

What's "new at NAMI NH" Newsletter

May 2009

News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

Upcoming Events –

Parents Meeting the Challenge Teacher Training-

This training will be offered over the course of 3 evening sessions in June, if you are interested in teaching this Parent education program please contact Claudia Ferber at cferber@naminh.org.

NAMI NH Annual Meeting- Will be held at Harbor Homes, 45 High St in Nashua on Thursday, June 11th, 5:30pm to 7:30pm. The Annual Meeting is open and free of charge to all NAMI NH members. New Board members will be elected. Reservations are required, to rsvp please contact Diane at dgedney@naminh.org or 225-5359.

Meeting Agenda

Business Meeting

(5:30pm to 6:30pm)

- Welcome and President's Report Elizabeth Merry, *President*
- Financial Report John Fox, *Treasurer*
- Nominating Committee Rick Sherman, *Chair*
- The Year In Review Michael Cohen, *Executive Director*
- Recognition of Retiring Board Members Elizabeth Merry and Michael Cohen

Light Refreshments after the meeting (6:30pm to 7:30pm)

Preventing Suicide Conference

Friday November 6 8-4:30 at the Waterville Valley Conference Center

Plenary and workshops on varied related topics. For more information contact Cindi Lapointe at 653-8360 or cindi.lapointe@dartmouth.edu

What's New

We are pleased to announce **Deb Karr, NAMI NH's In Our Own Voice Coordinator, has won the NAMI National "In Our Own Voice" Distinguished Service Award.** Deb is a true testament to the commitment and dedication that NAMI NH staff bring to our organization, always going above and beyond to spread the word about NAMI NH and fight stigma. Congratulations Deb on this wonderful honor! The original announcement from NAMI National is posted below.

IN OUR OWN VOICE DISTINGUISHED SERVICE AWARD

Deborah Karr

The IOOV Distinguished Service Award goes to an individual who devotes their time and talent to fight stigma through the In Our Own Voice program. IOOV is proud to recognize Deborah Karr as this year's award recipient. As an IOOV Presenter, Trainer, and Coordinator for the state of New Hampshire, Deb is genuinely devoted and committed to spreading the IOOV message. In 2008, New Hampshire IOOV Presenters conducted over 60 presentations to more than 2,100 audience members – and Deb was part of more than one-third of those presentations! We applaud Ms. Karr for the leadership, vision, and hard work she brings to NAMI New Hampshire and the In Our Own Voice program!

The new NAMI NH marketing materials are here including an updated version of “Hope and Help” this publication has been written and published to provide resources and guidance to people who have mental illness. Families may want copies to share with their loved ones. Please contact the NAMI NH office if your group or class would like copies.

Opportunities

Public Policy- The NAMI NH public policy committee is looking for new members. This committee meets once per month to review and discuss pending legislation that relates to mental health and to determine and prioritize NAMI NH's public policy agenda. If you would like more information please contact Annette

“Life Interrupted” and “In Our Own Voice”

Bust Stigma; promote these presentations at your work place and in your community. For details contact Annette.

NAMI Walk 2009- Its not too early to start to plan for your walk team, you can have a family team, an affiliate team, a Family to Family class team! Go to the NAMI NH website www.naminh.org and click on the NAMI walks logo for all the details!

Now in the NAMI NH resource center

Wishing Wellness, A Workbook for Children of Parents with Mental Illness
Lisa Anne Clarke & Illustrated by Bonnie Matthews

Wishing Wellness is a workbook for the child whose mother or father is suffering from a serious mental illness. Packed with information, interactive questions, and fun activities, it's an ideal tool for children and their therapists or other professional mental health workers, covering: How the brain works, causes, symptoms, and treatment of mental illness, feelings and what to do with them, good relationships with parents, talking to friends and others, roles, rights, and responsibilities in the family, coping with prejudice, building a circle of support.

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 or 1-800-242-6264 ext 25

Happy Spring!
Annette