

What's "new at NAMI NH" Newsletter

June 2009

News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

Upcoming Events –

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

New NAMI NH Board of Directors members:

Welcome to David Canedy, David Sawyer, Diane Cyr, Ellen Malloy, Ron White, Sherry Kahn and Dr. Steven Cauble.

It is with sadness that we say goodbye to Dr. Alex deNesnera who will be retiring from the NAMI NH board as of July 1.

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

Upcoming planning meetings-

- MIAW (Mental Illness Awareness Week) the first week of October
- The NAMI NH Family Conference in April

Please ask a member or members of your group or class if they might be interested in joining us to plan for these great events. Or copy and send this announcement out to your email list.

If you or anyone you know is interested in volunteering on either of these planning committees please contact 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

"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- Now is the time 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! **It's easy to register your team and collect donations all online! Or contact Lynette Gorman the NAMI NH Walk Manager at lgorman@naminh.org for details on becoming a team.**

Now in the NAMI NH resource center

"Worried No More, Help and Hope for Anxious Children"

Aureen Pinto Wagner, Ph. D.

Countless parents, schools and healthcare professionals have come to rely on Worried No More to help youngsters with anxiety reclaim the joys of childhood. In this second edition of her landmark book, Aureen Wagner brings scientifically proven and time-tested cognitive-behavioral strategies into the everyday lives of children and families. Her creative, warm and user-friendly approach appeals to children and adults alike.

Thanks for a successful Family to Family and Parents Meeting the Challenge Spring Session, the following teachers just completed F2F classes-

Pat Whitney and Rebecca Lawrence- Peterborough
Diane Cyr, Reid Cooper and Jackie Ellis- Portsmouth
Sue Barry, Pat Nelson and Betty Nitchie- Concord
Marge Galvin and Diane Guidi- Manchester VA
Scott and Norma Smith and Chet Littlefield- Nashua
Elaine and Brooks South- Conway

And our thanks to Sue Allen, Tena Ewing and Carrie Borrelli for teaching PMC in Manchester, Plymouth and North Haverhill. Claudia and Sue also taught a class in Concord.

Watch for the fall schedule which should be out the end of July---

Did you know?

The US Department of Health and Human services has a webpage that addresses Hipaa to view go to <http://www.hhs.gov/hipaafaq/index.html>

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 Summer!

Annette

