



## May Calendar of Events

- Week of 1 - 5 - CIT Training**  
**5 - Give Local York**  
**12 - NAMIYA presents  
Mental Health  
Awareness with the  
Rev's**  
**20 - Day in the Park**

NAMI York Adams Counties PA will be hosting our PAUSE Support Groups for middle school and High school students this summer.

Groups will be meeting virtually from 12:30 pm to 1:30 pm Monday through Friday. Groups will begin on Monday, June 5 and run through the end of August.

If you know a student who would benefit from attending the summer program, please have them register using the link below.

### Want to keep the conversations going?

Join us

beginning June 5th through August 31, 2023  
Monday through Friday from 12:30 - 1:30 pm

Register Here:

<https://bit.ly/NAMIYAsupport>

On May 29th, the NAMI York Adams office will be closed to observe Memorial Day



## Project Shark

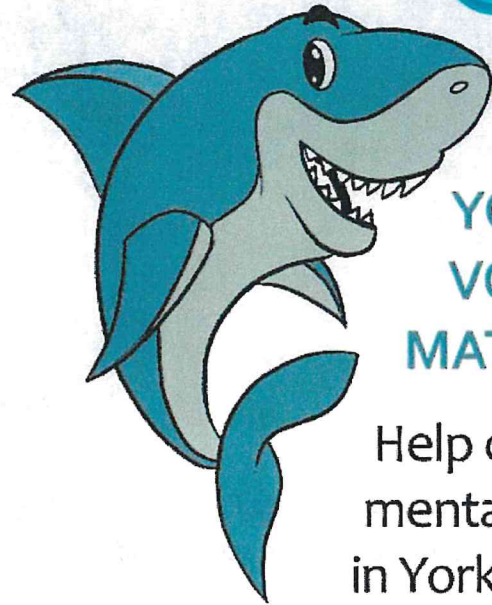
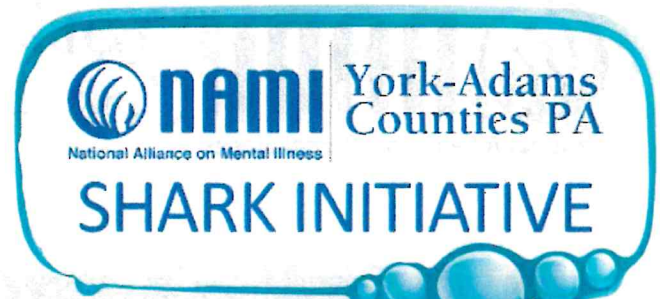
Through discussions with local mental health advocates, a desire and need arose for an initiative to discuss youth mental health and make necessary changes in York County. Because of the passion and lived experience with mental health and suicide, the Shark Initiative was born.

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



**YOUR  
VOICE  
MATTERS**

**Help change  
mental health  
in York County.**



**LET YOUR VOICE BE HEARD**

NAMIYA is hosting focus group meetings throughout the county to collect the data needed to help promote change to our mental health system. If you are a college student, caregiver, first responder, teacher, administrator or even no experience with mental health—come attend a one time only meeting to share what's important to you. Please contact Desiree Irvin at: [desiree.irvin@namiyorkadams](mailto:desiree.irvin@namiyorkadams) to participate in an upcoming focus group.



# NAMI Family-to-Family

National Alliance on Mental Illness

NAMI Family to Family is a free, 8-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidence-based program that includes presentations, discussion and interactive exercises. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

## What You'll Gain

NAMI Family to Family provides critical information and strategies for taking care of the person you love. In the program, you'll learn about:

- How to manage crises, solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Developing the confidence and stamina to provide support with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- Current treatments, including evidence-based therapies, medications and side effects
- The impact of mental illness on the entire family

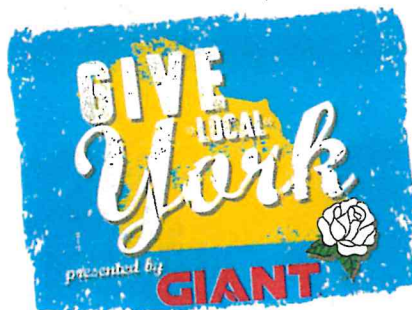
## Our Next Family-to-Family Class:

**Thursday, May 25, 2023 and runs through Thursday, July 20, 2023.** The class will have the week of July 4th off due to the holiday.

**Class Location:** NAMIYA Office - 35 South Duke Street, Suite 200

**Time:** 6:30 pm —8:30 pm.

If you would like to attend this educational series, Please contact Desiree Irvin at: [desiree.irvin@namiyorkadams.org](mailto:desiree.irvin@namiyorkadams.org) or by calling 717-848-3784 Extension 103 to register.



On May 4-5 visit our page on the Give Local York website at:

<https://www.givelocalyork.org/organizations/national-alliance-on-mental-illness-nami-york-county>

Our goal this year is to raise \$20,000 to help support our programs and services. Check out our new video on the page!

**THANK YOU FOR YOUR GENERIOUS SUPPORT**

JOIN US FOR -

# Breaking The Silence



SHINE THE LIGHT  
on Mental Health

with the



Friday, May 12, 2023

Purchase Game Tickets  
HERE!



Use Promo Code: MHA23



REVOLUTION

VS



BLUE CRAB

Game Time: 6:30 pm

Education, Advocacy and Support are extremely important when helping to break the stigma of mental health. Join us for a night of baseball, player testimonies, community resources, and at the conclusion of the game, a special Whispering From Our Hearts Ceremony.

Attendees at the game will receive a green glow stick to participate from their seat in the Whispering From Our Hearts Ceremony.

All proceeds from this event will go to Building Bridges For Brianna, Bartz Brigade, and NAMI York Adams Counties PA for the work they do in the York County community.

In Partnership with



# PROGRAMMING SCHEDULE



## VIRTUAL MEETINGS

Every Wednesday evening— 6 - 7 pm

Every Thursday morning—10 - 11 am

Registration is required:

Call Desiree Irvin at 717-848-3784, Ext 103

Or use the online registration link at:

<https://bit.ly/NAMIYAsupport>

## 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 Desiree Irvin at 717-848-3784, Ext 103

Or use the online registration link at:

<https://bit.ly/NAMIYAsupport>

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

## Meet Shayna:

Shayna Young is an intern for NAMIYA, and is a Junior Psychology major at York College of Pennsylvania, minoring in Applied Youth Development. She is also a member of Psi Chi, an International Honor Society in Psychology. She graduated from Christian School of York in 2020. After graduating from York College, she is planning to obtain her master's degree in psychology to pursue her goal of becoming a licensed professional mental health counselor. She has a primary interest in working with children and youth. Shayna discovered the NAMIYA organization when she participated in two events held by the organization on campus. Since January 2023, Shayna has become involved with the PAUSE Program, entering local school districts in York County while putting an emphasis on crisis prevention and mental health recovery. She has also participated in the Family-to-Family program, in which she shared her own mental health journey with a class of caretakers, and has even participated in NAMIYA's CIT roundtables. Shayna is also currently assisting the NAMIYA organization by gathering students from York College of Pennsylvania to participate in a Focus Group session which will address mental health questions that students feel should be acknowledged more highly within the educational system.

As a York College student, Shayna has always felt that her own journey with mental health has contributed to her desire to help other children and youth who have gone through similar experiences. She feels that many children and youth are overlooked for their mental health, and enjoys assisting with the support groups that NAMIYA has established. "I think it is extremely important that students are able to connect with one another on experiences that they have gone through. These connections help to strengthen our identity, and provide us with the realization that we're more than just survivors – we're fighters." In her free time, Shayna enjoys reading and her favorite genres range anywhere from mysteries to adventure novels. She enjoys taking nature walks, listening to music, going to the beach, and writing short stories. She also has a goal of becoming a writer on the side. Shayna has a younger brother and sister, and three pets: two cats and one dog. Overtime, Shayna hopes that her experiences working with the NAMIYA organization will open the doors to more hands-on experiences that she can take along with her on her career path. She also hopes that the work she is doing now will further help to raise awareness for children and youth who are suffering in silence, and to help combat stigmas surrounding mental health disorders.



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](https://nami.org/help)

Shayna—It has been a pleasure to work with you over these past few months!

We wish you all the best with your studies and future plans.