

The Compass'  
*Gold Pages*

**MENTAL HEALTH RESOURCES  
IN THE GREATER PHILADELPHIA AREA**

*Partial listing*

The Gold Pages is a partial listing of available resources. We encourage our readers to supply us with your own valuable resources. To add or update listings, e-mail Ada Fleisher at [adafleisher@yahoo.com](mailto:adafleisher@yahoo.com).

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# Shortcuts to the MH System

The following serves as your **PERSONAL GUIDE** to help direct you to the sources you need. All are staffed by knowledgeable and dedicated individuals.

**FAMILY RESOURCE CENTER**, Friends Hospital, 4641 Roosevelt Blvd., Philadelphia, PA 19124. Contact: **Ruth Seegrist** at **215-831-4894** or **610-876-3736**. Great resources for families and individuals in the area. Wide area of knowledge, extensive library, MH networks, referrals to support groups, Ask-the-Pharmacist. Help with resources for mentally ill offenders.

**TEC FAMILY CENTER**, Mental Health Association of Southeastern Pennsylvania, 1211 Chestnut St., Philadelphia, PA 19107. Contact: **Edie Mannion** at **215-751-1800**, ext. **232**. Educates families on how to deal with mental illness. Classes offered on coping with loved ones with bipolar disorder, schizophrenia, borderline personality. Also parenting classes for people with mental illness. Individual consults also available. Web: **MHASP.org** (go to "Search" and type in "TEC").

**NAMI MONTGOMERY COUNTY**, 100 S. Keswick Ave., Glenside, PA 19038. Call: **215-886-0350**. Assists with all aspects of mental health care; aids families in getting help for loved ones who need long-term care. Help for people new to the mental health system.

**NEW DIRECTIONS SUPPORT GROUP / ABINGTON, PA**, PO Box 181, Hatboro, PA 19040. Contact: **215-659-2366**. Or [compass123@comcast.net](mailto:compass123@comcast.net). Web: [www.newdirectionssupport.org](http://www.newdirectionssupport.org) Specializes in mood disorders – for both patients & family members. Wide area of knowledge, including MH networks.

**REACH-OUT FOUNDATION**, 229 Plaza Blvd., Suite 19, Morrisville, PA 19067. Call **215-428-0404**; Fax – **215-428-2835**; E-mail: [ROFBucks@aol.com](mailto:ROFBucks@aol.com). Executive Director: Kathy Sharp. Excellent resources for peer-to-peer support, both for mental health and dual diagnosis. Offers 12-Step Dual Diagnosis group at Bucks County Correctional Facility in Doylestown, PA. Also houses the independent **BUCKS COUNTY MENTAL HEALTH CONSUMER ADVOCATE, Deb Atkinson**, phone **888-829-4673**.

**ASK THE PHARMACIST**, Friends Resource Center, above. For information about medication, call pharmacist **Larry DiBello** at **610-543-2966**. Leave message on answering machine. Great resource!

**MHASP** (Mental Health Association of Southeastern PA), 1211 Chestnut St., Philadelphia, PA 19107. Advocacy, information referrals. Phone: **215-751-1800**. Web: **MHASP.org**.

**MONTGOMERY COUNTY OFFICE OF MENTAL HEALTH**, Human Services Center, 1430 DeKalb St., Box 311, Norristown, PA 19404-0311. Phone: **610-278-3642**. Web: [MontcoPa.org/mhmrda/](http://MontcoPa.org/mhmrda/) Sponsors county-based mental health centers and services. Serves 3,500 adults and children. Will direct you to community mental health center nearest you.

**BUCKS COUNTY OFFICE OF MENTAL HEALTH**, 600 Louis Drive, Warminster, PA 18974. Phone: **215-442-0760**. Web: [dpw.state.pa.us/emhsas/omhsascom1.asp](http://dpw.state.pa.us/emhsas/omhsascom1.asp). Sponsors county-based mental health centers and services. Serves 7,000 adults and children. Will direct you to community mental health center nearest you.

**UNITED WAY FIRST CALL FOR HELP**, sponsored by the United Way, this service will direct you to area services of all types. Phone: **215-568-3750**.

## CRISIS CENTERS

**MCES (MONTGOMERY CO. EMERGENCY SERVICES)**, 50 Beech Dr., Norristown, PA. Serves all of Montgomery County for both mental health and substance abuse problems. Information referrals. Assists with questions on involuntary commitments, as this facility is the sole agency in Montgomery Co. that accepts "302" petitions" (requests for involuntary commitment). Call **610-279-6100**. Web: [www.MCES.org](http://www.MCES.org).

**ABINGTON MEMORIAL HOSPITAL** Psychiatric Crisis Service, open 24 hours, operating in the hospital's emergency room, under Dept. of Psychiatry. Call **215-481-2525**. [www.AMH.org](http://www.AMH.org).

**LENAPE VALLEY FOUNDATION CRISIS CENTER**. Serves Lower Bucks County. 2 locations. Call **800-499-7455** or **215-345-5327** for both: **(1) Doylestown Hospital Emergency Room**, State Street, Doylestown. 24-hour service. People with substance

abuse referred elsewhere (Bucks County Commission on Drug & Alcohol Dependence). Also, **(2) Campus of Lower Bucks Hospital**, 501 Bath Road, Bristol, PA Call for hours.

**WARMINSTER HOSPITAL EMERGENCY ROOM**, 225 Newtown Road, Warminster, PA 18974. Open 24 hours. Walk-ins. Evaluates and hospitalizes patients. Inpatient units for adults and geriatric patients. Kids are referred elsewhere. Referrals to residential housing, recovery houses, long-term residential. Call emergency room at **215-441-6777**.

**HORSHAM CLINIC**, 722 E. Butler Pike, Ambler, PA 19002. 24-hour phone and in-person crisis assessment. 24-hour crisis stabilization programs for kids and adults. Phone: **215-643-7800**. Web: **HorshamClinic.com**.

## HOTLINES

**National Domestic Violence Hotline: 800-799-SAFE (800-799-7233)**

**Laurel House**, emergency domestic violence hotline: **800-642-3150**

**Suicide/Crisis Hotline - Montgomery County, MCES** (Montgomery County Emergency Services): **610-279-6100**

**CONTACT** – phone support for people with emotional problems; contact and reassurance for “shut-ins”.

**Bucks County: 215-355-6000 or 215-355-6689**

**Philadelphia: 610-649-5250**

**Suicide Line: 1-800-SUICIDE**

**Suicide & Crisis Intervention – 215-686-4420**

**Grief Recovery Helpline – 1-800-445-4808**

Call **911** if urgent!

## Support Groups And Other Groups

### BIPOLAR AND DEPRESSION

The following groups are affiliated with the **DBSA (Depression and Bipolar Support Alliance)** out of Chicago.

— **NEW DIRECTIONS ABINGTON**, home of The Compass, meets at Abington Presbyterian Church, 1082 Old York Road at Susquehanna, Abington, PA, the 1st and 3rd Tuesdays of the month. \$3 per person; \$5 per family. Offers educational classes. To register, call **215-659-2366**. **Ruth Deming, Ada Fleisher**.

— **BRIGHT PERSPECTIVES**: Sponsored by Reach Out. Meets at Christ Evangelic Lutheran Church, Levittown, PA . Also at Bucks County Community College, Newtown. Call **215-428-0404** for information. **Kathy Sharp**.

— **DBSA HUP** meets at the Hospital of the University of Pennsylvania the 2nd and 4<sup>th</sup> Wednesday of the month. For information, call **Denis Hazam** or **Fran Hazam** at **215-552-8737**.

— **FRIENDS FOR FRIENDS** meets at Friends Hospital, Roosevelt Blvd. and Adams Avenue, Philadelphia, every Thursday from 6:30 to 8 pm. “Ask the Doctor” is the first Thursday of the month. For information, call **Kathy Vollack** at **215-831-7809**.

—**DBSA DELAWARE COUNTY, INC.** meets Monday, 7-9 PM at Mercy Wellness Center, Fitzgerald Mercy Hospital, Lansdowne and Baily Rd., Darby, PA 19023; Conference Room 2 on first floor. Contact **Joe Bunting** at **1-877-687-9552**.

—**DBSA DELAWARE COUNTY**, Meets at Belmont Center, Ford and Monument Roads, Philadelphia, every Tuesday from 6:30 to 9 pm (social time from 6:30 to 7 pm). Groups consist of people with depression, bipolar disorder and their families and friends. For information, call the Response Line at **610-581-5438** and leave a message. **Ron Berman**.

—**DBSA MEDIA**, Meets at Unitarian Universalist Church of Delaware County, 145 Rose Tree Road. Contact the Church at **610-566-4853, ext. 2** for further information. **Brennan Mayka**.

— **THE PINKS & BLUES**, a peer-run discussion/support group for bisexual, gay, lesbian and transgendered individuals dealing with mental illness. Meets every Wednesday at 6:30 PM at the Church of St. Luke and the Epiphany, 330 S. 13th St., Philly. For info, contact **Mark Davis** at **215-546-0300, ext. 3301** (office) or **215-627-0424** (home) or e-mail: mark.davis@phila.gov.

— **POTTSTOWN** meets at Pottstown Memorial Medical Center the third Thursday of the month at 2 pm. Call **Charlene deProhactis** at **610-327-7633**.

— **LEHIGH VALLEY**, Allentown. Call **Regina Weppel** at **610-252-1395**.

— **NEW DIRECTIONS DELAWARE, INC.** Meets in Wilmington, DE. For information, call **302-286-1161**. [www.NewDirectionsDelaware.org](http://www.NewDirectionsDelaware.org).

**ACTIVE MINDS ON CAMPUS, INC.** – **important new organization** – 4831 36th Street NW, Suite 309, Washington, DC 20008, Alison Melmon, president. Phone: **240-401-3182**. [www.ActiveMindsOnCampus.org](http://www.ActiveMindsOnCampus.org)

## OTHER MH SUPPORT GROUPS

“**SUPPORT GROUP FOR CONSUMERS,**” sponsored by **NAMI PA**. Monthly daytime meetings at Bryn Mawr Hospital. First half hour: topic discussion. Then personal sharing of “here and now” issues. Emphasis on the “wisdom of the group.” Must interview first with **Carol Carlen**, 610-649-6844.

**POSTPARTUM DEPRESSION:** “Depression After Delivery” meets at **ABINGTON MEMORIAL HOSPITAL** every Thursday at noon. To register, call **Dr. Lynne Markman** at 215-481-6116. Also a group at **GRANDVIEW HOSPITAL** in Sellersville, PA. Contact **Diane Dougherty** at 215-453-4044.

**ECT SUPPORT GROUP** meets Tuesday evenings from 7 to 8:30 pm at Friends Hospital, Philadelphia. Led by volunteers, this group is for those who have had ECT (electroconvulsive therapy), as well as those who are considering it. Family and friends invited. For information, call **215-831-4746**.

**OC (Obsessive-Compulsive) FOUNDATION, INC.** Meets every other week on Wednesday from 8 pm to 9:30 pm in Bala Cynwyd PA. Free. Affiliate of the national Obsessive- Compulsive Foundation. Goal-planning programs help members cope with various OCD behaviors. Led by therapist and recovering members. For information call **Dr. Jon Grayson** at **610-667-6490**.

**TARA (Treatment and Research Advancements)**, new national organization for family members of people with borderline personality disorder (BPD) - with headquarters at 23 Greene Street, New York, NY 10013. Based on principles of Marcia Linehan. Call them at **212-966-6514**. Web: [TARA4BPD.org](http://TARA4BPD.org). Need for local chapters. For more info on BPD, see “online support/ info” above. **Valerie Porr**.

**RECOVERY, INC.**, a national organization, (not to be confused with AA). Meets in weekly structured groups to overcome mental health problems, based on the book “Mental Health Through Will-Training” by Abraham A. Low, MD. Meets in Glenside, Bryn Mawr and Philadelphia. Contact the Helpline at **215-332-0722**.

**EMOTIONS ANONYMOUS**, 12-Step Group, for those wishing to achieve and maintain emotional stability. Meets at St. Peter’s Episcopal Church, Glenside, PA. Thursdays from 7:30 - 9 pm. Call Marilyn at **215-884-5363**.

**SURVIVORS OF SUICIDE**, a self-help group for those living with the loss of a loved one through suicide. For information, call **215-545-2242**.

**OPEN MINDS (young adult group – ages 18-29).** Meets at Reach Out Foundation, Morrisville, PA. Every Tuesday of the month. Call **215-428-0404**.

**ACT (Agoraphobics Coming Together)** and those with other anxiety problems, depression and OCD. Meets for education and support the 1<sup>st</sup> and 3rd Mondays of the month at Abington Memorial Hospital. Leave message for Gabrielle Bealer at **215-659-1583**.

**SCHIZOPHRENICS ANONYMOUS**, meets at Reach-Out Foundation, Morrisville, PA every Monday of the month. Call **Joe August** at **215-428-0404**.

**TEC FAMILY CENTER**, of Mental Health Association of Southeastern PA, 1211 Chestnut St., Philadelphia, PA 19107. Educates families on how to work with a relative with mental illness and keep your own mental health. Excellent workshops on coping skills, including how to explain MI to children. Web: **Www.MHASP.org** (go to “Search” and type in “TEC”). Call **215-751-1800, ext. 232**.

**PEACE CENTER**, 102 W. Maple Ave., Langhorne, PA, anger management through SAFE program (Supportive Alliance for Family Empowerment) led by **John Anthony Bochnowicz**; group or couples counseling; group for “at-risk teens” ages 11 to 17, “adventure-based,” through interactive activities to help teens get in touch with feelings. Involves a parent component so that both can “learn the same language.” Speak to Gerri at **215-750-7220**.

**FRIENDS WITH WOUNDED HEARTS SUPPORT GROUP**, 91 Newport Park, Suite 102, Gap, Pennsylvania (near Lancaster). 3 support groups: depression, loss, grief. Sponsored by Family Resource and Counseling Center. Pastoral counseling for all age groups, couples. Call **717-442-9577**. web: **fracc.org**.

**VICTIM SERVICES CENTER of Montgomery County**, 18 W. Airy St., Norristown, PA 19401. For victims of sexual or physical assault, crime victims. Call **610-277-0932**.

## **FAMILY SUPPORT**

**NAMI (National Alliance for the Mentally Ill) Montgomery County Chapter**, 100 S. Keswick Ave., Glenside, PA 19038. Support for family members of people with mental illness. Excellent teaching / training programs offered for family members and consumers. For information, call **215-886-0350**.

**NAMI PA, MAIN LINE**, St. Mary’s Episcopal Church, Lancaster Avenue & Louella Street, Wayne, PA 19087. For information, call Alice FitzCharles at **610-566-5545**. Same excellent services as above.

**NEW DIRECTIONS ABINGTON**, for patients & families of people with mood disorders. Call **215-659-2366**.

**NAMI-CAN** for family members of children with mental illness. Meets monthly in Warminster, PA. Contact: Lynn Plewes at **215-675-0199** or Debbie Moritz at **215-682-9724**.

**NAMI - group for parents** of people with mental illness. First Monday of the month; Notre Dame Academy, Sproul Rd., Villanova, PA. Call: Susie Vernick **610-649-5206**

**LENAPE VALLEY FAMILY SUPPORT**, Doylestown; meets monthly. For time and location, call Gay Bera at **215-345-5300, ext. 1067**.

## **12-STEP GROUPS**

**All 12-STEP GROUPS** (AA, NA, Al-Anon, Overeaters, etc.) for problems with addiction. Call **215-923-7900**.

**DOUBLE TROUBLE** for people with both addictions and mental illness. Held at Reach Out Foundation, Morrisville, PA. - every Wednesday, 2-3 PM; every Thursday, 7-8 PM. Help in finding other groups in the area. Call Reach-Out at **215-428-0404**.

**Bristol, PA:** Lower Bucks Hospital, Fridays from 7 to 8 pm. For information, call Vinnie at **215-946-2823**. Also daytime meetings sponsored by Reach-Out. Call them at **215-428-0404**.

**SLAA, (SEX & LOVE ADDICTS ANONYMOUS).** For info on meetings, call **215-731-9760**. Recommended book: “Out of the Shadows” by Dr. Patrick Carnes.

**CO-DEPENDENTS ANONYMOUS (CODA).** A fellowship of men and women whose common purpose is to develop healthy relationships. Local and national groups. For info, call **215-333-7775, ext. 5**. Web sites: **Philadelphia Area: [CodaPhilaArea.org](http://CodaPhilaArea.org)**  
**National: [CoDependents.org](http://CoDependents.org)**

**GAMBLERS ANONYMOUS** holds daily meetings in the PA, NJ, Delaware area. Call **215-468-1991** for a meeting near you.

## PARENTING

**PARENTING CENTER**, 1130 Old York Road, Abington, PA 19001. A safe and nurturing place where parents learn about emotionally healthy parenting and make connections with other parents. Call **215-576-0586**. Web: **[www.ParentingAbington.com](http://www.ParentingAbington.com)**

**PARENTING CENTER OF HATBORO & HORSHAM**, Play’n Share groups, fathers’ groups, educational workshops such as coping with anger. Affiliated with Lakeside Educational Network’s PREN program. Call **215-654-9414, ext. 20**.

**PARENT SUPPORT GROUP** supports parents of “difficult children” of all ages. Teaches values of “structure, consequences and consistency” in raising kids. Meets every Tuesday at Abington Memorial Health Center, Willow Grove. For information, call **215-576-5216** or **215-675-1593**.

**TOUGH LOVE** – to help parents of difficult children to set limits and develop respect. Evangelical Manor, 8401 Roosevelt Blvd., Philadelphia. **215-348-7090**.

**TEC FAMILY CENTER**, see above under “Family.” Special classes for mentally ill mothers.

## ONLINE SUPPORT / INFORMATION

**RECOVERY/WELLNESS:** [www.MaryEllenCopeland.org](http://www.MaryEllenCopeland.org); [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

**DRADA (Depression & Related Affective Disorders Assn.)**, connected with Johns Hopkins University, offers Online Peer Support for people with mood disorders who can’t get out to meetings or just want extra support. For information and partnering from their database, email [peersupport@mail.com](mailto:peersupport@mail.com) or call **410-614-1896**.

**TEEN AND COLLEGE DEPRESSION** see web: [FamilyAware.org](http://FamilyAware.org). Also deals with bipolar disorder.

**THE BIPOLAR CHILD:** [BipolarChild.com](http://BipolarChild.com)

**CHILD & ADOLESCENT Bipolar Foundation:** [www.Bpkids.org](http://www.Bpkids.org)

**TEENS COPING with Family Member Illness**, sponsored by TEC Family Center, Philadelphia. [www.mhasp.org/coping](http://www.mhasp.org/coping)

**ANXIETY DISORDERS ASSN. OF AMERICA:** [www.adaa.org](http://www.adaa.org).

**BORDERLINE PERSONALITY DISORDER.** Info re DBT treatment by Marcia Linehan: [www.mcleanHospital.org/psychUpdate/psyUpl-3.htm](http://www.mcleanHospital.org/psychUpdate/psyUpl-3.htm). Also see [TARA4BPD.ORG](http://TARA4BPD.ORG).

**SIDRAN FOUNDATION for PTSD** (post-traumatic stress disorder). [www.sidran.org](http://www.sidran.org).

**CHRONIC PAIN:** Excellent Mayo Clinic site: [www.PartnersAgainstPain.com/html;DoNetGuide.com/pfsites.htm](http://www.PartnersAgainstPain.com/html;DoNetGuide.com/pfsites.htm)

# COMMUNITY MENTAL HEALTH CENTERS

These centers provide comprehensive mental health services for low-income patients who (1) can't afford private psychiatric care or (2) those patients who need extensive ongoing services due to severe chronic illness. A wide range of services is available including psychiatry, therapy, medication, children's services, partial hospital or "day" programs. To locate the center nearest you call:

\* **Montgomery County Office of Mental Health** at **610-278-3642**. Web: **Montocopa.org/mhmrda**

\* **Bucks County Office of Mental Health** at **215-442-0760**. Web: **dpw.state.pa.us/** (then follow directory)

The following is a partial listing of major centers in the area.

## **MONTGOMERY:**

**Abington: Creekwood Center**, Abington Memorial Health Center, 3941 Commerce Dr., Willow Grove, PA 19090. Call **215-481-5450**.

**Norristown: Central Montgomery Mental Health Center**, Norristown. Call **610-277-9420**.

**Lansdale: Northwestern Human Services** of Montgomery County, 400 N. Broad St., Lansdale, PA 19446. Call **215-855-0780**.

**Pottstown: Creative Health Services, Inc.**, Pottstown. Call **610-326-2767**.

**Sellersville: Penn Foundation**. Call **215-257-6551**.

**Lower Merion: Lower Merion Counseling Center**. Call **610-649-6512**.

## **BUCKS:**

**Lenape Valley Foundation**, 500 North Wester St., Doylestown, PA 18901; **215-345-5300**.

**Penndel Mental Health Center**, 1517 Durham Rd., Penndel, PA 19047; **215-752-1541**.

# CASE MANAGEMENT SERVICES

Case management services are offered through the County or through private agencies.

County case managers are obtained from the mental health community center nearest you.

**Abington Case Management:** 215-830-8966. 3941 Commerce Drive, Willow Grove. Same building as Creekwood Center.

**Bucks County Case Management:** Located in county mental health centers. For phone number, call the County at 215-442-0760.

**PLAN OF PA** (Pennsylvania Lifetime Assistance Network), 110 W. Lancaster Ave., Wayne, PA 19087. Offers a variety of case management services for mentally handicapped individuals (including mentally ill, mentally retarded, head injured) and their families. Aids in establishing trust funds, serves as payee for social security benefits to consumers, monitors ongoing services. Call **610-687-4036**.

# TREATMENT / REHABILITATION CENTERS

**HEDWIG HOUSE Psychiatric Rehabilitation Centers**, 904 DeKalb St., Norristown, PA. Help with housing, employment, clubhouse, productive activities, and day treatment programs. 5 different facilities in the area. Clients need a case manager before enrolling. (See phone numbers directly above for info on getting "case management.") Headquarters at Norristown: **610-279-4400**. (**Dan Sylvester**, administrator). Abington: **215-659-2453**. **www.hedwighouse.org**.

**TRANSITIONS**, partial hospital program, affiliated with Montgomery Hospital, 1405 Powell Street, Norristown, PA. To attend, need doctor referral or may be self-referred. Psychiatrist Dr. Jonathan Morley sees patients 2 times a week for med checks. Therapists conduct 5 hours therapy (group, individual, family). Transportation within 5-mile radius. Program holds up to 15 patients. **610-292-0276.**

**WELLSPRING CLUBHOUSE** of Penn Foundation, 915 Lawn Ave., Sellersville, PA 18960 (across from Grand View Hospital). Open to individuals who reside in Montgomery or Upper Bucks counties. Must be referred by psychiatrist. **215-257-4760.**

**FAMILY RESOURCE AND COUNSELING CENTER**, 91 Newport Pike, Suite 102, Gap, PA 17527. Christian-centered treatment and support groups for issues such as incest survival, self-harm, family violence, post-trauma. Offers referrals to specialized counselors in your geographical area. Reading recommendation: "Cutting" by Steven Levenkron.

**CROSSROADS, Chester County Residential Drop-in Center**, sponsored by Horizon House. Excellent activities including "Double Trouble" meetings; depression and bipolar support group every Wednesday from 4 to 5 PM. Call **610-935-3341** or **610-429-1702.**

**\*HORIZON HOUSE EMPLOYMENT SERVICES.** Programs for people planning to enter or re-enter the workforce. Serves adults with mental illness, substance abuse and mental retardation.

**"Education Plus"** program supports students with a mental health diagnosis in their post-secondary education. Call Lisa Smith-Adams for career planning and employment: **215-386-3838, ext. 106.** Call Gina Centanni for "Education Plus": **215-386-3838, ext.140** (\*Definitely check this out if you're looking for work.)

## SOCIAL / EDUCATION

**COMMUNITY ADULT EVENING SCHOOLS** offer exciting variety of courses to expand your interests and help you meet people.

**POETRY GROUP: "BIG INTERSECTION."** A poetry, music, stories, and art gathering. Meets first Saturday of every month, 3-5 PM, at Reach-Out Foundation, Morrisville, PA. **Gloria Del Vecchio** and **Dave Kime. 215-428-0404.**

**TIKVAH**, 2100 Arch Street, Philadelphia, PA 19103. Very active social club for people of all ages. Offers outings and socialization such as museum trips, swim parties, nature walks, Torah classes. \$10 annual dues. For information, call **215-832-0671.**

**LOWER BUCKS CONSUMER CLUB**, Levittown, PA. Provides socialization and education for diverse clientele. Also drop-in center. Both day and evening programs. Transportation available in Lower Bucks. Phone: **Joyce Bonney, Jackie Riker. 215-751-5501.**

**ABINGTON CONSUMER CENTER**, 1925 Old York Road, Abington, PA. This drop-in center offers consumers fellowship and support through a variety of activities. For information and hours, call **215-830-8888.**

**BRYN MAWR CONSUMER CENTER**, 1001 W. Lancaster, Ave., Bryn Mawr, PA. New cheerful drop-in center similar to above. For information and hours, call **610-527-1511.**

## EMPLOYMENT

**EASTERN CENTER FOR ARTS & TECHNOLOGY**, 3075 Terwood Road, Willow Grove, PA. "Industry-standard training" for students of all ages. Classes include: computer applications and graphics, cosmetology, manicuring, culinary arts, cake decorating, floral design, practical nursing, automotive technology. Reasonable rates. Phone: **215-784-4802.**

**OVR (OFFICE OF VOCATIONAL REHABILITATION)**, 1062 E. Lancaster Ave., Rosemont, PA 19010. Helps people with mental and physical disabilities to prepare for and find a career through testing, training and working with a job counselor. Phone: **610-525-1810.**



**CAREER RESOURCES MANAGEMENT**, 1500 John F. Kennedy Blvd., Suite 1210, Philadelphia PA 19107. Private organization that helps people with careers. Run by caring professionals. Offers practical advice about jobs, interviews, resumes. Fee. Discount to members of New Directions. Phone: **215-988-0233**. Email: [crminc@erols.com](mailto:crminc@erols.com) Web: [www.CareerResourcesMgt.com](http://www.CareerResourcesMgt.com)

**CAREER LINK**, comprehensive employment services for Pennsylvanians. Local offices: **Montgomery County**: 1855 New Hope St., Norristown, PA 19401. Phone: **610-270-3429**. **Bucks County**: 1260 New Rogers Rd., Bristol, PA 19007. Phone: **215-781-1073**. Web: [www.pacareerlink.state.pa.us](http://www.pacareerlink.state.pa.us)

**MHASP (Mental Health Assn. of Southeastern PA)**, 1211 Chestnut St., Phila. PA 19107. Hires consumers. Volunteer positions also available. Phone: **215-751-1800**, ask for Human Resources. Web: [www.MHASP.org](http://www.MHASP.org).

**ETI (Employment & Technology, Inc.)** Through use of “job coaches,” ETI provides community jobs for people with severe disabilities. Phone: **215-249-3646**.

**HORIZON HOUSE EMPLOYMENT SERVICES**. See listing under Treatment/Rehabilitation Centers.

## EMPLOYMENT OPPORTUNITIES ONLINE

**Google.com** – enter name of desired organization, city, state.

**Monster.com** – complete resource for people seeking jobs, locally or nationally. Helps with resumes, info about careers.

## ADVOCACY

**NAMI**, see listing under “National Organizations.” Web: [nami.org](http://nami.org).

**MHASP (Mental Health Assn. of Southeastern PA)**, 1211 Chestnut St., Philadelphia, PA 19107. Advocacy; information referrals. Phone: **215-751-1800**. Web: [MHASP.org](http://MHASP.org).

**PMHCA (PA Mental Health Consumers Assn.)** Consumer-staffed organization that advocates for consumer issues in PA. Phone: **800-887-6422**. Web: [PMHCA.org](http://PMHCA.org).

**BAZELON CENTER FOR MENTAL HEALTH LAW**, 1101 15th St., Washington D.C. 20005. Excellent advocacy organization. Helps consumers contact legislators. Offers legislative alerts, sample letters for consumers to send legislators, including addresses and e-mail addresses of legislators or how to obtain them. Phone: **202-467-5730**. Web: [bazelon.org](http://bazelon.org).

## VOLUNTEER OPPORTUNITIES

**Volunteer opportunities are a wonderful way to become involved in the community and if you so choose, work your way into the workforce.**

Many folks with MH problems love animals. Here are a few volunteer possibilities:

**WOMEN’S HUMANE SOCIETY**, 3839 Richlieu Rd., Bensalem, PA. 19020. This adoption agency will train you on how to be comfortable with animals (such as take them out of their cages) and then walk and play with them. **215-750-3100**. Highly recommended. To adopt a pet, go to [www.PetFinder.com](http://www.PetFinder.com).

**SPCA**: Same as above. 2 locations: (1) 19 E. Ridge Pike, Conshohocken, PA 19428. **610-825-0111**. (2) 1006 Edge Hill Road, Abington, PA 19001. 215-886-8802.  
[www.montgomerycountyspca.org](http://www.montgomerycountyspca.org)

**COMPEER VOLUNTEERS**, compassionate companions to people with mental illness. Training provided. **Compeer of Suburban Philadelphia** (inc. Montgomery County), 3126 W. Ridge Pike, Suite 205, Eagleville, PA 19403. **Jessica Hickman Schneider**, director. **610-631-1009**, web: [Compeer-SubPhilly.org](http://Compeer-SubPhilly.org). **Bucks County Compeer**, **Susan Orloski**, program manager: **215-785-2825**. **MHASP (Mental Health Assn. of Southeastern PA)**, 1211 Chestnut St., Phila., PA 19107. Phone: **215-751-1800**.  
[www.MHASP.org](http://www.MHASP.org).

### **Online Volunteer Opportunities**

These 2 volunteer sites include volunteer jobs for 1 day, 1 week, etc.; an easy way to try out volunteer work. No need to make a long-term commitment. Great opportunity to step gradually into workforce. [www.citycares.org](http://www.citycares.org)      [www.volunteermatch.org](http://www.volunteermatch.org)

## **RESEARCH STUDIES**

**University of PA:** Visit [www.uphs.upenn.edu/psych/](http://www.uphs.upenn.edu/psych/)

National research studies are listed on the web site for the **Depression and Bipolar Support Alliance**. Web: [DBSAlliance.org](http://DBSAlliance.org). Click on “Information on Mood Disorders – Clinical Trials.” The site also provides information about studies in general and what every volunteer needs to know.

**TMS studies** (transcranial magnetic stimulation.) “Magnets placed on head.” Studies being conducted at University of PA for treatment-resistant patients. Call 215-573-8582. [Htoth@mail.med.upenn.ed](mailto:Htoth@mail.med.upenn.ed). Promising new experimental treatment.

**NIMH** (National Institute for Mental Health) lists research studies at: <http://www.nimh.nih.gov/>

## **PATIENT ASSISTANCE PROGRAMS**

“Patient assistance programs” are sponsored by drug companies for people who can’t afford the high cost of many prescription drugs. This includes both psychiatric and other medicines.

The Pharmaceutical Research and Manufacturers of America publish an annual directory of such programs. It is only one of many directories available to the public. The 47-page PhRMA Directory lists in-depth information on how to apply for and obtain financial assistance for medications. For a copy, write PhRMA, 1100 Fifteenth St., NW, Washington, DC 20005. Check out their web site at:

[www.phrma.org](http://www.phrma.org)

For a complete, updated source of information about pharmaceutical companies and their patient assistance programs: [www.needymeds.com](http://www.needymeds.com)

**The Medicine Program** Helps consumers do research and fill-out the sometimes complicated paperwork. Small fee - \$5 per subscription. [www.TheMedicineProgram.com](http://www.TheMedicineProgram.com). 573-996-7300

## **DOCTOR / THERAPY REFERRALS**

...Referrals are also available from large university teaching hospitals in your area, as well as local teaching hospitals.

...Ask for a referral from your family doctor or other specialist you see.

...Ask a friend or support group member for a recommendation.

# NATIONAL ORGANIZATIONS FOR MENTAL HEALTH

**ARTHUR P. NOYES RESEARCH FOUNDATION**, 1001 Sterigere Street, Norristown, PA 19401, Richard C. Josiassen, PhD, director. Scientific research into the causes and treatments of schizophrenia and related disorders. Latest research findings published on web: [www.noyesfoundation.net](http://www.noyesfoundation.net). For info, call **610-313-1151**.

**AMERICAN FOUNDATION FOR SUICIDE PREVENTION: [www.afsp.org](http://www.afsp.org)**. Local chapter at University of Pennsylvania, 3535 Market Street, Suite 4047, Phila., PA 19104. Margot Hoerrner, Executive Director. Phone: 215-746-7256.

**ANXIETY DISORDERS ASSOCIATION OF AMERICA: [www.adaa.org](http://www.adaa.org)**

**DBSA (Depression and Bipolar Support Alliance)**, 730 N. Franklin Street, Chicago, IL 60610. 1,000 support groups in US. Mission: "To improve the lives of people living with mood disorders." Excellent newsletter and e-mail newsletters. Phone: **800-826-3632**. Web:[www.DBSAAlliance.org](http://www.DBSAAlliance.org).

**DRADA (Depression and Related Affective Disorders Association)**, working in cooperation with Johns Hopkins University. Address: JHU, Meyer 3-181, 600 N. Wolfe St., Baltimore, MD 21287. Support groups on East Coast. Informational lectures by top docs. Excellent newsletter. Phone: **410-955-4647**. Web: [drada.org](http://drada.org).

**MENTAL HEALTH ASSOCIATION**, oldest mental health organization with 300 chapters, 2001 N. Beauregard St., Alexandria, VA 22311. Advocacy. Resource center. Phone **800-969-6642**. Web: [www.nmha.org](http://www.nmha.org). Local chapter: **MHASP. [www.mhasp.org](http://www.mhasp.org)**.

**NAMI (National Alliance for the Mentally Ill)**, 2107 Wilson Blvd., Arlington, VA 22201. World's largest advocacy group for MI consisting of family members, consumers and involved public. Politically active. Phone: **800-950-6264**. Web: [www.nami.org](http://www.nami.org).

**OBSESSIVE COMPULSIVE FOUNDATION: [www.ocfoundation.org](http://www.ocfoundation.org)** (see local listing under "MH Groups")

**TOURETTE SYNDROME ASSOCIATION, INC. [www.tsa-usa.org](http://www.tsa-usa.org)**

**NARSAD (National Alliance of Research in Schizophrenia and Depression)**, 60 Cutter Mill Road, Great Neck, NY 11020. World's largest charitable organization providing fundraising for research on mental illness. Phone: **800-829-8289**. Web: [www.narsad.org](http://www.narsad.org).

**NIMH (National Institute of Mental Health)**, 6001 Executive Blvd., Bethesda, MD 20892. Principal biomedical and behavioral research agency in US. Phone: **301-443-4513**. Web: [www.nimh.gov](http://www.nimh.gov).

**SAMHSA (Substance Abuse & Mental Health Services Administration, an agency of the US Department of Health & Human Services): [www.samhsa.gov](http://www.samhsa.gov)**

**TARA (Treatment and Research Advancements)**, new national organization for family members of people with borderline personality disorder - with headquarters at 23 Greene Street, New York, NY 10013. Based on principles of Marcia Linehan. Call them at **212-966-6514**. Web: [TARA4BPD.org](http://TARA4BPD.org). Need for local chapters. Valerie Porr, president.

# WHAT EVERY BIPOLAR PATIENT WANTS HER PSYCHIATRIST TO KNOW

by Ruth Z. Deming, MGGP

A Talk Presented to Psychiatric Residents at  
Thomas Jefferson School of Medicine  
January 28, 2004

It all boils down to 2 things: Competency and Relationship.

Know that having a mental illness – or major mental distress - is probably the worst thing that can befall a human being. But, ideally, with medication, therapy and hard work it can be overcome.

You, our psychiatrist, are the single most important person in helping us get better. You have an enormous amount of influence on how we think about ourselves and our illness and our ability to overcome it. Your words mean so much to us that we quote you often. Your image lingers in our mind like a lamp that never goes out.

Medication is the foundation of our getting better. However, it's only part of the picture. Encourage us to build healthy lives. Much of our instability is due to unhealthy lifestyles, relationships, and job situations.

Know that our psychiatric session begins the moment we enter your office or agency. Everything is either good or bad "therapy" for us, from the receptionist to the décor on your walls. Please make sure you have a friendly receptionist. If not, we'll tell you about it. (This means we trust you.)

Build a rapport / alliance immediately. Treatment success rests on this. By your body language and your words, let us know you respect us and take us seriously. We also like when you admit you don't know everything. This will strengthen our alliance and you will be perceived, correctly, as wise.

Non-compliance is a serious problem with us. By establishing an open, non-judgmental attitude, you will encourage us to tell you the truth. This includes our telling you if we're engaging in bad habits such as drinking or using drugs or altering our meds. (By the way, we hate meds that make us fat or inhibit our sexuality. If at all possible, please steer clear of these.)

Support our strengths and ask us to build on them. Praise us. Many of us have almost non-existent self-esteem and need to hear constant great feedback from you because you mean so much to us. A little praise or showing you care goes a long way to bolster our health!

Rituals: Warm greeting, warm goodbye. Good eye contact. Handshake is nice if that's your style. Be careful with touching. Could be misinterpreted!

Partner with us - your expertise plus our astute input. Encourage *our* partnership: A dynamite combination. Don't allow us to put you on a pedestal. Welcome and encourage our questions. Also, look at each patient as someone you are "helping to shape" into their "best possible self." Take rightful pride in what you've done for us.

Listen carefully. To quote the great physician William Osler: "Listen to the patient." Importance, again, of good eye contact and body language. Even as you're writing your notes, reassure us you're still listening. It's a "learned art" to do an effective, caring, time-constrained med check.

Make sure we understand your instructions. Misunderstandings often occur. Write things down for us or have us write them down. Also, have us bring in questions and our version of a "mood chart."

Check with us to make sure you and I are on the same page. No one knows what the other person is thinking unless they talk about it. Also, ask for our feedback. "Does this make sense?" "Am I being helpful to you?"

Recovery is possible. We *can* reach our potential. Picture successful role models – Kay Jamison, Mike Wallace – and remind us of them. Look at each of us carefully, examine our strengths and nurture us along our path of particular strengths.

Keep in mind that even the worst cases improve. Never give up on us. If you believe that you and I are getting nowhere, don't hesitate to send us for a consultation. (Many patients are too shy to do this themselves.) Always reassure us we can weather the storm and move on to better times.

It's often advisable to include family members in treatment if the patient wishes.

Promote use of support system. Reaching out is often very difficult for us. Encourage us to seek out people we can share our problems with. As you know, storytelling is healing. Strongly promote alliance with a support group. It'll take some of the burden off you. Give the patient an assignment to look up support groups on the net and then have them report back their findings. This will give you both much-needed information.

Please don't let patient "drop out of life" due to mental illness. Encourage the patient to continue at work or school. Gauge a person's strength. Work with them to increase their strength and ability to tolerate stress. (We don't want to lose our talented bipolar people to the sieges of the illness. Let's keep them in college or in the work force – even if they have to lighten their load.) Okay for them to take time off, but, please, don't ask them to stop working unless absolutely necessary. It's the death blow. Going on disability turns us into "second class citizens."

Exude a sense of hope and optimism. Sometimes, in difficult times, your belief in our ability to recover is all that sustains us.

Let the patient leave your office feeling fulfilled. And positive and optimistic. Ask us, "Did we take care of everything?" End

with positive summary of visit: “You’re doing great” – “You’re weathering this difficult situation with great courage” - “I have confidence we’ll see some good results with this medication change.”

**Miscellaneous:**

Learn all you can from the patient. This will be as valuable to you as your textbooks.

Practice traditional medicine, yes, but keep an eye out for whatever works; integrate traditional with alternative.

Encourage sublimation – poetry, art, gardening, sewing. Especially helpful for those of us who are angry or stressed. Or who just need to let our innate gifts out of the bag.

Use your considerable intuition.  
Smile. Laughter is also encouraged.

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[www.NewDirectionsSupport.org](http://www.NewDirectionsSupport.org)

## STEPS TOWARD RECOVERY

*Presented to inpatients at Abington Memorial Hospital (Abington, PA) and Horsham Clinic (Ambler, PA) at New Directions' monthly "Inspirational Talks."*

Your mind is the most important thing you own: Your ability to think, to reason, to feel, to love, to relate, to work. Let nothing stop you from preserving or developing the fine qualities of your mind. Recovery from mental illness is indeed possible, even in the smallest steps. By recovery, we mean that we acknowledge we have a mental illness, a condition that never goes away. Yet every day of our lives we use every available tool to maintain a healthy mind. This is the job of your life. It takes nothing less than your full attention and all of your effort. In time, it will become second nature.

Most important is the knowledge that Recovery from Mental Illness is Possible. By this we mean that mood swings, for which there is no cure, can be stabilized through medication and lifestyle changes. And that a good quality of life is truly possible.

Each and every one of these steps is vital to your recovery.

1. Find the very best psychiatrist you can. Pay out of pocket if necessary.
2. Take the right medication.
3. Get "talk therapy."
4. Educate yourself about your illness and your medication. Use the Internet, if desired.
5. Develop and assiduously follow a daily routine, a daily schedule, or a "To Do" list. This is vital, particularly if you are not working.
6. Leave home at least once a day. Rely on scheduling "external events." This means an appointment outside the home with a set time, such as a doctor's appointment, a lunch appointment, an adult evening class, a book discussion group, to make sure you get out of the house. Our house can be our "worst enemy."

7. Develop a strong support network. Include family and friends whom you trust. Join a support group and talk to other like-minded people.

8. Make a list of people you can phone to "cheer you up" in times of need.

9. Learn to manage stress and anger.

10. Stay active and involved at work, in volunteer jobs or in other meaningful pursuits. Don't be a stay-at-home. Your health is contingent upon how important you feel as a human being. Do things that make you feel important. Small things count, like watering your flowers, taking care of your dog or babysitting your grandchildren.

11. Make a practice of spending time with people who make you feel good about yourself. It is extremely important to limit the time you spend with people who put you down and give out negative energy.

12. Practice a healthy lifestyle: Regular sleep – regular medication times – eat nutritious foods – exercise regularly.

13. Seek spirituality. "Nature" or "art" or "literature" are examples of spirituality.

14. Sublimate (creating good things out of adversity): Write poetry, do art, keep a journal, dance, sew, garden.

15. Reach out to help others. People who have a mental illness have an extraordinary ability to help other people. This is one of the best ways to help yourself. Make a practice of doing "Good Deeds." They will make you feel good about yourself. You will also feel important that you have helped someone else.

16. Develop strong Faith and Belief in your ability to recover.

17. Realize you are more than just a person with a mood disorder. You are a whole person, whose love and gifts help make the world move forward. Don't let the illness get the best of you!

18. Pursue the Wonderful!



“Willow Grove Air Show, 2003” by Patrick Kiernan