gently saying I like it here.
It is cold outside but my heart is warm.
I feel safe, sedate, free from harm.
Musical sounds are beautiful to hear.
I listen in wonder from my red chintz chair.
My soul is caught up in the rhapsodic spell.
Calling with pleasure to come there and dwell.
The essence of red wine is tangy and sweet.
Whether raging wind or tinkling cold sleet.
Skaters are skating down on the pond.
Laughing and happy cherishing loving and fond.
The woods are quiet pretty serene.
Waiting for twilight like a dignified queen.
Beloved forest animals move ever so slight.
Looking for warmth from on-coming winter
night.
A bouquet of Winter roses just came to my
door.
I placed them beside me in a vase on the floor.
My last love went away long, long ago.
With no more love or care to bestow.
Could it be I have an admirer?
Someone too shy to sit with me by the fire.
Maybe soon when his heart is full-blown,
He will find my reverie also his own.

Bucks County's Crisis Intervention Team (CIT) Task Force Members present at the Crime Victims with Disabilities National Training Conference in Orlando, FL.

Five members of the **Bucks County Crisis Intervention Team (CIT) Task Force**, Sergeant Andrew Aninsman, Bensalem Police Department; Sharon Curran and Nicole Wolf, Lenape Valley Foundation; Officer Stephen Kingsdorf, Northampton Township Police Department; and Carol Meholic, NAMI (National Alliance on Mental Illness) attended the **National Training Conference on Responding to Crime Victims with Disabilities** in Orlando, Florida, on December 13-15, 2011.

Funded by the Department of Justice, the aim of the conference was to enhance knowledge, skills and attitudes of providers who serve those with disabilities that are victims of crime, abuse and/or neglect. The CIT team was awarded one of the limited numbers of multidisciplinary Community Team Scholarships to present at the conference. On Wednesday, December 14, 2011, the CIT Task Force team presented "**CIT THE LAUNCHPAD**". The team discussed how Bucks County implemented a Crisis Intervention



The Bucks County CIT Task Force presenting "CIT Launchpad" in Orlando, Florida.

Team program through partnerships between NAMI, law enforcement, behavioral health providers, and other community advocates. In 2008, CIT was launched and to date, has trained over 154 officers/first-responders to improve responses to individuals whose behavior is influenced by mental illness, substance use, developmental and related conditions.

CIT THE LAUNCHPAD emphasized Bucks County's team strength - **DIVERSITY**. Each individual member brings a different perspective to the table from advocacy, mental health, addictions,

county government and law enforcement. The mix of experience has led to Bucks County's CIT success. Through integrative group involvement, the ongoing CIT training curriculum is continually updated. Revisions enhance knowledge regarding various disabilities and resources that can link individuals to appropriate services and result in better outcomes.

The mission of the Bucks County CIT Task Force is to promote collaboration between law enforcement, behavioral health, behavioral health advocates and County government to provide a forum for effective problem solving.

The goal of the CIT program is to treat mental illness as a disease, not a crime. By attending the conference, the CIT team will integrate information regarding individuals who are hard of hearing or deaf into the next 40-hour CIT training, along with accessibility for individuals with physical limitations.



CONGRATULATIONS to the sixth graduating class of Bucks County's Crisis Intervention Team (CIT) on November 18, 2011. These graduates bring the total to 154 certified CIT Officers that have advance training in mental health and related issues.



NAMI-CAN Kids Corner

NAMI-CAN Support Group

NAMI-CAN (Children and Adolescent Network) is a support group for parents and/or caregivers of children with a mental illness. NAMI-CAN meets at the Voice & Vision

office, 600 Louis Dr., Suite 106, Warminster, PA. The meetings are held on the fourth Thursday of the month (NO MEETINGS IN JULY, AUGUST, NOVEMBER OR

DECEMBER). For directions or more information, please call toll free at 1-866-399-NAMI(6264).

Youth Connections, Youth Outreach Initiative

A brand new initiative, Youth Connections, is the youth-driven component of Voice & Vision's Family Outreach & Collaboration Initiative. Youth Connections interfaces with the child-serving system (both funders and agencies) to increase the awareness of the needs, wants and vision of youth and young adults related to services and supports in Bucks County. Youth Connections encourages and offers opportunities for networking and partnership between youth, young adults and

active youth groups. Youth Connections empowers youth and increases youth voice in Bucks County. We connect with youth and youth groups to create and identify ways for youth to share their opinions, experiences and recommendations in order to transform lives, services and systems throughout the community. Voice & Vision, Inc. believes that people are people first. We uphold that the focus should be on developing people and their skills. We think that all people

have the basic human right to dignity and respect and to have their feelings, opinions, and ideas heard and honored. Voice & Vision, Inc. supports a person's right to self-determination in his or her efforts to achieve goals, dreams, and visions. Voice and Vision, Inc. is a 15-year old non-profit 501C3 agency. For more information, please contact Graham or Emily at 1-800-734-5665 or via email: graham@voiceandvisioninc.org or emily@voiceandvisioninc.org



NAMI Basics teaches *the fundamentals of caring for you, your family and your child with mental illness.* NAMI Basics is the new signature

education program for parents and other **primary** caregivers of children and adolescents living with mental illnesses. Classes begin in

March. Exact dates, times and locations to be determined. Prior registration is required. Call 1-866-399-NAMI(6264)

NAMI FAMILY-TO-FAMILY **EDUCATION PROGRAM**

Classes will be held at

**Doylestown Hospital
595 West State Street, Doylestown, PA 18901
beginning on Monday, February 27, 2012, at 7:00 PM**

and

**Community Crossing Church at
80 Silver Lake Rd., Newtown, PA 18940
beginning on Tuesday, February 28, 2012, at 7:00 PM**

**For Family Members of Close Relatives with
Major Depression, Bipolar Disorder,
Schizophrenia and Schizoaffective Disorder.
Panic Disorder, Obsessive Compulsive Disorder and
Borderline Personality Disorder**

A series of 12 weekly classes structured to help family members understand and support their ill relative while maintaining their own well-being. The course is taught by a team of trained volunteer family members who know what it's like to have a loved one with a serious mental illness in the family. There is no cost to participate in the NAMI Family-to-Family Education program. Over 80,000 family members in the U.S. and Canada have completed this course. We think you will be pleased by how much assistance the program offers. We invite you to call for more information.

REGISTRATION IS REQUIRED

Space Is Limited - For Family Members Only - Course Is Free

Call: 1-866-399-NAMI (6264) to register

PLEASE POST

Sponsored by NAMI of Bucks County

NAMI Peer-to-Peer

Education Course

Free Education for Individuals with Brain Disorders
(Mental Illness)

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 units and is taught by a team of three trained "mentors" who are personally experienced at living well with mental illness.

Class Topics include

- Stigma
- Discrimination
- Relapse Prevention Planning
- Schizophrenia
- Bipolar Disorder
- Depression
- Sleep
- Panic Disorder
- Obsessive Compulsive Disorder
- Storytelling
- Language, Emotions
- Addictions, Spirituality
- Medication
- Coping Strategies and Decision Making
- Relationships
- Advance Directive Planning
- Empowerment and advocacy

Classes will be held at
NAMI Office - Warminster beginning March 7, 2012
on Wednesday evenings at 6:30 pm
&
Lower Bucks (exact location and date to be determined)

REGISTRATION IS REQUIRED

To register or for further information call

1-866-399-NAMI (6264)

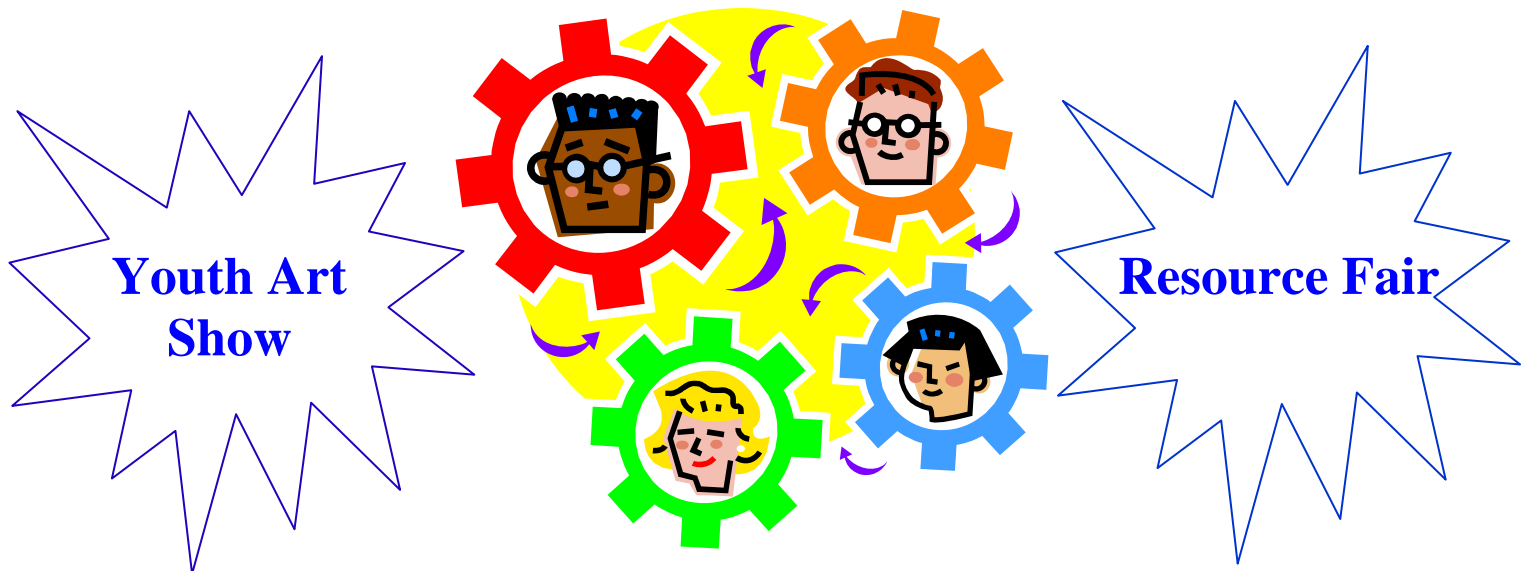
PLEASE POST

SAVE THE DATE!

Wednesday, March 21, 2012

**8th Annual Bucks County Youth & Family
Resiliency Conference**

“Resiliency In Motion”



**Youth Art
Show**

Resource Fair

**A Day in the Life of a Family
Sibling Stories**

Youth Presentations

**Stress Reduction on a Shoestring
(Holistic Care)**

9:00 a.m. - 3:30 p.m.

Spring Mill Manor, Ivyland, PA

Sponsored by Bucks County Child Serving Systems, Youth and Families



**CONFERENCE BROCHURE IS NOW AVAILABLE
1-866-399-6264**

Coming Events / Dates to Remember:

| | |
|---|--|
| <p>January 9 & 23, 2012 February 13 & 27, 2012 March 12 & 26, 2012 7:00 – 8:30 P.M. 2nd & 4th Monday Doylestown, PA</p> | <p>NAMI FAMILY SUPPORT GROUP <u>NEW LOCATION</u> Doylestown Mennonite Church 590 N. Broad St. Doylestown, PA 18901 Registration is required. 215-262-3220</p> |
| <p>January 16, 2012 February 6 & 20, 2012 March 5 & 19, 2012 1ST & 3rd Monday 7:30-9:00 P.M. Newtown, PA</p> | <p>NAMI Family-to-Family Support Group Meeting - Lower Bucks – Crossing Community Church 80 Silver Lake Rd., Newtown, PA 18940 For more information, please call 1-866-399-NAMI(6264).</p> |
| <p>February 16, 2012 7:30 PM Abington Health Center, Warminster Campus (Formerly Warminster Hospital)</p> | <p>NAMI Bucks Forum Abington Memorial Health Center, Warminster Campus (Formerly Warminster Hospital) Main Conference Room (Ground Floor) 225 Newtown Rd., Warminster, PA 18974 Depression and Bi-Polar Disorder in Children and Adolescents Speaker: Dr. Kathleen Schramm.</p> |
| <p>February 23, 2012 March 22, 2012 7:00 PM Warminster, PA</p> | <p>NAMI-CAN (Children’s and Adolescents Network) Voice & Vision Office Conf. Rm., 600 Louis Drive, Suite 106, Warminster, PA Meets every 4th Thursday of the month Call 1-866-399-NAMI (6264) for information.</p> |
| <p>February 27, 2012 Doylestown February 28, 2012 Newtown</p> | <p>Family-to-Family Education Program For more information or to register, call: 1-866-399-NAMI (6264)</p> |
| <p>March 7, 2012 Warminster & Lower Bucks TBD</p> | <p>Peer-to-Peer Education Program For more information or to register, call: 1-866-399-NAMI (6264)</p> |
| <p>Spring 2012</p> | <p>NAMI Basics Education Program For more information call 1-866-399-NAMI(6264)</p> |
| <p>March 21, 2012 – 9:00-3:30 Spring Mill Manor Warminster, PA</p> | <p>Bucks County 8th Annual Youth & Family Resiliency Conference</p> |
| <p>April 19, 2012 7:30 PM Abington Health Center, Warminster Campus (Formerly Warminster Hospital)</p> | <p>NAMI Bucks Forum Abington Memorial Health Center, Warminster Campus (Formerly Warminster Hospital) Main Conference Room (Ground Floor) 225 Newtown Rd., Warminster, PA 18974 Speaker - TBD</p> |
| <p>May 5, 2012 Check in begins 8:00 A.M. Walk begins 10:00 A.M.</p> | <p>NAMI WALKS Montgomery County Community College 340 DeKalb Pike, Blue Bell, PA 19422</p> |
| <p>June 21, 2012 7:30 PM Abington Health Center, Warminster Campus (Formerly Warminster Hospital)</p> | <p>NAMI Bucks Forum Abington Memorial Health Center, Warminster Campus (Formerly Warminster Hospital) Main Conference Room (Ground Floor) 225 Newtown Rd., Warminster, PA 18974 Speaker - TBD</p> |





PA, Bucks County

Bucks County Chapter
PO Box 355
Warrington, PA 18976-0355

**LET US HAVE YOUR
E-MAIL ADDRESS**

If we don't already have your e-mail address, or if your address has changed, please contact Debbie Moritz at info@namibuckspa.org she will add you to our list. Each week, we e-mail time-sensitive information and late-breaking news.

We're on the Web

www.namibuckspa.org

Be sure to visit our website regularly for additional articles and updated information

**Chapter Toll-Free Helpline
1-866-399-NAMI (6264)**

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