

What's "new at NAMI NH" Newsletter

March 2009

News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

Upcoming Events –

“All Together Now”

A NAMI NH Conference for all people affected by mental illness.

Save the date Saturday April 18th at NH Technical Institute in Concord.

For details go to naminh.org and click on the link to family conference or click on the link below my signature at the bottom of this email.

*** There will be a table for all NAMI NH groups to display their flyers or brochures, please contact Annette to reserve a space for your group; we are also looking for group members to man/woman the table during the noon hour when the fair will be open, if you are able to help please let me know.

NAMI NH Child and Adolescent Network- Tuesday, April 21. 5:30 to 7:30 p.m.

All adolescents with emotional disorders and their families are invited to attend our meeting. Special Presentation- Benefits (state and federal): Children and Adolescents with mental health challenges. Presented by Martha Jean Madison from NH Family Voices.

Please RSVP on or before Friday April 17, 2009 by calling Claudia at 225 5359 ext. 13 or email: cferber@naminh.org

NAMI NH Child and Adolescent Network has a membership of families, youth, providers and others interested in advocating for the needs of children and youth with serious emotional disorders. This is an open group and all are welcome. The Network meets bi monthly from September through June.

For more information contact Claudia at NAMI NH (contact information below) or Ray Barrett at 524-1100 ext. 170 or email rbarrett@genesisbh.org.

Side by Side- a NAMI NH Educational Course for families with an older adult with mental illness

Being offered at St. Joseph's Hospital in Nashua starting on April 20th.

Side by Side is an eight-module curriculum based on the NAMI NH guidebook, "A New Hampshire Guide to Mental Health and Healthy Aging for Older Adults and Caregivers." The course provides information and guidance for family members and caregivers of older adults with mental illness so that they may better understand and support their loved ones in managing their illness and coping with other issues related to aging.

These workshops address a variety of topics geared towards families and caregivers, including a general overview of caregiver issues, information about mental illnesses,

tips on helping to manage a loved one's medical care, and information on other topics such as older adults and legal concerns, and managing changing and challenging behaviors. Each workshop is 2 hours in length and provides an opportunity for questions and answers. Participants receive a free copy of the guidebook, as well as information on websites and other resources available. To register or for more information contact Bernie Seifert at bseifert@naminh.org

Spring Affiliate Leader and Teacher Meeting-
Saturday May 16- Details upcoming

Opportunities

“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 Planning Committee needs you!! Be a part of NAMI NH's largest event of the year. Contact Lynette Gorman at lgorman@naminh.org

Did you know?

NAMI NH has produced a document called **“Mental Health Matters”** it focuses on the needs and recommendations for the mental health system. We have distributed them to NH Legislators and to Community Mental Health centers. If you or your group would like copies please contact Annette.

Now in the NAMI NH resource center

Helping Your Teenager Beat Depression, a Problem-Solving Approach for Families

Katharina Manassis, MD, FRCPC and Anne Marie Levac, RN, MN

Helping Your Teenager Beat Depression presents the authors' unique strategy that enables parents to become effective partners in the treatment of their child's depression. Whether their teen is withdrawn, sad, angry, or anxious, parents can immediately begin to help their child and themselves by using the L.E.A.P. program, a problem solving strategy based on cognitive-behavioral therapy, a widely recognized and proven treatment. With L.E.A.P. the goal is to identify, empathize with, and change depressive behaviors and attitudes, thereby improving the teen's outlook and responsiveness to treatment.

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

