



National Alliance on Mental Illness

montco memo

Montgomery County, PA ♦ April 2014
Volume XXXIII Issue 8



Be Sure to Come Out to Our 7th Annual Greater Philadelphia NAMIWalk!!!

Mark your calendar and get your Walking shoes out for our 7th Annual Greater Philadelphia NAMIWalk! This event is southeastern Pennsylvania’s premier Walk to increase awareness and understanding of mental illness, as well as to raise needed funds so our participating NAMI affiliates can continue to provide support, education and advocacy services to all in need at no cost. Bring your family, friends and co-workers for this 5K Walk through the campus of Montgomery County Community College in Blue Bell. Register your Walk Team or register yourself as an individual Walker by going to www.namiwalks.org/GreaterPhiladelphia. Help us reach our fundraising goal of \$125,000, and make your 100% tax deductible donation to help us further our efforts to better serve the community. Donations can be made on line (be sure to designate Montgomery County), sent to our office at 100 W. Main Street, Suite 204, Lansdale 19446, or brought to the Walk itself.

Date: Saturday May 3, 2014

**Location: Montgomery County Community College
340 DeKalb Pike, Blue Bell**

Registration: 8 AM


Announcements and introductions: 9:30 AM

Ribbon cutting and Walk: 10 AM

The route is handicapped accessible and there is a Walk in Place section for those who cannot participate in the Walk. Refreshments, entertainment, music, family oriented. Prizes for the best Team T-shirt and for the highest fundraising Team! Everyone who raises or donates a minimum of \$100 receives an official 2014 Greater Philadelphia NAMIWalk T-shirt. Questions on how to register or other details, call Walk Manager Scott Graham at 215-353-0573 (sg3211@comcast.net). For sponsorship opportunities contact Carol Caruso at 215-361-7784 (ccarus@nami.org). See you at the Walk!!!

Also in This Issue

Calendar	2
Message from Our President	3
Message from Our Executive Director	3
Meet the Candidates	4
Bullying Affects Mental Health	5
Veterans Group to Launch Suicide Prevention Program	6
Montgomery County Peer Support Groups	6
Military Efforts to Prevent Mental Illness Ineffective	7
	7

<p>the montco memo is published monthly by NAMI of PENNSYLVANIA MONTGOMERY COUNTY Board of Directors</p> <p>President Neen Davis Vice-President Todd Gorman Secretary Kathy Laws Treasurer Rebecca Graham</p> <p>Robert Campbell Jeanne Edwards Romani George, MD Dawn Hogan Jerry Rudakevich Mike Solomon</p>  <p>Executive Director Carol Caruso Editor Beulah Saideman Co-Editor Mary Schuck Editor Emeritus Maryella D. Hitt Lansdale Coordinator Dawn Grech Lansdale Staff Devina Tyagi Librarian Marilyn Carlson Assistant Librarian Geri Lowe</p> <p>Support Group Facilitators Coordinator Carol Caruso Abington Presbyterian Church Joan Kozlowski Corinne Smith Lansdale Rich Kelble Anne Magowan Lower Providence Presbyterian Church Carol Caruso</p> <p>NAMI of PA ♦ Montgomery County 100 W. Main Street Suite 204 Lansdale, PA 19446 Phone: 215-361-7784 FAX: 215-361-7786 Email: name: nami-montcopa@verizon.net Web page: www.nami-montcopa.org</p> <p>Pottstown Office 11 Robinson Street, Room F-4 Pottstown, PA 19465</p> <p>Letters to the Editor and other articles and contributions are welcome. Send them to the NAMI Office or by Email to brsaideman@comcast.net by the 15th of the preceding month.</p> <p>United Way Code # 5076</p>	<p>Calendar</p> <p>Peer Support Hearing Voices Support Groups are for people who experience auditory hallucinations, visions or other unusual experiences. They are run by CIC (Creating Increased Connections). See schedule on Page 6 or for more information call Berta Britz at 484-681-9432. WRAP (Wellness Recovery Action Plans) are for people who have a WRAP or those who would like to develop a WRAP. A Wellness Recovery Action Plan is a way to plan out and monitor what you need to do to stay both mentally and physically healthy. Also run by CIC. See schedule on Page 6 or for more information call Robert Martin at 484-681-9432. NAMI Connection Groups- Peer run support groups for individuals living with mental illness. See Page 6 for schedule.</p> <p>Apr. 1 May 6 Lansdale Family Support Group at St. John's United Church of Christ, Main Street and Richardson Avenue, Lansdale. First Tuesday, 7:00 PM.</p> <p>Apr. 1/15/29 May 6/20 New Directions Bipolar Support Group, 1st, 3rd & 5th Tuesday, at Abington Presbyterian Church, York Road, 7:30 PM. Call 215-659-2366.</p> <p>Apr. 2 May 7 Peer Run Bipolar Support Group. First Wednesday, Pottstown Peer Resource Center, 249 E High St., Pottstown. For more information call 610-970-5301.</p> <p>Apr. 7 May 5 Lower Providence Family Support Group, 1st Monday, Lower Providence Presbyterian Church, 3050 Ridge Pike, Eagleville, 7 PM. .</p> <p>Apr. 9 May 14 My Life Too! Support Group. 2nd Wednesday, 6 PM, Lower Providence Presbyterian Church.</p> <p>Apr. 9 May 14 Support Group for Parents, Caregivers of Children, Adolescents & Young Adults with Behavioral Problems, 2nd Wednesday, Lower Providence Presbyterian Church, 3050 Ridge Pike, Eagleville, 6 PM.</p> <p>Apr. 10 May 8 Glenside Family Support Group, Abington Presbyterian Church, Old York Road and Susquehanna Street, 2nd Thursday, 7:30 PM.</p> <p>Pottstown Family Support Group on hold until further notice.</p> <p>Apr. 17 May 15 Montgomery County CSP (Community Support Program), 3rd Thursday, 12-2 PM, Montgomery County Library, 1001 Powell St., Norristown.</p> <p>Apr. 17 May 15 Board of Director's Meeting, 3rd Thursday, Lansdale Office, 6:30 PM.</p> <p>Notice: Pottstown Office Our Pottstown office is currently unstaffed. It will be open on a very limited</p> <p>A Note About Our Meetings Although some of our meetings are held at religious institutions, they are non-denominational and open to people of all beliefs.</p>
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A Message from Our President

Dear Friends,

Last month I commented on the dreary winter we've been having. I'm happy to say Spring has sprung! The mild weather has arrived just in time for all of us to take part in the Greater Philadelphia NAMIWalk being held on Saturday, May 3. Please join us to help stomp out stigma and create awareness about serious mental illness.

I would like to thank all those who attended the "NAMI and Neen" meet and greets. These meetings were informative and a nice way to make a connection between our affiliate and its members.

I am continuing to meet with each of the NAMI of PA Montgomery County Directors individually to discuss how we can strengthen our affiliate...together. This has been a great learning experience and one that I am confident will benefit our affiliate.

I urge each and every NAMI of PA Montgomery County member in good standing to vote in this year's NAMI of PA Montgomery County Board of Directors election. Please review the talented candidates and be sure to vote.

I look forward to seeing you at our Annual Membership Luncheon which will be held on Sunday, May 18.

As always, I welcome your comments and suggestions.

Neen Davis

neendave@aol.com

President, NAMI of PA Montgomery County



2014 Walk Manager Scott Graham addresses a crowd of 40 attendees at the Greater Philadelphia NAMIWalk Kick Off Luncheon on March 19th at PJ Whelihan's in Blue Bell.

A Message from Our Executive Director

Having finally broken through the long hard winter months, we welcome the spring and all of the new growth and opportunities that it provides. Here at NAMI we are exploring new ways to get our information as well as our services out into the community, to those who need help in dealing with mental illness.

We are revitalizing our outreach to communities of faith, offering NAMI "Meet and Greets" to be held whenever a church or synagogue would like us to come out. These can be held before or after services or at another time when congregations are meeting. Volunteers from NAMI will be available to talk about our services and answer any questions about who we are and what we do. We will host our first one of these at St. John's Episcopal Church in Norristown on Wednesday April 2nd (5:30 PM to 6:30 PM). If you and your congregation may be interested in hosting a NAMI Meet and Greet, or if you have questions as to how this will work, please contact me at 215-361-7784.

We are also increasing our outreach to colleges and universities. Mental illness tends to strike most often in young adults, during the years of transition from high school to young adulthood. Our efforts to reach this population include support of NAMI growing its *NAMI on Campus* programs. *NAMI on Campus* provides opportunities for students with mental health

challenges to meet and support each other, and utilize the many resources NAMI has developed for this population. *NAMI on Campus* also provides a connection with a local NAMI group, so that once students leave the college setting, they can continue their mental health support with a local NAMI affiliate.

And finally we are starting a NAMI Helpline. This will make us available evenings and weekends when our office is closed (5 PM – 9 PM Monday-Friday; 9 AM to 4 PM Saturday and Sunday). This is a Helpline and not a Hotline. The purpose is to answer questions and provide resources to those in need of help and support, similar to what our office provides during the week. We look forward to piloting this project and hearing your feedback on it.

Your feedback on our membership survey in January was much appreciated. It was clear that our Sunday meetings do not work as the majority of responders stated they prefer keeping their weekends for family. Therefore we will move our monthly meetings to the first Wednesday of the month and will continue to hold them at our Lansdale office. Our annual picnic will continue to be held on the third Sunday in September; then our monthly meetings will be held on the first Wednesday from October through April. Please let me know if you have suggestions for topics, speakers, films etc.

Carol Caruso

Meet the Candidates for Our Board of Directors

We are pleased to present six (6) candidates for the five (5) available seats on our Board of Directors. These candidates meet all criteria of eligibility stated in our Bylaws (Article 5, Section 5.2). The candidates are presented here in the order in which their nominations were received by the office.

We encourage all of our members to vote in this election. Please remember that you may cast one vote per membership (or household). Ballots will be sent out to all of our members; or you may vote by email (nami-montcopa@verizon.net) or call your votes into our office at 215-361-7784. If you have any questions please call our office.

There were no proposed Bylaws amendments submitted.

Michael Solomon

Because of my interest in helping our affiliate grow and in helping others affected by mental illness, I would like the opportunity to serve as a NAMI PA Montgomery County Board of Director for another 3 years. I've been the chair of the Development Committee as well as the senior "In Our Own Voice" presenter for NAMI PA Montgomery County. Currently I co-facilitate a NAMI Connections support group at Jeanes Library in Lafayette Hill, Pennsylvania. I'm proud to be a part of this wonderful organization and would like to be able to continue to serve our constituents.

Tory Bright

I currently serve as the Regional Mental Health Coordinator for the five counties of southeastern Pennsylvania. My responsibilities include development and oversight of specialized mental health regional services for Montgomery, Bucks, Chester, Philadelphia and Delaware Counties.

I was raised in Montgomery County, worked my entire professional career in Mental Health and am raising my family here. I have experienced many changes in the mental health system in the last 30 years. I have also seen the increase in awareness of mental health problems which seems to just touch the surface. I also know what stigma and shame do to a person and to a family. I have had personal experience.

I believe that I have always been an advocate for persons with mental health problems and strive to bring this topic of mental health and stigma to the forefront in the community. People live in fear of the unknown, as well as often don't know who to turn to and how to get help. I see my future in helping to do just that. NAMI is an organization that helps to advocate for many of the same issues. I would be very honored to serve on the Montgomery County NAMI Board of Directors.

Lauren Centola

I would like to submit my name for consideration of an open spot on the Board of Directors for NAMI—Montgomery County.

I have been a Community Liaison with The Horsham Clinic for two years, and began learning more of NAMI when I started volunteering for the annual Greater Philadelphia NamiWalks last year, and again this year.

Through experiences with some family members and close

friends, and again through my work at Horsham Clinic, I have seen the ripple effect mental illnesses can have not only on individuals, but also on their loved ones and their communities.

NAMI offers great programming for people looking for resources for themselves and how to help their loved ones with mental illness. Through my work in different communities, I don't feel enough people know about NAMI and/or how to reach out to get these resources.

I am seeking Board Membership because I feel strongly that what NAMI can offer the community is so remarkable and more people need to know about the services and how to utilize them.

When I speak to people about these services, I would like to have more of a connection with NAMI myself, so I have even more resources, materials and ideas to help them get connected with NAMI to help themselves and their loved ones.

Thank you in advance for your consideration and support.

Henry Chapman

I would like to nominate Henry Chapman for a director seat on the NAMI of Pennsylvania Montgomery County Board of Directors. Henry is an affiliate member over the age of 21 and is a family member of an individual living with severe and persistent mental illness. Henry is currently serving as the court-appointed legal guardian for a parent living with schizophrenia. His experiences in navigating the responsibilities involved in health care, residency, and legal decisions have been instrumental in developing an acute understanding of the needs of those living with mental illness and their family members.

Henry is an accomplished and tenacious mental illness advocate, a meticulous researcher, and an eloquent author. In addition, Henry's background in records and information management, participation in website design, and education in finance provide valuable business skills. Henry Chapman's devotion and skills will add greatly to the ability of the NAMI of Pennsylvania Montgomery County Board of Directors to sustain the affiliate mission of providing support, education, and advocacy for those living with mental illness and their families.

nominated by Rebecca Graham.

Scott Graham

Please consider the following as request for consideration to the NAMI of PA Montgomery County Board of Directors. I have been a member of NAMI for the past 5 years. During that time period I have been audience to various mental health speakers and advocates fostering growth in my understanding of mental health and related issues. This growth has been extended through direct contact with a family member and their mental health care providers. I have spent countless hours advocating and volunteering for this worthy cause. I have been the Greater Philadelphia NAMIWalks manager for the past two years have been formally trained by NAMI in this role. This leadership role has offered me direct insight into the issues of both caregivers and persons living with mental illness. I have been fortunate to have attended the latest NAMI National Convention to witness firsthand the sense of community and support available. I spent the time at the Convention in every training and lecture possible

(continued on page 5)

Additional Board Candidates

(continued from page 4)

gaining valuable support and advocacy techniques.

I offer to the board a strong commitment to the cause, a personal connection to the organization and its mission along with 30+ years of executive management. I have formal education in resiliency, suicide prevention, sexual assault prevention, civil rights awareness, team coordination training, and volunteer development and management through the United States Coast Guard. I would like to use these skills to help NAMI of PA Montgomery County to continue on the path of a stronger presence in the community and in its support and advocacy for mental illness.

Rebecca Ojo

I am privileged to share my background with you and want to express my appreciation for your work and commitment to the NAMI's mission.

My background is in public health and mental health working with healthcare programs at a systems level as well as direct patient care including both inpatient and outpatient settings. During my time in the behavioral health sector, I developed innovative and yet very practical ways to manage client barriers to reaching treatment plan goals. I have also done research and administrative work in public mental health. For example, my work with Mental Health and Substance Abuse (MHSA) facilities consisted of managing quantitative data and working closely with the facilities to evaluate their progress on new or existing health policies and programming. I have qualitative research skills conducting focus groups, collecting narrative survey data, and coding themes

to analyze with statistical software.

In previous positions I assisted administrative staff in building and implementing a state-wide multi-stage mental health program consisting of quality control and system evaluation processes from its start-up phase. I have also assisted NAMI with coordination for outreach and development, working to building collaborative networks and tools to reach and understand the needs of NAMI members. My current position with a leading healthcare and community development organization allows me to interface with the leaders and decision makers in Philadelphia's behavioral health landscape. I also work to ensure the quality of care for the clients we serve here in North Philadelphia.

I believe I would make strong addition to the NAMI Montco Pa Board of Directors because of my leadership, values, and commitment to the cause. I am first and foremost a value driven individual who understands how critical character is to facilitating positive change. Moreover, leadership for me is a process of keeping my vision and values in view and continually striving to align my life to be congruent with them. I am committed to personal and professional growth including refining my skills and knowledge in the area of mental health. I seek to contribute to my environment through my work as an advocate for those who lack the proper resources and care to move toward recovery. Finally, my familiarity with NAMI Montco PA and my warmth towards its staff and members will allow me to make meaningful contributions from day one.

Bullying Affects Mental Health for Years

The Boston Globe; Deborah Kotz, 2/24/2014

I still remember my middle-school bully: a girl about my height with glaring brown eyes whose locker was next to mine thanks to the alphabetical order of our last names. She was a 12-year-old stranger, but her first words to me were something along the lines of, "I hate you and want to smash your face." She never did, but I feared her all through middle school, did my best to avoid her, and told my parents fairly frequently that I wanted to go live on a farm.

That was my first and only experience with bullying, and while I didn't suffer any lingering health effects, many kids do, according to a study published last week in the journal *Pediatrics*.

Researchers from Boston Children's Hospital and elsewhere followed nearly 4,300 children over a five-year period from fifth grade through 10th grade. They found that 30 percent of them had been bullied at some point, while those who experienced bullying on a weekly basis were more likely to be in poor mental health — depressed, angry, anxious, or sad — compared to those who were never bullied.

Not surprisingly, kids who experienced threatening behavior from their peers during the entire study were the worst off. Nearly 45 percent of this group had the worst mental health status compared with 31 percent of those who were currently being

bullied, and 12 percent of those who had been victims only in the past. Only 7 percent of those who had never experienced bullying had poor psychological health.

"Our finding clearly shows lingering effects from being bullied in the past, but the worst effect is when bullying is continuous and repeated over time," said study leader Laura Bogart, a social psychologist at Boston Children's Hospital.

Previous research suggests that certain kids are more likely to be bullied: those who are overweight, transgender, homosexual, physically disabled, or who have medical conditions such as peanut allergies or diabetes.

"Even when we ruled these conditions out as alternative explanations for poor emotional health, we still found strong effects from the bullying," Bogart added.

Schools have increased efforts to combat bullying since Bogart and her colleagues first began their study in 2004. Anti-bullying legislation now exists in 49 states, including Massachusetts, which puts a legal responsibility on teachers and school administrators to stop and prevent the practice.

The 2010 suicide of Phoebe Prince — a 15-year-old Irish immigrant living in South Hadley who hanged herself after being persistently teased, threatened, and ridiculed by fellow students

(continued on page 6)

Veterans Group to Launch Suicide Prevention Campaign

The Washington Post, Josh Hicks, 3/24/2014

An emerging veterans group plans to descend on Capitol Hill this week to demand new action on veterans issues and launch a national campaign to combat suicide among former troops.

The Iraq and Afghanistan Veterans of America has named veteran-suicide prevention as its top priority for 2014. On Monday, the group will send 31 representatives to discuss mental health challenges with members of Congress and President Obama.

Participants will call for new legislation and executive orders that could strengthen access to mental-health services and improve coordination between government agencies, according to an [announcement](#) from the group.

Suicide is a rapidly growing problem within the veteran community. A VA study released last year found that 22 veterans on average commit suicide every day, and more than 47 percent of

the respondents in IAVA's 2014 member survey said they knew a veteran who had attempted suicide after serving in Iraq or Afghanistan.

"The known rate of suicide among troops and veterans is deplorable," said IAVA chief executive officer Paul Rieckhoff. "We have reached a point where we need to send up a flare and demand new actions from our elected officials."

The VA has taken steps to address the suicide epidemic, increasing spending on mental health by nearly 57 percent since 2009, to about \$6.5 billion annually. The number of veterans seeking mental health care from VA has grown dramatically, rising from 927,000 in 2006 to 1.3 million in 2012, according to a *Washington Post* report last year.

<http://www.washingtonpost.com/blogs/federal-eye/wp/2014/03/24/veterans-group-to-launch-suicide-prevention-campaign/>

Bullying Affects Mental Health for Years

(continued from page 5)

sped up efforts by state legislators to pass an anti-bullying law.

What impact the law has had remains under debate. Researchers haven't gathered recent data to determine whether bullying in state schools has declined since the law was passed. Schools also weren't given any funding.

"It's an unfunded mandate, which means districts have to do it by law, but some have more resources than others," said Jodie Elgee, director of the counseling and intervention center for Boston Public Schools. "Our Boston school district had been training teachers and administrators before the law came out, but some school districts don't even know where to begin."

One of Boston Public Schools' most successful anti-bullying programs: A free eight session skills-building program held on Saturday mornings for students who have been victimized by bullies, those who have been implicated in bullying, and peer leaders who may be able to step in and help stop victimization. (A bully and victim don't attend the same counseling sessions.) "We have anecdotal evidence from students who report that the program resulted in a positive change in their behavior and how they're treated," Elgee said.

<http://www.bostonglobe.com/lifestyle/health-wellness/2014/02/24/study-bullying-impacts-mental-health-for-years/LvXDfpyOF3K5RWGGlbaHeN/story.html>

Montgomery County Peer Support Groups

NAMI Connection

1st Monday at 6:15p.m, William Jeanes Memorial Library, 4051 Joshua Road, Lafayette Hill, PA 19444

3rd Wednesday at 6:45 p.m. 301 Vine Street, Lansdale, PA 19446. **On hold until further notice.**

Monday

WRAP—Lower Merion, 12:00 p.m. -1:30 p.m, Ludington Library 5 S. Bryn Mawr Avenue, Bryn Mawr

VOICES—Pottstown 12:00 p.m.-1:30 p.m. Trinity Reformed Church of Christ, 60 N. Hanover Street

WRAP—Abington area 3:00 p.m.-4:30 p.m. Faith Community Church 1200 Easton Rd. Roslyn

VOICES—Norristown 3:30 p.m. - 5:00 p.m. Friends Meeting, 20 E. Jacoby St.

Dual Recovery Anonymous (DRA)—Norristown - 6:00 p.m. - 7:00 p.m. Friends Meeting House 20 E. Jacoby Street (On the corner of Swede St & Jacoby St)

Tuesday

WRAP—Pottstown 10:30 a.m. to 12:00 p.m. Trinity Reformed Church of Christ 60 N. Hanover Street

VOICES—Young Adults Hatboro 7:00 p.m.—8:30 p.m. Braccia Building 2935 Byberry Rd., Hatboro 1st floor, across from Dance Arts

Wednesday

WRAP—Lansdale 1:30 p.m.—3:00 p.m. Public Library 301 Vine Street, Lansdale.

VOICES—Lower Merion 3:30 p.m.—5:00 p.m. Bryn Mawr Hospital Living Room of the Clothier Bldg (across from ambulance bays behind main building)

WRAP—Norristown 6:00 p.m.—7:30 p.m. Hopeworx 1210 Stanbridge, Suite 300

Thursday

WRAP—Montgomery County Prison (closed to public) 12:30 p.m.—2:00 p.m.

Report: Military Efforts to Prevent Mental Illness Ineffective

USA Today; Gregg Zoroya, 2/20/2014

There's little evidence that the military's efforts to prevent mental illness among troops are effective, a panel of scientists has concluded.

The military has produced dozens of programs aimed at preventing mental illness among troops during the wars in Iraq and Afghanistan, but there's little evidence that most of them work, a blue-ribbon panel of scientists said in a report released Thursday.

The findings by a committee of 13 experts appointed by the Institute of Medicine of the National Academies come as about 1,000 Iraq- and Afghanistan-era veterans are being diagnosed with post-traumatic stress disorder each week, according to data from the Department of Veterans Affairs.

"There's no substantive indication of effectiveness (in the military prevention programs) and most importantly, there's no evidence of an enduring impact," said panelist David Rudd, provost at the University of Memphis and an authority on suicide in the military.

The Pentagon issued a statement Thursday saying that it is reviewing the study's findings, said Army Lt. Col. Catherine Wilkinson, a spokeswoman.

The Institute study, requested by the Pentagon, follows an earlier Institute of Medicine review released last year concluding that the Pentagon and Department of Veterans Affairs are struggling to keep pace with a growing number of mental health problems generated by the wars.

The scientists in the study released Thursday singled out for prominent criticism the largest and costliest program, the Army's Comprehensive Soldier Fitness effort — since expanded and renamed Comprehensive Soldier and Family Fitness.

The program teaches soldiers and family members coping strategies such as keeping a positive or optimistic outlook on life or cultivating strong social relationships. Army leaders said it provides soldiers with the tools to become emotionally resilient.

The Army began the program in 2009 amid increasing cases of suicide and mental illness. It has cost \$125 million to teach the coping skills to a million soldiers.

The scientific panel said there is little or no evidence the program prevents mental illness.

The Army quickly disputed the findings, saying that its own research shows that the program improves an individual soldier's "level of overall fitness in areas of social, emotional, spiritual, family and physical strength."

But the committee said the Army's method for measuring the program's effectiveness has never been subjected to peer review. While those measurements appear significant, they do not mean improved mental health, the scientists said.

"This committee does not find these results meaningful," the report said.

The panel cited other internal Army studies that showed no preventive benefits for combat troops who had received the training compared with those who did not for conditions such as PTSD, anxiety, depression and substance abuse.

Rudd characterized the Army program "as not a particularly wise investment to spend those kinds of dollars on."

Lt. Col. Justin Platt, an Army spokesman, said the program was redesigned in recent years and is not now intended as a way of preventing illnesses such as PTSD or depression.

When it was started in 2009, it was supposed to be a "long-term preventative health strategy." New goals released last year are now more generally worded. One of them, for example, says the program should provide soldier and families with "self-awareness and psychological resources and skills to cope with adversity and thrive in their lives."

Rudd said the panel acknowledged the difficulty of developing preventive programs during wartime. He said many of the efforts, including comprehensive soldier fitness, clearly may have made sense at the time.

But he said that adjustments should be made and unsuccessful programs abandoned.

"If we are going to invest these kinds of dollars, it should be in things that are demonstrated to be effective," Rudd said.

<http://www.usatoday.com/story/news/nation/2014/02/20/institute-study-prevention-military-ptsd-programs/5637987/>

Storytelling Training Announced

The WELL Recovery & Education Center, in partnership with the City of Philadelphia Department of Behavioral Health and Intellectual disability Services (DBHIDS) is presenting Story Telling Training, a free recovery-oriented training developed for anyone who identifies as a person in recovery, whether from mental health, an addition, a loss, physical challenges or a family member and/or significant other who supports a loved one in their recovery journey.

You will transform your personal experiences (Your Story) into a motivational tool by utilizing the techniques in this training to inspire and provide hope to others in the holistic process of storytelling.

The Training date is May 5, 2013. Registration opens at 9:30 AM. Location is The Well Recovery & Education Center, 2709 N. Broad Street, Philadelphia, PA 19132.

Space is limited and registration is required. Contact: Gilbert Gadson, Family Peer Specialist, 267-507-3481.

There will be a one-hour break for lunch. Lunch will not be provided. Participants may bring their own lunch or purchase from restaurants nearby.



PENNSYLVANIA MONTGOMERY COUNTY

Dues are for one year. Donations are welcome and are Tax Deductible

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Make check payable and return to:

**NAMI of Pennsylvania Montgomery County
100 W. Main Street, Suite 204
Lansdale, PA 19446**

*NAMI of Pennsylvania Montgomery County is open to all individuals subscribing to the purposes of the organization.
All members receive NAMI newsletters and are automatically affiliated with NAMI PA and the National Alliance on Mental Illness (NAMI).
NAMI is a non-profit organization under Section 501 © (3).*

The official registration and financial information of NAMI PA, Montgomery County, June be obtained from he Pennsylvania Department of State
By calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.



**PENNSYLVANIA
MONTGOMERY COUNTY**
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