



Summer

NEWSLETTER

Summer brings a sense of renewal and vitality, and here at PERC, we embrace this season as an opportunity to further our mission of supporting individuals through mental health challenges. With warmer weather and longer days, our team is dedicated to providing compassionate care and innovative treatments to help our clients thrive.

As the summer sun brightens our days, we are excited to share some updates from the Psychosis Evaluation & Recovery Center (PERC) at the University of Pennsylvania.

Here's what's been happening and what you can look forward to:

- **CT-R Challenge of the Season**
 - **Staff Spotlight - Amenia Miller, M.S.Ed, M.Phil. Ed**
 - **Program Updates**
 - **NAMI Support Groups**
 - **NAMIWalks Montgomery County 2024**
 - **Summer Events & Activities**
 - **Research Opportunities at Penn Psychiatry**
 - **Coordinated Specialty Care Services**
 - **Additional Links & Resources**
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As temperatures rise, it's important to prioritize self-care and wellness. Whether it's enjoying the outdoors, practicing mindfulness, or connecting with loved ones, we encourage everyone to find activities that nourish their mental and emotional well-being.



CT-R CHALLENGE OF THE SEASON

Find a new activity that taps into one of your underlying values.



GO FORTH IN 2024!

Congratulations to everyone in the graduating class of 2024!



PERC would like to recognize this year's outstanding student-practitioners. Thank you for your dedicated work and contributions. We wish you the best of luck as you continue your professional journey.

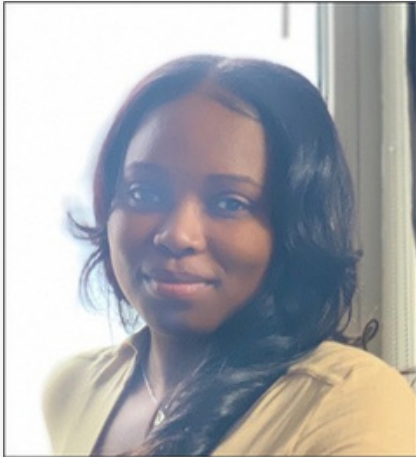
Chelsea Jackson, M.S., J.D.

Thandwa Mdluli, M.S.Ed

Katey O'Brien, M.A.

Ariana Rivens, M.A., Ph.D

Thank you, Trainees!



STAFF SPOTLIGHT AMENIA MILLER, M.S.ED, M.PHIL. ED

Amenia Miller serves as the Team Lead and one of the Primary Therapists in the Psychosis Evaluation and Recovery Center (PERC) at the University of Pennsylvania.

Tell us a little bit about yourself and how you got involved with PERC?

Prior to joining PERC, I attained my bachelor's degree in psychology at the University of Pittsburgh and a dual master's degree in professional counseling from the University of Pennsylvania, Graduate School of Education. I completed my counseling internship experience at Temple University Episcopal Extended Acute Care Unit, where I cultivated a passion for clinical work surrounding early prevention and clinical care for individuals experiencing psychosis spectrum disorders. My goal is to provide a high standard of therapeutic care to individuals through cultivation of advocacy and activation of purpose in one's life.

What do you enjoy most about working at PERC?

What I love the most about working at PERC is having the opportunity to connect with young people and their families as they navigate paths towards mental wellness and achieving their life goals. Also, having the opportunity to work with amazing team members dedicated to improving young people's lives.

What do you like to do in your spare/free time? I enjoy watching movies and new Netflix tv series, cooking new recipes, listening to music and spending time with my family.



PERC PROGRAM UPDATES

PERC Participant Education & Process Group

July - No Group, Summer Break

August - No Group, Summer Break

Monday, September 9th, 2024 - Program Overview

Family Support & Education Group

July - No Group, Summer Break

August - No Group, Summer Break

Monday, September 9th, 2024 - Program Overview

CT-R for Families

Tuesday, September 17th, 2024

12-week group for families aimed at improving families understanding, coping, and communication skills with their family member in the early stages of psychosis.

Registration required

Contact Elisa Nelson to register or for more information

(elisaba@penndmedicine.upenn.edu)

Resisting Internalized Stigma

Resumes in Fall 2024

8-week group focused on providing CBT skills and social support around issues related to mental health stigma.

Registration required

Contact Arielle Ered to register or for more information

(Arielle.Ered@penndmedicine.upenn.edu)





NAMI PENNSYLVANIA SUPPORT GROUPS

NAMI CONNECTION SUPPORT GROUP

FREE PEER-LED GROUP FOR ANY ADULT WHO HAS EXPERIENCED SYMPTOMS OF A MENTAL HEALTH CONDITION. YOU WILL GAIN INSIGHT FROM HEARING THE CHALLENGES AND SUCCESSES OF OTHERS, AND THE GROUPS ARE LED BY TRAINED LEADERS WHO'VE BEEN THERE. (AGES 18+)

**WEEKLY VIRTUAL MEETING
TUESDAYS 11:00 AM - 12:00 PM
REGISTRATION REQUIRED
CLICK HERE TO REGISTER OR FOR
MORE INFO!**

PEOPLE OF COLOR PEER SUPPORT GROUP

THE PEOPLE OF COLOR SUPPORT GROUP IS TO SUPPORT PEOPLE OF COLOR WHO ARE FINDING IT DIFFICULT TO GAIN SUPPORT FROM FAMILY AND FRIENDS. IT IS A SAFE PLACE TO TALK ABOUT THEIR DIAGNOSIS AND MEDICATIONS AND SIDE EFFECTS.

**WEEKLY VIRTUAL MEETING
MONDAYS 7:00 - 8:00 PM
REGISTRATION REQUIRED
CLICK HERE TO REGISTER OR FOR
MORE INFO!**

NAMI FAMILY SUPPORT GROUP:
SUPPORT GROUP FOR FAMILY MEMBERS, SIGNIFICANT OTHERS AND FRIENDS OF INDIVIDUALS WITH MENTAL HEALTH CONDITIONS.

**WEEKLY VIRTUAL MEETING
TUESDAYS 7:00PM - 8:30PM
REGISTRATION REQUIRED
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MORE INFO!**

**[NAMI Montgomery County
Events Calendar](#)**

**[NAMI Philadelphia
Events Calendar](#)**

**[NAMI Bucks County
Events Calendar](#)**

**[NAMI Pennsylvania
Events Calendar](#)**



RECENT EVENTS & COMMUNITY ACTIVITIES

NAMIWALKS MONTGOMERY COUNTY

Thank you to all of our donors & fundraisers for making this year's event a huge success by raising a total of **\$4,905!**

Your generous contributions have made a tangible difference in the lives of countless individuals by helping to fund NAMI's crucial programs.



PERC team @ NAMIWalks, Montgomery County,
May 4th, 2024 Temple University Ambler Campus



FUN SUMMER ACTIVITIES

1. **VISIT MUSEUMS ON PAY-WHAT-YOU-WISH DAYS:** MANY MUSEUMS IN PHILADELPHIA OFFER "PAY-WHAT-YOU-WISH" ADMISSION DAYS, INCLUDING THE PHILADELPHIA MUSEUM OF ART, THE BARNES FOUNDATION, AND THE RODIN MUSEUM.
2. **EXPLORE PARKS AND GARDENS:** SPEND A DAY EXPLORING THE CITY'S PARKS AND GARDENS. VISIT FAIRMOUNT PARK, WHICH IS ONE OF THE LARGEST URBAN PARK SYSTEMS IN THE COUNTRY, OR EXPLORE THE BEAUTIFUL GARDENS AT BARTRAM'S GARDEN.
3. **ATTEND OUTDOOR CONCERTS AND MOVIES:** THROUGHOUT THE SUMMER, PHILADELPHIA HOSTS VARIOUS OUTDOOR CONCERTS AND MOVIE SCREENINGS IN PARKS AND PUBLIC SPACES. CHECK OUT EVENTS LIKE THE "SCREENINGS UNDER THE STARS" SERIES AT PENN'S LANDING OR THE "SMOOTH JAZZ SUMMER NIGHTS" CONCERT SERIES AT PENN'S LANDING.
4. **TAKE A WALKING TOUR:** EXPLORE PHILADELPHIA'S RICH HISTORY AND ARCHITECTURE BY TAKING A FREE WALKING TOUR. MANY ORGANIZATIONS OFFER GUIDED TOURS OF DIFFERENT NEIGHBORHOODS, HISTORICAL SITES, AND LANDMARKS.
5. **ENJOY STREET FESTIVALS AND EVENTS:** PHILADELPHIA HOSTS NUMEROUS STREET FESTIVALS AND EVENTS DURING THE SUMMER MONTHS. FROM CULTURAL FESTIVALS CELEBRATING DIFFERENT ETHNICITIES TO FOOD FESTIVALS AND ARTS FAIRS, THERE'S ALWAYS SOMETHING HAPPENING.
6. **ATTEND FREE FITNESS CLASSES:** STAY ACTIVE DURING THE SUMMER BY PARTICIPATING IN FREE FITNESS CLASSES OFFERED AT VARIOUS PARKS AND PUBLIC SPACES. FROM YOGA IN THE PARK TO OUTDOOR BOOT CAMPS, THERE ARE OPTIONS FOR ALL FITNESS LEVELS.
7. **VISIT FARMERS' MARKETS:** EXPLORE THE CITY'S FARMERS' MARKETS, WHERE YOU CAN SAMPLE FRESH PRODUCE, ARTISANAL GOODS, AND LOCAL DELICACIES. MANY MARKETS ALSO FEATURE LIVE MUSIC AND ENTERTAINMENT.
8. **EXPLORE PUBLIC ART INSTALLATIONS:** PHILADELPHIA IS HOME TO AN IMPRESSIVE COLLECTION OF PUBLIC ART INSTALLATIONS, INCLUDING MURALS, SCULPTURES, AND STREET ART. TAKE A SELF-GUIDED TOUR OR JOIN A GUIDED TOUR TO EXPLORE THESE VIBRANT WORKS OF ART.
9. **ATTEND COMMUNITY EVENTS:** KEEP AN EYE OUT FOR COMMUNITY EVENTS HAPPENING IN YOUR NEIGHBORHOOD OR NEARBY AREAS. FROM BLOCK PARTIES TO NEIGHBORHOOD CLEANUPS, THESE EVENTS ARE A GREAT WAY TO CONNECT WITH YOUR COMMUNITY AND HAVE FUN.
10. **RELAX BY THE WATERFRONT:** SPEND A RELAXING DAY BY THE WATERFRONT AT PENN'S LANDING OR SPRUCE STREET HARBOR PARK. TAKE A STROLL ALONG THE DELAWARE RIVER, ENJOY THE VIEWS, AND TAKE ADVANTAGE OF THE FREE ACTIVITIES AND EVENTS OFTEN HOSTED IN THESE AREAS.

REMEMBER TO CHECK EVENT LISTINGS AND LOCAL WEBSITES FOR UP-TO-DATE INFORMATION ON SCHEDULES AND ACTIVITIES



SUMMER EVENTS AROUND PHILADELPHIA

1. **PHILADELPHIA CHINESE LANTERN FESTIVAL - JUNE 20 TO AUGUST 18, 2024** FRANKLIN SQUARE, 200 N. 6TH ST, PHILADELPHIA, PA 19102
2. **SUMMER CONCERTS & MUSIC FESTIVALS - JUNE - AUGUST 2024**
3. **BLOBFEST AT THE COLONIAL THEATRE - JULY 12-14, 2024**, THE COLONIAL THEATRE, 227 BRIDGE STREET, PHOENIXVILLE
4. **PEACH FESTIVAL AT PEDDLER'S VILLAGE - AUGUST 3-4, 2024**, PEDDLER'S VILLAGE, 100 PEDDLERS VILLAGE, LAHASKA
5. **2ND STREET FESTIVAL IN NORTHERN LIBERTIES - SUNDAY, AUGUST 4, 2024 | 12PM - 10PM**, NORTH 2ND STREET FROM GIRARD AVE TO SPRING GARDEN STREET
7. **PHILADELPHIA FOLK FESTIVAL - AUGUST 16-18, 2024**, OLD POOL FARM, 1323 SALFORD STATION ROAD, HARLEYSVILLE
8. **VEGANDALE - SATURDAY, AUGUST 17, 2024 | 11 AM - 8 PM**, MARINE PARADE GROUNDS, THE NAVY YARD, SOUTH BROAD STREET
9. **THE PHILLY BOOKSTORE CRAWL - SATURDAY, AUGUST 24, 2024**, VARIOUS LOCATIONS INCLUDING A NOVEL IDEA, 1726 E. PASSYUNK AVENUE

REMEMBER TO CHECK EVENT LISTINGS AND LOCAL WEBSITES FOR UP-TO-DATE INFORMATION ON SCHEDULES AND ACTIVITIES



RESEARCH AT PENN PSYCHIATRY

Our commitment to research remains steadfast as we continue to explore the complexities of psychosis and develop new interventions. Stay tuned for updates on our latest studies, including investigations into the neurobiological underpinnings of psychosis and the efficacy of novel therapeutic approaches.



DEPT OF PSYCHIATRY



ELIGIBILITY SURVEY



You can also call us at 833-LiBI-BBL (833-542-4255) to complete the screener over the phone.



COORDINATED SPECIALTY CARE SERVICES

- **Recovery Planning & Case Management:** The individual and the treatment team work collaboratively to develop a recovery plan that identifies goals and plans for services, and methods based on the individual's needs and preferences.
- **Recovery-Oriented Cognitive Therapy (CT-R):** A Master's Level Specialist provides a form of CBT developed to treat psychosis by Aaron Beck and colleagues.
- **Psychopharmacology:** The program provides ongoing evidence-based psychopharmacology for early-episode psychosis, with emphasis on minimizing medication exposure and side effects.
- **Participant Process Group:** Our program offers a monthly process group to support psychosocial skill development & functioning.
- **Resisting Internalized Stigma Group:** This is an 8-week group focused on providing CBT skills and social support around issues related to mental health stigma. Participants will be required to complete an approximately 1-hour assessment pre- and post-treatment.
- **Multi-family Group Psychoeducation:** Ongoing monthly meetings provided by an experienced clinician provide education, support and coping strategies for families.
- **Recovery-Oriented Cognitive Therapy for Families:** A closed, 12-week group for families aimed at improving families understanding, coping, and communication skills with their family member in the early stages of psychosis.
- **Supported Employment and Educational Services:** A dedicated support person establishes plans for functional goals and recovery with the participant. The support person assists possible return to school, access to jobs and training programs.
- **Peer Support Services:** Individuals in recovery offer peer support and education services in the community to young persons currently experiencing psychosis in an effort to help maintain functioning.
- **Additional Treatment:** We coordinate with IOPS, PHP's, and local substance use treatment programs when participants are enrolled in multiple programs.



ADDITIONAL LINKS & RESOURCES

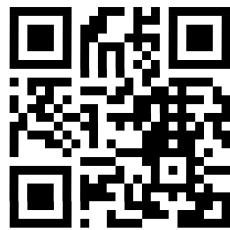
PERC WEBSITE



NAMI



HEADS-UP PA



UNDERSTANDING PSYCHOSIS (NIMH)



PHILADELPHIA JOB FAIRS



SAMHSA

