**WINTER 2016**

*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 and building a community of hope.*

**National Alliance on Mental Illness**

**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 in 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 on the 3rd Thursday of each month**

**February Meeting, February 18, 2016, Shannon Limerick-Gnas, Creative Visualization**

**March Meeting, March 17, 2016, Paula Soto, Dancing Mindfulness**

**April Meeting, April 21, 2016, Dr. Suzanne Vogel-Scibilia, Neuroplasticity**

**ANNOUNCEMENTS**

**SUBSCRIBE TO NEWSLETTER BY EMAIL:** carlabraund@namibeavercounty.com

**VIEW MENTAL HEALTH VIDEOS AT NAMI OFFICE**

**NEW WEBSITE:**[www.namibeavercounty.com](http://www.namibeavercounty.com/) – check for notices and articles

**NAMI.ORG -** New look - Check it Out!  
**NAMI AIR** – APP for your IPhone or Tablet – Give and Receive Support

**COFFEE TALK: Held at NAMI office: February 12, 2016 at 10 a.m., March 11, 2016 at 10 a.m.**

**April 8, 2016, 10 a.m.**

**NAMI FAMILY TO FAMILY CLASS MARCH 9, 2016, PLEASE REGISTER.** *Free 12 wk. class on treatments etc. for caring for your loved one. Encourages sharing and support. Valuable life changing info.*

**FACEBOOK: Post your ideas of topics for Facebook, website, or newsletter**

**BEAVER COUNTY SYSTEM OF CARE - Website has important information on resources, services and supports throughout Beaver County and upcoming trainings. www.bc-systemofcare.org.**

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

**IN THE NEWS**

**Pros and Cons of the Murphy Bill**

 Tim Murphy introduced HR 2646, the “Helping Families in Mental Health Crisis Act of 2015” to members of Congress on June 10. This is just one step closer to mental health reform! However, it is important to be aware of the positive and negative aspects of this bill.

The Murphy bill has many positive aspects, including:

• Provisions to improve integration of mental health care and physical healthcare in Medicaid  
• Provoke early intervention in the treatment of psychosis, • Improve the use of health information technology in mental health care.   
• Provide resources for suicide prevention. The Murphy Bill also contains provisions designed to improve data collection and outcomes measurement and expand the availability of evidence-based services. To remove discriminatory barriers to acute inpatient treatment in Medicaid and Medicare, it advances enforcement of the mental health insurance parity law as well.

While it proves to have many benefits to the mental health profession, it is also important to be aware of what some view as the bills negative aspects.

• If passed, would reverse the last thirty years of mental health services and support advances.  
• The National Coalition for Mental Health Recovery (NCMHR) argues that the bill would exchange low-cost services that have good outcomes for higher-cost interventions.  
• Founder of NCMHR, Daniel Fisher, M.D., Ph.D., states the legislation would eliminate initiatives that promote the use of evidence-based, voluntary, peer-run services and family supports toward recovery from serious mental illnesses.   
• One of the problematic provisions of the bill is the establishment of a grants program to expand involuntary outpatient commitment (IOC), under which someone with a serious mental illness is court-mandated to follow a specific treatment plan. Yet the facts show that involuntary outpatient commitment is not effective, involves high costs with minimal returns, is not likely to reduce violence, and that there are more effective alternatives.

Being a child psychologist and co-author of two books, it is obvious that congressman Murphy cares deeply about improving mental health services. As this bill works its way through the legislative process, it is important to understand the arguments for and against the bill, and how it can help you and your loved ones working toward recovery.

***“It is often in the darkest skies that we see the brightest stars.” – Richard Evans***

**A BOOK REPORT**

*A Common Struggle, a Personal Journey through the Past and Future of Mental Illness and Addiction,* by Patrick J. Kennedy and Stephen Fried, blends events in Patrick’s life with mental illness and addiction and actions that have driven political progress in the fight for Mental Health Parity. One part of the story is the length of time and various ways Patrick lived with his adversity. The other part of the story is how that adversity fed the determination to lead support for Mental Illness in America. As stated by Al Franken, senator, “I’ve decided that your vulnerability is a gift to the nation. I mean that in the most heartfelt way. You are a courageous man.” Patrick has led a very eventful life and continues to push forward progress for Mental Illness.

**HEALTHY LIVING HINTS**

**TIPS TO DECLUTTER!**

It can be overwhelming or anxiety provoking to think about decluttering their homes. The decluttering journey doesn’t need to be as painful as some make it out to be. In fact, there are a variety of people who have come up with some pretty fun, creative ways to get started. Here are some creative ways to declutter your home:   
**1. Give away one item each day**. Go to Colleen Madsen’s website [www.365lessthings.com](http://www.365lessthings.com/).  Over the past several years, she has experienced quite a transformation simply reducing her stuff one day at a time. Sometimes It can be a nice gesture to a friend or family member that will not only give them something to cherish, but will be one less thing to clutter your home!

**2. Fill one trash bag**. One of the most common decluttering techniques was to grab a simple large trash bag and see how quickly it fills up. While this bag can consist of garbage, it can also be a bag of clothes for Goodwill. This enables your unwanted items to be utilized by others in your community!

**3. Try the Closet Hanger Experiment**. To identify wardrobe pieces to clear out, hang all your clothes with the hangers in the reverse direction. After you wear an item, return it to the closet with the hanger facing the correct direction. After six months, you’ll have a clear picture of which clothes you can easily discard. You can get creative and utilize this experiment to other cluttered areas in your home (cleaners, toys, linens, tools, hobbies and craft items).

**4. Make a list!** Create a list of places/areas in your home to declutter beginning with the easiest. While this might not sound creative, it’s designed to enable you to look at decluttering differently. When you’re done with one area or aspect of your list, STOP.  Take a break and relax by watching TV, going for a walk, or enjoying a hobby. Once you feel relaxed, revisit your list and area and continue making process toward decluttering your home! This list could be made as easy or difficult as you desire based upon what areas of your home make up the list (drawers/closets/rooms). And could easily fit into any schedule.

**5. Take the 12-12-12 Challenge**. A simple task of locating 12 items to throw away, 12 items to donate, and 12 items to be returned to their proper home can be a really fun and exciting way to quickly organize 36 things in your house. Of course, you can moderate this challenge to fit the amount of possessions you wish to declutter. Feel free to gradually work your way up to the 12-12-12 challenge; start with a 3-3-3 challenge before progressing to the 555-challenge and so on.

**6. Experiment with numbers.** For example, Courtney Carver invented Project 333 to challenge people to wear only 33 articles of clothing for 3 months. If 33 articles of clothing seems too little, adjust the rules as you need by picking a new number. The important thing is to challenge yourself to live with less and see what you learn from the experiment.

**7. Use your imagination**. Use your imagination to help declutter objects that may seem difficult to remove. Try asking yourself unique questions like, “How much do I really need this?” “If it wasn’t here tomorrow, would I notice?” “If I was just buying this now, how much would I pay?” These creative techniques may prove to be very helpful for some with difficulties removing unneeded clutter.

**8. The Four-Box Method**. When decluttering an area, get four boxes: trash, give away, keep, or relocate. Each item in every room should be placed into one of the four categories. Each item is considered individually. No matter what you choose to help you get started, the goal is to take your first step with excitement behind it.

Everyone accumulates a variety of things in their lifetime. Taking on the task to declutter can be overwhelming. These are just some of a variety of ways to help you get started. Start small- clean out drawers or closets and become more ambitious from there!

Retrieved by Teresa Scibilia, January 19, 2016 from [www.365lessthings.com](http://www.365lessthings.com).



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

**Carla Braund, Editor**

**Teresa Scibilia, Editor**

**Colleen Limerick-McKenzie, Editor**

***"Try to be a rainbow in someone's cloud.”***

[***Maya Angelou***](http://www.brainyquote.com/quotes/authors/m/maya_angelou.html)

**MEMBERSHIP FORM 2016, *please renew early in year***

*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 $35 for 2016 memberships in NAMI – Beaver County, NAMI, NAMI – PA, and NAMI – SW PA

 \_\_\_\_\_ I am on a limited income.  Dues are $3 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 County 1229 3rd Street -- Beaver, PA  15009**