Our Mission

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

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

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

Inside this issue:
- Announcements 2
- Donations 3
- Peer-to-Peer 3
- Family-to-Family 3
- Basics 4
- Connection 4
- Peer Support Services 4
- Advancing Recovery 4
- Poetry/Stories 5
- NAMI CAN 6
- Life Family Events 6
- On-Line Parent Support 6
- Writing Group 6
- MY LIFE Flyer 7
- MY LIFE TOO Flyer 8
- Peer-to-Peer Flyer 9
- Family-to-Family Flyer 10
- Upcoming Events 11

Employment and PeerNet Services

Thursday, September 20, 2012, at 7:30 P.M.
Joyce Schug, Coordinator for Rehabilitation Services with Bucks County MH/DP
and
Julie Pulvers, Program Manager, Mental Health Association of Southeastern Pennsylvania

Please join us for our September 20, 2012 Forum. The Bucks County Department of Mental Health/Developmental Programs(MH/DP) has embarked on a journey to Move Employment Forward. This journey includes a training series focusing on best practices for identifying potential career paths and connecting with employers. Another focus of the initiative includes SAMHSA’s Supported Employment Evidenced Based Practices and how these principles can guide current practices and employment successes in Bucks County. Please join us as Joyce Schug, Coordinator for Rehabilitation Services with Bucks County MH/DP, shares information on current employment services and upcoming training opportunities for individuals who have a serious mental health and/or co-occurring challenge. If you would like further information about the upcoming Career Planning Workshop, please contact Joyce Schug at 215-444-2873. Applications are due on August 31st, 2012.

Julie Pulvers from The Mental Health Association of Southeastern Pennsylvania will discuss PeerNet. The Certified Peer Specialist Team assists program participants in finding their path, which leads to independent, fulfilling, and productive lives in the community.

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

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

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

Designate NAMI Bucks to Receive Donations through EBAY Giving Works

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

WE TAKE CREDIT CARDS
Renew your Membership or Make a Donation to NAMI of Bucks County

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

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

Volunteers Needed

The heart of NAMI Bucks rests on all of its volunteers. We are currently recruiting volunteers to facilitate our Support Groups, teach the Family-to-Family Education Course or mentor Peer-to-Peer. You must have taken the Family-to-Family or Peer-to-Peer Education Classes to qualify. We also are looking for volunteers to serve on the 2013 NAMI Walks Committee and a newly forming Outreach Committee. If you are interested, please call the NAMI Bucks County Office at 215-442-5637.
Thank You for Your Contribution

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

1 to $25
Richard & Joan Gowen
Paula Kidd
Neal & Heather Miller
Don & Jan Millin
Abraham & Beverly Rothstein
Charlotte & Stanley Schultz
Richard & Janice Will

$26 to $50
Joan Calhoun
Bernadette Dyer
David McComsey in Matching funds with Johnson & Johnson

$51 to $100
Steve & Judy Hurvitz

$101 to $500
Jason & Leigh Ann Campbell
Marge Illenberger in Matching funds with American Charities
Michael & Robin Martel
Gerald Welsh

Donations in memory of Christopher Burge
1 to $25
Dorothy Ziegler

$26 to $50
Marie Sykes
Michelle Stafford
Teresa Walton
Run for Gates (Bucks County Council for Individuals with Disabilities)

All the NAMI Bucks County Volunteers

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

NAMI Peer-to-Peer

Our Peer-to-Peer Education program will be offered at Blooming Glen Mennonite Church (Perkasie) on Tuesday afternoons at 2:30 beginning September 11, 2012; Doylestown Hospital on Wednesday evenings at 6:30 beginning September 12, 2012; and at Penndel Mental Health Center on Tuesday evenings at 6:30 beginning September 11, 2012. Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery.

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

NAMI Family-to-Family

NAMI Bucks County will be offering Family-to-Family Education Classes beginning September 10, 2012 at 7:00 P.M. at Doylestown Hospital in Doylestown.

The NAMI Family-to-Family Education Program is a FREE 12-week course for family members and caregivers of individuals with severe brain disorders (mental illnesses). The course is taught by trained family members. All instruction and course materials are free for class participants.

The Family-to-Family curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD). The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members and caregivers need to cope more effectively.

If you are interested in taking the Family-to-Family Education Class, please call 1-866-399-NAMI(6264) to register. REGISTRATION IS REQUIRED. Class size is limited and fills up quickly.
NAMI Basics teaches the fundamentals of caring for you, your family and your child with mental illness. NAMI Basics is the new signature education program for parents and other primary caregivers of children and adolescents living with mental illnesses. Classes begin in the fall. Exact dates, times and locations to be determined. Prior registration is required. Call 1-866-399-NAMI(6264)

NAMI Connection Recovery Support Groups are BACK!!! beginning September 18, 2012 and are open to all adults with mental illness, regardless of diagnosis. NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness.

Each group:
• Meets bi-weekly for 90 minutes
• Is offered free of charge
• Follows a flexible structure without an educational format
• Does not recommend or endorse any medications or other medical therapies

PLEASE NOTE SCHEDULE CHANGES: Connection groups meet the first and third Monday at 6:30 pm at the Voice and Vision Office, 600 Louis Drive, Suite 106, Warminster, PA 18974. For more information, please call 1-866-NAMI(6264).

Peer Support Services

The Mental Health Association of Southeastern Pennsylvania introduces PeerNet Services to Bucks County!

PeerNet is a free-standing support program open to adults throughout Bucks County who have a Behavioral Health Diagnosis or a Drug/Alcohol and Behavioral Health Diagnosis. The Certified Peer Specialist Team assists program participants in finding their path, which leads to independent, fulfilling, and productive lives in the community.

PeerNet Services are staffed by Certified Peer Specialists who come from a lived experience and are committed to promoting and modeling hope, choice, empowerment and self-determination by developing respectful, mutually satisfying and empathic relationships. For more information, please call Julie Pulvers at 267-259-1294.

Fifth Annual Advancing in Recovery Event

The 5th Annual Bucks County Advancing in Recovery event will be held on Friday, October 19, 2012, from 8:30 am - 1:00 pm at Delaware Valley College, Student Center, 700 East Butler Avenue, Doylestown, PA 18901. Featuring: Drew Horn, Founder of Turn-A-Frown Around and Magellan Behavioral Health. For more information, contact 215-773-9313

Foundation, A Panel of Bucks County residents Who Volunteer and finding your path as a volunteer – This event is sponsored by the Bucks County Behavioral Health System in collaboration with the Bucks County Department of Mental Health/Developmental Programs, Bucks County Drug and Alcohol Commission, Inc., Delaware Valley College and Magellan Behavioral Health. Register On-Line: https://www.surveymonkey.com/s/MSTMNV9 For more information, contact Suzanne Colonna at 215-444-2706.
Give us your Poems, Stories, Anecdotes, Articles

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

Pretty Flowers
By Dorothy McClellan
2009

Pretty Flowers, Pretty Flowers
Lavender, red, pink and green
Magnificent flowers are on the scene
Fields and surrounding hills
Are filled with daffodils
I see a garden full of red roses
I smell the perfume the garden discloses
The angels smile down
At the thrift covered ground
I see tulips, I see daisies
All the beauty with joy amazes
Pretty bluebells, pretty sweet peas
They ease your mind and pleasantly please
Pretty flowers, pretty flowers
Made more pretty by pretty showers

Sitting Outside
On a Bright Sunny Day
By Cheryl Brenner

My eyes are closed so I can hear the sounds of summer trees blowing, flowers swishing around, rabbits running around, squirrels running around, the children at play. It’s a little breezy and the leaves left over from fall are blowing around. Now it’s turning from sunshine to a soft rain. I guess I better go inside now that I enjoyed my outside time.
NAMI-CAN Support Group

The NAMI CAN support group has been discontinued. In its place NAMI is partnering with Magellan, Bucks County Life, and Child and Family Focus to offer a parent support group for parents or caregivers of youth involved in the My Life Program and any parent or caregiver needing support. Please see the flyer in this edition of the NAMI Bucks Newsletter for more information.

Upcoming Life Family Events

Creative Art Making Event
Thursday, September 20th
6:00 pm - 7:30 pm
Location: Bucks County LIFE at 882 Jacksonville Road, Suite 203, Ivyland, PA 18974
Facilitator: Brenda Boorse, Access Services
This event is geared toward youth ages 10-17 to help cope with feelings through creative art-making activities.

Bully Prevention Training
Monday, September 24th
6:00 pm - 8:00 pm
Location: Bucks County LIFE at 882 Jacksonville Road, Suite 203, Ivyland, PA 18974
Facilitator: Marianne Elias, The Peace Center
SuicideTALK-Suicide Awareness Session
This FREE session is designed to help people see the need to give support to suicide prevention and intervention efforts in their community. Thursday, November 8th
6:30 pm - 8:30 pm
Location: Bucks County LIFE at 882 Jacksonville Road, Suite 203, Ivyland, PA 18974.
Registration: Please contact Melissa Dziedzic at 1-888-442-1590 ext. 23 or mdziedzic@accessservices.org

Bucks County Life Launches New Online Parent Support Group

The Bucks County LIFE Program is a countywide program that serves Bucks County families who have a child or adolescent that struggles with emotional, behavioral, social and/or learning issues. As a team of both experienced parents and professionals, they work closely with families to offer invaluable support as well as provide information and referral resources. Bucks County Life has launched a new Online Parent Support Group. This online support group is for parents in the Bucks County, PA community seeking parental support with their children with special needs. Educational, behavioral, and community support will be provided. This group will be monitored daily.

Youth Connections Writing Group

Youth Connections, the youth-driven component of Family and Youth Outreach at Voice & Vision, is pleased to announce the development of a writing group. Youth Connections creates and identifies ways for youth ages 16 – 25 to share their opinions, experiences and recommendations in order to transform lives, services and systems throughout the community. They will be meeting from 5:00 – 7:00 pm on August 28th. If you are interested, please email emily@voiceandvisioninc.org or call 215-588 – 4417.
Saturday, September 15, 2012

Music, art, entertainment & youth involvement

Free event
Free food
Free prizes

Rose Tree Park
Media, PA
12 to 5 p.m.

Hundreds of resources for youth & families

MY LIFE youth groups in Bucks, Delaware, Lehigh, Montgomery and Northampton Counties are planning MY Fest 2012 to raise awareness about mental health, substance abuse and foster care-related issues.

MY LIFE (Magellan Youth Leaders Inspiring Future Empowerment) is an empowering leadership group for youth ages 13 to 23 who have experience with mental health, substance abuse, foster care or juvenile justice issues, and who want to use their experience to help improve the systems that serve youth.

MY LIFE and MY Fest are supported by Magellan Behavioral Health of Pennsylvania, Bucks County Behavioral Health System, Delaware County Office of Behavioral Health, Lehigh County HealthChoices, Montgomery County Department of Behavioral Health and Developmental Disabilities, Northampton County HealthChoices and a variety of youth-serving organizations.

www.facebook.com/MYLIFEyouth

For more information, contact Tara Karbiner at TAKarbiner@MagellanHealth.com or Greg Dicharry at GDDicharry@MagellanHealth.com
Parents / Supporters Group

“IT’S MY LIFE TOO”

September 13, 2012
5:45 to 7:15 p.m.
United Church of Christ
785 West Street Rd.
Warminster, PA 18974

There is no cost for participation and light refreshments will be provided

A group providing support, education and resources for parents, caregivers and other adult supporters of all youth and those who have experience with mental health, developmental disabilities, substance abuse, foster care or juvenile justice issues. Meetings will be scheduled concurrently with the MYLIFE BUCKS meetings. We will share our experience, resources and ideas. For more information, please call Debbie Moritz at 1-866-399-NAMI(6264), or email info@namibuckspa.org
Mental Health and Recovery: Learning to Live Well

Welcome to NAMI's Peer-to-Peer Recovery Education Program, a free, 10-week course that provides a holistic approach to recovery for people living with serious mental illness.

Offered in a confidential setting, Peer-to-Peer is taught by two trained peer mentors who are successfully managing their own mental health. The course uses a combination of lecture, discussion, interactive exercises and stress management techniques. Each session lasts for two hours.

During the course you will:

- Share experiences with peers who are working towards recovery
- Gain further insight into mental health
- Gain knowledge of how to cope with difficult circumstances
- Learn to identify feelings, thoughts, behaviors and events that can result in a possible relapse
- Learn how to strengthen interpersonal relationships
- Find new inspiration and hope

To find out more, visit www.nami.org/peertopeer, phone the NAMI HelpLine at 1 (800) 955-NAMI (6264) or e-mail info@nami.org.

Tuesday afternoons at Blooming Glen Mennonite Church beginning 09/11/12
Tuesday evenings at Penndel Mental Health Center beginning 09/11/12
Wednesday evenings in Doylestown beginning 09/12/12

1-866-399-NAMI(6264)

www.nami.org/peertopeer
The free, 12-week course is taught by trained NAMI members who have lived with this experience and offers education and support for families and friends of people with mental illness.

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

- Attend with other family members just like you in a confidential setting.
- Gain insight into how mental illness affects your relative.
- Take an eye-opening look inside some of today's current brain research related to mental illness.
- Learn how families can become advocates for better treatments for their relatives.
- Learn about the mental illness medications available and the latest treatment options.
- Learn to cope with worry and stress; learn to focus on care for you as well as your loved ones.

Many describe the impact of this program as life changing. Join the over 150,000 individuals just like you, who have gained information, insight, understanding, and empowerment.

Classes fill up quickly, so contact:

MONDAY EVENINGS IN DOYLESTOWN
beginning September 10, 2012
866-399-NAMI(6264)

NAMI Family-to-Family
www.nami.org/familytofamily
### Coming Events / Dates to Remember:

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Event Description</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 10 &amp; 24, 2012, October 8 &amp; 22, 2012</td>
<td><strong>NAMI FAMILY SUPPORT GROUP</strong>&lt;br&gt;Doylestown Mennonite Church&lt;br&gt;590 N. Broad St.&lt;br&gt;Doylestown, PA 18901&lt;br&gt;Registration is required. 215-262-3220</td>
<td>Doylestown, PA</td>
<td></td>
</tr>
<tr>
<td>September 3 &amp; 17, 2012, October 1 &amp; 15, 2012</td>
<td><strong>NAMI Family-to-Family Support Group Meeting - Lower Bucks</strong>&lt;br&gt;Crossing Community Church&lt;br&gt;80 Silver Lake Rd., Newtown, PA 18940&lt;br&gt;For more information, please call 1-866-399-NAMI(6264).</td>
<td>Newtown, PA</td>
<td></td>
</tr>
<tr>
<td>September 20, 2012</td>
<td><strong>NAMI Bucks Forum</strong>&lt;br&gt;Abington Memorial Health Center, Warminster Campus (Formerly Warminster Hospital)&lt;br&gt;Main Conference Room (Ground Floor)&lt;br&gt;225 Newtown Rd., Warminster, PA 18974&lt;br&gt;Topic: Employment and PeerNet</td>
<td>Warminster, PA</td>
<td></td>
</tr>
<tr>
<td>September 13, October 11, November 15 &amp; December 13, 2012</td>
<td><strong>MY LIFE TOO– Parent Supporters Group</strong>&lt;br&gt;United Church of Christ&lt;br&gt;785 West Street Rd., Warminster, PA 18974&lt;br&gt;For more information, please call Debbie @ 1-866-399-6264(NAMI) <a href="mailto:info@namibuckspa.org">info@namibuckspa.org</a></td>
<td>Warminster, PA</td>
<td></td>
</tr>
<tr>
<td>September 13, October 11, November 15 &amp; December 13, 2012</td>
<td><strong>MY LIFE – Magellan Youth Leadership Inspiring Future Empowerment</strong>&lt;br&gt;United Church of Christ&lt;br&gt;785 West Street Rd., Warminster, PA 18974&lt;br&gt;For more information, please call Stephanie Lucas at 215-504-3900 Ext. 63854 or <a href="mailto:slucas@magellanhealth.com">slucas@magellanhealth.com</a> <a href="http://www.facebook.com/MYLIFEyouth">www.facebook.com/MYLIFEyouth</a></td>
<td>Warminster, PA</td>
<td></td>
</tr>
<tr>
<td>Fall, 2012, TBD</td>
<td><strong>NAMI Basics Education Program</strong>&lt;br&gt;NAMI Office, 600 Louis Drive, Suite 106, Warminster, PA&lt;br&gt;For more information call 1-866-399-NAMI(6264)</td>
<td>NAMI Office, 600 Louis Drive, Suite 106, Warminster, PA 18974</td>
<td></td>
</tr>
<tr>
<td>September 11 &amp; 12, 2012, Upper, Central &amp; Lower Bucks</td>
<td><strong>Peer-to-Peer Education Program</strong>&lt;br&gt;For more information and locations call 1-866-399-NAMI (6264)</td>
<td>NAMI Office, 600 Louis Drive, Suite 106, Warminster, PA 18974</td>
<td></td>
</tr>
<tr>
<td>September 10, 2012, Doylestown</td>
<td><strong>Family-to-Family Education Program</strong>&lt;br&gt;For more information and locations call 1-866-399-NAMI (6264)</td>
<td>NAMI Office, 600 Louis Drive, Suite 106, Warminster, PA 18974</td>
<td></td>
</tr>
<tr>
<td>September 15, 2012, Rose Tree Park, Media, PA</td>
<td><strong>MY FEST 2012</strong>&lt;br&gt;Music, Entertainment and Youth Involvement</td>
<td>Rose Tree Park, Media, PA</td>
<td></td>
</tr>
<tr>
<td>October 19, 2012, Delaware Valley College Doylestown, PA 18901</td>
<td><strong>Advancing in Recovery Event</strong></td>
<td>Delaware Valley College Doylestown, PA 18901</td>
<td></td>
</tr>
</tbody>
</table>
Let us have your e-mail address

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

Each week, we e-mail time-sensitive information and late-breaking news.

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

We're on the Web
www.namibuckspa.org

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

GoodSearch (powered by Yahoo) – Help NAMI National (NAMI, Arlington, VA) by simply searching the Internet and they will receive a share of the revenue generated by site advertisers.

Make GoodSearch your default search engine by logging on to website www.goodsearch.com.

Follow the instructions on how to install the GoodSearch toolbar and home page. Encourage family, friends and business associates to use GoodSearch.