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.

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An Overview of the Involuntary Commitment Procedure and Discussion of the Delivery of Crisis Services in Bucks County

With

Wendy Flannigan
Bucks County Department of MH/DP

Thursday, June 21, 2018 at 7:00 P.M.

Please join us for our forum on June 21, 2018 at 7:00 p.m. Our speaker will be Wendy Flannigan, Bucks County Department of MH/DP. Wendy will discuss the mental health involuntary commitment process for the County of Bucks. In addition, she will lead a discussion related to the crisis resources located throughout the county and how these services have the potential to be improved.

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

Please Welcome our Newest Board Members

The NAMI Bucks County Board of Directors is pleased to welcome our newest board members, Grace Deon, Kim Arnold, Nicholas Emeigh, Ed Lopez, Melissa McDermott, and Christyne Silverdis who were elected at our April, 2018 membership meeting for a three year term and current board members Raighne Kirk, Fred Korn and Debbie Ryan to another three year term. We welcome our new Board members and look forward to working together in fulfilling our NAMI Bucks County Mission. We also say goodbye to two departing Board members, Kathleen Campbell and Dennie Baker. Kathleen and Dennie will serve on our newly created Advisory Board.
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 ACCEPT 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.info@namibucks.org for details or call Debbie at 1-866-399-NAMI (6264) for an application.

Please NOTE: Your Membership renewals are processed quarterly; so 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.

Visit us on Facebook & Twitter

NAMI Bucks now has a Facebook page. Please visit us, join in the conversation and stay up to date on the latest news. NAMI of PA, Bucks County Chapter, Twitter NAMI PA Bucks County @NAMIBUCKS

NAMI Bucks County Newsletter
Letters, News Articles, and Announcements are welcome. Deadline for articles for our Fall 2018 issue is August 1, 2018. Send to above address or by e-mail info@namibucks.org
Thank You for Your Contribution

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

**$1 to $25**
- Connie Blank on Memory of Alex Block
- Velia Dean
- Eve DiSimone
- Dennis Guralnick in Memory of David Cone
- Vicki & John Hartman
- Paula Kidd
- Luke Petosa

**$26 to $50**
- Ceyl Lertzman in Memory of Alex Block
- Marge Nocton-Barr
- Ed Riedel

**$51 to $100**
- Richard & Lisa Green
- John Kelly

**$101 to $250**
- Christopher Nalbone
- Steven Rosenberg in Honor of Claudia Mehler

**$2,001 to $4,000**
- Bucks County Suicide Task Force

An extra special thanks to all our Stride for Mental Health Awareness donors.

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

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**Support Group** is open to all adults with mental illness, regardless of diagnosis. The NAMI Connection group offers a casual and relaxed approach to sharing the challenges and successes of coping with mental illness.

Each group:
- Meets 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

**Connection group meets every Tuesday at 6:30 pm at the NAMI Office, 600 Louis Drive, Suite 106, Warminster, PA 18974.**

**New group meets on the 1st and 3rd Monday afternoon at 3:00 at the Makfield Executive Quarters, 301 Oxford Valley Rd, Suite 1001A, Yardley, PA 19067**

**For more information, please call 1-866-NAMI (6264).**

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**Family to Family Support Group**

Our Family support groups continue to run twice a month. Our Central Bucks group meets at the Doylestown Mennonite Church at 590 N. Broad Street, Doylestown, PA 18901 at 7:00 PM. This group will meet on the 2nd and 4th Thursday of the month. Our Newtown group continues to meet on the first and third Monday at The Crossing Community Church at 80 Silver Lake Rd., Newtown, PA at 7:30 – 8:30 PM. **Registration is NOT required for either group.**
NAMI CAN / MY Life Too

NAMI CAN/My Life Too support group offers a support group for parents or caregivers of youth involved in the My Life Program and any parent or caregiver of a child/adolescent up to age 23 needing support. MY LIFE TOO is 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 are scheduled and held concurrently with the My-Life BUCKS meetings. The group will meet at the Abington Memorial Health Center, Warminster Campus.

MY LIFE

Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE)

(MY LIFE) offered to youth between the ages of 13 and 23 who have experience with the following issues:
- Mental health.
- Substance abuse.
- Juvenile justice.
- Foster care.
MY LIFE is helping to improve mental health, substance abuse, foster care and juvenile justice systems. It gives youth the chance to become leaders in their communities. The group will meet at the Abington Memorial Health Center, Warminster Campus, (Formerly Warminster Hospital) 225 Newtown Rd., Warminster, PA. Group meets at 5:30 pm on the second Thursday of the month. For more information, please contact: Marissa Gates MLGates@magellanhealth.com

Young Adult Ending the Silence Presenters and Volunteers Needed

Our “Ending the Silence” program is growing as does our need for young adult presenters. This program educates middle/high school students about Mental Illnesses, how to be supportive of a family member, friend or even themselves. Part of the presentation includes young adults 35 or under that speak about what school was like when they were dealing with mental health challenges. The ability to share what helped, what did not help and what could have helped. We offer training and support with sharing your personal lived experience and stories of recovery. If you are interested in becoming a youth presenter, or would like more information, please call Laurie Pepe at 215-913-0479 or email at lpepe@namibuckspa.org

NAMI Bucks Searching for New Board Members

NAMI Bucks County is growing and we need new board members. We are looking for people with the necessary skills to help us manage that growth and to lead us into the future. We are offering more support and education programs and there are still many more needs of our members and the community still to be addressed. Nominations for Board candidates are now open. As we look to strengthen and diversify our organization, we strive for Board members possessing a range of skills in areas including but not limited to financial, legal, legislative advocacy and fundraising. We are also looking for diversity of age, race, and ethnicity and sexual orientation. Criteria for eligibility are:
1. Be a member in good standing of the affiliate
2. Be willing to attend and participate in monthly Board meetings and all committee assignments
3. Be willing to promote the NAMI mission
For more information or if you are interested, please contact Debbie Mortiz at info@namibuckspa.org or 1-866-399-6264.
What is a 302 and what are the grounds for a 302 commitment?

_Bucks County Individual and Family Recovery/Resiliency Handbook_

A 302 is an involuntary commitment to a Mental Health facility for treatment. A 302 requires a statement (petition) from an individual who has first-hand knowledge of an individual’s at risk behavior. The petition must describe one or more of the four behaviors. There are three types of petitions. A layperson who has first-hand knowledge of at risk behavior, a police petition or a two-doctor petition.

If a person is in crisis and is not able to agree to go to the hospital voluntarily and he/she poses a risk to his/herself or someone else, a 302 petition is be filed with a local crisis center. The petition is reviewed and evaluated pending approval for inpatient care to stabilize symptoms, causing at risk behaviors. If the petition meets criteria and the petition is approved, a warrant time will be issued by the County delegate to have the local police department and/or ambulance transport to the nearest hospital for a psychiatric evaluation. It is up to the evaluating doctor to uphold the petition based on his/her examination. If the evaluating doctor upholds the petition, the person is admitted to an inpatient MHU in order to stabilize symptoms and decrease at risk behaviors. The MH laws require that a person is treated in the least restrictive environment. Once a person does not show at risk behavior, it will be up to the attending psychiatrist to either allow the person to sign a 201 (voluntary) and remain in the hospital for treatment, or discharge the individual. If the individual continues to need treatment, the psychiatrist will follow-up with a 303 hearing to determine length of stay for continued inpatient care and/or the least restrictive option for either a Partial Hospital commitment or Outpatient commitment for the remaining days of the 303 commitment.

**Grounds for a 302 Commitment: Within the past 30 days the person has:**

- Inflicted or attempted to inflict serious harm on another and that there is reasonable probability that such conduct will be repeated or has made threats of harm and has committed acts of furtherance of that threat.
- Been unable to care for him/herself with a reasonable probability that death, serious bodily injury or serious physical debilitation would ensue within 30 days unless treatment is given.
- Attempted or threatened suicide and committed acts of furtherance of the threat.
- Substantially mutilated or attempted to mutilate him/herself or threatened self-mutilation and committed acts of furtherance of the threat.

**Who is the County Mental Health Delegate?** Section 302 determinations rests with the Bucks County Mental Health Administrator. The Administrator can delegate responsibility to individuals who acts on his/her behalf. Currently, Bucks County has four Delegates who act on behalf of the Bucks County Mental Health Administrator. The Delegates review criteria as presented by the crisis worker at various locations in Bucks County. The Delegate must adhere to the Mental Health Procedures Act with regard to behavior that meets criteria for involuntary admission. Delegates either approve or deny a petition. If a petition is approved, a warrant time is given.

**What is a warrant?** A warrant is authorization for a police officer to take an individual to the nearest facility for a psychiatric evaluation. There are times when an ambulance is necessary to transport an individual to the hospital. A warrant is not affiliated with civil proceedings or involve criminal charges or arrest.

**What length of time will I be hospitalized with an involuntary commitment?** An involuntary commitment under a 302 admission provides admission not to exceed 120 hours. If an extended admission is determined under a 303, an individual (inpatient or outpatient) provides treatment for up to 20 days. If an individual requires extended treatment, involuntary treatment (inpatient or outpatient) which can be extended for up to 90 days. A 305 provides for treatment up to 180 days.

**What rights do I have for representation when it involves an involuntary treatment?** An individual has access to the Public Defender to provide representation at no cost to the individual at mental health hearings. Private attorneys may also be retained at the individual’s expense.

**Can I waive my right to a hearing?** Yes, under the MH Act, an individual has the right to agree to or to stipulate to an extension of his/her treatment. Stipulation means that the individual and his/her attorney agrees with the mental health facility that an ongoing treatment is warranted.
Cultivating Your Health: How Gardening Can Boost Spirits and Physical and Mental Health

Between emails and phone calls at work and social media and television at home, we are constantly plugged in and maxing out our attention. But, people have a limited capacity for the focused attention that being plugged in requires. Once we use up that capacity, we become irritable, distracted, and stressed out. The good news is that we can reverse these negative symptoms by using involuntary attention, which is effortless. Gardening is a great way to use this form of attention, which can improve physical and mental health and boost your spirit.

Boosting Your Spirit

Putting your phone down and picking up a gardening spade is a great way to fight stress and attention fatigue. The tasks involved in gardening offer a repetitive, soothing motion, and the natural environment plays to your senses. There is the feel of the breeze, the sounds of the birds, the smell of the flowers, the sites of nature, and even the taste of an edible garden.

Spending time gardening is a way of placing less focus on material goods and more focus on nature and ourselves. It is a way of connecting to our primal state – a state that’s similar to meditation. Additionally, it is a great activity to do with your kids, especially if they spend much of their days glued to a computer, smartphone or TV screen. If they are not particularly fond of gardening tasks, find other creative ways to allow them to enjoy the outdoors. You can build a bird feeder or set out a birdbath for bird watching, paint and decorate flowerpots and planters, or create wind chimes as a family to add to your garden.

Improving Depression

Gardening may also help improve depression symptoms. One study focused on people diagnosed with depression or bipolar disorder. The participants spent six hours a week growing flowers and vegetables, and half of them had improvements in depression symptoms after three months. Furthermore, their moods continued to improve three months after the completion of the study.

Researchers suggested that the act of gardening was enough to help the participants out of their gloomy states. However, some experts have a different opinion. After injecting mice with Mycobacterium vaccine – harmless bacteria commonly found in soil – scientists found that it affected the brain in a similar way as serotonin-boosting antidepressant drugs. Scientists believe that digging in the dirt and exposure to these bacteria can help alleviate symptoms of depression.

Treating depression is crucial. If left untreated, it “can lead to emotional, behavioral, and health problems that affect every area of life.” Depression can lead to excessive weight gain or loss, physical pain or illness, social isolation, conflicts with family and friends, suicidal thoughts or attempts, and alcohol or substance abuse. Depression is also be linked to other health conditions, such as cardiovascular disease.

Stress relief

A study looked at two groups of people who both completed a stressful task; one group read indoors for 30 minutes, while the other group worked in a garden for 30 minutes. The group that gardened reported being in a better mood than the reading group, and they had lower levels of the stress hormone cortisol.

One reason for the reduction in stress could be the physical exertion required of gardening. Digging, planting, raking, pruning, and weeding provide physical activity for your body, which can reduce stress. You are also in the sunlight and fresh air, which both have shown to decrease stress levels. As previously mentioned, gardening has similar effects on the mind as meditation, which also reduces stress.

Life is busy, and we exhaust our minds by staying plugged in constantly. If you are experiencing mental fatigue, stress, or symptoms of depression, consider picking up the hobby of gardening. You can experience the physical benefits as well as the boost in mental health and your spirit as you focus on nature and yourself.
NAMI Celebrates Mental Health Victories In Federal Funding Bill

Following the release of the Fiscal Year (FY) 2018 federal appropriations package, NAMI is extremely grateful for the increased investments in mental health services and supports. By including significant funding increases for these programs, Congress has taken a crucial step to support individuals with mental illness and their families.

The bill substantially boosts several of NAMI's key priorities. It includes significant investments in research at the National Institute of Mental Health (NIMH), to the Mental Health Block Grant and to key programs at the Departments of Housing and Urban Development, Veterans Affairs and Justice. These substantial investments signal a commitment by members of Congress to increasing federal support for individuals living with mental illness.

“I applaud Congressional leaders for taking concrete actions to fund critical mental health priorities,” said Mary Giliberti, Chief Executive Officer of NAMI. “This appropriations package invests in key programs for individuals with mental illness, supports important evidence-based services in our communities and promotes research that could result in significant scientific advancements that foster improvements in treatment and recovery for people with mental illness.”

NAMI would like to highlight key areas that will impact people with mental illness and their families:

**Investing in Services:** The Substance Abuse and Mental Health Services Administration (SAMHSA) will receive an increase of nearly $306 million for mental health programs. The package also increases the Community Mental Health Block Grant (MHBG) by $160 million, the largest single-year increase in the MHBG’s history. This funding increase will also ensure more federal support for programs that provide early intervention in the treatment of psychosis and other mental illnesses.

**Investing in Research:** NIMH will receive a $109.8 million increase, the largest single-year increase for NIMH since its budget was doubled in FY 2002. Overall, the National Institutes of Health will see a $3 billion increase in its funding.

**Investing in Housing:** The package includes substantial increases for programs that support non-elderly individuals with disabilities, enable the construction of new Project-Based Rental Assistance units and allow for the development of new Permanent Supportive Housing for individuals who are experiencing homelessness. It also provides funding to assist homeless and at-risk veterans into permanent supportive housing.

**Investing in our Veterans:** There are major investments in programs for veterans who live with mental health conditions and veterans in crisis. Department of Veterans Affairs’ Mental Health Services and Programs will receive a $580 million increase, including for Vet Centers, which provide mental health and readjustment counseling for combat veterans, and the National Centers for PTSD. The package also increases the investment in veteran suicide prevention programs and outreach, and includes the Honor Our Commitment Act, which requires the VA to provide mental and behavioral health care to hundreds of thousands of veterans who received other-than honorable discharges.

**Investing in Jail Diversion and Reentry:** The Mentally Ill Offender Treatment and Crime Reduction Act (MIOTCRA) will receive an $18 million increase – its most significant increase ever – to support efforts that promote collaboration between the justice and mental health systems. Veterans Treatment Courts will receive a $13 million increase to assist veterans with mental health and substance abuse conditions with early intervention and treatment rather than punishment. Byrne Justice Assistance Grants, the primary provider of federal criminal justice funding to state and local jurisdictions, will see a $12 million increase.

“NAMI is grateful to leaders in the House and Senate for their recognition and dedication to supporting these important programs,” Giliberti stated. “While we celebrate these increases in funding, we will continue working with our federal partners to achieve additional investments for mental health research and services in the future.”
No amount of rain could have kept NAMI Bucks County and their supporters from #MakingStrides in the 4th annual Stride For Mental Health Awareness. Fortunately, the rain subsided and allowed us to put our passion into action as we walked through Fonthill Park and Doylestown in a show of support for mental health awareness and our no cost early intervention mental health education program, “Ending The Silence”.

Bruce Gordon of FOX 29 Philadelphia was our emcee again this year and spoke about the unfortunate divide between mental health and physical health because mental illness is an invisible illness. Congressman Brian Fitzpatrick referred to NAMI as one of the most important organizations in Bucks County and to mental health and the stigmatization of it as a “root issue” that we can resolve by talking openly about, just as we would any physical health matter.

Diane Marseglia, our County Commissioner, and Marguerite Quinn, our State Representative also spoke of the importance of mental health, suicide prevention, education, and spreading awareness.
Our board President, Joanne Murray, and our Executive Director, Debbie Moritz both spoke to the importance of the education, advocacy, and support that NAMI provides. Our “Ending The Silence”, coordinator, Laurie Pepe, spoke passionately about providing much-needed mental health education to Bucks County schools, calling for it to be mandated. Speakers for the “Ending The Silence” program, Nick Emeigh and Rohan Sharma, spoke about why the program is important to them and the tangible impact on students. Alan Hartl, CEO of Lenape Valley Foundation gave a speech and cut the ribbon to begin the Stride.

Our fundraising goal this year was $50,000, and less expenses, we raised $41,000 which includes a walker donation match from Kathleen and Rich Campbell. Our top fundraising team was Team Garbo with over $3,200 in donations. Our Platinum Sponsor again this year was Lenape Valley Foundation, and our Gold Sponsors were Benjamin Obdyke and Magellan Health.

If you were unable to attend, but would still like to donate to fund our “Ending The Silence” program, donations will be taken and appreciated throughout the year at www.namibucksstride.org.

Thank you to everyone who joined us in #MakingStrides! We hope to see you all again next year.
NAMI Releases New Crisis Guide

NAMI is proud to release “Navigating a Mental Health Crisis: A NAMI Resource Guide for Those Experiencing a Mental Health Emergency.” NAMI developed this guide to support people experiencing mental health crises and their loved ones.

This potentially life-saving guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis and resources available for those affected. Also included is information about advocating for a person in crisis along with a sample crisis plan.

When a person has a mental health condition, the potential for a crisis is never far from mind. Crises can occur even when a person is in treatment. Unfortunately, unpredictability is simply the nature of mental illness.

Therefore, it is important to address a mental health emergency quickly and effectively. People with mental illness—and those who care for them—need information. However, that information is not always readily available and the search for answers may require more energy and persistence than possible. And unlike other health emergencies, people experiencing mental health emergencies often don’t receive instructions or materials on what to do or what to expect after a crisis.

The reason for the creation of the guide is so people experiencing mental health emergencies and their loved ones can have the answers and information they need when they need it.

### Coming Events / Dates to Remember:

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<tr>
<th>Event Date/Location</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>June 14, &amp; 28, July 12 &amp; 26, August 9 &amp; 23, 2108, 2nd &amp; 4th Thursday, 7:00 – 8:30</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</td>
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<td>June 4, &amp; 18, July 2 &amp; 16, August 6 &amp; 20, 2018, 1st &amp; 3rd Monday, 7:30 - 9:00 pm, Newtown, PA 18940</td>
<td><strong>NAMI FAMILY SUPPORT GROUP - Lower Bucks</strong>&lt;br&gt;Crossing Community Church&lt;br&gt;80 Silver Lake Rd., Newtown, PA 18940</td>
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<td>June 14, July 12 &amp; August 9, 2018 - 5:30 P.M., Warminster, PA 18974</td>
<td><strong>NAMI – CAN/My Life Too – Parent Support Group</strong>&lt;br&gt;Abington Memorial Health Center, Warminster Campus, (Formerly Warminster Hospital) 225 Newtown Rd., Warminster, PA. For more information, please call 1-866-399-6264</td>
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<td>June 5, 12, 19 &amp; 26, July 3, 10, 17, 24, 31, August 7, 14, 21, 28, 2018, Tuesday Evenings – 6:30 – 8:00 PM, NAMI Bucks Office, Warminster, PA 18974</td>
<td><strong>NAMI Connection Recovery Support Group</strong>&lt;br&gt;Support group for adults with mental illness, regardless of diagnosis.&lt;br&gt;NAMI Office at 600 Louis Drive, Suite 106, Warminster, PA 18974.&lt;br&gt;1-866-NAMI (6264).</td>
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<td>June 21, 2018, Abington Health Center, Warminster Campus (Formerly Warminster Hospital)</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: Smoking Cessation - Andrew O’Brien, MS, LPC, CAADC, CTTS, CTTS-M</td>
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<tr>
<td>Fall 2018</td>
<td><strong>Peer-to-Peer Education Program</strong>&lt;br&gt;For more information and locations call 1-866-399-NAMI (6264)&lt;br&gt;REGISTRATION IS REQUIRED</td>
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LET US HAVE YOUR E-MAIL ADDRESS
If we do not already have your e-mail address, or if your address has changed, please contact us so you we can add you to our email list. Each week, we e-mail time-sensitive information and late-breaking news.

We are on the Web
www.info@namibuckspa.org
Be sure to visit our website regularly for additional articles and updated information

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