

What's "new at NAMI NH" Newsletter

July 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 18th 12:00 at the Red Blazer in Concord.

Leaders and Teachers you have the power to bring more feet to the NAMI walk simply by asking your group and class members to attend. **Imagine if everyone that attended last years walk brought some one for this year, we would have over 1000 walkers!!!**

We all have at least one really important reason to walk- our family member with mental illness.

Go to the NAMI NH website and click on the walk link to learn more!
www.naminh.org

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

Poets Needed

The 2009 CTK Foundation Heart and Soul Grant Award Program

The Heart and Soul (H&S) Grant Award is a national grant competition.

The H&S Grant aims to:

- Provide a grant to a selected nonprofit in the US, providing it with assets with which to increase their reach and visibility
- Underscore the importance of the "heart" of nonprofit missions, especially in difficult economic times

How the H&S Grant Competition Works:

- **In every community across the US, nonprofits submit a poem, (4 -8 lines), as part of a quick and easy grant application. The poem should express the heart of their service mission.**
- Nonprofits submit the grant application, with poem, to the CTK Foundation, via the CTK website.
- If selected, the poem will become the basis of a song, written and produced by Los Lonely Boys and presented, along with a video of the

performance of the song, for non-commercial, community education and awareness.

- The selected nonprofit will also receive a non-restricted \$10,000 cash grant from the CTK Foundation; this grant may be used for any purpose that fosters greater understanding of the nonprofit's mission in their community.

The Grant application closes August 15, 2009. NAMI NH would need to submit the poem with the application. If you or someone you know has a poem to be submitted, contact Win Saltmarsh at wsaltmarsh@naminh.org

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

Family to Family Teacher training-

January 8-10th contact Annette for details.

Opportunities

Upcoming planning meetings-

The NAMI NH Family Conference planning meeting will be held Wednesday July 22, 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.

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

"Straight Talk About Psychiatric Medications For Kids"

Timothy E. Wilens, MD

Deciding whether to give your child medication for an emotional or behavioral problem may be the toughest choice you'll ever face. Will medication really help? How long will it be needed? Your doctor may say it's perfectly safe—but what about all those news stories about overdose and risks? A trusted practitioner at one of the nation's top centers for child psychiatry, Dr. Timothy Wilens is uniquely suited to answer parents' most frequently asked questions. In this revised edition of his bestselling guide, he

helps you truly understand your doctor's recommendations and make informed decisions about what's right for your child.

Did you know?

NAMI National has a new look, check out their new website at www.nami.org

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 (rainy) Summer!

Annette