

# What's "new at NAMI NH" Newsletter

## August 2009

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

Please share these updates with your support group and classes.

#### Upcoming Events –

**The NAMI NH Walk- Lunch Kickoff Tuesday August 18<sup>th</sup> 12:00 at the Red Blazer in Concord. For details contact Lynette at [Lgorman@naminh.org](mailto:Lgorman@naminh.org).**

#### Preventing Suicide Conference

Friday November 6 8-4:30 at the **New Location- Loon Mountain, Lincoln, NH**  
Plenary and workshops on varied related topics. For more information contact Cindi Lapointe at 653-8360 or [cindi.lapointe@dartmouth.edu](mailto:cindi.lapointe@dartmouth.edu)

**Public Policy Leadership Training-** November 7<sup>th</sup> – Details to follow

**Fall Affiliate Leader and Teacher Meeting-** November 14<sup>th</sup> – Mark your calendars

#### And Again....

NAMI Connection is a recovery support group program for people living with mental illness that is expanding in communities throughout the country. These groups provide a place that offers respect, understanding, encouragement, and hope.

NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness.

Each group:

- \* Meets weekly for 90 minutes
- \* Is offered free of charge
- \* Follows a flexible structure without an educational format
- \* Does not recommend or endorse any medications or other medical therapies

#### Family to Family Fall Classes-

F2F will be taught in Concord and Nashua starting in September, if you know families that would be interested contact Annette.

#### Parents Meeting the Challenge-

A new PMC class will begin in Concord in September, the class will be held one Saturday per month for 8 months. Please share this opportunity with parents you know and contact Claudia to register at [cferber@naminh.org](mailto:cferber@naminh.org)

#### Family to Family Teacher training-

January 8-10<sup>th</sup> contact Annette for details.

## Opportunities

### **NAMI National MIAW Teleconference: Tuesday, August 18, 2:00 PM ET**

On Tuesday, August 18, the Center for Leadership Development and NAMI Communications team will hold a teleconference on Mental Illness Awareness Week (October 4-10), focusing on opportunities for community events around Minds on the Edge Facing Mental Illness, the PBS program that premieres in October 2009.

MIAW is the launch pad for Minds on the Edge events extending into 2010. More than 50 interviews with NAMI members from last month's national convention currently can be viewed on the Minds on the Edge Web site (<http://www.mindsontheedge.org>).

Call-in information: 1-888-858-6021 access code: 861117#.

Please contact Christine Armstrong with any questions: via e-mail (<mailto:christinea@nami.org>) or 703-312-7893. Those who RSVP by email in advance will receive background materials shortly before the teleconference.

### **Register for SAMHSA's Teleconference "Moving Towards Social Inclusion"**

SAMHSA's Resource Center to Promote Acceptance, Dignity and Social Inclusion Associated with Mental Health invites you to register now for a free teleconference training titled, "Moving Towards Social Inclusion."

Date: Tuesday, August 25, 2009

Time: 2:00 PM - 3:30 PM (Eastern Time)

To register for this training teleconference, please click here

(<http://www.promoteacceptance.samhsa.gov/teleconferences/registration/default.aspx>) for the registration page.

Please note: Registration for this teleconference will close at 5:00 p.m., Eastern Time, on Tuesday, August 18, 2009.

### **Upcoming planning meetings-**

The next NAMI NH Family Conference planning meeting will be held Wednesday August 19, 4-5:30 at the NAMI office, followed by the MIAW (Mental Illness Awareness Week) planning meeting 6-7:30. Everyone is welcome to join us.

If you or anyone you know is interested in volunteering on either of these planning committees please rsvp Claudia at [cferber@naminh.org](mailto:cferber@naminh.org).

**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

### **Now in the NAMI NH resource center**

It's Nobody's Fault, New Hope and Help for Difficult Children

By Harold S. Koplewicz, M.D.

It's Nobody's Fault, winner of a 1996 Parents' Choice Honor and nominee for a Books for a Better Life Award, takes you step-by-step through the process of pinpointing the nature of your child's problem, from getting the right evaluation through the latest information on diagnosis, treatment, and prognosis

Did you know?

**NAMI National has created a new Public Service Announcement –  
“Puzzle Pieces”**

To view and listen to the NAMI PSA spots, visit [www.nami.org/psa](http://www.nami.org/psa).

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