**

**SUMMER 2019**

*NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness to individuals in need.*

Beaver County

**NAMI – BEAVER COUNTY** is an educational, advocacy and support group for families, consumers, and professionals dealing with serious mental illnesses or brain disorders. We support each other by educating ourselves through research, attending conferences, and sharing this information with others. NAMI-BC members also offer support through our years of experience n dealing with these illnesses on a personal level.

**Meetings are held at**

**NAMI BEAVER COUNTY OFFICE- 1229 3RD ST., BEAVER, PA. 15009**

**7:00 pm, the Third Thursday of every month**

**ANNOUNCEMENTS**

**SUBSCRIBE TO NEWSLETTER BY EMAIL rmattia@namibeavercounty.org**

**WEBSITE:** www.namibeavercounty.org – check for notices and articles

**FACEBOOK:** we’re up to 321 likes!

**SURVEYS FOR CONSUMER/FAMILY SATISFACTION TEAM (CFST)** regarding behavioral health services

Contact: CFST at 724-775-7650

**NAMI.ORG** – Check It Out!

***Contact Rick Mattia at (724)888-6877 or rmattia@namibeavercounty.com for questions or concerns regarding any of the events listed above.***

**Like us on Facebook!!**

**PRISM**

**A Local Support for LGBTQ YOUTH**

Beaver County has a support group for LGBTQ youth called PRISM that is doing great things for the youth and young adults in our area.

PRISM (Pride. Respect. Inspiration. Safety. Mentoring.) is a nonprofit organization and social support group for the LGBTQ+ youth and young adults, ages 12-25+ of Beaver County. Their intention is to be a safe and supportive place for the LGBTQ+, friends, families and allies of the local community. A space online, and in person, to address issues, challenges and triumphs of local LGBTQ+ youth who may be struggling to find their voice or their identify.

It is PRISM’s goal to:

Be a group of people who provide a safe environment that individuals can be comfortable being themselves.

Promote and plan socialization with peers, allies, and others who may have lived experience with similar issues.

Help to foster understanding and acceptance, by giving back to each other and our local community.

Inspire individuals to be a positive influence on the lives of others.

Provide or help find the necessary resources and/or support in the community.

Assist schools and organizations to become more inclusive.

Help in any way we can to make sure youth voices are heard and needs are addressed.

Be an advocate and a voice for you

Beaver County’s PRISM group is currently accepting youth from ages 12-25. The youth in our local group have presented with various problems, but share many common traits. Some of the issues that LGBTQ+ youth face are self-harm, suicidal thoughts, and bullying. They may have support from only one parent, or no parental support at all.

PRISM provides a monthly outlet for these youth with a support meeting and activities to enjoy. The support meetings are led by Jaci Palmer, who has worked in the mental health field for several years. As a teenager, Jaci’s best friend came out to her as homosexual and she supported him through his trials and difficult social situations. Jaci has always advocated for populations that are under-resourced and may require a helping hand. Jaci now guides the monthly PRISM meetings, but allows the youth to lead the discussions. Other activities include zoo trips, ball games, visits to museums and movies. PRISM activities are paid for by grants or an organization called “Tickets for Kids.”

Thanks to PRISM, the youth are beginning to develop a stronger sense of self-esteem and self-worth. They now have a sense of belonging. There is a place for them to be accepted as they are, not as someone thinks they should be. At PRISM, they can be themselves. But there are still difficulties that they continue to face.

LGBTQ+ youth still have to face not having all the support they need. They face stigma, the lack of support from one or both parents, from guidance counselors, and social service agencies. PRISM plans to be there to help LGBTQ+ youth to face and fight these battles step by step as they take their place in the community. Please feel free to contact PRISM with questions or if you are a Beaver County youth who would like to join them:

**FACEBOOK:**<https://www.facebook.com.prismbeavercounty/>

**INSTAGRAM:** prismyouthbeavercounty

**TWITTER:** @prismyouthofbc

**Email:** [prismyouthbeavercounty@gmail.com](mailto:prismyouthbeavercounty@gmail.com)

**HEALTHY LIVING HINTS**

Tips to Help with an ANXIETY ATTACK:

Look Around you

Find five things you can see

Find four things you can touch

Find three things you can hear

Find two things you can smell

Find one thing you can taste

This is called GROUNDING. It can help when you feel like you have lost all control of your surroundings.

Found on Facebook

**MEMBERSHIP FORM 2019*-Please renew early in year***

*A Word from the Executive Director, Rick Mattia*

There are several benefits to becoming a member of NAMI. As a member of NAMI, you can help us to continue providing NAMI affiliated support with NAMI Connection, Family to Family, and Peer to Peer programs, as well as our other endeavors throughout the year. In addition, NAMI has also partnered with local agencies and community members to bring new programming to the Beaver County area with PRISM, in support of LGBTQ youth, a Borderline Personality Disorder support group, and NAR-ANON, which provides support in recovery from addiction. NAMI in Beaver County is always moving forward with innovative plans for how to help the community with these types of supportive and beneficial programs. Being a member allows

for our continued efforts, as well as allowing members to provide personal feedback and ideas regarding the community needs of Beaver County. You will also receive our quarterly newsletter and some other NAMI goodies when you become a member. Thank you for your support!

*In order to keep the membership process streamlined, we* ***prefer*** *renewals to be processed early in the year. It is also possible to renew your membership online at www.nami.org. Any questions or concerns please direct them to*

*Carla Braund, 724-888-6877 or carlabraund@namibeavercounty.com All NAMI – Beaver County memberships include subscriptions to all four newsletters.*

\_\_\_\_\_ Enclosed is my check for $60.00 for a family 2019 memberships in NAMI – Beaver County, NAMI, NAMI – PA, and NAMI – SW PA

\_\_\_\_\_ Enclosed is my check for $40.00 for an individual membership

\_\_\_\_\_I am on a limited fixed income. Dues are $5.00 for full membership.

\_\_\_\_\_I wish to make a tax deductible donation of $ \_\_\_\_\_\_\_\_ to NAMI – Beaver County.

NAME(S)

Please check one: □ Family member □ Consumer □ Mental health professional

ADDRESS

TELEPHONE NO. E-MAIL ADDRESS

Make checks payable to: ***NAMI – Beaver County***

**Send to: NAMI – Beaver County1229 3rd Street -- Beaver, PA 15009**

**NAMI – THE NATION’S VOICE ON MENTAL ILLNESS**

**Carla Braund, Editor**

**Vicki Mann, Editor**

**NAMI BEAVER COUNTY**

**1229 3rd Street**

**Beaver, PA 15009**

**724-888-6877**