



**NAMI**

National Alliance on Mental Illness

**York-Adams  
Counties PA**

**February 2023  
NEWSLETTER**

## February Calendar of Events



### Project Shark

Through discussions with local mental health advocates, a desire and need arose for an initiative to discuss youth mental health and make necessary changes in York County. Because of the passion and lived experience with mental health and suicide, the Shark Initiative was born.

This will not be a one-time, one-step process. We will first host focus groups among those in our community regarding youth mental health. Next we will be presenting roadshows in select area schools to share our focus group findings and further the discussion of mental health. After gaining insight from the focus groups and roadshows, we will host a roundtable discussion with our community's key stakeholders and policymakers. Our final step will be hosting community roadshows to discuss what we've learned from our efforts and what our next steps should be as a community.

The coming-together and sharing of ideas would not be possible without the devotion and teamwork from members of York County Communities That Care, Building Bridges for Brianna, Bartz Brigade, and NAMI York-Adams. Through this partnership, we are furthering the awareness of mental health and suicide, and working together to affect positive change in York County.

Jamie Latshaw

NAMIYA Advocacy Representative, NAMIYA BOD

02—Ground Hog Day

08—NAMI Presentation at Ladder 33 in New Oxford

14— Valentine's Day

15—York Suburban Middle School Presentation "Who is NAMIYA" at 6:00 pm

20— NAMI Office Closed for Presidents Day

27 - 28 Mental Health First Aide Training



## 5 Tips For Valentine's Day

- Celebrate the most important relationship that you have - The one you have with you!
- Invest in all of your relationships not just the romantic one. (Friends, Family)
- Practice Mindfulness
- Turn off social media.



National Alliance on Mental Illness

If you or someone you know need help,  
contact NAMI HelpLine

**Mon. – Fri. from 10 a.m. – 10 p.m. ET**

**Call:** 1-800-950-NAMI (6264)

**Text:** 62640

**Email:** [helpline@nami.org](mailto:helpline@nami.org)

**Chat:** [nami.org/help](http://nami.org/help)

# NEWS WORTHY INFORMATION



In 2022, Give Local York made history by raising \$4.17 MILLION for 292 nonprofits in our community... during a time of unprecedented uncertainty. Mark your calendars for May 4 & 5, 2023 as Give Local York returns and we work together to make this the biggest day of giving in York County history!

NAMI York Adams Counties PA will be participating again this year. Our goal is \$15,000. We will be showcasing all of the programs that we provide in the community. If you would like to support NAMI York Adams during the event, there are several ways to donate.

- Prior to May 4th, send us a check. Please mark in the memo line GLY 2023. Your wonderful donation will be added to the overall total raised during the event.
- If you prefer to give on-line during the two-day event. The link to make a donation will be live during the event. We will be sending out more information.

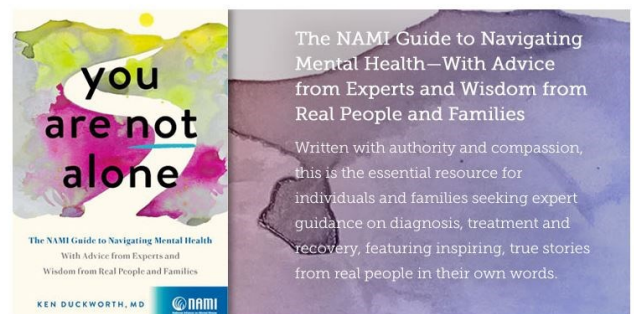
Every dollar that is donated will be stretched through the stretchpool funds. Maximizing your donation.

Please watch for more information in upcoming newsletters and postcard mailer.

Millions of people in the United States are affected by mental illness every year. Unfortunately, the mental health care system remains chaotic, underfunded and often inaccessible, and many people are asking themselves the same questions: What if my insurance company won't cover my treatment? Will I have to be on medication my whole life? Will I ever feel better?

People experiencing mental illness and their families and friends are often unsure how to navigate this system, deal with financial and logistical issues and handle the emotional challenges of mental illness.

“You Are Not Alone,” NAMI’s first ever book, is here to offer help. Written by Dr. Ken Duckworth with the expertise of a leading psychiatrist and the empathy of a family member affected by mental illness, this comprehensive guide includes stories from over 130 people who have been there — including people with mental illness and caregivers — and understand how challenging it can be to find the help you need, when you need it. Their stories are what makes this book different from your typical mental health guide.



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Barnes & Noble



Target



Books-A-Million

# MONTHLY PROGRAMMING SCHEDULE



## VIRTUAL MEETINGS

Every Wednesday evening— 6 - 7 pm

Every Thursday morning—10 - 11 am

Registration is required:

Call Alisha Shockley at 717-848-3784, Ext 101

Or email:

[alisha.shockley@namiyorkadams.org](mailto:alisha.shockley@namiyorkadams.org)

## IN-PERSON MEETINGS

1st and 3rd Monday each month

6 - 7:30 pm

Location: Providence Church

6146 York Road, Spring Grove, PA 17362

No need to register



## VIRTUAL MEETINGS

1st Wednesday each month— 7 - 8 pm

2nd Tuesday each month—11:30 - 12:30 am

Registration is required:

Call Alisha Shockley at 717-848-3784, Ext 101

Or email:

[alisha.shockley@namiyorkadams.org](mailto:alisha.shockley@namiyorkadams.org)

*Additional In-Person Educational  
Classes and Support Groups  
Coming Soon!*

## P.A.U.S.E. Program Update



THANK YOU for joining me for this month's update on our P.A.U.S.E. Program's three tiers of outreach to the students, faculty, and families of participating York County school systems.

Returning from holiday break programming has resumed and student support groups are up and running in all six of our participating school systems (Northeastern, Southwestern, Spring Grove, West York, York Academy Regional Charter, and York Suburban). We are currently holding 19 student support group meetings a week and reaching close to 100 students on a regular basis.

We have hired another part time P.A.U.S.E. Facilitator to help us meet the increasing programming demand. P.A.U.S.E. is pleased to welcome Alexander Insalaco to the team. Alex is a long-time participant in the NAMI-YA adult Connection community.

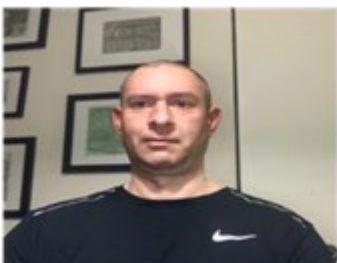
Currently our big push tactically involves student data collection. Program performance data is important not only for our own learnings to optimize the program but also for grant proposals and other funding requests. We continually capture quantitative performance data for the program such as how many meetings we are holding and how many students are attending. Periodically we also collect qualitative data that tells us more about who our participating students are as people and how they are responding to the program.

During January our facilitators asked all participating students to fill out 3 questionnaires. First students were asked to complete standard Anxiety and Depression screeners to determine the relative influence of those conditions on their lives. These screeners will help us track the student population's mood in aggregate to see if and how it changes over time. We also asked students to complete a custom P.A.U.S.E. Program Feedback Form which inquired about their attitudes and opinions regarding their participation in the program. All this new data will be combined, analyzed, and presented as part of our annual reporting.

Finally, I'm very pleased to announce that The P.A.U.S.E. Program has been awarded an \$8,500 grant from The York County Bar Foundation's Henry Lenz Memorial Fund. In addition to funding many student support group meetings, this grant funding is specifically intended to help us better integrate with the Juvenile Justice System. Similar to how adults from Mental Health Court attend Connection meetings as part of their treatment plan, the local legal system is beginning to recognize the benefits of young offenders participating in the P.A.U.S.E. Program as part of their recovery plan.

It is exciting to see that The P.A.U.S.E. Program is growing both in scope and in strategic impact in our local community.

Ken Kisselman, PAUSE Program Director



Alex Insalaco  
PAUSE Facilitator



Check Presentation: Victoria Connor, Executive Director, York County Bar Foundation and Desiree Irvin, Executive Director NAMI York Adams Counties PA.