

# What's "new at NAMI NH" Newsletter

## September 2011

### News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

### Upcoming Events ~

#### Managed Care Public Forums!!!

As the result of legislation passed, specifically Senate Bill 147, New Hampshire is rapidly moving forward to implement a mandatory managed care model to treat all of its Medicaid recipients. Under managed care, a contractor (Managed Care Organization) would set up Medicaid recipients with primary care physicians or "medical homes" where they would receive regular preventative treatment.

**This month only, the state will be soliciting input on this change from experienced Medicaid program consumers and their families through:**

- 5 regional public forums – anyone can attend -**September 12-30**
- Keene – Keene Public Library, Sept 13, 2-4 pm
- Nashua – Nashua Community College, Sept 14, 6-8 pm
- Somersworth – Avis Goodwin, Sept 22, 10-12 pm
- Manchester – Manchester Health Department, Sept 23, 10-12 pm
- North Country –using Granite State Distance Learning Network, date TBF

NAMI NH created a document that provides a clear and simple overview of Medicaid Managed Care, along with definitions and sample questions. You can view by clicking this link:

[http://www.naminh.org/uploads/MedicaidandManagedCare\\_1\(2\)\(2\).pdf](http://www.naminh.org/uploads/MedicaidandManagedCare_1(2)(2).pdf)

Please Share with other Families!

#### The Management of Schizophrenia-September 29

You are invited to attend an informative and interactive discussion on the management of Schizophrenia to be held at New Hampshire Hospital from 12:00 to 1:30 p.m. on September 29. Flyer attached

#### Mental Illness Awareness Week and the NAMI NH Walk- October 2<sup>nd</sup>

Sunday October 2<sup>nd</sup>- NAMI Walk at NH Hospital <http://www.naminh.org/walk>

Tuesday October 4- Day of Prayer

Wednesday October 5- Mental Health and Schools Conference

<http://www.naminh.org/education/community-education/miaw-2011/mhschools>

Go to the NAMI NH website for more details! [www.naminh.org](http://www.naminh.org)

### **Support Group Facilitator Training- October 15, 29 and November 5<sup>th</sup>**

NAMI NH is offering the 3 part support group facilitator training, anyone interested in becoming a NAMI NH support group leader to either start a new NAMI NH group or to join an existing leadership team is welcome to attend. Participants must commit to all 3 days of the training which will be held at the NAMI NH concord office from 9am-3pm.

This training will not be offered again until 2013 so please take advantage of this opportunity.

Contact Annette at [Acarbonneau@naminh.org](mailto:Acarbonneau@naminh.org) or 225-5359 x 25 for an application and registration information.

### **8<sup>th</sup> Annual Suicide Prevention Conference- November 4<sup>th</sup>**

At the SERESC Conference Center in Bedford, NH. Early bird admission fee is \$60.00 until October 7. Scholarships are available.

<http://www.naminh.org/uploads/docs/SPConf2011.pdf>

### **News-**

**The National Education Alliance for Borderline Personality Disorder is pleased to announce:**

**NEA.BPD Call-In Series.**

**Perspectives to Understanding Borderline Personality Disorder**

Course Directors:

Perry D. Hoffman, Ph.D.

Kenneth R. Silk, MD

Thanks to the generosity of the professional borderline personality disorder community, NEA.BPD will be hosting lectures on the phone providing the BPD community the opportunity to hear the latest information and research on the disorder.

**There is no charge for callers with unlimited calling plans on their phone.**

**Fall 2011 Semester: Sunday Evenings 8pm to 9pm EST**

Families and Consumers

1. Alan Fruzzetti, Ph.D. *Skills for Effective Family Communication* **Sept 18<sup>th</sup>**
2. Marie-Paule deValdivia: *Family Connections: Must-Have Skills* **Oct 16<sup>th</sup>**
3. Richard Hersh, MD *Informing Patients and Family Members* **Oct 30th**
4. Jim Breiling, Ph.D. *Where We Are & Where We Need to Go* **Dec 18th**

## Professionals

(The lectures will be directed towards professionals but others are also welcome to join)

1. Ken Silk, MD: *Medication: Benefits and Liabilities* **Oct 2<sup>nd</sup>**
2. Barbara Stanley, Ph.D. *Safety Planning: A New Intervention for Suicidal Patients* **Oct 9<sup>th</sup>**
3. Charlie Swenson, MD: *DBT: The Latest Information* **Oct 23rd**
4. Lois Choi-Kain, MD *Mentalization* **Nov 13<sup>th</sup>**
5. Shireen Rizvi, Ph. D. *Review and Report from ISITDBT 2011* **Dec 4th**
6. Frank Yeomans, MD, Ph.D. *Transference-Focused Therapy* **Dec 11th**

Registration required: To reserve a phone line, please e mail [neabpd@aol.com](mailto:neabpd@aol.com)  
**Subject: RSVP for Call-In on Date (please specify)**

**Please include in the body of the E mail: Name, Address, Affiliation (if any), phone number**

Please also let us know what topics you would like for the Winter/Spring Semester. Thank you.

Perry

**Perry D. Hoffman, Ph.D.**

**President: National Education Alliance for Borderline Personality Disorder (NEA-BPD)**

[www.borderlinepersonalitydisorder.com](http://www.borderlinepersonalitydisorder.com)

**Vet-to-Vet, a volunteer group of veterans helping other veterans.**

NH Employment Security

10 West Street, Concord, New Hampshire

First and Third Monday Each Month

From 1:00 to 2:30 pm

For more information call (603) 228-6625

STARTING MONDAY, SEPTEMBER 12, 2011

**Parent support online message board**

<http://www.naminh.org/families-friends-children>

**Look to the right and click on “Join our conversation online”**

**Granite State Independent Living is holding free seminars** around the state to help people learn how they can go to work while protecting their disability income. Details on these presentations plus other helpful information on resources that promote work as part of recover can be found at:

<http://www.naminh.org/education/recovery/supported-employment>

## Opportunities

**Family to Family** classes being offered in Littleton, Seacoast, Concord, Nashua and Londonderry.

For dates and to register go to <http://www.naminh.org/f2f>

## And Again.....

### NAMI NH Support Group Announcement Suggestion

Rudy Parent of the Salem group sends out the best support group announcements. I asked him to share with us how he created them and he was nice enough to share his process. Rudy has offered to share his template which makes the announcements look professionally done and we can simply cut and paste to make it our own. If you would like a sample and the directions please let me know!

### Q&A Psychiatric Advance Directives in NH

Check out this link from the National Resource Center on Psychiatric Advance Directives: <http://www.nrc-pad.org/content/view/207/67/>

### CMHC complaint process

“When you have a complaint about your Community Mental Health Center”

<http://drcnh.org/cmhcrightsNEW.pdf>

## Did you know?

### 911- 10 years later

Percentage of those living within a one mile radius from the Twin Towers suffering from Post Traumatic Stress Disorder: **20**

Increase in PTSD among Manhattanites post-9/11: **200 per cent**

Estimated minimum number of New Yorkers suffering from PTSD as a result of 9/11: **422,000**

Estimated number of the city's public school students suffering from PTSD as a result of 9/11: **10,000**

If you would prefer not to receive this email newsletter, please email me to be removed from the distribution list. Please contact me with questions, needs, and news of your groups and classes at [acarbonneau@naminh.org](mailto:acarbonneau@naminh.org) or 1-800-242-6264 ext 25

Annette

