



NAMI

PA, CUMBERLAND and PERRY COUNTIES NEWS

National Alliance on Mental Illness

June 2014

Volume XVII, Issue 6

NAMI is the largest nationwide, grassroots membership organization devoted to improving the lives of those affected, directly and indirectly, by serious mental illness. NAMI is comprised of family members, friends and consumers.

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Calendar:

- June 16, 17 - MHFA Training for East Pennsboro Teachers
- June 19th - Third Thursday Support meeting and New Cumberland Support meeting
- June 24th - NAMI PA C/P Board Mtg
- July 3rd - West Shore Support Group
- July 13th - NAMI Connections Mtg.
- July 21st - NAMI PA Dauphin Cty Support Mtg

Contact Us:

P.O. Box 527
 Carlisle, PA 17013
<http://www.namipacp.org>
findhope@namipacp.org
 Message line number:
 240-8715

SUPPORT IS AVAILABLE FROM GROUP MEETING ON WEST SHORE

Over the years the support group offerings from NAMI PA C/P have expanded from the original group that now meets in Carlisle on the third Thursday of each month. We recognize the importance of support because it is frequently the case that a family or an individual is dealing with circumstances that are very challenging and that are not understood by friends, family or co-workers.

On page 2 of this newsletter we list the support groups that are available to either family members or consumers. This list includes a group that meets in New Cumberland facilitated by NAMI PA York County and a group that meets in Harrisburg facilitated by NAMI PA Dauphin County.

All in the NAMI family should take note of an utilize the West Shore Support Group that meets on the 1st Thursday of each month at St. Timothy's Lutheran Church at 4200 Market St., Camp Hill, PA. Most of the population of Cumberland County is located on the West Shore and this group was created to meet the need for support for West Shore individuals without the need for a drive to Carlisle.

The facilitators of the West Shore Support Group are our most qualified support facilitators. Dr. Hazel Brown is a psychologist by training. Thom Fager has been a NAMI activist for more than 15 years. He is a Past President of NAMI PA C/P and is extremely knowledgeable about community resources. Thom works as a certified peer specialist. He has received training in support group facilitation.

There is no limit to the number of support meetings an individual can attend. Therefore, those in the Western part of the county may find it helpful to drive East to the West Shore Group whether or not they attend the group in Carlisle.

Remember that there is also a NAMI Connections Support Group for consumers. See page 4.

JUNE MEETING

NAMI PA of CUMBERLAND and PERRY COUNTIES

THURSDAY, JUNE 19, 2014 at S.T.A.R.

253 Penrose Place, Carlisle, Pa.

[See page 4 for directions]

7:00 PM— 8:30 PM Support Meeting

support

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**NAMI Pa. Cumberland/
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P.O. Box 527
Carlisle, PA 17013

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Message line number:
240-8715

Officers:

President: Taylor Andrews
243-1645/243-0123

**Vice President: Joan
Signore**

**Treasurer: Stephen
Zwierzyna**

**Secretary: Kathleen
Zwierzyna**

Board of Directors:

Thom Fager 697-2602
Hazel Brown
Jennifer Hacker
Teresa Kerns
Sarah Roley

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 9:00 pm there will be an educational program once each quarter [every 3 months]. Where 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 PM.

June 19, 2014

7:00 PM Announcements

7:15 up to 8:30 PM—Support Meeting

July 17, 2014

7:00 to 8:00 PM Program TBD

8:00 PM to 9:00 PM—Support Meeting

**August 21,
2014**

7:00 PM Announcements

7:15 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 Thom at 697-2602 for information.

July 3, 2014

6:30 to 8:00 PM—Support Meeting

NEW CUMBERLAND SUPPORT GROUP [from York County F2F Class]

Meets at 6:30 on the third Thursday of the month at the New Life Baptist Church, 530 Big Springs Road, New Cumberland, PA. Contact Beverly Riggins at 717-979-0519 for more information.

June 19, 2014

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.

July 21, 2014

6:30 to 8:00 PM—Support Meeting

NUMBERS OF AMERICANS AFFECTED BY MENTAL ILLNESS

- One in four adults—approximately 61.5 million Americans—experiences mental illness in a given year. One in 17—about 13.6 million—live with a serious mental illness such as schizophrenia, major depression or bipolar disorder.
- Approximately 20 percent of youth ages 13 to 18 experience severe mental disorders in a given year. For ages 8 to 15, the estimate is 13 percent.
- Approximately 1.1 percent of American adults—about 2.4 million people—live with schizophrenia.
- Approximately 2.6 percent of American adults—6.1 million people—live with bipolar disorder.
- Approximately 6.7 percent of American adults—about 14.8 million people—live with major depression.
- Approximately 18.1 percent of American adults—about 42 million people—live with anxiety disorders, such as panic disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), generalized anxiety disorder and phobias.
- About 9.2 million adults have co-occurring mental health and addiction disorders.
- Approximately 26 percent of homeless adults staying in shelters live with serious mental illness and an estimated 46 percent live with severe mental illness and/or substance use disorders.
- Approximately 20 percent of state prisoners and 21 percent of local jail prisoners have “a recent history” of a mental health condition.
- Seventy percent of youth in juvenile justice systems have at least one mental health condition and at least 20 percent live with a severe mental illness.

Getting Mental Health Treatment in America

- Approximately 60 percent of adults, and almost one-half of youth ages 8 to 15 with a mental illness received no mental health services in the previous year.
- African American and Hispanic Americans used mental health services at about one-half the rate of whites in the past year and Asian Americans at about one-third the rate.
- One-half of all chronic mental illness begins by the age of 14; three-quarters by age 24. Despite effective treatment, there are long delays—sometimes decades—between the first appear-

ance of symptoms and when people get help.

The Impact of Mental Illness in America

- Serious mental illness costs America \$193.2 billion in lost earnings per year.
- Mood disorders such as depression are the third most common cause of hospitalization in the U.S. for both youth and adults ages 18 to 44.
- Individuals living with serious mental illness face an increased risk of having chronic medical conditions. Adults living with serious mental illness die on average 25 years earlier than other Americans, largely due to treatable medical conditions.
- Over 50 percent of students with a mental health condition age 14 and older who are served by special education drop out—the highest dropout rate of any disability group.
- Suicide is the tenth leading cause of death in the U.S. (more common than homicide) and the third leading cause of death for ages 15 to 24 years. More than 90 percent of those who die by suicide had one or more mental disorders.
- Although military members comprise less than 1 percent of the U.S. population, veterans represent 20 percent of suicides nationally. Each day, about 22 veterans die from suicide.



"I've been there, I understand."

Connections is meeting at new day and time!!

NAMI Connection is a recovery self help support group for people living with mental illness.

WHEN: 2nd Sunday each month at 2:00 PM

WHERE: Aurora Cyber Café 104 West Main Street, Downtown Mechanicsburg, PA 17050 (717) 591-9598 (across from Jo Jo's Pizza)

WHO: Jen and Chris, NAMI National trained Support Facilitators

CONTACT: Any group related questions can be directed to Jennifer at (717)385-8028.

JOIN US FOR 2014

\$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 - \$35.00 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**

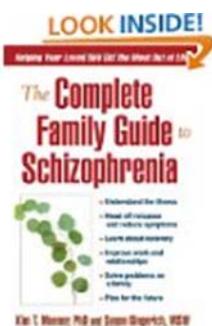
**JOIN NOW TO BECOME PART OF
THE NAMI FAMILY**

*Memberships submitted now will extend
to the end of 2014*

**The Complete Family
Guide to Schizophrenia by
Mueser and Gingerich. You
can order it from Barnes
and Noble.**

Will the person you love ever get better? Chances are you've grappled with the question. With care and support from their families, people with schizophrenia can and do make vast improvements. Noted therapists Kim Mueser and Susan Gingerich deepen your understanding of the illness and cover a wide range of effective treatments. Based on decades of research and experience, they offer pragmatic suggestions for dealing with depression, psychosis, and other symptoms. They show you how to prioritize needs, resolve everyday problems, and encourage your loved one to set life goals. Plus, individual sections highlight special issues for parents, children, siblings, and partners. Whether you're facing schizophrenia for the first time or you've dealt with its impact for years, you'll discover innovative ways to handle challenges that arise over the course of treatment, from reducing the chances of relapse to making friends and finding work. Recovery isn't an endpoint--it's a life-long journey. With love, hope, and realistic optimism, striving for it can lead to a richer, more rewarding life for your entire family.

Winner, NAMI/Ken Book Award



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.

WHAT IS AN ANXIETY DISORDER?

Written by **Natasha Tracy** HealthyPlace.com

Anxiety-Panic Information

"Living with panic disorder feels like my soul is being sucked out of my body. During my first panic attack, I really thought I was having a heart attack. It's the most terrifying feeling I've ever experienced."

- Anxiety Disorders are the most common mental illness in the U.S., affecting 19.1 million (13.3%) of the adult U.S. population (ages 18-54).
- Anxiety disorders are serious mental illnesses. These disorders fill people's lives with overwhelming anxiety and fear, but many don't realize that effective treatments for anxiety disorders are available.
- An anxiety disorder is a common mental illness defined by feelings of uneasiness, worry and fear. While **anxiety** occurs for everyone sometimes, a person with an anxiety disorder feels an inappropriate amount of anxiety more often than is reasonable. For example, an average individual may feel some anxiety before going to a dentist appointment but a person with anxiety disorder may feel anxiety every time they leave their home.
- Many people with an anxiety disorder do not realize they have a defined, treatable disorder and so anxiety disorders are thought to be underdiagnosed conditions.
- People with an anxiety disorder often have co-occurring mental health problems, such as depression, and this can increase serious risks like suicide. Often severe **anxiety disorder symptoms** and **panic attacks** are a warning sign and increase the risk of suicide.

What are Anxiety Disorders Symptoms?

Specific symptoms vary by type of anxiety disorder, but typically, anxiety disorders are defined by:

- Feelings of being on edge or restlessness
- Feelings of being fearful or powerless
- Physical symptoms such as muscle tension, sweating or heart palpitations
- A sense of doom or impending danger
- Difficulty concentrating or mind going blank
- Irritability
- Sleep disturbances

The definition of an anxiety disorder also includes an impairment of day-to-day functioning. A person with an anxiety disorder often experiences a significantly reduced quality of life and anxiety disorders are associated with possibly fatal heart conditions.

Types of Anxiety Disorders

Several types of anxiety disorders are identified in the latest version of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR):



Obsessive-compulsive disorder (OCD)

Generalized anxiety disorder (GAD)

Panic disorder

Posttraumatic stress disorder (PTSD)

Agoraphobia

Social phobia, also referred to as social anxiety disorder

Specific phobia (also known as a simple phobia)

Adjustment disorder with anxious features

Acute stress disorder

Substance-induced anxiety disorder

Anxiety due to a general medical condition

Social phobia is the most common anxiety disorder and typically manifests before the age of 20. Specific, or simple phobias – such as a fear of snakes – are also very common with more than one-in-ten people experiencing a specific phobia in their lifetime.

Anxiety Disorder Treatment

Anxiety disorder treatment is typically in the form of psychotherapy and is sometimes combined with medication. Anxiety disorders often occur with other disorders such as a substance use disorder, so anxiety disorder treatment often includes the treatment for those disorders as well. Education about mental illness, anxiety disorders in particular, and lifestyle changes are often crucial to the success of anxiety disorder treatment.

NAMI CONGRATULATES MANY FOR THEIR GOOD WORK

During Mental Health Month, in May, our local Community Support Program [CSP], with active assistance from the Mental Health Association conducted many successful activities, including a Walk, a night out at a Harrisburg Senators baseball game, a recovery conference, and a day-long music festival in Little Buffalo State Park near Newport, PA. All events were very well done.

Our NAMI PA C/P raised funds with the cooperation of HOSS's restaurant and many participated. Thank you to Thom Fager for organizing this, and thank you to all who dined for NAMI PA C/P at Hoss's.

Most significantly, NAMI PA C/P just completed two very successful education programs. More than 10 individuals completed the Peer to Peer course and the evaluations of those who attended were very positive. We also recently completed our first Spring Family to Family course and more than 20 family members were enrolled and many of those who attended may continue in a group to support each other.

NAMI PA C/P extends a hearty **THANK YOU** to our teachers of Peer to Peer [Thom Fager and Teresa Kerns] and Family to Family [Ann Allen, Kelly Murphy-Godfrey, and Don Palesky]. You really made a difference for many folks.



Advocates for Change
From Dialogue to Action

REGISTER TODAY

AND JOIN US AT THE
2014 NAMI NATIONAL CONVENTION
WASHINGTON, D.C.
SEPT. 3-6

Full Registration Rates (includes dinner ticket)			
	Member	Non-Member	Deadline
Early Bird	\$235	\$310	7/31/14
Last Minute	\$250	\$350	After 8/1/14
Consumer Early Bird	\$150	\$210	7/31/14
Consumer Last Minute	\$160	\$220	After 8/1/14

Day Registration Rates (does NOT include Dinner Ticket)			
	Member	Non-Member	Deadline
Day rate	\$100	\$125	N/A
Consumer Day rate	\$60	\$75	N/A

Ask the Doctor: Teleconference Series

NAMI's *Ask the Doctor* teleconference is a monthly series hosted by NAMI's Medical Director, Dr. Ken Duckworth. Typically, he is joined by another mental health professional or advocate who in turn presents on a topic in his or her area of expertise. Each month, two such calls are hosted; one focuses on adult issues, the other on child and adolescent issues.

To access these calls, dial **1 (888) 858-6021** and enter pass code **309918#**. These calls are always held at **11 a.m. E.T. on scheduled dates unless otherwise noted**. The *Ask the Doctor* schedule and previously recorded podcasts can be found below.

Upcoming Ask the Doctor Schedule

Calls on adult issues

June 27, 2014: Dr. Don Goff; Schizophrenia

July 2014: No Call

August 22, 2014: Dr. John Oldham; Borderline Personality Disorder

Calls on child, adolescent and young adult issues

June 20, 2014: Dr. Gabrielle Carlson; Changes to the DSM

July 2014: No Call



Ken Duckworth, M.D.

NAMI Calls on Congress to Promote Nationwide Expansion of Police Crisis Intervention Teams (CIT)

WASHINGTON, April 29, 2014 -- The National Alliance on Mental Illness (NAMI) is calling for nationwide expansion of Crisis Intervention Teams (CIT) to reduce fatal events involving police and people living with mental illness. "CIT saves lives," wrote NAMI Policy Director Ron Honberg and NAMI CIT Program Manager Laura Usher in testimony submitted to a U.S. Senate Judiciary subcommittee hearing on April 29 on "Law Enforcement Responses to Disabled Americans."

"Police are often the first responders when a person is in psychiatric distress" said the NAMI testimony. "Every community owes it to them to provide the knowledge and training to handle mental health crisis situations safely and compassionately."

"At the same time, people living with mental illness—through no fault of their own—deserve to be helped through appropriate understanding and de-escalation tactics. Ultimately, we should be promoting treatment rather than warehousing them in jails and prisons."

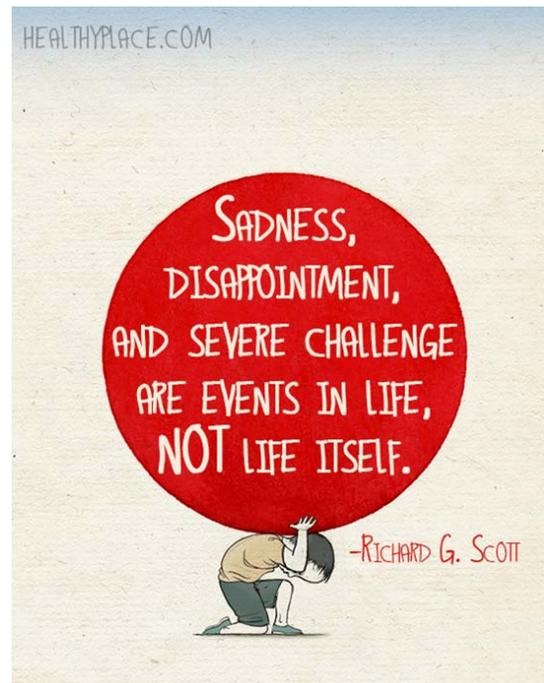
CIT includes 40 hours of intensive training for police as well as coordination with mental health providers in a community to transfer individuals in crisis directly to treatment facilities.

The CIT model was established 25 years ago in Memphis. NAMI today has a national CIT Technical Assistance Center that works closely with the University of Memphis CIT Center.

- Following establishment of the Memphis program, injuries to police officers responding to mental health calls dropped 80 percent.
- CIT helps to reduce arrests and save money, yet only 15 percent of law enforcement jurisdictions have adopted the program.
- One in five jail and prison inmates lives with mental illness. Many might have been diverted into treatment rather than incarcerated.

In calling for CIT expansion, NAMI emphasized that federal and state policies should focus on providing incentives rather than mandates.

"CIT won't work if it is imposed from above," the testimony noted. "The commitment has to be rooted in the community, involving local leaders, police and mental health professionals."



NAMI PA

CUMBERLAND and PERRY COUNTIES

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

Individual membership [\$35] Family membership [\$35] Open Door [3\$] Professional membership [\$50]
 New member or Renewal

NAME: _____ Date _____

STREET: _____ email: _____

CITY: _____ STATE _____ ZIP _____



Place
Stamp
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