



HAPPY THANKSGIVING

CHRISTMAS FAM 1

BRINGING YOUR STORIES TO LIGHT

Thank You

Stakeholders &
Community Partners

>>> NEWSLETTER <<<

NAMI BURLINGTON

SPEAKER PRESENTATION

**NOVEMBER 27, 2023**ALAN POLONSKY, ATTORNEY
Social Security Disability*Keeping You Informed*

TOP NEWS

- What's New
- Get Involved
- Volunteer News
- Groups & Educational Programs
- Inspiration
- Our Next meeting
- NBCNJ Board Members
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>>> JOIN US *Register.*

Our bi-weekly empowering in-person Family Support Group meeting hosted by NAMI Burlington County November 27th at the First Presbyterian Church, 101 Bridgeboro Road, Moorestown, NJ 08057.

These gatherings provide a safe space for family members, significant others, and friends of individuals dealing with mental health conditions. Our meetings occur on the 2nd and 4th Monday of each month from 7:00 PM to 8:30 PM.

Kindly register by November 27, 2023, before 12:00 PM. For more information, don't hesitate to contact us at (856) 222-9400 or via email at namibcnj@gmail.com. We look forward to coming together in a nurturing a compassionate space for all.

WHATS NEW

THE FUTURE OF WRAP WITH FOUNDER MARY ELLEN COPELAND



THURSDAY, NOV. 30 AT 4:00 PM EST

Create the life and wellness you want with a Wellness Recovery Action Plan (WRAP)! Join us for an interactive discussion with WRAP founder Dr. Mary Ellen Copeland and a panel of WRAP experts to discover a simple evidence-based practice and powerful process of having wellness your way. Identify wellness tools that keep you well and learn how to create action plans that can be applied to your everyday life.



 **Register Below**



TARDIVE DYSKINESIA - NEW HOPE WEDNESDAY, NOVEMBER 29, 2023 1 - 2 P.M. ET

Tardive dyskinesia (TD) is an involuntary movement disorder that is associated with prolonged use of certain mental health medicines (antipsychotics) that can be used to treat bipolar disorder, depression, schizophrenia, and schizoaffective disorder. During this presentation, Dr. Correll will discuss the prevalence, presentation, risk factors, prevention and intervention of TD, including the new hope of recovery in view of recent FDA changes.

After the presentation, there will be an opportunity for Q&A. This webinar will be recorded and posted on [our website](#) and [YouTube channel](#) after the webinar has ended.

 **Register Below**

VISIT US ON FACEBOOK



GET INVOLVED



Breaking News



VOLUNTEERS NEEDED

NAMI Burlington County recognizes the vital importance of mental health and is actively seeking dedicated volunteers to contribute their time and skills across various facets of our chapter.

We believe that mental health is a collective responsibility, and your involvement can make a meaningful impact. Whether you possess expertise in administrative tasks, graphic design, outreach, social media, facilitating or bring a unique set of skills, we welcome your support.

Volunteers have played a crucial role in our organization over the years, contributing to the success of our initiatives and programs. By joining our team, you become an integral part of a community dedicated to promoting mental health awareness and providing support to those in need.

NAMI Burlington County invites individuals from all walks of life to participate and help us continue our mission of fostering mental health and well-being. Your commitment can make a significant difference in the lives of those affected by mental health challenges

CONTACT US

NAMIBCNJ@GMAIL.COM (856) 222-9400

VOLUNTEER OF THE MONTH



Maureen D'Andrea, a remarkable individual and an inspirational figure in the Burlington County community, has dedicated herself to the cause of mental health awareness and support. With a tenure of four years as the President of NAMI Burlington, and as former Secretary to the Board before taking on the role of President, Maureen's commitment to the organization and the community is truly commendable. Her journey into the world of NAMI began on the recommendation of a friend.

Maureen's volunteerism has had a profound positive impact on the Burlington County community, especially in the ongoing fight against the stigma surrounding mental health. Her dedication to NAMI and the cause of mental health awareness has helped countless individuals who are grappling with mental health challenges. Her efforts extend beyond mere service, as she actively works to create a compassionate and understanding environment where people can find the support and resources they need. Her dedication to raising awareness about mental health and breaking down the barriers associated with it has left an indelible mark on the community. It comes as no surprise that Maureen D'Andrea was chosen as the Volunteer of the Month, a recognition that reflects her unwavering commitment, her selfless contributions, and her ability to drive change. We applaud Maureen for her incredible efforts and for the lasting impact she continues to have on her community.

In 2012, Maureen attended the Family to Family class, which proved to be a transformative experience. It was through this course that she gained valuable insights and knowledge, enabling her to consult with the Integrated Family Support Services (IFSS) with successful results. Maureen's personal growth and her ability to support others have been deeply intertwined with her involvement in NAMI, and she openly expresses her gratitude for the organization that has played such a pivotal role in her life.

“I owes much to the generosity of others and the compassion displayed by those in similar situations.

VOLUNTEER NEEDED

FACILITATOR
 FUNDRAISING
 MEMBERSHIP
 GRANT WRITING
 COMPUTER SUPPORT
 ACCOUNTING
 ADMINISTRATIVE
 EVENT PLANNING
 MENTORING
 PUBLIC RELATIONS
 PUBLIC SPEAKING
 SOCIAL MEDIA/INTERNET
 PHONE MONITORING

MENTAL HEALTH SUPPORT



➤➤➤ VETS HEALTH

19.7% of U.S. veterans experienced a mental illness in 2020? That's 3.9 million people who have bravely served our nation. Join us this Veterans Day and beyond in helping each veteran receive the mental health support they deserve by sharing [NAMI Homefront Mental Health Resources](#).

If you or someone you know are a veteran, service member, family member or caregiver of someone who is serving or has served our nation, your unwavering strength does not mean you have to face challenges alone. With wellness and recovery resources for veterans, military service members and their families.

Sign up today to access NAMI Homefront Mental Health Resources to find the help and support you need for mental health, wellness and recovery:

- Learn how to recognize signs and symptoms of mental health conditions.
- Navigate mental health treatments and therapies and how to advocate for care.
- Discover your strength and accomplishments through your unique experience.
- Learn tools and techniques for setting personal wellness goals and overcoming challenges.
- Be empowered by stories and perspectives from others in the military community.
- Find federal, state and local services available to you.

Wherever you are on your mental health journey, find hope and healing here.

VISIT US ON YOUTUBE 



SUPPORT GROUPS

RECOVERY & TRANSFORMATION



AACT-NOW (AFRICAN AMERICAN)

NAMIAACT-NOW (African American Community Together NOW) is an exciting initiative of NAMI New Jersey to connect with NJ's African-American families affected by mental illness.

3rd Thursdays, 6:30 – 8:00 pm

3rd Tuesdays, 6:30 – 8:00 pm

Questions Contact: Donna or Melanece

dwilliams@naminj.org or mwalker@naminj.org

BURLINGTON ADULT SOCIETY



The next Meeting will be at the First Presbyterian Church of Moorestown. Please contact Mrs. Chain at the number below with questions.

2nd Saturday of the month

3:00 PM - 5:00 PM

Phone: (856) 265-0746



A SPACE TO LEARN, GROW & FUN

RECOVERY SUPPORT GROUP



NAMI CONNECTION

Every Tuesday at 6 p.m. ET

Every Wednesday at 7 p.m. ET

Must register with NAMI NJ Support meetings to attend the Zoom platform. <https://naminj.org/online-support-groups/>.

This is a 60–90-minute support group for adults (18+) with a mental health condition. Participants gain the support of peers who understand their experience.

INSPIRATION

>>> RAISING AWARENESS A WORKPLACE MENTAL HEALTH STORY OF HOPE



When Wendy experienced her first major manic episode, she was hospitalized and diagnosed with bipolar disorder. As soon as she was able to resume work, her employer placed her on probation, and she was eventually fired.

When she experienced another manic episode about six to nine months later at a new job, her new supervisor focused on her getting well instead of letting her go.

Today, Wendy shares her story as a reminder that mental health is a part of everyday life — and that workplaces should make accommodations to help people feel comfortable both working and living well. **Click link below to Watch video**

VISIT US ON FACEBOOK



THANK YOU

YOU
ARE
NOT
ALONE

OFFICE ADDRESS

Moorestown Community House
16 East Main Street, Suite 5
Moorestown, NJ 08057-3325

>>> NEXT MEETING - DECEMBER 11 2023

TOPIC: **Holiday Party**

Alan Polonsky started his career with the Social Security Administration as Staff Attorney from 1977 to 1987. After learning the ins-and-outs of the process from the governments standpoint, he then used that knowledge and experience to help individuals win disability claims and benefits.

>>> OUR BOARD

Maureen D'Andrea, President
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Maryam Suluki, Vice President Advocacy
Barbara Seaborn, Director
Carolyn Burke, Director
Bob Chain, Director
Michael Olshansky, Director

>>> CONTACTS US

OFFICE HOURS

Wednesday
10:00 a.m. - 12:00 p.m.

GENERAL INQUIRIES

namibcnj@gmail.com
(856) 222-9400

SOCIAL CONNECTIONS

 [instagram.com/namibcnj/](https://www.instagram.com/namibcnj/)

 [facebook.com/NAMIBURLINGTON/](https://www.facebook.com/NAMIBURLINGTON/)

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WEBSITE

[namiburlingtonnj.org](https://www.namiburlingtonnj.org)

