

Affiliate Leader/Teacher Meeting Minutes
Dartmouth Hitchcock, Pleasant Street, Concord
Saturday, May 19, 2007

For those who attended the meeting, thank you for your participation. It is exciting and amazing to learn all the Affiliate groups are doing around the state. For those that missed the meeting, below is a detailed outline of most of the meeting. The time we spend together twice a year is so valuable; we all learn so much from the networking and sharing of ideas. Thank you to those that have led or taught for many years, your experience is so helpful to leaders just starting out. And to those new leaders, your enthusiasm and passion helps to inspire us all.

Annette and Claudia

Participants were welcomed and the meeting was started with a recognition exercise. Participants each completed a form by assigning themselves points for each volunteer activity they have participated in. For each point they had they received a raffle ticket. Three prizes were drawn, going to Al Bouchard, Ed Kirby and Ellen Malloy.

Claudia gave updates on the work she is involved in for NAMI NH. This includes the following:

- MAST NH
- NH Children's Mental Health Family Focus Group
- DHHS Child and Maternal Health grant
- Children's Mental Health Awareness Day
- COP Transition
- IROS Workgroup
- Statewide Family Network
- Parents Meeting the Challenge 8 week educational program
- GAL Certification Training
- DCYF Training 4 times a year
- Child and Adolescent Network group
- Information and Referral Line continues to be very active
- Adolescent with co occurring disorders
- Training in schools; i.e., Piermont Elementary
- Discussions with Juvenile Justice for staff development training and family support
- Consultation with MFS for case managers to effectively engage families
- State MH Block Grant Planning Council
- Guidebooks: Older Adults and Children
- Library
- Membership
- Police Training Standards Training Linkage Care Grant,

Affiliate Members were asked to share what they have been doing in their groups.

PIERMONT - Parents Meeting the Challenge

Rebecca Ladd and Lisa Robinson

This new group held their first meeting in May. They held an IOOV presentation that included a family perspective and invited the community to attend. Lisa and Rebecca have also developed a brochure and logo, have done extensive outreach: around town, flyers in doctors offices, letters to editors, school, regional paper in support group column, and local paper town activities, made up folders about specific

disorders with contact information to distribute to 4 of 7 doctors offices. Both leaders have already registered individual WALK teams online. Lisa's team will be with West Central and Rebecca's team will be community and family members. Rebecca has already received donations on her webpage!

Lisa will be attending the NAMI National Conference in June.

SEACOAST - ADULT

Diane Cyr spoke about the Bipolar Group. They regularly have 20-25 people and split into consumer and family groups for sharing. Diane helps to produce the Bipolar Conference in Portsmouth; went very well this year, next year's focus will be on children's issues. The conference is normally the first week of May each year.

Diane is also facilitating a Schizophrenia support group monthly, and a weekly grandparents group. She will also be holding a Family to Family class in Portsmouth starting in August.

MANCHESTER - ADULT

Rick Sherman, Ellen Malloy and Geri Foucher shared information. The group has gone through a reorganization process and now has a leadership team in place. They plan a full year of events and educational presentations. They have special posters that hold a tear sheet with all the meeting information and planned speakers. These are posted around town and people can tear off a sheet to refer to. They have also taken advantage of creating a group webpage on the NAMI NH website and found it useful when they needed to cancel and reschedule a meeting due to bad weather. *We encourage all the groups to take advantage of the NAMI NH website to promote their groups.*

They are planning a meeting with Bedford legislators. At last week's meeting a new legislator attended and "ate it up" - families told their stories. 6:30 to 8:00 time works well.

Geri encourages affiliates to get involved with local community mental health center - "get your mole" into the organization. With the introduction of the IMR program, mental health centers are looking for more family input. Some mental health centers have forms that people can fill out asking for more information on NAMI NH.

Rick has received a call from a person needing to do community service work, and has set him up to work on the WALK with Win Saltmarsh at the NAMI office.

NASHUA - ADULT

Ed Kirby, Norma Smith, Scott Smith, Robin Alvanos, Rita Moyer, and Al and Jan Bouchard attended. The group is working closely with community council - Scott is on Board of Directors. Several staff have been guest speakers at meetings, Regional Planning Board members and shared work with Dr. Hafez about a IMR shortened version manual. They encouraged others to use the NAMI NH website and create an affiliate page.

Other methods of advertising include: The group stamps local group information on NAMI NH brochure; new members are asked to sign in and provide email address; email is used to share information; use of local papers to share events.

They have had several nursing students attend their meetings; this prompted discussion on groups protecting the confidentiality of members while still taking advantage of this opportunity to share the family perspective with students. Groups generally recommend inviting students to attend the

educational meetings and also getting group permission to include students at meetings. Nashua is also committed to creating a siblings support group and encouraged NAMI NH to seek ways to provide the liability insurance needed to organize meetings with youth. To insure that guest speakers understand the goals of the group presentations, Nashua has created a "Speakers Guidelines" letter which they send to each speaker.

CONCORD - ADULTS

Pat Nelson shared updates on the Concord group. They also welcome nursing students to attend and learn about NAMI NH and mental illness. The Concord group is a strong group; Pat has been leading for 10 years, and they have 10-15 attendees at most meetings. Riverbend Community Mental Health Center in Concord provides a liaison to the group. Speakers include the Director of Riverbend and the Regional Planning Committee. Educational programs are planned 6-8 months in advance and the group's secretary sends out updates and group announcements through email. The group is again forming a WALK team.

Family to Family will be taught this fall in Concord.

CONCORD - Parents Meeting the Challenge

Helen Harrison is co-leader of the group; she has created a reading list which she shared with the group. As Helen reads books, she writes a brief review and adds it to her list. The group has created a mission statement to encourage members that come to the group to continue to attend, helping others as well as when you are in crisis. Recently the group hosted an IOOV presentation and is looking to schedule other educational activities.

ROCHESTER - Parents Meeting the Challenge

Laurie Foster shared how she started the group a year ago; and although it took time to engage other parents, she recently had 2 co-leaders train to facilitate and is now looking for a larger room to hold the meetings. Rochester meets once per month and includes education in most meetings. Topics have included: Dr. Vance on how to build resiliency in children; PIC (Parents Information Center), DRC (Disability Rights Center) on transition, and a speaker from the community mental health center on disorders vs developmental stages. Laurie has discovered that parents need a reason to come to the group, they don't come just for themselves, it is too hard to take time for just them; but they do see that learning is a priority. Laurie has also been sure that the groups meetings are in the local papers and has distributed flyers to local providers.

This is a very important point for all groups, but especially for parent groups. We encourage all groups to present educational topics. If you need help with ideas, please contact Annette or Claudia.

Laurie will be attending the NAMI National Conference in June.

If an organization or speaker contacts your group directly and you are unsure about their motivation to speak, please contact Annette. NAMI NH is generally able to determine if the speaker would be appropriate for the group.

LITTLETON - ADULT

Annette (who facilitates the Littleton group as a volunteer) shared that this group also has a liaison and good working relationship with the local mental health center. The group has found it very beneficial to have the liaison speak to concerns that group members have over limited services or treatment plans; this has helped to eliminate misconceptions and misunderstandings. The group meets twice per month,

and holds educational meetings year-round (with the exception of July and August). The Berlin, Piermont and Littleton groups all share the same Community Mental Health Center.

DISCUSSION -

“Mental Illness and Violence” was suggested for an educational topic. Recent events in Virginia and northern NH have brought a lot of issues to light. How to support families of individuals who are responsible for these tragedies and how do these types of events affect families of people with mental illness.

Stigma - Anti Stigma campaigns have been launched nationally. NAMI NH has worked hard to supply all radio stations across the state with Public Service Announcements sponsored by the Federal (SAMHSA) Substance Abuse Mental Health Services Administration.

Recently a Verizon commercial was pulled for its stigmatizing advertisement. It featured a girl hearing voices with the lines “too much information”.

Rick Sherman raised the question: Should support meetings be available for consumers along side family members? NAMI Manchester is open to consumers and family members. The group feels there is great value to this inclusion, and that consumer members are able to be very helpful to family members. Littleton opens all educational meetings to all interested. The Concord Adult Group has had a positive experience with a daughter attending with her mother. The Bipolar Group splits into consumer and family groups after education. Geri shared that sometimes it can be an issue in a F2F class. NAMI National preference is that groups be for family members, however this is an individual group decision.

WALK FOR RECOVERY - The NAMI NH 5th Annual Walk will be held on Sunday, October 7th at New Hampshire Hospital. A schedule of conference calls was shared and members were asked to participate and share the information with their groups.

Teams are starting to be formed, if you need help registering your team on line please contact Annette.

MIAW – Mental Illness Awareness Week - October 7th through October 13th

NAMI NH will once again hold an Arts and Recovery event on the State House lawn; this event is well attended and has become popular. Thursday, October 11th, Pete Early, the author of “Crazy”, will come to speak in Concord. Pete has recently been featured on CNN and other national talk shows regarding mental illness. As a father of a son with bipolar disorder, Pete speaks from his heart on the needs of families and people with mental illness. If you have any interest in the criminal justice system or mental health courts, you will not want to miss this presentation.

ANNUAL MEETING and ANNUAL AWARDS DINNER will be on June 14th at the Bedford Village Inn. The Annual Meeting will be from 5-6 pm, and is open to everyone. The focus of the meeting will be presenting the new Strategic Plan. The Annual Awards Dinner will begin following the meeting; reservations are required and the dinner is \$45 per person.

STRATEGIC PLAN

Liz Merry and Pam Brown presented a brief overview of the Strategic Plan. The Strategic Plan will focus on helping affiliates to grow their membership. The plan will be posted on the website, please review and feel free to comment.

CAMPUS

Pam shared about the presentations that are going on at campuses around the state and suggested that we have a more concentrated and coordinated effort to share NAMI NH with colleges. She explained how it first came to be because the Chancellor was Chair of the 2nd Annual NAMI NH WALK and became interested in our programs. Pam feels it's important to provide support for students on campus with mental health issues. Scott suggested that there were two sides to this - that the education of students in general about mental illness is an important goal. IOOV presentations have been provided during MIAW in past years. Al from Nashua suggested using AD Council PSA's around Suicide Prevention Program; raised question of need for screening for mental health issues; Vermont Technical College has a NAMI support.

FAITH INITIATIVE

Pam said there is an Interfaith Group meeting on May 22nd on Faith, Aging and Mental Illness. She is representing NAMI NH. She feels it is important to start dialogue with religious leaders. NAMI NH has communicated with the NH Council of Churches and a new NAMI NH board member is a priest. Helen shared her church is considering NAMI NH in their budget; Manchester Collaborative has also been involved in a project like this. Pam also shared that she is speaking at Methodist Churches during the services.