



Dad's Back! A JOURNEY OF HOPE

"I think we thought our dad had it all together," shared Kayleigh.* "It was all very confusing when things started to unravel," added her sister Emma.* "I didn't even know what mental illness really was," she continued, "but I got the impression it was like a bad word."

Their dad's inability to "be there" for them was a new experience for these siblings. With frequent hospitalizations, they couldn't count on their father to settle disputes between them, impart guidance, figure out the daily schedule, or get them to and from activities. Kayleigh remembers wondering if they would have money to do things, or even if they'd have money at all. She also worried about how they would get groceries. Emma said she was stressed and anxious often. "And then," she said, "I started to think all this was my fault." Would life ever be normal again?

While the sisters didn't seek outside help for themselves, counselors checked in with them, though they admit they never really liked talking about it. Their friends played a big role in helping them and they learned how to lean on one another. "I guess you could say we grew up a bit faster than perhaps we should have," admits Emma, "and that was pretty frustrating at fifteen!"

Over time, as their father got the help he needed from Phillhaven and then from No Longer Alone Ministries, the girls began to find a new normal for themselves and their family. They admit they still worry about their dad sometimes and hope in earnest that things won't ever be that bad again. But worry is no longer an every day occurrence. "We've grown a lot closer and are more open with each other," shares Kayleigh. "We have quite a good support system going for us." "It feels so good to have dad tell others how proud he is of his daughters," Emma adds.

Kayleigh says her journey has taught her to "be patient with people because they are not their mental illness." "Never give up!" adds Emma. "My dad became the strong person I once knew after he received the help he needed."

To learn more about the journeys of hope that families in our midst are experiencing, join us at the Fall Ministry Banquet and Silent Auction on October 4, 2018, with special guest Catherine P. Downing, author of *Sparks of Redemptive Grace: Seeking and Seeing God Amidst a Loved One's Mental Illness*.

**Names changed to protect privacy.*

Lives are touched because
of your generous financial
gifts and prayers.
THANK YOU!



Coming Soon

DIRECTOR'S REPORT
BY CLARA AMES,
EXECUTIVE DIRECTOR

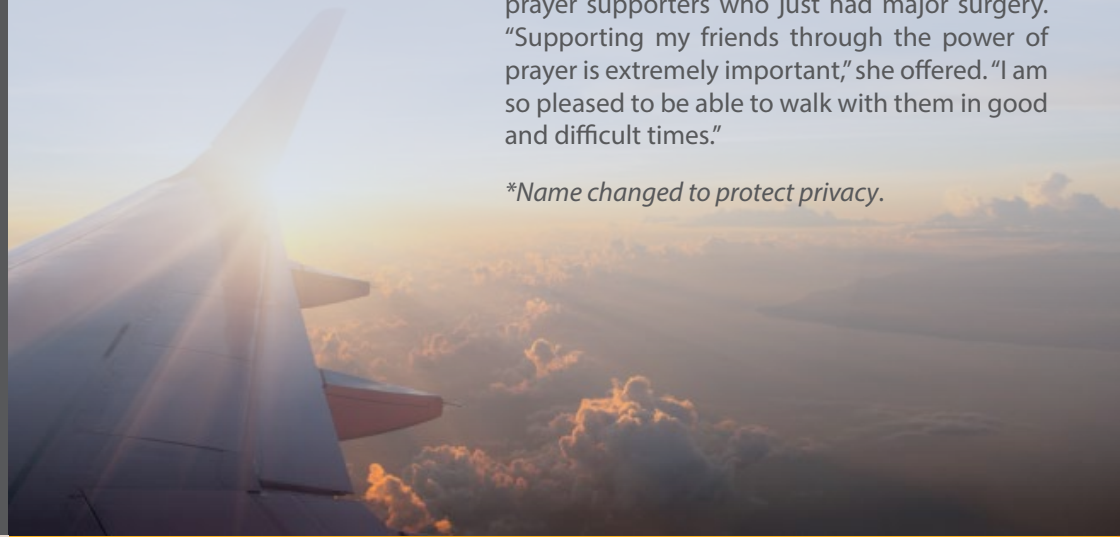
You may notice a brief change in leadership this summer, as I take some time for maternity leave. We are delighted to bring back Patricia Wolf to provide interim Executive Director leadership as I leave the office for six weeks to celebrate the birth of our first child and transition into this new stage of life. If we have planned and followed the Lord's leading well, you should not even notice the hiccup, as we know Pat will provide exemplary leadership and guidance during this time!

More Than a Journey By Air

*"I am so grateful for the love and prayer support I receive from the friends I've made through the Paths to Discovery Support Group," says Mary.**

Not long ago, Mary found herself becoming anxious about a long trip. Her nephew was celebrating his wedding in South Korea, and Mary was eager to go. Apprehensive about many aspects of the trip, the long flight and the new circumstances she and her sister would encounter over the 10-day adventure had her worried. "I asked my Paths friends to pray for me, and they did!" she said. "God answered our prayers, and I remained healthy throughout my time away!" Mary is returning the favor by praying for and visiting with one of those prayer supporters who just had major surgery. "Supporting my friends through the power of prayer is extremely important," she offered. "I am so pleased to be able to walk with them in good and difficult times."

**Name changed to protect privacy.*



EVENTS THAT SHOW HOPE

We love to have fun! This year at Pizza and Game Night in March, the crowd playing Scattergories brought out the laughter in all of us. **Thanks to Infinito's Pizza Buffet and Rhoda Atzeff for filling us up with tasty pizza and scrumptious desserts.** Other upcoming summer events for NLAM clients include a picnic, a paint party, and a mini-golf outing.



PRAISES AND PRAYER REQUESTS

Welcome to Emily Keener who joined NLAM earlier this spring as a Psychiatric Rehabilitation Professional. We are so pleased to have her on board to assist our clients, work as our church liaison, and lead a Paths to Discovery Support Group.

A smashing success! \$227 (15% of the total evening's dinner service sales) was received from our first Friendly's Family FUNdraiser on April 2. Thank you to all who came out to support us and enjoy the company of one another.

A screening of Mind Game: The Unquiet Journey of Chamique Holdsclaw was held on May 10, 2018, at Brethren Village with 116 individuals in attendance! Thank you to our sponsors John and Phyllis Sauder, Turkey Hill, Herr's, Starbucks Coffee, Stauffers of Kissel Hill, S. Clyde Weaver, and a generous donation of cookies from some local baking friends. In addition, \$4,775 was raised for services to support our ministry. We also are grateful for our Committee (Peggy Grabowski, Phyllis Sauder, Paul Buckwalter, Jessica Martin, Angie Gunderson) and other volunteers that assisted on event day.

Sowing Joy

STEWARDSHIP SPOTLIGHT

For Lancaster County's Rohrer Dairy Farms, stewardship is indeed a way of life. As a family who has been in the dairy industry for 60 years, God-honoring stewardship has been woven into the fabric of their life. Rohrer Dairy Farms' partnership with No Longer Alone Ministries began over sixteen years ago, with support from Robert Rohrer, Sr. Today, his sons continue to expand and strengthen their involvement in the ministry's mission of building hope and empowerment for mental wellness. This year, we celebrate the sixth year that Rohrer Dairy Farms has graciously provided a \$5,000 matching gift for our May Appeal. In addition, the Rohrer's sow into the ministry by sponsoring our principal fundraising event, our Fall Ministry Banquet, as well as by providing Christmas gifts to our clients.

"When Dad handed his sons the torch of sowing into the ministry of No Longer Alone," shared Bob Rohrer, "we learned the need for mental health services was bigger than what we thought." They were stunned by statistics relative to mental illness in America: approximately 1 in 5 adults experiences mental illness in a given year and approximately 1 in 25 adults experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.*

"We are so encouraged by the impact of NLAM's services," says Bob. An example of this impact is seen in a 2017 statistic, where 99.9% of individuals involved with REACH Mobile Psychiatric Rehabilitation services stayed out of crisis and out of the hospital. In another 2017 statistic, 46% of those receiving REACH MPR services indicated that they had gained skills and supports to live more independently. "NLAM services are professional and the organization is true to its mission," he notes. He urges individuals and businesses to consider how to get involved. "Rohrer Dairy Farms is honored to come alongside this ministry," Bob continues. "God's faithfulness is evident; lives are being transformed. With joy, we sow into their mission as God provides for us."

*Reported by NAMI

**May appeal gifts
received to date:
\$10,830.**

GROUPS

FAMILY SUPPORT GROUP

FSG provides resourcing and support to families who have loved one/s experiencing mental illness. The group provides opportunities for learning more about local community resources, education, and increasing awareness about mental illness. Families are also able to work together to dispel stigma, participate in personal sharing, and receive encouragement from other attendees and facilitators.

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

Educational program, 3:00 – 4:00 pm; Share and Care Groups, 4:10 – 5:00 pm.

- **July** – Anxiety Disorders: *Robert Musser, retired clinical social worker*
- **August** – Evidence Based Practices in Mental Health Treatment: *Dr. Tom Crotty, Wellspan Philhaven*

PATHS TO DISCOVERY SUPPORT GROUP

PATHS gives encouragement to individuals on the journey of recovery from mental illness. Attendees meet with a professional facilitator to explore current issues and concerns, and to share ideas on coping with various issues experienced in mental health recovery.

Upcoming Topics include:

July – Problem Solving

August – Mental Health Toolbox

September – Nutrition

- **1st & 3rd Thursdays** at 630 Janet Ave, Lancaster, Rm B103 (11am-12:30pm)
- **2nd & 4th Tuesdays** at Arch Street Center, Lancaster (11:30am-12:15pm)
- **2nd & 4th Thursdays** at Faith Friendship, Mountville (*residents only*)





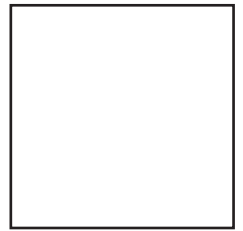
GET YOUR SHOES ON TO PEDAL – WALK – RUN FOR NLAM!



No Longer Alone
MINISTRIES

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



BIKE MILLERSVILLE

Celebrate the end of summer and join us on September 15, 2018, to raise financial support for NLAM as a sponsor, participant, or cheerleader at Bike Millersville 2018. Your participation helps us provide important services like Family Support Group, REACH, Paths to Discovery, and Counseling Services.

- **Featuring Cycling Tours of five, twenty, and thirty miles, plus a three-mile Walking Tour.** Any tour distance can be doubled!
- **Registration to participate** at <http://www.nlam.org/events/bike-walk-millersville>
- **Want to sponsor a walker or ride?** Call NLAM at 717-390-4891 for more information.

*Event sponsorships are still needed!
Contact Renee Gray at rgray@nlam.org.*

National Day of Prayer for Mental Illness Recovery and Understanding

WHEN PEOPLE WITH MENTAL ILLNESS DON'T WANT HELP: FINDING HOPE

Thursday, October 11, 2018 at Calvary Church

Celebrating the 10th anniversary of the National Day of Prayer for Mental Illness Recovery and Understanding

Guest speakers include Dr. Karla Campanella, Dr. Susan Cabouli, and our very own NLAM Board Member, Loice Byler

Join us as we commune together in prayer and education, along with partner organizations Faith Friendship Ministries, Handi*vangelism, and Take Heart Counseling and Equine Assisted Therapy.

*“Let us hold unswervingly to the hope we profess, for he who promised is faithful.”
– Hebrews 10:23*

Journeys of Hope Banquet and Silent Auction

Thursday, October 4, 2018 at Calvary Church

Featuring Catherine P. Downing, author of *Sparks of Redemptive Grace: Seeking and Seeing God Amidst a Loved One's Mental Illness*

■ **Register online** at www.nlam.org or call 717-390-4891

■ **Tickets:**

- Early Registration - \$45 (until August 17)
- Regular Registration - \$50 (August 18 – September 13)

■ **Silent Auction Donations:** Please call (717-390-4891) or e-mail (office@nlam.org) if you have an item you would like us to consider.

2018 Sponsoring Partners:

Sustaining Sponsors – Glenn H. and D. Anne Weaver

Empowerment Sponsors – Rohrer Dairy Farms; Advocates and Supporters of NLAM (2)

*Event sponsorships are still needed!
Contact Renee Gray at rgray@nlam.org.*