

Dear Friends,

It's hard to believe that summer is coming to an end in just a few short weeks and fall will be here before we know it. This is generally the time of the year that we host our Annual Membership meeting. You may be asking what is the Annual Membership Meeting?

Each year NAMI York Adams hosts a general meeting for all members of our affiliate. During the meeting NAMI York Adams staff will provide updates on our programming over the past year, share our strategic plan regarding programming and education, members will have an opportunity to meet our Board of Directors and for all of us to come together and spend quality time together connecting. The most important reason for holding this meeting is to offer our members an opportunity to have their voices heard.

While membership is not required to attend any of our programs and services, by becoming a member you will have access to local NAMI York Adams events for members only and the Annual Membership meeting each year. At the national level you will receive the annual subscription to the Advocate magazine, and access to NAMI.org where you will be able to download useful mental health information and education materials.

If you are not a member yet, please join and become a member. Members in the coming weeks will receive an invitation by mail and packet of information. If you are unable to attend, you can return your proxy card. For this year's Annual Meeting to be logged as official, we need every member to either come to the meeting or return their proxy voting by mail. This year's meeting will be held on Thursday, October 19, 2023, at the Church of the Open Door. A light continental breakfast will be served.

If you have any questions, please contact me. I look forward to talking with you.

I hope to see you at our 2023 NAMI York Adams Annual Meeting.

Desiree



The NAMI York Adams office will be closed on the following dates:

- Sept. 4 - Labor Day
- Oct. 9 - Indigenous People's Day
- Nov. 23 & 24 - Thanksgiving

# Calendar of Events

Where will NAMIYA be?

**August 20 - 4:00 pm - Butterflies on the Lawn @ John Wright Restaurant**

**August 27 - 5:30-7:30 pm - Mental Health Symposium @ York College,  
Weinstock Lecture Hall (*Students Only*)**

**August 29 - Presentation at York Housing Authority**

***Beginning in September* - UPMC In-Person Support Groups (see flyer)**

**September 18-22 - Crisis Intervention Training for First Responders**

**September 30 - Hearing Distressing Voices Training @ York College for  
Psychology Students**

**October 7 - 9:00 am - 14th Annual Mental Health Awareness Walk @ UPMC  
Memorial Hospital**

**October 16-20 - Crisis Intervention Training for First Responders**

**October 23 - Hearing Distressing Voices Training @ York College for Nursing  
Students**





## A LOOK BACK AND PREPARING FOR THE 2023 – 2024 SCHOOL YEAR

All of us here at NAMIYA would like to thank the school districts who are currently offering PAUSE to their students. Over the past year we have seen many students utilizing this program to improve their attendance, improve grades and provide them with a safe space to share their concerns, challenges related to their mental health.

Part of our work this summer has been to prepare a year-end report for our funding partners. Here are a few stats about the program from the 2022/2023 school year. Our PAUSE Program was held in 4 high schools and 6 middle schools. We held 458 support groups from September through May reaching 2,144 students. Student demographics attending the groups included 64% female attendees, 27% male and 9% identified themselves as Other. 33% of the students indicated Anxiety as their diagnosis and 19% having Depression.

Our PAUSE program team has been working hard this summer gearing up for the new 2023 – 2024 school year. We will be introducing 6 more school districts, reaching more students to help them with their mental health wellness. Our team is growing by adding additional PAUSE Facilitators to lead the in-school support groups, as well as hiring Alexia “Alli” Ehrhardt as our Lead Program Facilitator.

We are excited to begin the new school year and begin working with our returning students and also welcome new students into the program. If your school is not currently offering PAUSE and would like more information, please contact Ken Kisselman, PAUSE Program Director at [ken.kisselman@namiyorkadams.org](mailto:ken.kisselman@namiyorkadams.org)

### ***NAMIYA SPOTLIGHT: WHAT DO “UNALIVE” AND “ALGOSPEAK” MEAN?***

“Algospeak” is a combination of “algorithm” and “speak”. It’s essentially changing words to avoid online content moderation systems; usually on social media platforms. It’s the deliberate misspelling, abbreviation, or substitution of words so users don’t get suspended or banned, and their posts don’t get flagged or deleted online.

The word “Unalive” is an algospeak euphemism for dead. It’s been found to be used by both teenagers and adults in both serious and nonserious contexts. In serious contexts, it can refer to suicide, or someone wanting to harm someone else. In nonserious contexts, it can be used by online gamers or jokingly in memes, texts, or posts like “My dad is going to unalive me if I go out tonight”.

Naturally a lot of people may think hearing “Unalive” is innocent and might not think much of it. But it could be a sign that a person is intending to commit suicide. With suicide being the second leading cause of death for people between ages 15-24, it’s important to pay attention to how this word might be used by the teenagers or young adults in your life. It’s also important to know the signs and what to look for if you think someone around you may be suicidal.

If you or someone you know is or might be considering to unalive themselves:

- Call 911 or go to the nearest emergency room
- Contact the NAMI Help Line at (800) 950-6246
- Contact the National Suicide Prevention Lifeline at 988
- Text 741741 to talk with a counselor on the Crisis Text Line





8th Annual

# Butterflies on the Lawn

Release a butterfly in honor of your loved one while supporting suicide education and prevention in York County

Where: John Wright Restaurant  
234 N. Front St. Wrightsville, PA 17368

When: Sunday, August 20, 2023  
4:00pm - 6:00pm unified release at 5:30pm

Butterflies can be purchased in advance by scanning the QR code above or at the event for \$10. If you can not make it, we will release a butterfly for you.



Join Bartz Brigade - the Trent Bartz Foundation in honoring Corporal Trent Bartz's (USAR) 8th heavenly birthday and everyone lost to suicide.

Bartz Brigade: The Trent Bartz Foundation is a 501(c) 3 nonprofit organization.



## Say Their Name

Our DJ will be keeping your loved one's memory alive by announcing their name, playing their favorite song, and telling a short fact about them.

Scan for sign up form:



*Stay: Tomorrow needs you*



York-Adams  
Counties PA

PRESENTS



### What is the NAMI Connection Recovery Support Group Program?

NAMI Connection is a recovery support group program that offers respect, understanding, encouragement and hope. NAMI Connection groups are:

- Free and confidential
- Held for 90 minutes
- Designed to connect, encourage, and support participants using a structured support group model.
- Led by trained facilitators living in recovery themselves.

NAMI York Adams Counties PA, the local organization of the National Alliance on Mental Illness, will offer its NAMI Connection Recovery Support Group Program at UPMC Memorial, 1701 Innovation Drive, York, PA. **Beginning in September 2023**

**UPMC**  
LIFE CHANGING MEDICINE

**Cancer Center Patients - 3<sup>RD</sup> Wednesday from 6-7:30 pm**  
**Community Support Group - 2<sup>nd</sup> Wednesday from 6-7:30 pm**

Park in Lot C, Use Outpatient Services entrance, take elevator to 1st floor. Meeting will be held in Conference Room ACB-CR1. You are welcome to bring a drink with you. Meetings begin promptly, please arrive a few minutes early.



### Participant Perspectives

"NAMI Connection has made me realize that I can truly feel comfortable around my peers and I really needed that feeling!"

"I believe NAMI Connection means hope."

"NAMI Connection is the promise of what is and what can be in our lives."

Alli Ehrhardt  
NAMI York Adams Counties PA  
35 South Duke Street  
York, PA 17401  
717-848-3784  
Email: [Alexia.Ehrhardt@namiyorkadams.org](mailto:Alexia.Ehrhardt@namiyorkadams.org)

### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI York Adams Counties PA is an affiliate of NAMI Pennsylvania. NAMI York Adams and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

## What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is an 8-session recovery-focused course for adults with mental health conditions.

- Free and confidential
- Held weekly for two hours
- Led by peers with mental health conditions
- A great resource for information on mental health and recovery
- Offers respect, understanding, encouragement and hope
- Builds on the strength and resilience of participants

NAMI York-Adams Counties PA, the local organization of the National Alliance on Mental Illness, will offer NAMI Peer-to-Peer beginning September 19. It will be held on Tuesdays from 2-4 pm via Zoom. It will run for 8 weeks through November 7<sup>th</sup>.



### Participant Perspectives

“NAMI Peer-to-Peer is uplifting, lifesaving and an eye-opening experience that changed how I see myself.”

“The biggest thing I gained from this class was to become my own advocate and best friend.”

“Seeing my peers’ strength and dedication to their recovery was personally meaningful.”

Contact us to register for NAMI Peer-to-Peer!

### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI York-Adams Counties PA is an affiliate of NAMI Keystone. NAMI York-Adams Counties PA and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy, and support group programs for people in our community living with mental illness and their loved ones.

# JOIN US FOR -



**nami**  
National Alliance on Mental Illness

York-Adams  
Counties PA

&

**UPMC**  
LIFE CHANGING MEDICINE



## PRESENT

Day of Registration  
9:00 a.m.  
Walk Begins  
10:00 a.m.

### 14th Annual

Mental Health Awareness Walk  
Community Resource Tables, Day of  
Registration Table, Silent Auction,  
Music & Much More!

Saturday October 7, 2023



**Location: UPMC Memorial Hospital**

**Address: 1701 Innovation Drive, York, PA 17408**

**Online Registration at:**

**NAMIYORKADAMS.ORG—click the WALK2023 button**

Please contact Desiree Irvin at: (717) 848-3784 or [desiree.irvin@namiyorkadams.org](mailto:desiree.irvin@namiyorkadams.org)

# 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 registration needed

### Beginning in September:

2nd Wednesday each month

6 - 7:30 pm

UPMC Community Support Group

UPMC Memorial Hospital

1701 Innovation Drive, York, PA 17408

No registration needed



## 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>

3rd Wednesday each month

6 - 7:30 pm

UPMC Cancer Center Patients Support Group

UPMC Memorial Hospital

1701 Innovation Drive, York, PA 17408

Cancer Center Patients Only

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



## Meet Alli:



Alli Ehrhardt is a new Lead Program Facilitator at NAMIYA. She has a Bachelor's Degree in Information Technology from Strayer University. Her IT background includes working with Dell Inc., Honeywell International, and Harford County Public Schools, in Maryland. She came to us from The Ranch Pennsylvania, having worked there as a Behavioral Health Technician. Through her work at The Ranch and now with NAMIYA, she is finally realizing her dream of helping others through their Mental Health and Addiction struggles.

Alli is very passionate about the work that NAMIYA is doing, bringing with her a wealth of personal and professional experience regarding chronic illness, addiction, and mental health. She is also over 2 years into her own recovery from addiction. Having had her own struggles with chronic illness, mental health and addiction, she understands all too well the direct impact that each of those have on one another, including how mental illness often underlies addiction. Being a trauma and abuse survivor, she has a deep desire to help others move forward and heal from their past. She hopes to use her experiences to help others in their quest to find healing and stay clean, sober, and alive.

Alli is looking forward to becoming more involved with everything that NAMIYA has to offer, including the Connections and PAUSE Programs, and CIT. She desires to help spread NAMI's message of hope to underserved communities including the LGBTQ+ community, as well as to those suffering in silence, and those who are unable to advocate for themselves. She also hopes to use her work with NAMIYA to continue combating the stigma surrounding mental illnesses, including addiction.

In her free time, Alli is an avid PC Gamer. She also enjoys going for drives, listening to music, watching movies, and spending time with her girlfriend, her cat, and her family & friends. She also is passionate about working her recovery.

As part of her personal recovery, Alli credits The Ranch Pennsylvania with saving her life, having also been a client there. She stays actively involved in their Alumni Program including speaking there regularly and dropping hope bombs to current clients. She is also an active member of the 12-step programs Alcoholics Anonymous, Codependents Anonymous, & Adult Children of Alcoholics and Dysfunctional Families.

Please help us welcome Alli to NAMIYA.



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)

