

hope

SEPTEMBER 2015

inspired



No Longer Alone
MINISTRIES

Hope & Empowerment for Mental Wellness

Intertwined in Relationships

God designed us to live in relationship with others. Illness of any kind, especially mental illness, can be overwhelming and exhausting. Intertwined relationships get tangled or even frayed.... It is at times like these when families come to **The Healing Circle** at No Longer Alone for help.

Janice* and her parents, George and Esther, heard about the Healing Circle, personalized family counseling, through the NLAM Family Support Group (FSG). George and Esther had been supporting Janice on her journey with Schizophrenia for many years. The intensity of their involvement took a toll on their health and other

relationships. Increase in symptoms followed by a hospital stay caused them to reach out for support by making a Healing Circle appointment. At first Mom and Dad came to talk with the counselor; later Janice joined them. They discovered Janice was fearful of what she would do if something happened to them. All three worked together with the counselor to develop a twofold plan for developing healthy boundaries and building additional supports for Janice.

Sophie* and Jim came to the Healing Circle for help. Sophie was seeing changes in Jim but had little idea why he had become so distant. Her attempts to talk about it only resulted

in Jim's further withdrawal. Jim didn't know how to reassure his wife of his love for her. Because of the depression, he was struggling to get through each day. As they began to work with a No Longer Alone counselor, Jim came to understand that Sophie's questioning, which had felt like accusations and demands, was rooted in her love and concern for him. Sophie discovered that Jim's emotional distance was a symptom of his depression rather than rejection. Jim began taking steps toward healing from his depression. Sophie learned more helpful ways of supporting Jim. As they worked together with the counselor, the frayed relationship began to mend.

God has designed us to be in relationships. Interdependence certainly takes work but it brings life, growth and richness. Please contact the office to learn more about **The Healing Circle**, personalized family counseling for families impacted by mental illness.

*All names changed

National Day of Prayer for Mental Illness Recovery and Understanding

MENTAL HEALTH CRISIS:

There IS Hope

Tuesday October 6, 2015 7:00 – 9:00 pm

Calvary Church Fellowship Hall

1051 Landis Valley Road, Lancaster PA

Admission is free. An offering will be received.

There will be a time of prayer followed by a discussion by a panel of mental health experts.

For more information, contact an event sponsor:

Handi*Vangelism Ministries International

717-859-4777 | www.hvmi.org

Faith Friendship Ministries

717-285-5596 | www.faithfriendship.org

No Longer Alone Ministries

717-390-4891 | www.nlam.org

VOLUNTEER SPOTLIGHT

DR. NEAL HARNLY

For 17 years Neal Harnly, MD, has given generously of his time and talents through benefit concerts to advance the cause of mental wellness.



Neal's personal passion and drive to help others is rooted in the life and example of Jesus. Personal experience with a friend and the lack of resources for his patients propelled Dr. Harnly to invest in No Longer Alone. Recently while reflecting on his involvement Dr. Harnly mentioned that the benefit concerts provided a nice venue for him to perform in his home community. While No Longer Alone was enjoying the blessings of receiving, Neal was blessed in his giving!

What started as a commitment to one concert has continued for 17 years. These concerts have raised over \$500,000 to benefit No Longer Alone. Through Dr. Harnly's connections, many musicians have performed at our Resounding Joy Concerts. We are deeply grateful for Neal's vision, passion and dedicated hours of work to coordinate musicians, compose music, and perform on stage. He has made a **huge difference** – advancing the mission of NLAM: bringing hope and empowerment to individuals and families impacted by mental illness! Dr. Harnly was presented with the first ever Signature Note Award during this year's concert. Thank You, Dr. Harnly!



Welcome, Heather Wells Hostetter!

The No Longer Alone Ministries Board of Directors invited Heather to join the Board at their June, 2015

meeting. Heather currently is employed by Lancaster General Health as the Business Manager for their super-utilizer primary care physician practice. Her lifelong passion is helping those who are challenged with mental illness. We are grateful for Heather's enthusiasm in joining the Board.

CORE VALUES SERIES

Interdependence

By Brenda Long, Executive Director

We need each other, and each of us has something to offer to others. Healthy interdependence provides blessings on all sides. At No Longer Alone, clients need professional services as well as support from family and friends. We find that clients and graduates give back and serve family, friends, the ministry and the broader community. We are deeply grateful for the support of donors, other community mental health groups, volunteers, staff, and board.



In the Gospel of Luke, four friends lowered a paralyzed man through a roof, down to the room where Jesus was. Jesus healed him! The healed man needed his friends; his friends needed each other to work together, and they all received a blessing. At No Longer Alone we welcome those with mental illness; we partner with donors, volunteers and other organizations to bring hope and empowerment for mental wellness.

Thank you for partnering with No Longer Alone. When God works in and through people, amazing, transformative things happen!

Resounding Joy Concert

The Resounding Joy Concert on August 7 was truly a "resounding joy." Thank you to musicians Dr. Peter Kenote, Sara Male, Michael Vitale, James Armstrong, Neal Harnly, MD, and the OMPH Youth Choir, directed by Kathy Kizeik. We are grateful for our ad sponsors and underwriters. A special thank you to Phyllis Sauder, Coordinator, and the Concert Committee members – Ed Longecker, Mary Stehman, LaVerne Root, and Jessica Martin, for their tireless work! Thanks, also, to Jere Gish from WGAL, ushers, reception helpers, and all other volunteers.

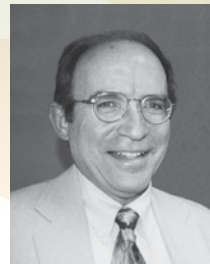




Aging, Mental Illness and Spirituality

Herb Myers, M.D., Harman, West Virginia

We welcome Herbert E Myers, MD as our guest author. Herb previously wrote the "Doctor RX" column, then called the "Barnabas Files." Dr Myers, former No Longer Alone Ministries Board Member, is the author of the No Longer Alone Mental Health Primer. We are thankful to Herb for updating and adding new information to the Primer this year; the Primer was inserted in each Resounding Joy Concert Booklet in August.



My experience completing psychiatric consultations in nursing homes for almost 15 years has taught me that chronic mental illness does not go away as people age. Mental illness also can strike for the first time in old age related to stressors such as physical illnesses and multiple losses. Families can be advocates for their loved ones.

Older adults might not be able to use their usual coping mechanisms. For example, military veterans who coped with their war experiences by repressing those memories might experience late Post-traumatic Stress Disorder now that they aren't working.

Loneliness can occur even in a crowd. Persons in nursing homes often report feeling alone, despite being surrounded by staff and other residents. It is so important for family, friends and churches to maintain active relationships with the elderly.

As we walk ever more deeply into the valley of the shadow of death, we often battle to ward off death and disease while we neglect our spiritual health. Spiritual health can be strengthened even as the body fades. To do this we need dependence from and on each other, plus the resources that our faiths can provide.

Congratulations, Krishana!

We are pleased to announce that Krishana Suckau recently achieved her Certified Psychiatric Rehabilitation Practitioner (CPRP) designation! Obtaining the CPRP demonstrates Krishana's dedication to and current competence in the field of psychiatric rehabilitation. Congratulations, Krishana! We are very thankful to have Krishana as part of our staff!

Client Mini-Golf Outing

There's more to miniature golf than putting a ball through a covered bridge. For individuals affiliated with No Longer Alone it is also a way to build bridges with each other. On August 27th a group gathered at Village Greens in Strasburg for NLAM's annual afternoon of putting and picnicking. One participant said of his experience, "It was a beautiful day to golf together, out among the cornfields." A good time was certainly had by all, and to top off the day group members ordered ice cream from the Snack Shoppe. Thanks to local businesses and individuals for donating food and covering expenses. In terms of enjoying our time together, the day was certainly above par!



UPCOMING EVENTS

Dream Ride

Saturday, September 19

National Day of Prayer for Mental Wellness

Tuesday, October 6 at Calvary Church (see page 1)

Uniquely You

Tuesday, October 20 at East Petersburg Mennonite Church

PRAISES

- We were privileged to have Kelli Strickler, Messiah graduate student, with us as an intern the past few months. We wish her well in her future studies and career.
- We are thankful for all the community support which made the Resounding Joy Concert a great success; this event raised over \$30,000 for the ministry!

PRAYERS

Please pray for:

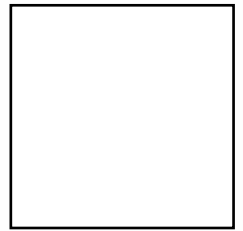
- Our clients, their recovery and connections in the community
- A Spanish English interpreter



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Hope & Empowerment for Mental Wellness

630 Janet Ave Ste A107
Lancaster, PA 17601-4541
Phone: 717-390-4891 | Fax: 717-390-4894
office@nlam.org



GROUPS

Family Support Group

FSG brings Christian support for families and friends of loved ones with mental illness. There are informative topics to enhance insight and understanding of mental illness.

Meets at Rossmere Mennonite Church, Fellowship Hall
741 Janet Ave, Lancaster.

Educational program from 3:00 pm-4:00 pm, followed by Share and Care Groups from 4:10 pm – 5:00 pm.

- **Sept 27** – Treatment for Mental Illness Combined with Alcohol and other Drug Addictions — *Presented by Dr E Daniel Martin, Psychiatrist, Founder of Naaman Center*
- **Oct 25** – Tips for Managing Seasonal Affective Disorder (SAD) — *Panel Discussion*
- **Nov 22** – Shadow Voices DVD — *Discussion led by Robert Musser, NLAM Program Director*

Paths to Discovery Support Group

Paths brings encouragement to each other on the journey of recovery from mental illness.

Discussion Topics will include:

October – Creating Change
November – Gratitude
December – Getting a Good Night's Sleep

- **1st Thursday** of each month at 630 Janet Ave (11-12:30pm)
- **2nd Wednesday** of each month at The Salvation Army in Lancaster (11-12:30 pm)
- **3rd Thursday** of the month at The Factory Ministries in Paradise (6:30 pm – 8pm)
Please call the office for more information.

The Lancaster County Community Foundation (LCCF) is once again sponsoring **Extraordinary Give** on Friday, November 20, 2015. This is a wonderful way for many organizations, including No Longer Alone Ministries, to receive "extraordinary" donations in a 24-hour period.

THE **EXTRA** ORDINARY **GIVE**™



NOVEMBER 20, 2015