



## *Remembering Fran Fuge*

Fran Fuge, who for decades was a voice for people with mental illness and their families, recently passed away. She was a founder of both the National Alliance on Mental Illness (NAMI) of PA and of NAMI Lehigh Valley, and was seen by many advocates as an inspiration and one of the best examples of a family advocate. She worked many hours as a volunteer, on system issues, and was a life-line to individual families.

Fran was the third president of the statewide-NAMI, and achieved many milestones as a leader. She was instrumental in seeing that children received treatment in the community, not in state hospitals. Working closely with other state-wide groups and with the then Department of Welfare's Office of Mental Health, Fran positioned NAMI as a force for the development of mental health policy, and brought state officials and local family members together by having regional policy meetings. She played a major role in seeing that the money from the hospital flowed with people as they moved from state mental hospitals into the community.

Fran was also a pioneer in the Community Support Program, and promoted the cooperation of professionals, consumers, and families working together, especially on anti-stigma issues. She also ensured that funding was allocated for local family groups statewide by the county mental health agency.

During her tenure as president of NAMI PA, Fran saw that families were represented on all major initiatives, committees and workforces of the Office of Mental Health. Her success at promoting families and services was equaled by her style. Fran always took the position that families wanted improvements in the system of care not for themselves, but for their loved ones. She acted on that philosophy, sharing success freely and with great humor. She was living proof of the dictum, "Take your work seriously, not yourself". However serious the agenda, all of her meetings included laughter as a part.



### **Inside: Update on Allentown State Hospital With Mary Jeanne Serafin, CEO**

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In the Lehigh Valley, Fran started the first Drop-in-Center for people with mental illness. She then set her mind on bringing in the educational programs of Family-to-Family and Hand-to-Hand. She single-handedly started the NAMI-CAN support group. Fran was the driving force behind the CHIPP initiative coming to the Lehigh Valley, which produced housing, the clubhouse, and the original Consumer Satisfaction Team.

Many community educational events were brought to the Lehigh Valley through Fran's dedication and persistence. Fran's sheer tenacity, integrity and perseverance have led to the changes in the treatment of people who suffer from mental illness. She has given strength, courage and hope to all whose lives she touched. We will miss her.

# Letter from the Director

Dear NAMI Members,

Once again, I am looking forward to spring. It has been a long winter and I miss the warmer temperatures and the extended hours of daylight. I also miss the more laid back atmosphere that comes with summer.

This past winter has brought some sad news. First was the announcement of the closing of Allentown State Hospital. While I do not think a hospital atmosphere is the best alternative for people with a mental illness, I do realize that some people who are mentally ill do need long term acute care. I also understand that transferring patients to Wernersville will be a detriment not only to the patients but for their family members. Our goal at NAMI would be to have the same level of care for all patients at ASH right here in the Lehigh Valley.

The other sad news this winter was the passing of Fran Fuge. She was instrumental in creating both NAMI PA and NAMI Lehigh Valley. She was one of the best advocates for people with a mental illness and she will be greatly missed.

With the onset of spring, we are planning our annual Awareness Walk/Run. Please take time to read the newsletter article on this event. There are numerous changes from last year. And, we can really use volunteers for a few hours to hand out water or register both walkers and runners. If you give me a call at the office, I can give you more details on the volunteer duties for that day. The few hours that you can spare will go a long way in making the event a success.

Lastly, we are updating our website and you can read all about the changes in another article in the newsletter. We hope to have this completed by the end of March at the latest.

In closing, I want to thank all of you taking the time to read our newsletter. We do what we do here at NAMI for you and your loved ones. We hope you feel we make a difference in your lives.

*Janet Bandics, Resource Director*



**NAMI members, family and friends at the Spaghetti Dinner Fundraiser on March 13, 2010**



*Vincent Van Gogh painted his famous Irises when he was institutionalized as a result of a brain disorder. And so, the iris has been adopted by NAMI as a symbol of hope and courage for those with brain disorders, as well as their families.*

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## Update on Allentown State Hospital

Mary Jeanne Serafin, CEO

Please let me introduce myself to the NAMI community. My name is Mary Jeanne Serafin and I am the Chief Executive at Allentown State Hospital. I have met with the NAMI board and they asked that I provide you with some information about the plan to close Allentown State Hospital. As you have heard by now, the Department of Public Welfare intends to close Allentown State Hospital no later than December 31, 2010.

In the last 25 years, Pennsylvania has been on the leading edge of developing local partnerships and community-based service options that promote recovery for people living with mental illness. The Department of Public Welfare has successfully closed more than 10 state hospitals as the resident population dropped by 65 percent, from almost 5,000 in the mid-1990's to the current 1,627. During the current administration, closures of Harrisburg State Hospital in 2006 and Mayview State Hospital in 2008 resulted in 411 individuals successfully transitioning to the community.

Allentown State Hospital has the capacity to serve 175 individuals from Lehigh, Northampton, Carbon, Monroe and Pike Counties on its 217 acre campus with 379 full time state employees. The closure of Allentown State Hospital will provide up to 125 individuals the opportunity to receive services closer to home and their communities. Each person will have participated in the Community Support Planning process and are ready to live in the community with appropriate housing and services.

The Department of Public Welfare will offer strong support to ensure residents make a successful transition and communities are not disrupted. Local teams comprised of consumers, family members, clinicians and hospital staff has been organized to support the development of individualized discharge strategies. Each person and their family will have the opportunity to participate fully in developing a personal discharge and community support plan. The Department plans to take funds currently used to operate the state hospital to reinvest in the community to further develop and sustain clinically-based, recovery-oriented services.

Each County is also in the process of developing the necessary infrastructure and supports to meet the needs of the individuals who will be discharged.

There will also be transfer of up to 60 individuals who are not ready for discharge from Allentown State Hospital to Wernersville State Hospital. These individuals will continue the community support planning process at Wernersville.

There are monthly meetings being held at Allentown State Hospital specifically designed for family members. The next meeting is scheduled for April 14, 2010. The meetings are held in the Board room located on the 4<sup>th</sup> floor of the administration building. There will be a representative of the Office of Mental Health and Substance Abuse Service here for the meeting to answer any questions you might have about your loved one. The meeting will be an informal dialogue where you can feel free to make comments or suggestions as well as ask questions. We stay as long as necessary to ensure all questions are answered.

I am available to answer any questions or concerns you may have about your loved one who is at the hospital. You can reach me by e-mail at [mserafin@state.pa.us](mailto:mserafin@state.pa.us) or by phone at 610-740-3400.

Information regarding the closure is also available on the DPW website at [www.dpw.state.pa.us](http://www.dpw.state.pa.us) David Jones is the project officer for the closure and is also available to answer any questions or concerns families may have. He can be contacted by e-mail at [c-dajones@state.pa.us](mailto:c-dajones@state.pa.us) or by phone at 717-579-7458.

*Mary Jeanne Serafin*

## NAMI LV Members Attend Allentown State Hospital Meetings

On March 17, 2010, NAMI Lehigh Valley members attended the Service Area Planning Steering Committee. This meeting included providers and representatives from Lehigh, Northampton, Carbon, Monroe and Pike Counties, the Disability Rights Network, Magellan health care, the Office of State Mental Health & Substance Abuse Services and the Allentown State Hospital (ASH).

The ASH is planning the transfer of their residents to Wernersville, PA this spring, beginning with ten individuals on April 26, ten on May 10, and ten more on May 17, 2010. Some of the staff from ASH will be transferring to Wernersville the week before the residents begin to arrive. These transfers will take place after the Community Support Plans have been completed, and the family and resident agree on the transfer. If there is a disagreement, there is an appeal process that consists of a three-member panel: a family advocate, consumer advocate and psychiatrist. The panel will gather information from the treatment team, staff and county, and will take one week to reach their decision.

NAMI Lehigh Valley members also attended the family meeting on March 17, 2010 and spoke with Mr. David Jones, a representative from ASH. He answered questions concerning the infrastructure being developed and informed us that Northampton County is planning to have a Long Term Structured Residence (LTSR), a three-person home, another group home with increased staff, and expansion of their other facilities. Lehigh County will be putting in a proposal for the extended acute care facility for Lehigh, Northampton, Carbon, Monroe and Pike Counties. Another concern raised at the meeting regarded transportation. How would families be accommodated for visits at Wernersville, and for consumers coming home for visits? Mr. Jones stated that this issue would be developed on an individual basis with the family member. When an individual is deemed ready to go into the community, that person will be returned to the Lehigh Valley and the designated county will assist in this transition. On April 4, 2010, ASH will provide transportation free of charge for families and consumers to tour the Wernersville State Hospital. Please contact Mr. Jones for information on the schedule.

Family members are needed for the Quality Information Committee. This committee will establish key indicators and information to determine how discharged individuals are functioning in the community, and whether their intended community support plan has been implemented. If you are interested in joining this important committee, please contact Mr. Jones at (717) 579-7458.

### ASH Meeting Dates:

**The next Service Area Planning Steering Committee meeting is April 14, 2010 at 1:00 pm.**

**The next Family Meeting is April 14, 2010 at 7:00 pm.**

**There will be a public meeting on the closure of ASH held March 24, 2010 at City Council Chambers in Allentown at 6:00 pm.**

**ANYONE CAN ATTEND ALL OF THE ABOVE MEETINGS.**

### New Website and Facebook Page

We are in the process of updating our website. While the web address will remain the same, once the changes are complete, the site will be easier to navigate and provide additional information on our mission, educational classes, support groups, scheduled classes and events that can be viewed on a calendar. We will be adding photos to the site and posting information about class cancellations, changes, and new classes. Please watch for the new design and let us know what you think by clicking the contact page on

### ... [www.namipalehighvalley.org](http://www.namipalehighvalley.org)

the site. We value your feedback.

NAMI LV is now active on Facebook! If you have a Facebook account, come join our NAMI Lehigh Valley page. We have posted upcoming events, recent news, and there is also a discussion thread for the Allentown State Hospital closing. This page will be updated frequently and will provide us with yet another way to get class schedule changes and cancellation info out, as well as in info we have on events and ASH.

## Evidence-based Treatment: Cognitive Behavioral Therapy

### Online Resources:

Academy of  
Cognitive Therapy  
[www.academyofct.org](http://www.academyofct.org)

Association for Behavioral  
and Cognitive Therapies  
[www.abct.org](http://www.abct.org)

UPenn Center for Cognitive  
Therapy  
[www.med.upenn.edu/cct/](http://www.med.upenn.edu/cct/)

Cognitive Behavioral Therapy, or CBT, is a type of psychotherapy that examines the relationship between one's thoughts, feelings, and behaviors, and how these connections play a role in maintaining one's problems. In CBT, patients work with experienced therapists to identify and challenge maladaptive thought patterns and behaviors, and work toward achieving specific and concrete goals. It is a short-term, goal-focused therapy that requires commitment from the patient to practice what is learned in therapy on a regular basis, such as writing down thoughts and feelings, as well as doing activities that will help change behaviors. CBT can be done in individual or group formats.

Most notably, CBT is a psychological treatment based on well-established scientific evidence. It is one of the most important and effective forms of treatment available for mental disorders today. It is effective in treating

many types of disorders, including mood disorders (e.g. depression), anxiety disorders (e.g. obsessive-compulsive disorder, panic disorder), eating disorders, psychotic disorders and substance use disorders, either alone or in conjunction with medication. In fact, both the American Psychological Association and the American Psychiatric Association have identified CBT as one of the first-line forms of treatment for many of these disorders. Here are some examples of how CBT works for specific mental illnesses, excerpted from the NAMI National website:

*CBT has been shown to be as useful as antidepressant medication for individuals with depression and is superior in preventing relapse. Patients receiving CBT for depression are encouraged to schedule activities in order to increase the amount of pleasure they experience. In addition, depressed patients learn how to restructure negative thought patterns in order to interpret their environment in a less biased way.*

*CBT for Bipolar Disorder is used as an adjunct to medication treatment and focuses on psychoeducation about the disorder and understanding cues and triggers for relapse. Studies indicate that patients who receive CBT in addition to treatment with medication have better outcomes than patients who do not receive CBT as an adjunctive treatment.*

*CBT is also a useful treatment for anxiety disorders. Patients who experience persistent panic attacks are encouraged to test out beliefs they have related to such attacks, such as specific fears related to bodily sensations, and to develop realistic responses to such beliefs. This treatment is very effective for those who experience such problems. Patients who experience obsessions and compulsions are guided to expose themselves to what they fear and beliefs surrounding their fears are identified and modified. The same is true for people with phobias, including phobias of animals or phobias of evaluation by others (termed Social Phobia). Those in treatment are exposed to what they fear and beliefs that have served to maintain such fears are targeted for modification.*

The above points represent a brief overview of the principles of CBT and how it can apply to different mental illnesses. CBT's focus on thoughts and beliefs are applicable to a wide array of issues. CBT has gained popularity for consumers and therapists because of its strong research support. Professionals who practice CBT and receive CBT training include psychologists, psychiatrists, social workers, MA-level therapists and psychiatric nurses. For individuals seeking treatment using a CBT approach, it is encouraged that ask their therapist what kind of CBT training they have received, or to contact a Center for Cognitive Therapy and request a referral in their geographical location. For those looking to be referred to a therapist, speak to your case manager or treating physician.

## Action Karate Raises \$3,725 for NAMI Lehigh Valley

Many thanks to Dawn and Seth Bittner of Action Karate in Nazareth, who raised a total of \$3,725.00 for NAMI Lehigh Valley. Last October, the Bittners organized a Golf Tournament benefiting NAMI held at the Southmoore Golf Course. The event was clearly a huge success, and we are incredibly grateful for their contribution. It is this kind of generosity and dedication from our community members that allows NAMI to continue offering the services we do. [www.actionkaratenazareth.com](http://www.actionkaratenazareth.com)

### Spaghetti Dinner & Chinese Auction a Success



Thank you to everyone who volunteered and attended our fundraiser on March 13, 2010. The evening was fun and successful, and could not have come together without your help.

### NAMI National 2010 Convention

Save the date: NAMI National 2010 Annual Convention will be in Washington D.C. this year, from June 30 - July 3, 2010 at the newly renovated Washington Hilton. Details on the conference will be on the NAMI website ([www.nami.org](http://www.nami.org).)

### NAMI Consumers to attend Affective Disorders Presentation

On Monday April 26, 2010 at 1:30 PM, three consumers from NAMI Lehigh Valley will be participating in a training program on Affective Disorders at New Vitae Mental Health Center, 16 South Main Street, Quakertown, PA. New Vitae offers licensed Outpatient Clinic services and a Partial Hospital Program. It acts as the clinical center for its parent corporation, TC Respite. Their continuum of services is available to adults who choose professional behavioral health supports to attain their recovery goals.

Mary T. Klein, Crystal Lorgoree and Joan M. Schmehl will be participating in the training program. Don Graham, the training coordinator for New Vitae, will start off the program with a 30-minute lecture on affective disorders. The second part will consist of the three consumers sharing their personal stories of recovery. The third part will include questions and answers from the New Vitae staff to the consumers, followed by a general discussion.

## Family-to-Family Update

NAMI's Family To Family 2010 Spring course is well and surviving in spite of a few snow challenges. Our group of fifteen participants include mothers, fathers, sisters and husbands of loved ones living with mental illness.

The first half of the class has covered brain functions, types of mental illness and symptoms in addition to exploring steps in learning problem solving skills. By brainstorming the process of defining the problem, solving the problem and setting limits of expectations for our loved ones and family situations, we are better equipped to cope. Having an educated approach to a sensitive, scary, frustrating situation seems to be supportive in this unpredictable world.

This class is filled with fantastic people. We have time to work together exploring solutions and support. Our group is brave, loving and dedicated to finding ways to live with mental illness in their families. We are looking forward to growing together even more during our last six weeks of the course...just in time to celebrate at graduation!

# NAMI Support Group Schedule & Resources

## NAMI Support Group Meetings

### **For adult consumers:**

NAMI-CARE (Consumers Advocating for Recovery through Empowerment)

#### **Easton:**

Governor Wolf Building, 2<sup>nd</sup> Floor  
45 North 2<sup>nd</sup> St.  
Monthly; 1<sup>st</sup> Monday @ 7pm

#### **Bethlehem:**

NAMI Office  
802 W. Broad St.  
Monthly; 3<sup>rd</sup> Monday @ 7pm  
Weekly; Thursdays 5:30-7:00pm

### **For families with a child/adolescent with mental illness:**

NAMI-CAN (Child and Adolescent Network)

#### **Bethlehem**

NAMI Office  
802 W. Broad St.  
Monthly; 2<sup>nd</sup> Wednesday @ 7pm

### **For families of adults with a mental illness:**

#### **Easton:**

Governor Wolf Building, 2<sup>nd</sup> Floor  
45 North 2<sup>nd</sup> St.  
Monthly; 1<sup>st</sup> Monday @ 7pm

#### **Bethlehem:**

NAMI Office  
802 W. Broad St.  
Monthly; 3<sup>rd</sup> Wednesday @ 7pm

#### **Allentown:**

Saint Timothy's Evangelical Lutheran Church  
Ott & Walnut Streets  
Monthly; 3<sup>rd</sup> Monday @ 7pm

#### **Laury's Station:**

Saint John's United Church of Christ  
1415 Rising Sun Road  
Monthly; 4<sup>th</sup> Tuesday @ 7pm  
(December meeting changed to Dec 22, 2009)



NAMI members, family and friends at the Spaghetti Dinner & Chinese Auction Fundraiser on March 13, 2010

***If you have any questions, please contact us:***

**NAMI Lehigh Valley**

**802 W. Broad Street**

**Bethlehem, PA 18018**

**(610) 882-2102**

**[www.namipalehighvalley.org](http://www.namipalehighvalley.org)**

### **New Websites of Interest**

[www.StrengthofUs.org](http://www.StrengthofUs.org) The Strength of Us is a newly developed web community and social networking site for transition-age youth and young adults.

[www.NAMI.org/heartsandminds](http://www.NAMI.org/heartsandminds) Hearts and Minds is an educational wellness initiative, promoting both mind and body. An interactive website providing information, insight and tools to embrace wellness.

# Announcements and Events

## NAMI Lehigh Valley Annual Awareness Walk/Run Sunday, May 2<sup>nd</sup>

We have made many changes to our annual Awareness walk. First, the location has been changed to **Bicentennial Park** in East Allen Township. Please note that the park is located off of Route 987 (Airport Road), not on Lehigh Street in Allentown. Bicentennial Park has excellent facilities that will enhance our event. There is a spacious covered pavilion, electricity, concrete restroom facilities, a large parking area and playground equipment for children. In addition, we have added a run to the walk. We wanted to include the many runners in the area. There will be prizes to the runners in various categories.

We will continue with our tradition of a large raffle after the walk. We have many exciting raffle prizes this year, so we encourage you to get your raffle tickets. Also, there will be coffee, fruit and donuts prior to the event for all participants and afterwards we will serve hot dogs.

Last year we fell short of matching the money raised in the previous year. This year we hope not only to match donations from 2008 but to exceed them. The Walk/Run will be a fun event for all family members. We hope you will consider attending and helping NAMI raise not only money but awareness for mental illness.

We are still looking for volunteers for the event – please contact Janet Bandics if you are interested in helping out.

**See you there!**



**NAMI Lehigh Valley**  
802 West Broad Street  
Bethlehem, PA 18018

*Address Service Requested*



### *Lehigh Valley's Voice on Mental Illness*

Friend's Name  
Street Address  
City, State Zip Code