

## October 2008 Affiliate Leader and Teacher Meeting Notes

### Attendees:

Pat Whitney, Sue Barry, Reid Cooper, Robyn Moses- Harney, Don Moore, Rick Sherman, Ellen Malloy, Ed Kirby, Robin Alvanos, Scott Smith, Norma Smith, Pam Burns, Pam Banks, Laurie Foster, Valerie Acres, Joanna Obrien, Paul Obrien, Sue Allen Rebecca Lawrence, Steve Lawrence, Annette Carbonneau  
Guest Speaker- Nancy Rollins- Associate Commissioner DHHS

### Input and ideas from evaluations-

Want to pursue or found interesting:

- Sharing concepts of revising support groups
- Peer centers- peer support
- Social Security information and eligibility
- Discussion on moving people in the affiliate groups into advocacy
- More specific presentation from DHHS regarding financial and medical disability eligibility determination process. Walk through a hypothetical application for benefits. Invite staff who make these determinations, not senior management.
- History of NAMI
- Strategic look at what an affiliate should be
- More NAMI folks describing their roles and responsibilities
- Late afternoon meeting
- Models for support groups
- Send out a list of suggestions for meeting focus and have folks vote on them
- Speakers from community mental health innovative programs in NH
- Strategic planning models for group meetings
- Networking
- Exec director or board members of a CMHC
- Leadership development
- Street level topics
- Group succession
- Advocacy project ideas
- Doctors/clinicians
- Consumers to see what they would like to see
- Sharing success formulas and stories of support groups

The meeting began with a introduction game of Bingo, where participants had to find people in the room that had participated in one of the volunteer programs listed on the bingo boards, our 3 prize winners were Joanna Obrien, Scott Smith and Pat Whitney.

We then moved on to NAMI NH updates:

**The Walter J. Dunfey Award-** On September 22, in a ceremony at the Nonprofit Leadership Summit, Governor John Lynch presented NAMI NH with The Corporate Fund's Walter J. Dunfey Nonprofit Management Award. The award was created to recognize outstanding management skill and talent within the nonprofit sector, and

named for Walter J. Dunfey, noted businessman, philanthropist and co-founder of The Corporate Fund. For more information on his prestigious award and to see the photos, go to the NAMI NH website at [www.naminh.org](http://www.naminh.org).

**Volunteer opportunities list**- this list was distributed to participants in hopes they would also get the list out to their groups and classes. Coming up on November 15<sup>th</sup> the Legislative Forum training will be held from 9-1:30. To learn more or register for the training contact Annette. Other volunteer opportunities include serving on the Annual Awards Committee, Life Interrupted Family Speakers training, the Family Conference planning committee, Information and Referral Volunteers and Spring 09 Support group facilitator training.

**MIAW Activities**- NAMI NH had a very successful Mental Illness Awareness Week Oct 5-12<sup>th</sup>. The week started out with the annual Walk on Sunday, approximately 450 walkers turned out and raised 91,000. On Tuesday Oct 7<sup>th</sup> churches all around the state recognized the National day of prayer. Also on Tuesday, NAMI NH along with several partners; Attorney General's office, Disability Rights Center, Juvenile Justice and Bureau of Behavioral Health presented a conference on the Juvenile Justice System and mental health. Again this year NAMI NH offered a children's book and lesson plan to 20 elementary schools in the state. On Thursday there was a showing of the movie "Canvas" and a reception to meet the star of the movie Joey "Pants".

**Concord F2F "Laundry List"**- The concord Family to Family class created a "laundry list" of efforts that were working well in the mental health system and areas they would like to see improved or learn more about. They did this exercise as part of their advocacy lesson. Once they had the list complete they invited me to attend the Concord Support Group meeting and speak to each subject. This is a great exercise to do in either a support group or educational program setting.

**Nancy Rollins, Associate Commissioner**- Our guest speaker was Nancy Rollins, Associate Commissioner from the Department of Health and Human Services. Nancy was asked to present the department's structure from the top down. She came with prepared folders that contained organizational charts outlining the structure and management of each division within the department. Nancy has over 30 years in the health and human services industry. Nancy's previous experience with DCYF allowed her to learn about many other states and how their systems work. Although we often lack here in NH, this is an easier state to make things happen because of our size and government structure. In NH the commissioners have 4 year contracts, but the governors only have 2 yr terms, which limits the ability for them to appoint the commissioners of their choice. There are over 330 staff in the Department of health and human services, it is the largest state agency. Copies of the information that was handed out are available, contact Annette.

**Nashua Affiliate on the Rivier college project**- A class at Rivier college teamed up with the Nashua support group to learn more about NAMI NH and to develop ideas on how to effectively address mental health issues and bring NAMI NH into the college. The Nashua group made presentations to the class on the need for family support and education and mental illness and the criminal justice system. The class then worked in groups to develop their proposals. Nashua will forward us the conclusions so that we can get them out to all of you.

**Additional NAMI NH updates-** Additional updates included the announcement of the newly released NH 10 year mental health plan, and the prototypes of the new marketing materials that are being developed and based on affiliate input.

Throughout the meeting the group had lively discussion about the structure of NAMI NH support groups, should they include consumers, what is the importance of educational presentations, what is the purpose of the groups, how do we best address relationships between new-bees and seasoned members, how do we “appeal” to both these groups, how to encourage Family to Family and Parents Meeting the Challenge participants to join the groups and succession planning for the groups. We also discussed the need for the NAMI NH Information and Referral volunteers and staff to better connect family callers to the groups and classes. It was determined that there is a need to “reframe” the message to the callers. Suggestions were made regarding language to use: “We will have a member of the “” support group call you”, or “ let me refer you to “name of group member” at the “” group and tell him to be on the lookout for you, here’s the information on when that group meets and the contact information for “name of group member”, can I have “group member” call you? It is important to not share callers names and contact information unless they give their permission, but we can improve the way we offer our information.

It looks like the majority of participants would like to continue this discussion at our next meeting and provide working groups for teachers and leaders. As always, we thank you all for attending, we learn so much from each other and our meetings help to strengthen and focus our NAMI NH family.

Annette