



# nami

# PA York County

National Alliance on Mental Illness

May 2014

NAMI is a non-profit, grassroots, self-help, support and advocacy organization, founded in Wisconsin in 1979. Its membership is composed of consumers, families and friends of people with severe mental illness. NAMI is represented in all 50 states, with over 1000 local affiliates. NAMI recognizes that the key concepts of recovery, resiliency and support are essential to improving the wellness and the quality of life of all persons affected by mental illness.

NAMI PA York County      140 Roosevelt Avenue, Suite 200, York, PA 17401  
Office Hours: M-F 8-4      [www.namiyork.org](http://www.namiyork.org)      [namiyc@gmail.com](mailto:namiyc@gmail.com)      717-848-3784

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***“Doing nothing gets pretty tiresome because you can’t stop and rest.”***

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## May is Mental Health Month



BANNER BY: IMAGINEERED SIGNS

Look for our banner (above) in York during the month of May!



### THE ANONYMOUS PEOPLE

RECOVERY IS OUT - TO CHANGE THE ADDICTION CONVERSATION FROM - PROBLEMS TO SOLUTIONS

**Wednesday, May 28, 2014**  
**3:00-5:00 pm**  
**York College of Pennsylvania**  
**Wolf Hall Auditorium**  
**441 Country Club Rd. York, PA17403**

Panel discussion & recovery stories following the film.



*The Anonymous People* chronicles true stories about addiction through the voices of the leaders, volunteers, corporate executives, and celebrities.



### Consumer Art Show

**York College of Pennsylvania**  
**Wolf Hall Art Gallery**  
**May 22-30, 2014**



**Opening Night Reception! May 22, 2014 6:00 pm**  
featuring

**Candlelight Vigil and Recovery Stories**



The next CSP meeting will be on held Wednesday, May 14, 2014 from 12:00-1:00 pm at Mental Health America, 36 S. Queen Street, York.

The Community Support Program (CSP) Coalition is comprised of mental health consumers, professionals, family members and community members. All are welcome. Call Kim Stratton at 717-843-6973 for more information.

## 5th Annual Cherry Blossom Ball May 9, 2014 at Loews Hotel in Philadelphia

Come and join us for the 5th annual Cherry Blossom Ball to benefit NAMI Pennsylvania: Celebrating Hope, Rebirth and Recovery. The ball will take place on May 9, 2014 at 6 pm at the Loews Hotel in Philadelphia, PA. It will start with a cocktail hour which will lead into a dinner dance and silent auction. Dr. Loren Crabtree, the co-founder of Project Transition, will be honored with the 2014 Exemplary Psychiatrist Award. Musical entertainment will be provided by Big Ric Rising, blending the sounds of R&B, top 40, Big Band and Swing. Big Ric has been wowing audiences in Philadelphia for over 15 years!

For tickets and information, contact Ellen Kitz at [ekitz@nami-pa.org](mailto:ekitz@nami-pa.org) or call (717)238-1514 or (800)223-0500 to register.

**Big Ric Rising: "Bringing the Party like only we can!!!"**

## From the Director's Desk



Dear NAMI Friends,

It's Mental Health Month— a month to celebrate good mental health and the strong possibility of recovery. I hope you will be able to attend one of the events that have been planned in the community.

For the very first time we have hung a banner in York proclaiming this month's theme. MHA has partnered with us to make this possible. Kim Stratton and I have been meeting to discover ways we can collaborate to better serve consumers and their families; AND educate the public about mental health disorders in order to erase stigma, and get more people to accept treatment. With limited funding available, collaboration is a smart way to make our resources go farther.

I receive an inspirational email from "The Hour Of Power" every day in my inbox. This

scripture reference seemed especially appropriate for Mental Health Month; and is a good reminder for what we all should be doing to help each other in our recovery journey. I hope it inspires you.

*"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another..."*

-Hebrews 10:24-25

Speaking of recovery, would you be willing to share your recovery story either at the Candlelight Vigil on May 22 or at the screening of the film, *The Anonymous People*, on May 28? Both events are being held at York College. You would only need to prepare a 5-minute testimony. If you are interested, contact us at the NAMI office and we will point you to the correct contact person.

So be a part of Mental Health Month! Support mental health awareness and recovery! Be brave—tell YOUR story. Help someone else in their recovery. For other suggestions on how you can spread the word, go to the Advocacy page, page 8.

*Rose*

**WORKSHOP: Medical Assistance, Waivers and Affordable Care Act***Using Public Insurance to Get Services & Supports You Need*

Tuesday, May 20 6-8 pm

Giant at 2300 Linglestown Road, Harrisburg, PA 17110

Registration is required by May 13 at <https://www.surveymonkey.com/s/MATRAININGS2014> or fax a registration form (available at the office) to 412-281-4408.

### Still Time to Enter the "Healing Hearts" Recovery Art Show!

If you are interested in submitting artwork, pick up an entry form at Bell Socialization Services, 160 S. George Street in York and return it, along with your artwork and contact information. Multiple pieces can be submitted, but only two entries per category.

Categories include:  
prose/poetry, collage/photography, mixed media, original paintings, drawings, ceramics/painted crafts, clay/ paper Mache/ woodworking, and more!

Cash prizes will be given for each category.

Ask for Karen or Social Rehab staff when picking up the application or dropping off artwork.

Contact Karen Roland at (717) 848-5767 ext. 401 for more information.

**Entries are due by May 7.**



### Mental Health America of York & Adams Counties

*5th Annual Spring Fundraiser*

**Moon Dancer Vineyards & Winery**

**Friday May 16, 2014**

**6:00– 10:00 pm**

**Cost: \$30 per person**

**Enjoy wine, food, friends, and great music amid beautiful scenery, and support a great organization, too!**

**Entertainment by singer/songwriter**

**SABRINA DUKE**

**New this year! Silent Auction featuring activities for relaxation & recreation for all ages.**

*All attendees will receive a free glass of wine and food, including hors d'oeuvres & wooden oven pizza!*

To register, please call MHA at (717) 843-6973 ext. 100 or email Kim, at [klstratton@mhay.org](mailto:klstratton@mhay.org) with Subject Line: *Fundraiser Tickets*



*Sponsored by: Community Care Behavioral Health, Fulton Bank, Glatfelter Insurance Group, and Senft Law Firm*

### Going Green Saves Paper and Postage!

Do your part for the budget ( and the environment) by receiving your copy of the newsletter electronically. Your copy will be in color, and gets to your mailbox quicker! Just send your e-mail address to: [namiyc@gmail.com](mailto:namiyc@gmail.com).

## Spring Fever

Spring is in the air! While the weather is warming up, patterns of mania may be changing as well. For some with bi-polar disorder, springtime can produce a different set of anxieties. As Sasha Kildare reports in *BP Magazine*, springtime mania can be described as a mix of being tired, wired, distressed and anxious. You may feel the desire to do something, but you are unsure of what to do. This comes after a time when some experience depression in the winter. Kildare identifies three warning signs of what she calls the new "spring fever": sleep irregularity, rapid speech, and physical hyperactivity.

Longer days, with more sunlight, can lead to more activities at night which can prevent going to bed on time. Research suggests that our bodies are reacting to the rapid change in light, not the quality of the sunlight. People with bi-polar disorder may be more sensitive to this as their natural circadian rhythms are thrown off during the early spring. Our circadian rhythm is what decides when we naturally fall asleep and when to wake up, when to eat, and when we feel alert.

Some simple tips to conquer seasonality include maintaining consistent treatment, as well as self-help strategies, such as lifestyle accommodations.

**Pattern Recognition-** Track your mood on paper or online! Many smartphones have the option to enter your mood daily.

**Short-Term Savvy-** Recognize triggers. Keeping a journal will create an understanding of what relays emotions. Being aware of what triggers your emotions will make it easier to catch a reaction.

**Regulate Your Rhythms-** Negotiate your schedule. Monitor your sleeping, eating, and physical activity patterns as these have the biggest impact. Push yourself to eat nutritious meals and establish normal sleeping habits.

**Lighten up-** In the winter it is a good idea to get as much natural light exposure as possible to counteract depression. During the spring, overexposure to light should be avoided as it may throw off circadian rhythms.

**Plan Well-** Be aware of how you are interacting with others. Use your support groups to help stop the mania from taking over in the spring!

For the full story by Sasha Kildare, featured in *BP Magazine*- along with many other interesting stories- stop by the NAMI York office today!

## You're invited...

A Special  
Evening  
with the  
Grumbacher  
Collection

Thursday, May 8  
7:00-9:00pm

*YorkArts*



**On May 8, from 7:00 - 9:00 pm,** join Mr. Tim Grumbacher, YorkArts 2014 featured collector, at the YorkArts' gallery for a discussion about select works from his collection.

Enjoy desserts, light refreshments, and YorkArts' current exhibition: [Louder than Words, Language and Text in Artwork from the Grumbacher Collection.](#)

YorkArts Gallery is located at 10 N. Beaver Street, York, PA 17401. Admission is FREE. Donations are welcome to benefit children's gallery tours.

## The Pennsylvania 4<sup>th</sup> Annual Veterans Conference

May 14 & 15, 2014 in Harrisburg

By the end of this conference participants will be able to:

- Recognize unique traits displayed by veterans to law enforcement officers;
- Identify initiatives of the Veterans Administration to address substance abuse among veterans;
- Cite issues that can occur as OAF/OIF/OEF reintegrate into their families and communities;
- Recognize resilience and supports that can assist veterans in many aspects of life.

Who can attend?:

Veterans Service Organizations, Behavioral Health Program Administrators and Clinicians, Criminal Justice Professionals, State/local officials or citizens interested in diversion, County MH/ID Administrators, professionals involved in the court system, and officers involved or interested in CIT

[Conference Brochure](http://www.drexelmed.edu/drexel-pdf/program-behavioral-health/BHE-brochure_Veterans_Conference_2014-03-26.pdf) [http://www.drexelmed.edu/drexel-pdf/program-behavioral-health/BHE-brochure\\_Veterans\\_Conference\\_2014-03-26.pdf](http://www.drexelmed.edu/drexel-pdf/program-behavioral-health/BHE-brochure_Veterans_Conference_2014-03-26.pdf)

[Registration](https://www.eventspro.net/drexel/getdemo.ei?id=4240024&s=_6RG007MP2) [https://www.eventspro.net/drexel/getdemo.ei?id=4240024&s=\\_6RG007MP2](https://www.eventspro.net/drexel/getdemo.ei?id=4240024&s=_6RG007MP2)

### PA CARES Training Summit

May 20, 2014

Fort Indiantown Gap

1 Fort Indiantown Gap, Building 4-134

Annville, PA 17003-5099

This one-day training event will focus on recognizing and responding to the myriad of behavioral health needs and readjustment challenges experienced by Pennsylvania's military service members, veterans, and their families, during reintegration. A special luncheon presentation will review interesting aspects of military culture.

PRE-REGISTRATION FOR THIS PROGRAM IS REQUIRED. This event is FREE, but registration is limited to the first 100 applicants. To register online, go to [https://www.centrelearn.com/login\\_pa.asp](https://www.centrelearn.com/login_pa.asp). You will need to create an account. Fill out the information as directed. If you have difficulty registering online, call 717-772-7788 for assistance. NO REGISTRATIONS WILL BE ACCEPTED BY PHONE. Deadline is May 13, 2014.

Jointly Sponsored by: PA Department of Health, Bureau of Public Health Preparedness, PA Department of Public Welfare, and Office of Mental Health and Substance Abuse Services.



**It Takes a Community:**  
**Learning Together about Tools and Strategies**  
**to Support People Through Emotional Distress**  
**FREE Webinar**

**Thursday, May 29, 2014**

**3:00 p.m. – 4:30 p.m.**

**Register Today!**

<http://promoteacceptance.samhsa.gov/teleconferences/archive/training/teleconference05292014.aspx>

This webinar is the first in a two-part series focused on mental health promotion and early intervention. You will hear three speakers describe how each of us can work to better our community's health and wellness through supportive actions. You'll learn about Emotional CPR; "Families Healing Together," an organization dedicated to helping families recover from mental health challenges; and finally, you'll hear from one university who is teaching both teachers and students to support members of their community experiencing mental health challenges.

## Walk 2014 News

### T-shirt Contest



The entries are in for the design of the t-shirt that will be used at our walk this year. A winner will be chosen by our Board of Directors; and will be announced on **May 22** at the Bell Art Show reception and Candlelight Vigil at York College.

### Walk Kick-off



A Walk kick-off celebration, which will include an art show, entertainment, food and fun, will be held on **July 12, 2014** at the Office Furniture Warehouse, 519 N. Franklin St., York 17403. Part of the proceeds for the evening will go towards our walk goal of \$30,000.

Make donations to:  
NAMI PA York County  
140 Roosevelt Ave., Ste 200  
York, PA 17401

## NAMI Celebrates 30 Years!



The celebration will take place at our annual meeting on November 20, 2014. Contact us at 717-848-3784 if you have any historical information about our organization.

If you are a friend or organization who would like to offer your well



wishes, send us your information, along with a \$10 donation. and we will post it in our Annual Meeting Program.!

Do you know.....  
NAMI was featured on a billboard....twice! What was the most recent year?



(For the answer, go to page 12)

## Community Care Adult Advisory Committee Meetings

**York County: June 5, 2014, 2:30-4:00 pm at York County Human Services Center, 100 W. Market St (Veterans Room ) in York.**

**Adams County: June 4, 1:00-2:30 pm at TrueNorth Wellness Services, 33 Frederick St. in Hanover.**

Who can attend?

Adult Community Care Members

Family Members of Adult Community Care Members

*(Members of Community Care are individuals who are currently enrolled in Pennsylvania HealthChoices.)*

Eligible Members who attend the meeting will receive:

Free refreshments

\$25 for attending the entire meeting

Mileage reimbursement for traveling to the meeting if applicable

**Registration is required. Call at least one week in advance at 1-800-860-7041.**



Disclaimer: The views expressed in the newsletter are not necessarily the views of NAMI, NAMI PA or NAMI PA York County. Groups and events mentioned in the newsletter are for informational purposes and are not necessarily endorsed by NAMI.

## Thriving in Uncertainty!

Many people want to be certain about life and what is going on around them. Those who want that certainty will, more times than not, find a comfortable life. There are others, however, who DO NOT like certainty. They THRIVE on the edge of knowing and not knowing what tomorrow may bring down life's path. A life of certainty is predictable, calculated and expected. A life of uncertainty is unpredictable, not calculated and not expected.

There are people who CHOOSE to THRIVE IN UNCERTAINTY. They SEE, TASTE AND FEEL what other people cannot imagine. They see the POTENTIAL while others see what already exists. These are the same people who go hiking through Europe or buy a franchise or, at middle age, decide to chase a life-long dream.

Those who THRIVE IN UNCERTAINTY cast aside the stereotypes they have had of certain people and CHOOSE to "build bridges." THRIVING IN UNCERTAINTY is a DECISION! It is a decision to be, often times, scared out of your mind! The Chinese pictogram for crises (code word for Uncertainty) combines two symbols: Danger and Opportunity. These people love being over their head!

Tyler Tervooren asks, "If I died tomorrow, would I be satisfied with how I lived my life?" So many people have died and have not lived.

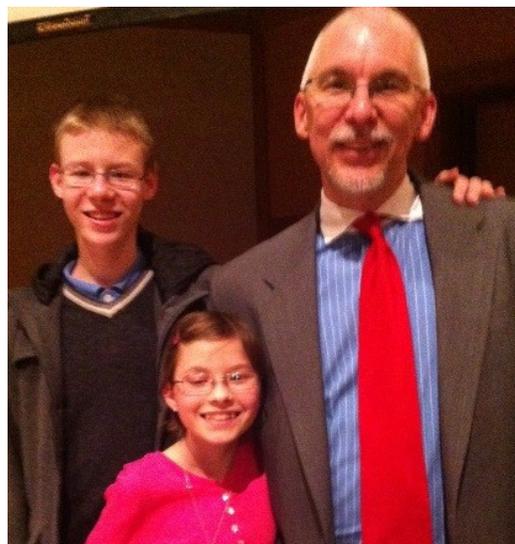
So, how can you THRIVE IN UNCERTAINTY? Tyler Tervooren gives several ways to do exactly that ([www.advancedriskology.com](http://www.advancedriskology.com)):

- Call a stranger from a phone book (NOT a crank call).
- State your unfiltered opinion (forget about "political correctness")
- Speak up when something is wrong.
- Try to speak a foreign language (with the help of a translation dictionary) to a native speaker.
- Give an impromptu speech.
- Try something you've never done before.
- Publicly state your biggest goal.

When you, purposely, take on activities like the ones mentioned above, you STRETCH yourself to a point of THRIVING IN UNCERTAINTY!

"I Believe in you!" ®

John W. Carver, LUTCF  
 Website: [johncarver@wildblue.net](mailto:johncarver@wildblue.net)  
[johnwcarver.com](http://johnwcarver.com)



*John Carver and two of his children, Juliana, and Timothy, at the presentation, "Build Your Foundation" in March.*

**ADVOCACY****May is Mental Health Month**

Each year millions of Americans face the reality of living with a mental health condition. During the month of May, NAMI and the rest of the country are bringing awareness to mental illness.

Each year we fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger. In 2013, President Obama proclaimed May as National Mental Health Awareness Month and brought the issue of mental health to the forefront of our nation's thoughts.

We believe that these issues are important to address year round, but highlighting these issues during May provides a time for people to come together and display the passion and strength of those working to improve the lives of the tens of millions of Americans affected by mental illness.

Join the Green Light Initiative. Across the country, buildings and landmarks are lighting up green to show support and raise awareness for mental health. The green light is meant to start a conversation and inspire hope.

Here are all the ways you can show your support!

**Online****On Twitter:**

- May is **#MentalHealthMonth**. What are you doing to educate and reduce **#stigma**? <http://owl.li/vZDI>
- "Mental illness is not a partisan issue. It can strike anyone at any time. **#MentalHealthMonth**"
- "Checking in" on a friend or loved one can go a long way in making a difference in their life, it can help save a life. **#MentalHealthMonth**
- Almost 50% of children aged 8-15 with a mental illness received no treatment last year. We must do better. **#MHM2014**<http://owl.li/vZDI>
- Mental Illness affects 1 in 4 American adults. You are not alone in this fight. NAMI is there to help. <http://owl.li/vZDI>

**On Facebook:**

- Mental Illness affects 1 in 4 American adults. You are not alone in this fight. NAMI is there to help. <http://owl.li/vZDI>
- Strength of Us offers an online community for young people to connect and share information about their experiences with mental health problems <http://owl.li/vZH1O>
- Niagara Falls lit up green in support of Mental Health Month! Check out pictures and learn about how you can "go green" in your area too. <http://owl.li/vZMHr> (cont) See "Mental Health Month" on page 9

## Mental Health Month (cont. from pg. 8 )

### Online

- Participate in an [online discussion or chat](#).
- Connect with NAMI on [Facebook](#) and [Twitter](#) and see what we have going on.
- Share your story of hope on [YANA](#).
- Spread the word about what you're doing on Pinterest.

### Make a Statement

- Wear green. Be creative; don't just limit this to your everyday wardrobe. Wear green shoelaces, a green suit, dye your hair green or paint your fingernails.
- Initiate a "Wear Green Day." Encourage your workplace and friends to pick a day during the month to wear green to spread the word about Mental Health Month.
- Wear a green ribbon. Pin it on your shirt or on your bag or backpack.
- Learn about new research, advances in treatments and coping strategies for living with mental illness and share what you find out with your family and friends. There might even be some simple ideas that you can pass along that can be incorporated into an everyday routine.

### In the Community

- Host an event or get together with friends, family or neighbors.
- Go green at your house— or in your neighborhood. Put a green light bulb in your porch light or lamp post. Tie a green ribbon around a tree.
- Hand out green ribbons for people to wear.

Go to [www.nami.org](http://www.nami.org) for more information and ideas.

**Changing Minds  
About Mental Health**  
*One Conversation at a Time*



*Save the Date*  
**September 13, 2014**

For more information on *exhibiting, advertising or sponsorship*, contact GHHW at 717-968-3083 or visit [www.guidintheheartwithhope.org](http://www.guidintheheartwithhope.org)

Recovery

Join the voices of RECOVERY....more details to come.....

3rd Annual Recovery Conference

### SAVE THE DATE!



**September 3-6 ~ Washington,  
DC Marriott Wardman Park  
Hotel**

- The 2014 NAMI Convention will feature:
- \*Top-notch researchers and clinicians
  - \*An opportunity to meet with your legislator on Capitol Hill.
  - \*Abundant networking opportunities enabling us to learn from each other
  - \*Inspiration, innovation and an exhilarating four days in the nation's capital.

Scholarships for the conference fee only are available.

Go to <http://www.nami.org/template.cfm?section=convention> for more information.

***“Do not be under the delusion that individual advancement is made by stepping on others.”***

***Calendar – April Showers Bring May Flowers***

**May 1-31, 2014** Mental Health Month

**May 8, 2014** National Children's Mental Health Awareness Day

**May 9, 2014** 5<sup>th</sup> Annual Cherry Blossom Ball at The Loews Hotel, Philadelphia, PA to benefit NAMI PA

**May 16, 2014** Mental Health America Fundraiser: Wine & Music at Moon Dancer Winery

**May 22-30, 2014** Bell Art Show (Opening Reception, Candlelight Vigil & Stories of Recovery at 6 pm on May 22.)

**May 28, 2014 3:00-5:00 pm** “The Anonymous People” movie screening at York College

**June 20, 2014 12:00-2:00** MH-IDD Advisory Board Meeting at the Holidome. Call 771-9618 to register.

**July 12, 2014** Art Show and Walk Kick-Off. Details to follow.

**April 2015 (Tentative)** Stand Up for Mental Health (SMH) show at York College. Call the NAMI office at 717-848-3784, if you might be interested in being in the show.

FREE Friday Conference Calls with Dr. Ken Duckworth, NAMI’s medical director

**Child and Adolescent** call on the third Friday of every month.

**Adult** call on the fourth Friday of every month. The calls are scheduled from 11:00 am to 12:00 pm Call (toll-free) 1-888-858-6021; access number 309918#.



**NEW PTSD Support Group**, for adults who have experienced any form of trauma, takes place Mondays from 7:00- 8:30 pm at Holy Trinity Church, 2285 Plank Road, Stewartstown, PA 17363. Contact Lloyd Crowder at 717-819-8983 or [lloydcrowd-er.ptssg@gmail.com](mailto:lloydcrowd-er.ptssg@gmail.com) for further information.

**Historic Mental Health Act  
Signed into Law March 31, 2014**

This law is the most historic piece of mental health legislation passed in 51 years — the first significant federal investment since the Community Mental Health Act in 1963. \$900 million has been set aside for funding the Excellence in Mental Health Act.

The Act establishes a two year Medicaid demonstration program in eight states. Participating states will receive 90% FMAP for the range of health services, including primary care screening, mental health, substance use, and 24-hour crisis psychiatric services delivered by Certified Community Behavioral Health Clinics; and sets new standards and establishes prospective payments for the designated behavioral health organizations.



**Important Contact Information:**

- TrueNorth Wellness Services (formerly AHCS) 717-632-4900
- Assertive Community Treatment (ACT) 717-792-2976
- Bell Socialization Services 717-848-5767
- Community Support Program 717-843-6973
- CONTACT of S. Central PA (24/7 Help Line) 1-800-932-4616
- Crisis Intervention Hotline 1-800-673-2496
- Crisis Intervention (York) 717-851-5320
- Crisis (Mobile) 1-866-325-0339 or 717-637-7633
- Dept. of Public Welfare 717-771-1100
- Disability Rights Network 1-800-692-7443
- FIRST Resource Directory 1-800-673-2529
- Mental Health America 717-843-6973
- NAMI York County 717-848-3784
- NAMI Pennsylvania 1-800-223-0500
- <http://nami-pa.org>
- NAMI (National) 1-800-950-NAMI (6264)
- e-mail: [info@nami.org](mailto:info@nami.org) [www.nami.org](http://www.nami.org)
- SAM (Service Access & Management) 717-848-8744
- Social Security Adm. 1-800-772-1213 or 717-767-1600
- Suicide Hotline 1-800-SUICIDE (784-2433)
- WellSpan– Edgar Square 717- 851-1500
- WellSpan- Meadowlands 717-851-6340
- York/Adams MH-IDD 717-771-9618
- [Pa.networkofcare.org](http://Pa.networkofcare.org)
- [Strengthofus.org](http://Strengthofus.org) (social networking site for young adults)
- <http://www.bphope.com>
- <http://www.hopetocope.com>
- [www.pahousingsearch.com](http://www.pahousingsearch.com)
- [www.trueacceptance.com](http://www.trueacceptance.com), a free relationship community for adults with mental illness
- [Iwilllisten.org](http://Iwilllisten.org) #IWILLLISTEN

## **NAMI Support Group Meetings**

### **York Support Group**

Location—Luther Memorial Church, 1907 Hollywood Drive, York, PA  
Date: Tuesday, May 6, 2014, 7:30-9:00 pm  
Contact: Rose or Danielle @ 717-848-3784

### **Hanover Support Group**

Location— St. Mark Lutheran Church, 123 N. Charles Street, Hanover, PA  
Date: Wednesday, May 7, 2014 7:00– 9:00 pm  
Contact: Doris Bange @ 717-632-0435

### **New Freedom Support Group**

Location— St. John Evangelical Lutheran Church, 175 E. Main Street, New Freedom, PA  
Date: Monday, May 19, 2014, 7:30- 9:00 pm  
Contact: Susan Blum @ 717-309-1354

### **New Cumberland Family Support Group**

Location- New Life Church, 530 Big Springs Rd, New Cumberland, PA Exit 36 (Fishing Creek) off I-83  
Date: Thursday, May 22, 2014, 6:30-8 :00 pm  
Contact: Beverly Riggins @ 717-979-0519



### **WEEKLY Support Groups for Consumers**

- 1) **WellSpan Behavioral Health, 1101 S. Edgar Street, York, PA 17403**  
Mondays, 6:00-7:30 pm
- 2) **NAMI York County office, 140 Roosevelt Avenue, York, PA 17401**  
Thursdays 10:00-11:30 am
- 3) **First United Methodist Church, 200 Frederick St., Hanover, PA 17331**  
Fridays, 12:00-1:30 pm

## **Other Support Groups**

**Depression Support Group** meets at the chapel in the Hanover Hospital every Tuesday, at 7:00 pm Contact Erick Stenmore at 717-646-6905.(There is a Reiki Share on the first Tuesday of every month). **Young Adult Depression Group** meets before the adult group from 6:00-7:00 pm.

**PTSD support groups** are offered by the VA Outpatient Clinic, 2251 Eastern Blvd., Suite 101, York during the day and evening. Call 717-840-2730 for specific days and times.

**Autism Support Group** for families dealing with Autism Spectrum Disorders meets the 1st Thursday of each month, 7:00-8:30 pm at **St. Matthew Evangelical Lutheran Church, 839 West Market Street, York.** No meetings June, July, & August.

**Autism York South (AYS)** accommodates families located in the Southern portion of York County and meets the 2nd Wednesday of the month from 7:00-8:30 pm at Stewartstown Elem. School, 17945 Barren Rd. North, Stewartstown, PA.

**See the Autism York calendar for details about any of these Autism groups at <http://autismyork.com>**

**Suicide Survivors Support Group** meets the 3<sup>rd</sup> Thursday of each month from 6:30-8:00 pm at 44 S Main St., Shrewsbury. Contact Cindy at 717-227-0048.

**If you need of a specific support group, not listed, contact FIRST @ 755-1000 for an up-to-date listing of special interest support groups.**



### **NAMI-THE NATION'S VOICE ON MENTAL ILLNESS**

**NAMI PA York County**  
140 Roosevelt Avenue, Suite 200 York, PA 17401  
**Office Hours: Monday-Friday, 8:00 am-4:00 pm**  
**Rose Alberghini, Executive Director Danielle Dennis, Program Assistant**

Our office is located in the Industrial Plaza of York on the Northwest corner of Philadelphia and Roosevelt Avenue, across from the Roosevelt Tavern. Parking is available in the rear of the building, and in the lot facing Philadelphia Street. **Please call ahead to make sure there is someone in the office.**

**CREATIVITY CHANGES EVERYTHING**

*A Community Art Space*

128 E. King Street

York, PA 17401

Hours of Operation: First Fridays: 5:00 – 9:00 p.m.

Weekends: Friday– Sunday 11:00 a.m. – 3:00 p.m.

**Be part of the arts in the Royal Square Neighborhood!**

**General Operating Manager:** Julie Hess: 717-880-6411

**Poetry Garden Oversight and Creative Space Maintenance:** Brad Breon 717-332-5009

**Joining NAMI Helps EVERYONE!**

**Thank you to the following who joined or renewed their memberships last month: Kay Bentzel, Connie Stare, Erneshia Pinder, Demian Yumei, and Jacky Olwert.**

**When you become a member, you are supporting NAMI on all three levels.** Of the \$35 Family/Individual membership, NAMI National receives \$10; NAMI PA, \$10; and NAMI PA York County, \$15. If you choose the Open Door membership at \$3, each level of NAMI receives \$1. Each membership receives the same recognition and privileges. **Thank you for joining our NAMI family!** **(Answer: 2007)**

**Membership Application**

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (home) \_\_\_\_\_ (cell) \_\_\_\_\_

NAMI Affiliate-York County \_\_\_\_\_

E-mail (Please include so we can email your newsletter) \_\_\_\_\_

**Check type of membership:**

Individual or Family \$35.00 \_\_\_\_

Open Door ( for individuals with limited incomes) \$3.00 \_\_\_\_

Additional Contribution \$ \_\_\_\_\_

Members names are published in our monthly newsletter.

**If you would like to remain anonymous, please check here \_\_\_\_**

**If you do not wish to receive the newsletter, check here \_\_\_\_**

**Thank you for your support!**

**Mail this form with payment to:**  
 NAMI PA York County, 140 Roosevelt Avenue, Suite 200, York, PA 17401