**

**FALL 2021**

*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 of mental health issues.*

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 in dealing with these illnesses on a personal level.

**Meetings are held at:**

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

**NAMI Connection Support Group**

**Meetings are currently held in person with mask and distancing requirements**

**Monthly Support Meeting, Third Thursday of every month, 7:00 p.m.**

**Weekly Virtual Support Group, Tuesdays, 12:00 noon via ZOOM**

**Rising Stars Young Adult Group, Thursdays, 7:00 pm via ZOOM**

**Nar-Anon, Tuesdays, 5:30 pm with Dr. Vogel-Scibilia**

**Momma Bears (support for new and expectant mothers)**

**Email for more information**

**Please email** **rmattia@namibeavercounty.org** **or call 724-888-6877 to register for classes, to subscribe to our newsletter, or with any questions regarding how to access our meetings!**

 **ANNOUNCEMENTS**

**Family to Family Class starts on Wednesday, September 29th, at 6:30 pm.**

**Held in-person as well as through ZOOM for 8 weeks**

**Please email or call to register**

**WEBSITE:** www.namibeavercounty.org – check for notices and articles – website is under construction!!

**FACEBOOK:** Updated Weekly!! Check it out!!

**WWW.NAMI.ORG** – Check It Out for NAMI related content, articles, and classes!!

New Support Group – **RISING STARS** – Support for young adults who need a boost or an outlet. This vibrant group is currently meeting on Thursday evenings at 7 pm via ZOOM. Please call or email to register for this group! We look forward to seeing you!

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

**On the Lookout for Our Loved Ones**

**In the United States, one in every five adults are living with a mental illness, with serious mental illness effecting 13.1 million adults (NIMH 2020). 20 million Americans have a substance use disorder, with opiate and alcohol misuse being common. When a loved one has a mental illness or substance use disorder, it may be scary, painful, and hard to understand for the people around them. Family members, partners, or friends who live with a loved one with these illnesses may feel powerless to help, but they are not alone.**

**Mental illness needs managed like any other health problem, but family members struggle with knowing how and when to help, as well as what to do for themselves. Knowing when something is wrong is an important part of treating mental illness and knowing the signs and symptoms of different illnesses and learning how treatment works. Family education can reduce the rate of relapse (becoming unwell after being well for some time) for those with mental health disorders. Some signs that could indicate needing help with mental illness include:**

* **Lack of interest in hobbies or enjoyment in things**
* **Feeling angry or sad for no reason, or emotionally numb**
* **Change in how much they eat or sleep (too much or too little)**
* **Hearing strange voices, or having paranoid or unsettling thoughts**
* **Heightened anxiety or fear, even over normal situations**
* **Saying they feel sick, missing time from work or school, and avoiding family and friends**
* **Drinking heavily or using drugs to deal or cope**
* **Feeling hopeless, or talking about ending their life or hurting themselves or others**

**Identifying these signs may lead to seeking help for your loved one.**

 **In the end, those living with family members or friends who have mental illnesses or substance use disorders must take care of themselves too. You cannot effectively be there for someone else if you are not healthy yourself. Joining a support group can be very helpful, as connections with others can help one work through their own emotional issues. Also try to live the same healthy lifestyle you are encouraging for your loved one, with good sleep and nutrition, physical activity, and stress management. Therapy may also be an option, to help with clarity and giving an unbiased objectivity to the situation. NAMI also provides free educational programs for family and friends of those with mental illness.**

**Mental Health Resources**

<https://www.samhsa.gov/families>

<https://www.heretohelp.bc.ca/>

<https://mentalhealth.gov>

<https://www.psychiatry.org/patients-families/>

Also, please check out [www.bc-systemofcare.org](file:///C%3A%5CUsers%5Cadministrator%5CDesktop%5CN%20Pay%5Cwww.bc-systemofcare.org) for more resources and information!!!

**Be Good to Each Other**

**Despite the difficulties that we deal with daily, it is important for us to realize that we can still be good to one another. Even if we disagree with another’s opinion or perspective, we can allow them to have it. Even if it is raining on us, we do not have to wish rain on others. We may even start to feel better about ourselves and our own situations if we are understanding and accepting about someone else’s circumstances. It may brighten our darkness and lead us from confusion and anger. The world may make a little more sense if we are kind to one another.**

**“Autumn Carries More Gold in its Pocket Than Any Other Season”**

**5 Things to Do in the Fall**

1. **Go Apple Picking**
2. **Go on a Nature Hike**
3. **Collect Fall Leaves**
4. **Go on a Hay Ride**
5. **Decorate for the Holidays**

**And, this year, you can attend the NAMI Beaver County PA NAMI Walk & Picnic!**

**Held at the Beaver Valley Church of God at 1013 Beaner Hollow Road in Beaver on Saturday, October 9th, from 1 pm until 4 pm. The event will be held outdoors and will have an area for walking, food, and other activities.**

**We will be maintaining social distancing and other CDC Covid-19 guidelines.**

**Please email or call if you would like to attend!**

**MEMBERSHIP FORM 2021**

*A Word from our Executive Director*

It is a good time to be involved with NAMI, as we are opening up several new support groups and get ready for in-person meetings, classes, and groups. Being a member of NAMI will provide you with many benefits, such as correspondence from NAMI National and updates regarding all of NAMI programming. We look forward to serving you virtually and in-person as the year progresses. There is a lot to look forward to in our community!

Also, please remember that you can join or update your membership from our website. It is easy to join or renew: [www.namibeavercounty.org](http://www.namibeavercounty.org)

 *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*](http://www.nami.org)*. Any questions or concerns please direct them to Rick Mattia 724-888-6877 or* *rmattia@namibeavercounty.org**. All NAMI – Beaver County memberships include subscriptions to all four newsletters.*

*\_\_\_\_ Enclosed is my check for $60.00 for a family membership*

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

*\_\_\_\_ I am on a 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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

 **1229 3rd Street -- Beaver, PA 15009**

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

**Carla Braund, Editor**

**Rick Mattia, Editor**

**Vicki Mann, Editor**

**NAMI BEAVER COUNTY**

**1229 3rd Street**

**Beaver, PA 15009**

**724-888-6877**