

What's "new at NAMI NH" Newsletter August 2008

News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

Upcoming Events-

Saturday September 13 "Life Under Construction" a one day conference **for adolescents/young adults with mental illness and their families** on the transition planning process, at Southern NH University, Manchester, N.H.

This conference is for youth and about youth, National speaker and author Lizzie Simon (My bipolar Road trip) will speak, there will be "magic", workshops, and panel discussion of adolescent and young adults, even an ice cream social!! Register Early there is limited seating. Visit our website www.naminh.org and click on the link on the left side or contact Claudia Ferber at cferber@naminh.org for a flyer and registration form.

September 20- Support Group Facilitator Training-

2008 Fall Training will be held over the course of 3 Saturdays, Sept 20, Oct. 18 and Nov. 22. Facilitators need to attend all 3 training days. Training is 9:00am-3:00pm. For an application please contact Annette.

September 23 and October 1- Training for Citizens Advisory Committee members

Citizen Advisors are volunteers that tour New Hampshire Hospital (NHH) units each quarter (4 times per year) to ensure that the hospital is providing a safe and comfortable environment to its patients. For more information please contact Annette

October 5-11 MIAW- Mental Illness Awareness Week is the first week of October and is kicked off with the **NAMI NH walk on October 5th**. Each year there are additional events that take place during that week. For 2008 we have two events that you could help with:

- ❖ **Day of Prayer-** The Day of Prayer for Recovery from Mental Illness will be held on Tuesday Oct. 7th, if you think your church would be interested in participating please contact Claudia Ferber at cferber@naminh.org
- ❖ **Elementary Book Discussion-** Each year for MIAW we choose a children's book about mental illness and provide the book and a lesson plan to willing elementary school teachers around the state. WE need your help, if you know of any elementary school teacher, administrator, or nurse that might be interested in participating, PLEASE let us know, this is a great way to start educating children

and to reach out to those children that are living with a parent or sibling with mental illness and think they are all alone.

****October 25- Semi- Annual Affiliate Leader and Teacher Meeting**

9:00am-1:30pm at New Hampshire Hospital. Mark your calendars. Invitations and agenda to follow.

Friday Oct. 31-Sunday Nov. 2- Family to Family Teacher Training Weekend

F2F Teacher training is offered just one time per year, if you are interested in becoming a teacher please contact Annette for an application and details on the training. F2F teacher training is only open to family members who have a loved one with a mental illness. Newly trained teachers are asked to commit to teaching 2, 12 week classes within 2 years.

Did you know?

The greatest misconception about schizophrenia (64%of the population) is that “split or multiple personalities” are symptoms of schizophrenia. Split or multiple personality is more precisely and respectfully known as disassociative disorder, resulting from psychological trauma. Its confusion with schizophrenia lies in the latter’s Greek word origins meaning “to split and “mind”.

Book Introduction

We are pleased to announce some new additions to our resource center library. We will include an introduction to a specific book in each upcoming newsletter.

I’m Not Alone, A Teen’s Guide to Living with a Parent Who Has A Mental Illness

Michelle D. Sherman, Ph.D and DeAnne M.Sherman

I’m Not Alone is a unique, three part book that honestly and gently addresses key issues in dealing with a parent who has a mental illness. An important resource for anyone working with teens, this interactive book includes clear information and opportunities for self expression.

Updates

Fall 2008 F2F classes:

In Portsmouth starting August 19th- Contact Diane Cyr at dcyr@smhc-nh.org

In Nashua starting September 8th- Contact Norma Smith at ssmith411@aol.com

In Manchester, dates to be announced, contact Geri Foucher at Dgtrvl1@comcast.net

Fall 2008 Parents Meeting the Challenge classes:

Rochester- Contact Laurie Foster at 332-5649

Nashua- Contact Pam Banks at 465-3319

Epping- Contact Kathy Fongeallaz at 895-3463

What's New?

Support Group Activities

It is clear from the data I review from the monthly survey forms that the educational component of the NAMI NH support groups is reaching and engaging more members. The following is a list of topics and ideas from group meetings over the last several months:

Lebanon Upper Valley- Hosted a "Life Interrupted" presentation that was open to the public.

Manchester parent group- CHINS(child in need of services). Office of youth services overview

Nashua Adult group- Marty Fuller, Director of the Office of Family and Consumer Affairs on the offices goals and function. NH Housing Authority

Portsmouth- Social Security Benefits and Regulations. Panel of people with Bipolar disorder

Manchester Group- "Ask the Pharmacist" " Ask the Lawyer"

Berlin Group- "In Our Own Voice" , Mental Illness and substance abuse

N. Haverhill parent group- Dr. Chin on Cognitive Behavioral Therapy for discipline in adolescents

Littleton- Schizophrenia Diagnostic criteria

And Again...but with more detail....

Providing that needed support

Sue Allen the NAMI NH Family and Community support specialist is available to speak one on one with anyone in need of support. Sue helps connect families with resources and needed support. If someone in your group or class is in need of this individual service, Sue can meet with them in person or over the phone. This service is not limited to adults but includes help for families with children and elders affected by mental illness. You can contact Sue at sallen@naminh.org or by calling 225-5359 x 28.

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

Annette