The Official Newsletter of NAMI Westchester, Inc.

National Alliance on Mental Illness

APRIL 2020

FROM THE DESK OF THE EXECUTIVE DIRECTOR, SHARON MCCARTHY

You are important to us. Our members, supporters, individuals living with mental illness, families, friends... you are the people we work for every day, who we support and hold dear.

Now is a time we should concern ourselves foremost with our personal health and safety and that of those we love. You can rest assured that NAMI Westchester's work will continue – because our community is made up of people like you. I know that you are committed to our mission of helping individuals and families affected by mental illness and co-occurring disorders build better lives, no matter what. In good times and bad, I know you're with us.

We need more than ever to find ways to be social right now. Isolation can be a dangerous place for those suffering from a mental health condition, but keeping our physical distance at this time is critically important. We live in an age when technology gives us many ways to reach out and keep in touch, including email, text, video call and the old-fashioned, yet never outdated, phone call. Knowing someone cares and being able to share concerns can help someone alleviate their anxiety and fears.

Please call our HelpLine if you need information or resources to help you or someone about whom you care. Remember that NAMI Westchester is here for you. (914) 592-5458.

Warmly, Sharon McCarthy

NAMIWALKS WESTCHESTER 2020 - IMPORTANT ANNOUNCEMENT

The most fun we have all year is seeing you at our annual NAMIWalks Westchester – so we are very sad to report that due to the COVID-19 pandemic, we will not be able to host our walk in person this year.

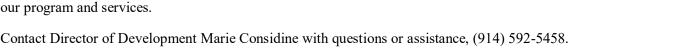
We have an alternative! We will host NAMIWalks Westchester Your Way — a Virtual Walk on Saturday, May 30. Other NAMIWalks will host their own virtual walks on the same day, to create a nationwide day of mental health awareness and fundraising for NAMI programs. Details will be forthcoming – stay tuned!

Physically distancing at home provides a great opportunity to form a team and reach out to friends and family to join you in this community awareness event and raising of funds that will benefit all of NAMI Westchester's programs.

Most people have become cognizant of the toll that "social distancing" has put on many individuals' mental health while becoming aware of the positive impacts of mindfulness, therapy, exercise and connectedness, and would most likely be receptive to an invitation from you to support NAMI Westchester.

With your help, we can absolutely have an amazing event. Simply visit our walk website www.namiwalks.org/westchester for details and registration.

Thank you for your support and helping us continue to raise much-needed funds, which will ensure the continuation of our program and services.





SUPPORTIVE SERVICES

The Living Room at Human Development Services of Westchester (HDSW) day respite program remains open as of this writing. They ask that you please call before going (914) 882-8659. Here is the link for more info: https://www.hdsw.org/the-living-room.

The RISE Program of the Mental Health Empowerment Project is providing a live "supportive ear" to those living with a mental illness. Trained Peer Mentors answer the calls Monday to Friday from 9 a.m. to 9 p.m. The phone number is (914) 664-3444. Link with info is https://mhepinc.org/peer-support/.

NAMI NYC is offering weekly online support groups. For information, go to www.naminycmetro.org.

Shatterproof is offering Virtual Recovery Meetings. For more information go to https://www.shatterproof.org/blog/how-find-virtual-recovery-meeting.

NY State has a free hotline. Call to make an appointment to speak with a volunteer mental health professional: 1-844-863-9314.

Westchester Independent Living Center - online gatherings for mutual peer support and discussion at www.wilc.org/events/.

Western Massachusetts Recovery Learning Community - online Alternatives to Suicide, Hearing Voices and other support and discussion groups at www.westernmassrlc.org.

Academy of Peer Services Virtual Learning Community – online support for peer support providers; other educational and peer networking groups and webinars at https://aps-community.org/.

COUNTY UPDATES

For Westchester County mental health updates go to https://mentalhealth.westchestergov.com/.



We will be offering virtual Family Support Groups during the COVID-19 pandemic.

NAMI Family & Friends Group: April 7 (1st Tuesday of the Month) from 6:30 to 8:00 p.m.

NAMI Parents & Caregivers of Adolescents & Young Adults: April 15 (3rd Wednesday of the Month) from 6:30 to 8:00 p.m.

Participants must be at least 18 years of age.

Registration is required. Please call (914) 592-5458 to register and receive log on information.





- Scarsdale Congregational Church
- New York-Presbyterian Westchester Behavioral Center
- Phelps Memorial Hospital
- Four Winds- The Lodge
- Westchester Medical Behavioral Center

IMP Inding the Silence

- Katonah-Lewisboro School District
- White Plains High School

NAMI WESTCHESTER REPRESENTED IN ALBANY



NAMI Westchester participated in the NAMI NYS Annual Legislative Advocacy Day in Albany on March 3, 2020. Board members Martin Gromulat, Robert Laitman, Michaele Rizzuto and Mary Schlageter, along with NAMI Westchester members Terri Iasiello and Julie Neches visited our state representatives and discussed the legislative agenda for this year. To get more information on the legislative agenda, visit https://www.nminys.org/ mental-health-support/advocacy/.



Julie Neches, Terri Iasiello, Mary Schlageter, Micheale Rizzuto, Martin Gromulat, Assemblyman Thomas Abinanti.



Michaele Rizzuto, Rob Laitman, Aviel Coffman, Senator Andrea Stewart-Cousins.



Julie Neches, Terri Iasiel-lo, Michaele Rizzuto, Rob Laitman, Assemblywoman Sandra Galef.



Assemblywoman Shelley Mayer, Julie Neches, Rób Laitman, Mary Schlageter, Michealé Rizzuto.



MAY IS MENTAL HEALTH AWARNESS MONTH

We are still hoping that we can recognize Mental Health Awareness Month. In late April, we will send out an email announcing the events that will take place.

VOTE FOR NAMI WESTCHESTER – EARLY AND OFTEN



We are in the running for funding through Westchester Toyota's Give Back Campaign, and it's up to all of us to win one of the top prizes.

Please go to https://woobox.com/qhsn4n to see the brief video featuring Marie Considine, Director of Development, and to vote for us.

You can vote every day, and please share. Thank you!





Sponsorships are a critical part of our annual awareness event and fundraiser. Please consider sponsorship. Contact Marie Considine to discuss.

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