

COMMUNICATING WITHOUT WORDS



In Loving Memory of Deshon Johnson

My Twin Left Me Here ALONE

On 9-11-2025, I went into my twin brother's room to wake him up like I normally do however; he did not move when I called his name. I thought he was ignoring me like he often does until I walked up on him and noticed my brother completed his life at age 24! I screamed at the top of my lungs, my other half left me and my world was shattered. My twin brother Deshon and I shared a bond that was unbreakable and unique. We felt what each other was feeling and we thought alike.

We grew up without a father and we had our fair share of troubles. Depression was no stranger to our family and therapy was not an option because of the stigmatism. Growing up as a teen I was faced with a very dark situation that changed my life forever. I did not know how to deal with the situation, it was too much for my teenage mind to cope with at the time. I tried to complete my life at the age of 13 and my twin brother Deshon found me, which saved my life. Peer pressure and social media put an ugly mark on my character and it hurt my family. For a while it drove a wedge between my twin brother and myself. He could not understand why I did what I did.

When thinking back we both did not know how to deal with problems or conflict. I guess we thought by eliminating our presence would be the best thing to do. When I was 14 I attempted to complete my life again but this time my mother learned of my intentions.

At this point, interventions entered our lives and I was advised as to go to therapy for in-patient and out-patient services. As the years rolled by I noticed my brother would stay in his room a lot. This continued into our adult years. My brother worked with individuals who had mental illness. Deshon was physically assaulted at work twice during the end of last year and I saw a change in him. His isolation became worse. He was involved in a car accident two weeks before he completed his life and he text me saying "I am so upset, I want to kill myself". I spoke with him until he calmed down and I put him in contact with our Godfather. I thought and truly believed my twin would be okay.

I now know my purpose in life. I am going to start a nonprofit to help those suffering from mental illness. My HOPE is to educate family members and friends on warning signs to prevent anyone else from ending their life.

- ♦ Please know and act on unusual signs you witness when you are with your family members or friends.
- ♦ Patterns exist, do not let them go unaddressed.
- ♦ **YOU** talk to the person even if they do not talk back to you.
- ♦ Males need positive role models in their lives that they can confide in and trust.
- ♦ Family time is important. Families need to set aside time to speak with each other and spend quality time with each other **WITHOUT** mobile devices.

From Ciana Johnson, a twin forever!



Deshon & Ciana Johnson/Twins





American
Foundation
for Suicide
Prevention

HOMECOMING 250

Celebrating The Navy & Marine Corps' 250th Anniversary

MILITARY & VETERAN SUICIDE PREVENTION WALK



OCTOBER 12TH

ARRIVAL TIME 9:00AM AT PENN'S LANDING

MARCH TIME 10:30-11:30AM

PENN'S
LANDING



INDEPENDENCE
MALL

WALK TO SUPPORT THOSE WHO ARE FIGHTING A BATTLE WE MAY NEVER SEE —
JOIN US IN RAISING AWARENESS AND PREVENTING SUICIDE AMONG OUR MILITARY
AND VETERAN COMMUNITY. WALK LEADS TO THE 'ALL VETERANS REUNION
PICNIC', WITH SUPPORT RESOURCES AVAILABLE AT INDEPENDENCE MALL.

SCAN



WWW.HOMECOMING250.ORG

CONTINENTAL CONNECT

**HOSTED MONTHLY
BY FRIENDS HOSPITAL**

Every second Wednesday of each month



**WEDNESDAY OCT 8, 2025
9AM-11AM**



**FRIENDS HOSPITAL
4641 ROOSEVELT BLVD,
PHILADELPHIA, PA 19124**

**FRIENDS
H O S P I T A L**

FRIENDS HOSPITAL HAS AVAILABLE BEDS ON ALL UNITS!

Treatment for all major psychiatric disorders and co-occurring substance issues

Holistic and patient-centered treatment approach

Individualized treatment, wellness and discharge plans

Group and family therapy

Private bedrooms with unit access to an enclosed outside courtyard

Academic support (includes educational assessment and daily educational instruction from a certified teacher)

Help is a phone call away.

Friends Hospital Behavioral Health Programs

Compassionate Care Since 1813

A Healing Environment in Philadelphia

Friends Hospital, the nation's oldest private psychiatric hospital, has been providing hope and healing for over two centuries. Located in Philadelphia, PA, our campus offers the serenity of beautiful rural surroundings within an urban setting—a peaceful space designed for recovery.

Individualized Approach to Recovery

Every journey is unique. At Friends Hospital, we:

- ♦ Conduct a confidential assessment upon admission (available 24/7).
- ♦ Develop treatment plans based on personal goals, strengths, and support systems.
- ♦ Focus on recovery-oriented care, guiding each patient to rediscover meaning and purpose.

Our compassionate clinicians help patients break through barriers and build healthier, more fulfilling lives.

Multidisciplinary Treatment Team

Healing is most effective when supported by a diverse team of experts. At Friends Hospital, patients and families work with:

- ♦ Psychiatrists
- ♦ Registered Nurses
- ♦ Psychologists
- ♦ Social Workers
- ♦ Expressive Arts Therapists
- ♦ Certified Addiction Counselors
- ♦ Other mental health professionals

Each patient is considered a vital member of their own treatment team, participating in goal-setting and progress toward wellness. Families also receive guidance to strengthen support at home.

Friends Hospital Behavioral Health Programs

Our Specialized Programs

- Adolescent Unit – Care for teens navigating mental health challenges.
- General Adult Unit – Support for adults seeking balance and recovery.
- Older Adult Unit – Specialized treatment for seniors facing unique concerns.
- Greystone Residential – Longer-term, supportive care in a therapeutic environment.

Help Is Just a Call Away

Your path to recovery can begin today

- Available 24/7 for confidential assessments
 - Call us at 800-889-0548
 - Visit our facility in Philadelphia
 - Or send us a message to learn more

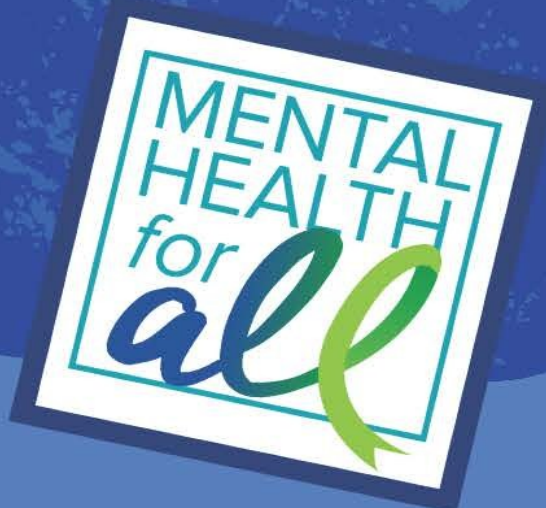
If you or someone you love is experiencing a medical emergency,
PLEASE dial 911 or go to the nearest emergency room immediately.

Friends Hospital: Where healing, hope, and recovery come together



namiwalks

Philly

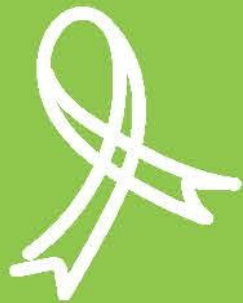


2025 SPONSORSHIP
OPPORTUNITIES

THREE pillars to support ONE goal:

The logo features the words "MENTAL HEALTH" in a bold, sans-serif font, with "for all" in a script font below it. A green ribbon is tied around the word "all".

MENTAL
HEALTH
for
all



To promote awareness of mental health and reduce stigma



To raise funds for NAMI's free, top-rated mental health programs



To build community and let people know they are not alone

Hope has a partner — and it's

NAMIWalks continues to reach new heights and celebrate record-breaking seasons and much of that is due to the generous contributions of our sponsors.

Your commitment makes a powerful difference within our mental health community, as it emphasizes that none of us are ever alone, and all of us are in this together. "Mental Health for All" is our vision and mantra and nobody wears that badge of honor more proudly than our sponsors!

We are delighted to see that 2025 finds your company uniting proudly to fight stigma, support NAMI's programs and culture of guidance, and bring newfound awareness to the resources available to everyone who needs our help.



Join Us!

NAMIWalks Philly
Saturday, October 18 at 10AM
Friend's Hospital



About Us!

NAMIWalks is NAMI's oldest signature fundraiser and it enters 2025 as one of the nation's Top 30 Peer-to-Peer events for the fourth straight year, after raising an unprecedented \$14.7 million and registering a program high 8,085 teams. Over 160 community Walks are presented by NAMI State Organizations and NAMI Affiliates from coast to coast. United by our unique experiences, journeys and stories, NAMIWalks is a beautiful celebration of each of us - individuals with mental illness, their family, their loved ones, their community.

Funds raised directly support NAMI Philly's mission of education, advocacy, support and public awareness. We are grateful to our partners for helping to make our goal of Mental Health for All possible.

NAMIWalks Philly | 2025 Sponsorship Opportunities

NORTHWEST VICTIM SERVICES (NVS)

FUNDRAISER

OCTOBER 23, 2025

LASALLE UNIVERSITY—DUNLEAVY ROOM

6:00PM TO 9:00PM

Honorees:

Bio ONE Phill & Your Destiny Is Here

Tribute:

Late Patrice Custis-Fisher & Pastor Bob Coombe, NVS Board Members

Special Presentation

Erica J. Harris, MD

Medical Director, Trauma Intervention Program

Department of Emergency Medicine

Einstein/Jefferson Healthcare Network

AND

Scott P. Charles, Trauma Outreach Manager, Director, Trauma Victim Advocacy Program,
Temple University Hospital - Main Campus

MC: Racquel Williams, Host of KYW Bridging Philly

DJ: Kenya Ameer



Raffles Items

PHILADELPHIA EAGLES

SUPER BOWL CHAMPIONS

#11 Signed Football & Certificate A.J. Brown,
Wide Receiver / Philadelphia Eagles

#90 Signed Football & Certificate Jordan Davis,
Defensive Tackle

#4 Signed Jersey & Certificate Jake Elliot, Kicker

Gift Card Basket

Scratch Off Basket

Spa Basket

Large Screen TV

Wine Basket

Weavers Way Basket

Fundraiser Tickets & Raffles Tickets can be
purchased at:

northwestvictimservices.org

\$65.00 Per Person

Raffles Tickets:

3 for \$25.00

6 for \$45.00

You do not need to be present to win

