



NAMI

PA, CUMBERLAND and PERRY COUNTIES NEWS

National Alliance on Mental Illness

April 2015

Volume XVIII, Issue 4

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:

- April 16th: Support mtg in Carlisle and New Cumberland
- April 19th NAMI Connections
- April 20th: Support mtg in Dauphin County
- April 26th NAMI Connections
- May 1st Recovery Walk
- May 3rd NAMI Connections
- May 7th Support Mtg—West Shore
- May 10th NAMI Connections & Family to Family class
- May 18th CSP Recovery Conference

Contact Us:

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

SPRING BRINGS

MENTAL HEALTH MONTH ACTIVITIES

Cumberland and Perry County activities for May, Mental Month Awareness Month:

- Mental Health Awareness Walk on Friday, May 1st will begin at 10:00 AM at Letort Park in Carlisle, PA with lunch to follow back at the park following a rally at the Old Cumberland County Court House on the Square in Carlisle. The theme of the Walk is “Celebrate Our Victories”.
- On Monday, May 18th Cumberland/Perry Community Support Program [CSP] & Dauphin County CSP will hold a Recovery Conference at the Holiday Inn, Harrisburg East, 4751 Lindle Road, Harrisburg, PA 17111. The theme for this year’s conference is “Envision a WHOLE You – Live Life Fully”.
- On Saturday, May 23rd Cumberland/Perry Counties CSP will offer a free screening of the movie “*Canvas*” starting at 6:00 PM at Highland United Presbyterian Church, 11 Church Road, Newport, PA 17074. Canvas is directed by Joseph Greco and stars Joe Pantoliano and Marcia Gay Harden. This award winning 2006 film realistically shows the effects of mental illness on the entire family, and centers around an average all American blue collar family which is affected by schizophrenia. It is based upon Joseph Greco’s personal experiences growing up.

For more information contact Cumberland/Perry Counties CSP at 254-6060

- NAMI PA C/P will also offer the acclaimed Family to Family class starting in May. NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises. Our NAMI FAMILY TO FAMILY CLASSES FOR SPRING will begin Sundays starting May 10th from 1PM until 6PM, skipping Memorial Day weekend. It will be at the STAR program, 253 Penrose Place, Carlisle, PA

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APRIL MEETING

NAMI PA of CUMBERLAND and PERRY COUNTIES

THURSDAY, APRIL 16, 2015 at S.T.A.R.

253 Penrose Place, Carlisle, Pa.

[See page 4 for directions]

7:00 —8:30 PM Support Meeting

support

April 2015 Vol. XVIII No. 4

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**NAMI Pa. Cumberland/
Perry Counties**

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Carlisle, PA 17013

<http://www.namipacp.org>

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240-8715

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Jennifer Hacker

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Joy Mullen

Kelli Murphy-Godfrey

Don Paleski

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 occasionally be an educational program. 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.

April 16, 2015

7:00 to 8:30 PM—Support Meeting

May 21, 2015

7:00 to 8:30 PM—Support Meeting

June 18, 2015

7:00 to 8:30 PM—Support Meeting

WEST SHORE SUPPORT GROUP

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

May 7, 2015

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.

April 16, 2015

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.

April 20, 2015

6:30 to 8:00 PM—Support Meeting

ANXIETY DISORDERS

From www.nami.org

Everyone experiences anxiety. Speaking in front of a group makes most of us anxious, but that motivates us to prepare and do well. Driving in heavy traffic is a common source of anxiety, but it keeps us alert and cautious to better avoid accidents. However, when feelings of intense fear and distress are overwhelming and prevent us from doing everyday things, an anxiety disorder may be the cause.

Anxiety disorders are the most common mental health concern in the United States. An estimated 40 million adults in the U.S., or 18%, have an anxiety disorder. Approximately 8% of children and teenagers experience the negative impact of an anxiety disorder at school and at home. Most people develop symptoms of anxiety disorders before age 21 and women are 60% more likely to be diagnosed with an anxiety disorder than men.

Symptoms

Anxiety disorders are a group of related conditions, and each with unique symptoms. However, all anxiety disorders have one thing in common: persistent, excessive fear or worry in situations that are not threatening. People can experience one or more of the following symptoms:

Emotional symptoms:

- Feelings of apprehension or dread
- Feeling tense and jumpy
- Restlessness or irritability
- Anticipating the worst and being watchful for signs of danger

Physical symptoms:

- Pounding or racing heart and shortness of breath
- Upset stomach
- Sweating, tremors and twitches
- Headaches, fatigue and insomnia
- Upset stomach, frequent urination or diarrhea

Types of Anxiety Disorders

Different anxiety disorders have various symptoms. This means that each type of anxiety disorder has its own treatment plan. The most common anxiety disorders include: Panic Disorder

Characterized by panic attacks—sudden feelings of terror—sometimes striking repeatedly and without warning. Often mistaken for a heart attack, a panic attack causes powerful, physical symptoms including chest pain, heart palpitations, dizziness, shortness of breath and stomach upset. Many people will go to desperate measures to avoid having an attack, including social isolation or avoiding going to specific places.

Phobias

Everyone tries to avoid certain things or situations that make

them uncomfortable or even fearful. However, for someone with a phobia, certain places, events or objects create powerful reactions of strong, irrational fear. Most people with specific phobias have several triggers. To avoid panicking, someone with specific phobias will work hard to avoid their triggers. Depending on the type and number of triggers, this fear and the attempt to control it can seem to take over a person's life. Generalized Anxiety Disorder (GAD)

GAD produces chronic, exaggerated worrying about everyday life. This can consume hours each day, making it hard to concentrate or finish routine daily tasks. A person with GAD may become exhausted by worry and experience headaches, tension or nausea.

Social Anxiety Disorder

Unlike shyness, this disorder causes intense fear, often driven by irrational worries about social humiliation—"saying something stupid," or "not knowing what to say." Someone with social anxiety disorder may not participate in conversations, contribute to class discussions, or offer their ideas, and may become isolated. Panic attack symptoms are a common reaction. Other anxiety disorders include: agoraphobia, separation anxiety disorder and substance/medication-induced anxiety disorder involving intoxication or withdrawal or medication treatment. Causes

Scientists believe that many factors combine to cause anxiety disorders:

- **Genetics.** Some families will have a higher than average numbers of members experiencing anxiety issues, and studies support the evidence that anxiety disorders run in families. This can be a factor in someone developing an anxiety disorder.
- **Stress.** A stressful or traumatic event such as abuse, death of a loved one, violence or prolonged illness is often linked to the development of an anxiety disorder.

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17013. The course is FREE, but registration is required. Call or email Ann at 249-6318 or Allencd@pa.net.

- **NAMI PA C/P** will have a fundraising event in cooperation with Hoss's Steakhouse in Upper Allen Township on May 16th. If you dine at Hoss's that day and present a coupon [to be in flash email and in next month's newsletter] a portion of your bill will be donated by Hoss's to NAMI PA C/P.

*“Talk with someone who understands...
Someone just like you.”*

Too often, mental illness is an isolating experience, accompanied by profound anxiety. For people with any mental illness, talking with someone to share coping strategies and insights, as well as problems and concerns, can be an important link to the path to recovery. This group provides a place that offers Respect, Understanding, Encouragement and Hope. It offers a casual and relaxed approach to sharing the challenges and success of coping with mental illness

When: Each Sunday from 6:30 PM to 8:00 PM

Where: S.T.A.R., 253 Penrose Place, Carlisle, PA 17013 (see directions on this page)

Who: For Individuals Living with Any Mental Illness

Group Leaders: Joy & Pamela, NAMI Nationally trained Support Facilitators

Contact: Any group related questions can be directed to Joy at (803) 409-9702.

WE’VE BEEN THERE: WE UNDERSTAND.

NAMI Support Groups are free and confidential

No preregistration is required

Find us on the Web at:

WWW.NAMI.ORG/CONNECTION and

WWW.NAMIPACP.ORG

Find us on Facebook at:

WWW.FACEBOOK.COM/NAMIPACP

JOIN US FOR 2015

\$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 2015*

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.



NAMI 2015 NATIONAL CONVENTION
JULY 6-9 • SAN FRANCISCO
Super Saver registration ends March 15.
REGISTER TODAY

EMBRACING THE FUTURE
Strengthen the Organization

- Drive Advocacy
- Focus on Youth
- Build a Movement
- Leverage Technology

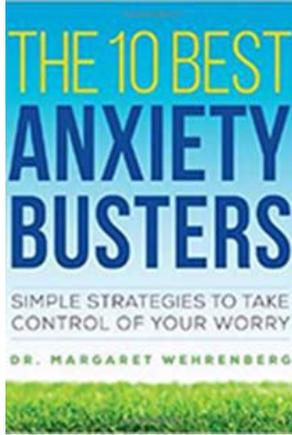
THE 10 BEST ANXIETY BUSTERS

Book review from www.nami.org & Amazon

The 10 Best Anxiety Busters

By Margaret Wehrenberg, PsyD.

W. W. Norton and Company, 2015



Suffer from a fear of flying? Break out in a sweat during presentations? Experience a sudden panic attack when in a confined space, like an elevator? Whether you're struggling with mild anxiety or battling more severe phobia or panic, these are common experiences that affect millions of people. So what are the perennially anxious to do?

In ten simple techniques, this pocket-sized, anxiety-busting guide boils down the most effective remedies for worry and anxiety, whether chronic or in the moment. From breathing exercises and relaxation practices to thought-stopping techniques, worry "containment," effective self-talk, and strategies that put an end to catastrophizing once and for all, it's your go-to guide when anxiety levels begin to boil. Throw it in your carry-on, stow it in your briefcase, or keep it in your desk when you need a quick reminder of some easy techniques that can turn your anxiety from overpowering to manageable in no time.

Dr. Wehrenberg uses this [book](#) that is small in size to make a huge difference for those affected by anxiety. She provides quick and simple tips to manage anxiety in the things we might face every day. Her focus is on reducing the physical and emotional symptoms you may experience and for you to use this book as a reference during those triggering or stressful days.

Review from Amazon.com:

I love this little gem of a book. It is filled with effective and easy-to-read strategies for any kind of anxiety (and who doesn't have some anxiety in life?), but it is small enough to stick in a purse or pocket or briefcase to carry around for a quick perusal while waiting in some frustrating line somewhere or whenever you need a quick "moment of zen". The beauty of this book is that it can be picked up and opened to just about any page and you will find something informative; it doesn't have to be read chronologically (though I'd recommend doing that at some point just because it is so well-written). The author really knows about anxiety as she discusses at the beginning of the book, and has years of experience in the field. You couldn't ask for a better guide. I highly recommend this for yourself and for a friend as well; such a nice little gift it makes.

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Diagnosis

The physical symptoms of an anxiety disorder can be easily confused with other medical conditions like heart disease or hyperthyroidism. Therefore, a doctor will likely perform a carefully evaluate involving a physical examination, an interview and ordering lab tests. After ruling out a medical illness, the doctor may recommend a person see a mental health professional to make a diagnosis.

Using the *Diagnostic and Statistical Manual of Mental Disorders (DSM)* a mental health professional is able to identify the specific type of anxiety disorder causing the symptoms as well as any other possible disorders including depression, ADHD or substance abuse which may be involved. Tackling all disorders through comprehensive treatment is the best recovery strategy.

Treatment

As each anxiety disorder has a different set of symptoms, the types of treatment that a mental health professional may sug-

gest also can vary. But there are common types of treatment that are used:

- Psychotherapy, including cognitive behavioral therapy
- Medications, including antianxiety medications and antidepressants
- Complementary health approaches, including stress and relaxation techniques
-

Related Conditions

Anxiety disorders can be seen with other mental health conditions, such as:

- Depression
- Substance abuse
- ADHD
- Eating disorders
- Trouble sleeping

Anxiety can often make these related conditions worse, so talk with a mental health care professional if anxiety begins to interfere on a daily basis.

How Do We Fix America's Mental Health Care System?

By Shaye McCualey | Mar. 12, 2015 –

At the end of February at the Newseum in Washington, D.C., the Hill hosted a event on the economic and human consequences of policies that limit access to treatment to mental health services. The event, entitled Fixing America's Mental Healthcare System, featured policy leaders in a discussion about limited access to treatment for people living with mentally illness.

The event included a keynote interview with Senator Chris Murphy (D-Conn.) and Congressman Tim Murphy (R-Pa.), followed by a case study presented by Dr. Seth Seabury, of the USC Schaeffer Center for Health Policy and Economics and a panel discussion with four leaders in the mental health care movement.

In light of the significance of the Patient Protection and Affordable Care Act, the overall goal of the event was to discuss the gaps that still exist in America's mental health care system and possible actions we as a the nation could take to close them.

Editor-in-chief of the The Hill, Bob Cusak, gave opening remarks and introduced Sen. Murphy and Rep. Murphy who then discussed the key challenges with the current mental health system, many of which they hoped to rectify with proposed legislation. The most critical issue regarded the treatment and approach to mental illness—how it is often treated as an atti-

tude problem as opposed to a medical condition.

Rep. Murphy stated that only a small fraction of the nearly \$130 billion appropriated by the federal government for mental health finds its way down to families or communities. "We do not have to wait for another tragedy to pass this bill," Sen. Murphy declared.

Following the interview Sen. Murphy and Rep. Murphy, Dr. Seabury presented a case study on findings related to Medicaid access and restrictions on psychiatric drugs. He noted that costs are cut through prior authorization, a procedure that requires a prescriber to obtain permission to prescribe a medication prior to prescribing it, and step therapy restrictions, the practice of starting drug therapy for a medical condition with the most cost-effective and safest drug, then progressing to other more costly or risky therapy. However, the cost savings did not improve outcomes and were not beneficial to the actual people receiving medication.

Seabury argued that removing these restrictions would benefit those living with mental illness and would not harm federal government spending.

The panel discussion with four mental health experts closed the event. Here is a brief summary of what each of the experts had to say:

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Cumberland Perry Community Support Program

2015 Mental Health Awareness Walk
"Celebrate Your Victories"

*Making
Recovery
A
Reality*

Friday, May 1st, 2015

10:00 am

Letort Park

Carlisle, PA 17013

Please R.S.V.P. before Friday, April 10th, 2015
cspcp@cspcp.org (717)254-6060

**Great News
Effective 3/8/15**

**The Warm Line is now
open SUNDAY NIGHTS!**

Monday & Friday: 7pm to 9pm
Tues-Thursday 7pm-10pm
Saturday :1pm-4pm
Sunday: 1pm to 4pm & 6pm-9pm

1-877-243-7153

It's that time of year again! Our Warm Line annual training time.

If you know someone who is:

- looking for part time work in the evenings and weekends
- living with mental illness and wants to support others in recovery
- able to get to the Carlisle area this is an opportunity for them!

There will be a training to build the Warm Line team May 7th & 8th, 11th – 13th, from 9am to 3pm. Please join the Warm Line staff at our Meet and Greet April 21st to get to know us and have your questions about the WARM LINE answered.

Meet and Greet:

WHEN: Tuesday, April 21, 2015 at 1pm- 2pm

WHERE: NHS Stevens STAR Center

253 Penrose Place, Carlisle, PA 17013

If you have any questions or need more information please contact Laura Jesic at 243-2278 x10

Training:

WHEN: MAY 7th, 8th & 11, 12 & 13th- 9 am to 3 pm daily. Lunch provided.

Dr. Ken France will be leading this exciting training. He will cover topics such as REFLECTIVE LISTENING SKILLS, PROBLEM SOLVING and WARM LINE PROCEDURES that may lead to a position on our WARM LINE.

WHERE: The Stevens Center, 33 State Ave., Carlisle, PA 17013

If interested in the training contact: Warm Line Information Mailbox at 243-2278 ext 18. Leave a message and you will get a return call.

Laura Jesic, BSW, CPRP

Director, NHS Stevens STAR Center

(717) 243-2278 ext.10

(717) 218-1064 (Fax)

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Matt Salo, Executive Director of the [National Association of Medicaid Directors](#), supported the implementation of comprehensive mental health reform, but was wary of federal expenditures. He stated that the federal government would consider providing more integrated mental health care only if the costs were low.

Allen Doederlein, President of the [Depression and Bipolar Support Alliance](#), described the benefits of integrating his personal experience when advocating for patient-centered therapy. Doerdelein's experience suggested that a peer-specialist who has experienced a patient's hardships firsthand could provide more effective methods of treatment, leading to more successful recovery.

Dr. Ron Manderscheid, Executive Director of the [National Association of County Behavioral Health and Developmental Dis-](#)

[bility Directors](#), believes that the public needs to change its language when discussing mental health. He stressed the importance of early mental illness identification, since early targeting can lead to quicker recoveries.

Dr. Azfar Malik, the CEO and Chief Medical Officer of [CentrePoint Hospital](#), emphasized the lack of focus on mental health among health care professionals. In the field, Dr. Malik has been forced to prescribe ineffective medications to people simply because of prior authorization and step therapy regulations currently in place.

While the event itself wasn't able to implement an immediate plan of action to solve the situation that we are still faced with, it did offer up a few excellent ideas that set the table to come up with a solution. With each suggestion, the federal government and American public has hope of filling the gaps and providing comprehensive mental healthcare in the near future.

BOUNDARIES FOR HELPING A FRIEND

Written by HealthyPlace.com Staff Writer

Helping another person involves listening, understanding, caring and planning together. The following are some guidelines that you might consider as you assume a helping role.

First Step in Helping A Friend

The key to all helping is listening, which may be more difficult than it might appear. Listening means focusing our attention on the thoughts, words and feelings of another person. Listening involves considering another person's concerns from his or her point of view. We aren't listening well if we are busy trying to think of what to say in return or if we are thinking about our own problems. Often we are tempted to give advice and solutions. Indeed our advice is given with the sincere desire to help the person feel better. Yet much advice is useless or unhelpful, especially when it is given before the other person has had the opportunity to talk about the problem and to express her or his feelings fully.

Listening may seem passive, like we are not doing anything. However, effective listening requires that we communicate our attentiveness to the person who is speaking. That might involve looking at the person directly, asking them clarify things you don't understand, touching them physically in a reassuring way, trying to summarize what they are saying to be sure you and they know that you understand, or asking questions to help them take a closer look at what they are saying. If you find the person rejecting what you have to say, or arguing with you, you may want to ask yourself if you are listening carefully. You may have slipped over into an advice-giving mode or you may have begun to talk about your own or other people's problems rather than the ones your friend is presenting.

Second Step in Helping A Friend

The second most important part of helping is the creation of an atmosphere in which the other person can express feelings of sadness, frustration, anger or despair. Often, we are tempted to cut off feelings by making reassuring statements that everything will be all right. As we experience the discomfort of someone we care about, our first reaction is often to do or say something that might help him or her feel better. If we move too quickly to do this, though, the people will feel that they haven't completely expressed their feelings. They may even feel like their feelings should be held back because the feelings are too "bad." Before people can begin to deal with their feelings fully, they need to be able to express them fully. Questions like, "How did you feel about what happened?" can help people get in touch with their feelings about the situation. Often you will find that people have a variety of feelings, some



of which seem conflicting to the person. Just sitting with someone while they express their various feelings about what is going on can be very helpful. Your understanding and supportive presence while they are trying to sort out their various thoughts and feelings is often more important and effective than any advice you may give to try to solve the problem.

Third Step in Helping A Friend

The third important aspect of helping is the generation of alternatives and options and the careful consideration of each of the alternatives and options. While it may not seem so to the person in distress, there are usually several possible options in any problem situation. Some of the options may be ones the person doesn't want to think about and some may be options that have never occurred to her or him. For example, the person who has failed an exam has several options: to get tutoring in the course material, to develop new study habits, to rearrange schedules to create more study time, to talk with the professor, to change majors, or to drop out of school. Some of these may, of course, be unrealistic options if they clash with other goals and objectives, but even initially unrealistic options might become desirable as the person evaluates his or her position more objectively.



Final Step in Helping A Friend

The final step is to determine a specific plan of action. Although we, as friends, can be helpful in defining the alternatives and clarifying the consequences of each option, the final decision needs to remain with the other person. At times it is tempting to encourage a particular solution that makes sense to us. It is important that the person make a plan of action that makes sense to them because, unless the person can commit him- or herself to a specific plan of action, nothing is likely to happen and the problem will remain unresolved.

Other Things to Consider

It is not always necessary that you need to go through all four steps with your friends in order to help them. Often you only need to be a good listener. What they may need at the time is not a specific solution to a particular problem, but just a chance to express what they are feeling and someone to listen to them.

We also need to be aware that a person may not always feel "better" after having talked with us. They may still feel bad about their situation or their loss. This is especially true if they have lost a significant and meaningful relationship. They may

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Uplifting Thoughts

During the many years I have spent in support groups it has been painfully apparent of just how burdensome and dispiriting the effects of mood disorders can be...for the persons who have the illnesses as well as the companions, family members and caregivers doing what they can in trying to help.

The symptoms of ongoing depression can steal our passion for living and push us deeper into a downward spiral of unworthiness with an unshakeable sense of failure. Bipolar disorder, too, can yank us from a moment of welcomed exhilaration only to send us plummeting into hopelessness and feeling we've no way to turn from the belief, however false, of no way out.

Helping a loved one to rediscover their own value and self-worth is one of the most effective ways out of these dark places. Stopping the downward slide is key, certainly, and may require a creative approach along with a sizeable amount of love. Actions that might be helpful could include:

- Attending a support group regularly, perhaps once or twice a week.
- Regular meetings with their therapist.
- Seeing their doctor in case a medication adjustment might be necessary.
- Spending time with people who are loving and accepting and help your loved one to feel respected, loved and necessary.
- Adjusting daily habits to ensure proper nutrition, adequate rest and minimal stress.

Uplifting thoughts, too, are believed by many to be as important as actions. After all, they point out, thoughts usually *precede* effective actions. It is from thoughts of hope, encouragement, healing, right choices and loving ideas that we discover the actions that truly help.

Loving ideas...now there's an uplifting thought.

Jerry Malugeon, *Author, The Black Dog and the Cyclone Racer*

(Continued from page 8)

need to grieve that loss over a period of days, weeks or months. We can be helpful by accepting and communicating our awareness of the appropriateness of the grieving. Our support, acceptance and understanding over a period of time can be helpful to our friend to move on to other meaningful relationships and/or resume a more normal, active life.

Friends who we just can't seem to help.

You may find yourself in the helping role with a friend who cannot define specific concerns, who cannot take the initiative to carry out any defined options, who constantly comes to you to talk about the same problem, or who continues to be upset without taking steps to resolve the problem. In such cases, you may want to suggest that the person seek professional coun-

seling. You might say something like: "We have been talking about this same problem for weeks and nothing seems to be changing for you. I know this has been a difficult time for you but I just don't know what to do to help you and I think you need to talk with someone who is trained to help people with their problems." If they are on a college campus, you might suggest they go to their counseling or mental health center. Most communities also have local mental health personnel available in public agencies or in private practice. If your friend resists seeking help, you may want to consult with some of these practitioners to get assistance with your own feelings about dealing with your friend and

Final Step in Helping A Friend

The final step is to determine a specific plan of action. Although we, as friends, can be helpful in defining the alternatives and clarifying the consequences of each option, the final decision needs to remain with the other person. At times it is tempting to

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
Here

