



# nami | Mercer

National Alliance on Mental Illness

September 2013

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## Our Mission

*NAMI Mercer is a nonprofit organization of individuals and families working to improve the lives of those affected by mental illness through education, advocacy and mutual support.*

## NAMI Mercer Calendar

For regular support meetings, see Page 8

### PUBLIC EDUCATION MEETINGS

AT THE NAMI CENTER

Sept. 17 (Tuesday)  
7:30 to 9 p.m.

#### “Managing Things Without Getting Overloaded: Family Caregiving”

*Dr. Eric Johnson, Director, Masters in Family Therapy Program, Drexel University, Private Practice in Pennington NJ*

Oct. 15 (Tuesday)  
7:30 to 9 p.m.

#### “Bipolar Disorder: Current Treatments and Recovery Stages”

*Presenter TBA*

Nov. 20 (Tuesday)  
7:30 to 9 p.m.

#### “Understanding Medicaid/Medicare Changes and How These Will Affect Mental Health Treatment”

*Beverly Roberts, Director of Advocacy, ARC NJ  
Phil Lubitz, Associate Director of NAMI NJ*

## Getting Better Together

NAMI Mercer will kick off Mental Illness Awareness Week with its fifth annual Harvest of Hope wellness conference on Saturday, Oct. 5 from 8:30 a.m. to 3:15 p.m. at the Presbyterian Church of Lawrenceville. For the first time, there will be a special afternoon program for Just Kids families.

Sponsored in part by grants from the Bunbury, Merancas, and Robert and Joan Dircks Foundations, this education event is open to consumers, their families, and the general public.

Our theme this year is “Getting Better Together.” Dr. Mark

Komrad will deliver the keynote address: The Tough First Step: How to Convince Someone to Get Psychiatric Help. Dr. Komrad is a psychiatrist in private practice and on the staff of Sheppard Pratt Hospital and the Johns Hopkins Hospital in

Baltimore. For more than 25 years, he has treated patients and advised families on how to convince an emotionally or behaviorally troubled loved one to accept psychiatric evaluation and treatment. The former host of a nationally syndicated radio show, Dr. Komrad has appeared widely on TV and radio.

Following the keynote address, attendees will have a choice of wellness workshops, with one session in the morning and another during the afternoon.

The \$10 registration fee includes lunch. Although membership in NAMI

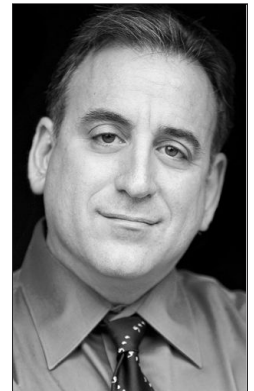
Mercer is not required, we are offering an incentive price of \$35 to join AND attend the conference.

Workshops will provide a variety of interactive and hands-on wellness experiences. Topics include a medication

update, art therapy, physical fitness, poetry-writing, inter-family communications, animal-assisted therapy, food and mood, faith and wellness, care of the caregiver, healing through the heart, and EFT tapping therapy. Dr. Komrad also will host an “Ask the Doctor” session.

In addition to the workshops, all conference participants will come together for two musical experiences. After lunch, Ange Chianese and Lesley Tao Mowat will lead a joyful, inspiring drumming circle. The conference will close with a motivating group sing along led by Jim Gaven, music director of the Arc Mercer.

NAMI Mercer has mailed conference brochures to members. You can register by completing the attached paper form or by going to [www.namimercer.org](http://www.namimercer.org) to register online. For more information, call 609-799-8994.



Dr. Mark Komrad



# It's Time — Mental Illness Awareness Week

One of the hard lessons I have learned as a family member of someone with a mental illness is that crises tend to bring about change. For example, a hospitalization can help a person accept treatment for the first time or lead to a new perspective on individual therapy. While extremely painful, a crisis can be a catalyst for a positive change.

Likewise, on a national level, crises such as in the tragic Newtown shootings and high-profile suicides bring mental illness to the forefront and may precipitate a change in attitude, scrutiny of our mental health system, and action to improve it.

### Why wait for another crisis or disaster?

The time is now! And NAMI is ready to advocate for change on a national, state, and local level. It's time to make a difference through dialogue about mental illness across our community. Mental illness does not discriminate. It can strike anyone at any time. Fortunately recovery is possible.

### Treatment works — if a person can get it

Mental Illness Awareness Week (MIAW), Oct. 6-12, 2013, is a major opportunity for NAMIs at all levels to raise awareness and push for change.

For MIAW 2013, NAMI Mercer is planning many outreach and educational events:

- Our 5th annual Harvest of Hope Wellness Conference on Saturday, October 5 at the Presbyterian Church of Lawrenceville
- In Our Own Voice presentations and information tables at most Mercer County libraries during MIAW
- Distribution of information and a request for prayers during worship services to nearly 100 communities of faith in the county, reaching up to 9,000 people
- The launch of Parents and Teachers as Allies, a NAMI National education program for parents and schools in neighboring school districts.

- A candlelight vigil (details to be announced) to raise awareness about mental illness and the need for universal access to treatment.

### It's time

Please plan to volunteer and/or participate at these events. We need all of you to spread the word about mental illness and recovery. If you are a person living with mental illness or a family member, we urge you to share your story and bring about change on a person-to-person level.



Too many people do not seek the help they need due to stigma, poor information about early warning signs, lack of resources or information, as well as a flawed and inequitable mental health system. On a local level, we can all make a difference, and it's time to do so.

### Outcomes of White House conference

We are also part of a larger effort in our country. This past June, President Obama gathered community, government, and mental health leaders at the White House for a mental health conference. The assembled group agreed on the following actions:

- 1) Launching new efforts to raise public awareness through television, radio, social media campaigns, and other platforms;

- 2) Teaching students about mental health and helping adults who work with youth recognize early signs of mental health problems and refer kids to treatment;



**Sally Osmer**

- 3) Giving health care providers the tools they need to screen for mental health problems and encouraging them to lead efforts to raise awareness in their communities.

- 4) Convening experts, philanthropic, and civic leaders to identify innovative ways to reduce negative attitudes and perceptions about mental illness and improve access to treatment at the local level;

- 5) Launching new conversations in our houses of worship and other faith-based institutions to help people recognize mental health problems and access the treatment they need.

Following this national conference, regional gatherings are taking place this year across the country to implement strategies on a local level.

NAMI organizations have been engaged in these activities every day. I see the conference's recommendations put into practice in all NAMI Mercer education, support, outreach, and advocacy programs. It's time for us to be the leaders of these efforts toward change. Please celebrate this special week in October by joining us in making a difference here in Mercer County. It's time.

Best regards,

*Sally Osmer*

*Executive Director*

## Paper: The Traditional First Anniversary Gift

**H**ave you ever wondered why the traditional gift for a first wedding anniversary is made of paper? If you “Google” the question, you will learn that paper draws its strength from the number of individual, interlaced threads that comprise it. Since this column marks the first anniversary of my tenure as president of NAMI Mercer’s Board of Directors, I thought it would be a great opportunity to summarize some of the threads from this past year that are coming together to strengthen NAMI Mercer and our community.

Our last annual report indicated that we’ve been in a period of transition, starting in 2012 and continuing into 2013. As a grassroots organization that has operated for nearly 30 years with largely volunteer leadership, we now have three professional staff members who orchestrate the activities of more than 230 volunteers.

During the past fiscal year, these volunteers provided nearly 10,000 hours of support for the 440 member households and impacted almost 5000 individuals in the Mercer County area.

With our growing pool of active volunteers, we have:

- Expanded our number of teachers for education programs like Family to Family and NAMI Basics
- Recruited family monitors for Trenton Psychiatric Hospital
- Increased awareness and helped

reduce stigma through 76 In Our Own Voice presentations and numerous outreach efforts, including our annual Harvest of Hope Wellness Conference

- Fielded more than 700 Helpline calls
- Provided support through biweekly, peer-led NAMI Connection meetings, and
- Offered more than 100 activities for 125 adults and children in our Just Friends, Becoming Friends, and Just Kids social groups.

At the heart of NAMI Mercer, the Board has taken more of an oversight role, while the standing committees for Advocacy, Program and Services, Development, Finance and Communications work with staff to plan and execute NAMI Mercer’s programs.

The committees coordinate our internal efforts and also build relationships with like-minded organizations that complement our mission.

At our annual meeting in June, we elected nine board members, five of whom are new, bringing our Board to a total of 19 active members. While family members and consumers continue to have a strong presence on the Board, we also have elected individuals with a broad range of skills and connections to other community and government agencies. This way, we ensure the highest quality of leader-

ship for NAMI Mercer.

Finally, a maturing organization undoubtedly will experience growing pains. In the changing economic environment, we and other non-profit organizations have observed a decline in the financial support from corporate sources.

To address this challenge, NAMI Mercer established the Patron Society, a group of individual donors with a passion for our mission. NAMI Mercer’s Patron Society is growing and rapidly becoming a key factor in the sustainability of this organization.

Along with NAMI Walks and Night Out with NAMI, our strategy to balance events with individual and corporate donations is beginning to bear fruit.

Although paper may not seem like a very strong material, it can be strengthened by the number of interconnecting plant threads piled together. Tissue paper has very few fibers, so it tears very easily. Strong, brown wrapping paper, on the other hand, has many.

As long as we all remain committed to our vision of a future in which families and individuals with mental illness are realizing their full potential in a respectful and understanding society, we will have the strength to accomplish our mission of education, support and advocacy for them.

Sincerely,

*Karen Marquis*

*President*



**Karen Marquis**

## What NAMI Means to Me

NAMI was the missing piece of my recovery and treatment. The network of community and friends that it has provided me has finally made me feel like a whole person. It goes beyond the clinical and professional services that had succeeded in stabilizing me, but that didn’t fully address the social isolation that I had always felt. Being in a supportive group of peers who share the same experiences has allowed me to more fully develop my personal identity by providing me with a

sense of inclusiveness that was lacking in my life. If I had to describe NAMI in just one word, it would be wholeness. I am more than my diagnosis, and instead of it being something that separates me from others, it is now something that connects me to them. That is why NAMI makes me feel like a whole person now.

*Fred Howard*

*Peer Leader*

*Just Friends Social Group*

# Meet Our New Board Members

**LILIANA ATTAR** is director of the Creative Bridges Institute, winner of the National Civic Star Award for language instruction in the state of NJ. Educated in Argentina, Liliana received her Bachelor's degree in Early Childhood Education and Arts in Education. Her mission is to promote the richness, beauty and diversity of Latin American cultures through language and the performing arts. To this end, she created "Spanish is Alive," a DVD program for parents, children, and Spanish educators. Liliana is a trained instructor of de Familia a Familia (Family to Family in Spanish).

**JOYCE CAMPBELL** is a professional social worker employed by Catholic Charities, Trenton as associate executive director for External Affairs. She received her MSW degree from Rutgers University in New Brunswick. Experienced in non-profit administration and government relations, she was one of the founders of the NAMI Ocean County affiliate. She is passionate about advocacy and serves on the NASW-NJ Legislative Action Committee. Her objective is to work each day "[to] make just a little difference to those who are struggling."

**AKAVAR DYLUTRA** was educated at St. Louis University and then worked for 40 years in the corporate world in the fields of media and technology. He has been extremely active in NAMI Mercer's peer-focused programs including In Our Own Voice, NAMI Connection, and Just Friends. He also serves on the Advocacy and Programs and Services Committees and provides computer and audio-visual support to our affiliate.

**SARAH KLEINMAN** earned her M.P.H. degree at the University of Michigan, School of Public Health. She has worked for more than 18 years at the NJ Department of Education, Office of Student Support Services in the areas of sex education and HIV, STD, and pregnancy prevention. A past facilitator of Family to Family, she now volunteers at tabling events. Sarah is interested in contributing to program development and identifying new funding streams for NAMI Mercer programs.

**JASON REDD** is a graduate of Brigham Young University and the J. Reuben



**From left, back row: Akavar Dylutra, Liliana Attar, Jason Redd. Front row: Joyce Campbell and Sarah Kleinman.**

Clark School of Law. At the present time, he is the chief of staff to the majority leader at the New Jersey State Senate. He formerly served as staff aide to the Senate Health Committee, where he worked on improving access to care and reducing the stigma of mental illness. Jason currently is a member of the Board of Education of the City of Trenton.

## FALL EDUCATION CLASSES

**Family to Family: Twelve-session class for family members of adults with mental illness. Wednesday and Thursday classes will be offered starting Sept 11 and 12.**

**WRAP (Wellness Recovery Action Plan): Eight-session recovery class for people with mental illness. Class is held biweekly starting Wednesday, Sept. 18.**

**NAMI Basics: Six-session class for parents of children/youth under 18 with behavioral challenges, starting Wednesday, Oct 2.**

**ALL CLASSES ARE FREE, BUT REGISTRATION IS REQUIRED.  
Call 609 799 8994 to register.**

## NAMI Mercer Patron Society — please join us for 2014!



**At the 2013 reception, l to r: Caryl Chambers, Karen Marquis, Liz Bartholomew, Duncan McFarlane, Sarah Kleinman, Evelyn McFarlane, Pam McGrew, Jim Bartholomew, Susan Mulhern, Tom Nesi, Roger Schwab, Scott Mulhern.**

The NAMI Mercer Patron Society is an exclusive giving circle established in 2012 to sustain NAMI Mercer's free education, outreach, and support programs for families facing the challenge of mental illness in Mercer County. A generous gift of \$500 or more during the enrollment period each year entitles you to annual membership.

The Patron Society had a very suc-

cessful second year, with 38 participating families in 2013. We celebrated the second annual Patron Society Reception on June 8 at the home of Dr. Ronald and Karen Schotland.

Now is the time to join Patron Society 2014. For more information about Patron membership and to join, contact Jenn Antinoro at 609-799-8994 or [jantinoro@namimercer.org](mailto:jantinoro@namimercer.org).

# Kudos to NAMI Mercer Awardees



From left, Phil Lubitz, Carol Kivler and Sylvia Axelrod at the NAMI NJ state award ceremony, June 15.

**C**ongratulations to **Carol Kivler** for winning the 2013 NAMI New Jersey Affiliate Leadership Recognition Award. NAMI NJ Executive Director Sylvia Axelrod and Advocacy Chair Phil Lubitz presented Carol's certificate at the state award ceremony on June 15 (photo above).

Carol recently stepped down from the NAMI Mercer Board after 10 years of service. "As the first consumer board member, she has been an inspiration to all of us," stated Executive Director Sally Osmer, who nominated Carol.

First diagnosed with a mental illness in 1990, Carol suffers from periodic acute bouts of medication-resistant depression, responsive only to electroconvulsive therapy (ECT). She has been in recovery for the past ten years.

Carol has contributed to NAMI Mercer in many ways: as an IOOV presenter; membership chair; Walk team

captain, and keynote speaker at educational and fundraising events. Further, she donates generously to NAMI Mercer from the receipts of her business, Courageous Recovery.

She has published four books: *Mental Health Recovery Boosters*; *ABC's of Recovery*; *Will I Ever Be the Same Again?*

*Transforming the Face of ECT*; and *Blessings: Your Journal of Gratitude*.

## NAMI National Hall of Famers

NAMI Mercer congratulates three of its volunteers who recently were elected to the NAMI National Hall of Fame. Director of Operations Danita Saunders-Davis presented their certificates at the NAMI Mercer Annual Meeting on June 26.

**Akavar Dylutra** was installed in the In Our Own Voice (IOOV) Hall of Fame. He has made more than 300 IOOV presentations.

**Wendy Most** earned a place in the Family-to-Family Hall of Fame by teaching ten 12-week programs.

**Elise Wilmot** was elected to the Support Group Facilitator Hall of Fame for ten years of service leading NAMI Connection and NAMI Cares support groups.



At NAMI Mercer's June 26 Annual General Meeting, top: Danita Saunders-Davis (left) with Elise Wilmot. Middle: Danita with Wendy Most. Bottom: Akavar Dylutra.

## NAMI Mercer WALK raises over \$120K

More than 850 supporters "stomped out stigma" on May 18 at the 6th Annual NAMI Mercer Walk on the campus of Educational Testing Service (ETS) in Princeton.

To date, NAMI Mercer has raised more than \$120,000.

NAMI Mercer applauds its TOP fundraising teams: Carol's Courageous Crusaders, Janssen CNS, and Sunshine Walkers.

NAMI Mercer also applauds those individuals



who raised \$1,000 or more: Pat Demers, Karin Lane Dixon, Suzanne Gross, Andrew Hendry, Mary Jane Houghton, Carol A. Kivler, Jeremy Mann, John

Marsland, Maddy Monheit, Sally Osmer, Tom Pyle, Betty Rainier, Debbie Smyth and Elise Wilmot.

# Bill and Phyllis Wilmot

## 2013 Pillar Award winners

By Maddy Monheit

At this year's Night Out With NAMI celebration on Nov. 2, we will pay tribute to Phyllis and Bill Wilmot. They will receive our organization's highest honor — the NAMI Mercer 2013 Pillar Award — in recognition of their extraordinary 18-year contribution to our mission through volunteerism, leadership, advocacy, and charitable giving.

Phyllis and Bill grew up in Pittsburgh, PA, where they married in 1960. Phyllis is a graduate of Smith College, where she earned an undergraduate degree in English and art history. After graduating with a BA from Cornell, Bill served in the U.S. Army and then completed his PhD in physical chemistry at Carnegie Mellon University. A job opportunity for Bill in research and development for a chemical company in Trenton brought the Wilmots to New Jersey, where they have lived since 1973. They have three daughters (Lauren, Kris, and Elise) and four grandchildren (Trevor, Dylan, Will, and Emma).

Like so many others, Phyllis and Bill first came to NAMI Mercer during a family crisis. Their youngest daughter Elise had suffered a psychotic break. According to Phyllis, "we have not been alone since that day in 1995 when we began NAMI's 'Journey of Hope' (the precursor of Family to Family). Knowledge brought better understanding, and we learned ways to come together and cope. Most important of all, we learned to empathize."

The Wilmots are enormously grateful to NAMI Mercer pioneers Tom and Chomy Garces, who encouraged and mentored them through an exceedingly difficult period and made sure that they didn't "cut and run" when the crisis was over.

"As important as NAMI's help is in a crisis situation, the ongoing connection is what really sustains us," explains Phyllis. Bill believes that NAMI was a "god-send" for his family, especially for Elise, who has participated in every

consumer activity. Over the years, she has moved from disability to recovery and full-time employment.

Likewise, the Wilmots' long-term contribution has enabled NAMI to flourish and grow. Their strong belief in the possibility of recovery has inspired all of us.

Bill's volunteer work for NAMI began in 1996, when he trained to teach the Journey of Hope course. He served as a Board member from 1996 to 2006 and as president from 1998 to 2002. During his tenure, NAMI Mercer:

- Grew more than 50 percent
- Received the "2001 Affiliate of the Year Award" from NAMI National
- Committed to hiring a paid executive director
- Raised sufficient funds through individual and business contributions, foundation grants (especially Robert Wood Johnson) and the proceeds from the first fund raising event (2001), which honored John Forbes Nash, Jr. with a special showing of "A Beautiful Mind" and a dinner underwritten by Janssen Pharmaceutica
- Launched "Visions for Tomorrow," the precursor of NAMI Basics
- Initiated a successful campaign for involuntary outpatient commitment.

Phyllis' volunteer work for NAMI Mercer is equally impressive. She served on the Board for four years, on the Intensive Family Support Services (IFSS) Oversight Committee for six years, on the NAMI State Family Support Plan Committee for five years, and on the Walk Committee for two years. With 20-years of experience working as a counselor for Planned Parenthood and 10 years for CONTACT, Phyllis has been a valuable asset to our Helpline. She also is a long-term member of the Just Friends Committee, where she is pleased that



Phyllis and Bill Wilmot

consumers have assumed most of the leadership responsibilities.

In recognition of their volunteerism and advocacy for the rights of persons with mental illness, the Wilmots received the 2009 Mary Jo Codey Award sponsored by Family Guidance Center/Family and Children's Services (FGC/FACS).

With all the time and energy that they have devoted to NAMI Mercer, it is hard to believe that Phyllis and Bill also have been active volunteers for many other organizations. They have served as deacons and trustees of the Presbyterian Church of Lawrenceville and volunteered in various capacities at the Trenton Area Soup Kitchen for more than 20 years. Bill was a two-term member of the Board of Greater Trenton Behavioral Healthcare and tutored at the Haitian Center of the Diocese of Trenton for nearly two decades. In addition to her volunteer work at Planned Parenthood and CONTACT, Phyllis sat on the Board of the Benjamin Temple House and the Lawrence Arts Council.

Phyllis still finds time for hobbies including visiting art galleries and museums with Bill and collecting all manner of frogs. The Wilmots love seeing their grandkids and watching Emma compete in equestrian events.

Over so many years, the Wilmots have used every opportunity to reach out as ambassadors for NAMI Mercer. At the Helpline, Phyllis' goal is to impart the immense help that NAMI has provided to her family. "My hope is that the caller will become connected to our programs of support and education and begin to feel the hopelessness fade. I just want this for every caller!"

## NAMI Mercer

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Madeline Monheit

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home@namimercer.org  
www.namimercer.org

## NOWN with Wenonah Brooks

**N**AMI Mercer will swing into its 30th anniversary year at Night Out with NAMI on Saturday, Nov. 2, 2013 at the Stuart Country Day School in Princeton. The upcoming benefit event will feature a concert by local jazz singer Wenonah Brooks.

Known for her "straight-ahead" jazz style, Wenonah adds her own subtle interpretation to American standards by legendary composers including Count Basie, Cole Porter, Thelonious Monk, Lorenz Hart, and Paul Simon. She will be accompanied by renowned tenor saxophonist Houston Person, who has recorded more than 75 albums with jazz greats such as Lena Horne, Etta Jones, and Lou Rawls.

Guests are invited to arrive at 4:30 p.m. for cocktails and a silent auction. A sit-down dinner will be served at 6:00 p.m., followed by the concert at



**Wenonah Brooks**

8:00 p.m. in the Cor Unum Center. Tickets for the concert only are \$50 per person; tickets for the concert, cocktails and dinner are \$150 per person. Supporters who join Patron Society 2014 before the event will receive complimentary tickets, the number of tickets determined by donation level. Night Out with NAMI sponsorships also are available.

This year's Night Out with NAMI honorees are Phyllis and Bill Wilmot. They will receive the organization's 2013 Pillar Award, which recognizes individuals who have made an extraordinary, long-term contribution to the mission of NAMI Mercer and the people it serves.

For more information about Night Out with NAMI, go to [namimercer.org](http://namimercer.org) or contact Jenn Antinoro at (609) 799-8994 or [jantinoro@namimercer.org](mailto:jantinoro@namimercer.org).

## Got You Covered!

The historic Patient Protection and Affordable Care Act (ACA) holds enormous promise for increased access to health care for all Americans. Three important dates are coming up:

### MARKETPLACE OPEN ENROLLMENT BEGINS ON OCTOBER 1, 2013

The Marketplace is a new way to find health coverage that fits your budget and meets your needs. With one application, you can see all your options and enroll. Find out if you can lower your monthly premiums for private insurance plans, lower out-of-pocket costs, or qualify for free or low-cost coverage available through Medicaid or the Children's Health Insurance Program (CHIP).

### HEALTH COVERAGE CAN START ON JANUARY 1, 2014

If you enroll in a private health insurance plan any time between October 1, 2013 and December 15, 2013 and make your first premium payment, your new

health coverage starts January 1, 2014.

### OPEN ENROLLMENT ENDS MARCH 31, 2014

After March 31, 2014, you can get new private health insurance for 2014 only through a special enrollment period if you have a qualifying life event like a job loss, birth, or divorce.

### FOR MORE INFORMATION

[NAMI.org/healthcoverage](http://NAMI.org/healthcoverage) (NAMI Website). NAMI has launched a new health insurance coverage campaign and website. **Got You Covered!** features a wealth of information to help you navigate the system.

### HealthCare.gov (Federal Website)

The creation of this website was a requirement of the ACA legislation. The site is designed to provide comprehensive, easy-to-understand information on health insurance options. HealthCare.gov explains how the law affects consumers according to their own situation.



# SAVE THE DATE!

**Wenonah Brooks**

*accompanied by Houston Person*

will perform at  
**NIGHT OUT WITH NAMI**

**Saturday, November 2, 2013**

Stuart Country Day School  
1154 Stuart Road,  
Princeton NJ

4:30 p.m. doors open

5:00 p.m. cocktails and silent auction

6:00 p.m. sit-down dinner

8:00 p.m. benefit concert

Tickets and event information  
available August 2013 from  
[www.namimercer.org](http://www.namimercer.org) or

**609-799-8994**

## NAMI Mercer Support Groups

**NAMI Connection Support Group:** Recovery support group program for people living with mental illness. Second and fourth Tuesdays, 7:00 – 8:30 p.m. This group is open to anyone with a mental illness, no registration required. NAMI Center. Call us for more information.

**IFSS/NAMI:** Support for families of adults with mental illness. Mondays, 5:15 – 6:45 p.m., at Lawrence Rd. Presbyterian Church. Tuesdays, 5:15 – 6:45 p.m. at NAMI Mercer, and Thursdays, 11:30 a.m. to 1:00 p.m. at Kingsbury Towers, 1 Kingsbury Sq., Trenton.

**WRAP:** An eight-session Wellness and Recovery Action Plan program for people living with mental illness. New classes start on September 18 at the NAMI Center.

**Family to Family:** Two classes of Family to Family will start on September 11 and 12 (NAMI Center). This is a 12-week class for family members of adults who have mental illness.

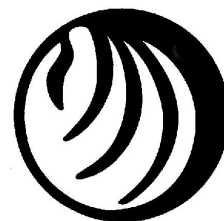
**NAMI Basics:** NAMI Basics, a six-week class for parents or caregivers of children and adolescents with behavioral or emotional challenges. The new semester starts on October 2 (NAMI Center).

*All NAMI Mercer classes are free, but registration is required.  
Contact us by phone or email to inquire about the classes.*

ADDRESS LABEL GOES HERE

ADDRESS SERVICE REQUESTED

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