

Topic: The topic of discussion was about educating the community about persons with mental illness. The discussion centered around promoting our message of hope and recovery through family support. With the proper facts, communities can eliminate the fears that people have about mental illness so they, too will realize people with mental illness (neighbors, friends, coworkers...) are valuable members and our lives are enhanced by inclusion.

Additional discussion was about the upcoming MENTAL ILLNESS AWARENESS WEEK which began on Oct. 4th. This week provided a great opportunity for individuals to do for NAMI what NAMI has done for them. Numerous events were planned which included:

Calendar of Events

Close to 100 PBS television stations nationwide are now scheduled to broadcast **Minds on the Edge: Facing Mental Illness** during Mental Illness Awareness Week October 4-11, 2009.

MINDS ON THE EDGE: Facing Mental Illness connects the dots between personal dilemmas facing individuals and families who are living with mental illness, medical practices that can be obstacles to treatment, and public policies that all too often fall short in providing support that could make a positive difference.

The one-hour television program zeros in on wrenching and confounding situations that are playing out every day in homes and hospital ERs, on city streets and school campuses, in courtrooms and in jails, as Americans struggle with the challenges of severe mental illness.

Click [here](#) for the broadcast schedule.



Sunday, October 4, 2009 Start Time: 10:30 AM NH Hospital, South Fruit Street, Concord, N.H. Walkers must register for the walk--no walker registration fee. Honorary Chair, Nick Toumpas, Commissioner, NH Health & Human Services will kick off the Walk. To learn more about the WALK or contact Lynette Gorman, WALK Coordinator at 225-5359 or email lgorman@naminh.org.

Conference



"MENTAL HEALTH IN SCHOOLS"

Supporting Students with Emotional and Behavioral Disorders

Keynote: Stephen Norton, Executive Director

New Hampshire Center for Public Policy Studies

Monday, October 5, 2009 SNHU, River Road, Manchester, N.H.

9AM-3PM Registration Fee \$75.00* This day long event is designed to provide participants the status of supporting students in their local schools and innovative models of support. This event's content is driven by key elements of the mental Health Services in New Hampshire's Schools Report, published in 2009. This day will include a keynote presentation, workshops, an interactive breakout session and select clips of INCLUDING SAMUEL. Visit the [UNH IOD site](#) and click on Mental Health and Schools on the right hand column to register or for more information. *Limited scholarships are available for family members by contacting Claudia at NAMI NH cferber@naminh.org or call 225-5359 ext. 13 who will assist with registration.

ADVOCACY

"STEP UP FOR KIDS" DAY

Monday, October 5

10 a.m. to noon

NH State House Lawn, Concord, N.H.

Again this year, Every Child Matters, has partnered with NAMI NH and other child and family serving organizations and agencies to draw public attention to issues affecting America's children. Here in New Hampshire we'll be gathering on the steps of the State House to show that kids are a priority! We're looking for advocates, elected officials, parents, interested citizens to come together and Step UP for Kids!

Event will include a press conference, Children's Parade and Activities: BJ Hickman Magic Show, State House Tours. Kids Activity Table, Healthy Snack. Invited guests include: Governor John Lynch, Senator Jeanne Shaheen, Senator Judd Gregg, Congressman Paul Hodes and Congresswoman Carol Shea-Porter.

For more information, please e-mail: mlbeaver@everychildmatters.org



Book Discussion

For Adults:

THE SOLOIST by Steve Lopez
Monday, October 5, 2009 7:00 p.m. to 8:15 p.m.
Concord Public Library, Concord, N.H.

Dartmouth College's Professor of English, Suzanne Brown, will lead the discussion of this non fiction work, by Los Angeles Times columnist Lopez who happened upon the homeless Nathaniel Ayers playing a two stringed violin on a street corner. He wondered who this person was, why he was playing on that corner, and what life events resulted in his being homeless. The book tells the story of Mr. Lopez and Mr. Ayers slowly getting to know one another, the discovery that Mr. Ayers was once a student at the acclaimed Julliard School of Music, and his being stricken with schizophrenia while a student there. Mr. Lopez decides to try to help Mr. Ayers in ways he thinks will make Mr. Ayers' life better. Along the way he learns a lot about himself and undergoes some personal changes of his own. Their friendship results in growth for both Mr. Ayers and Mr. Lopez.

Free—No registration needed. Visit [Concord Reads](#) for more information.

For Children



"THE FACE AT THE WINDOW" by Regina Hanson

In the luminous setting of contemporary Jamaica, West Indies, Regina Hanson offers a vivid, reassuring story about the rift mental illness imposes between people, and how the gift of kindness can work to bridge this distance."...Hanson adeptly explores moral dilemmas, rumors, unfounded fears, and mental illness. Drawing on her Jamaican culture, she skillfully advances the plot, creating complexity and tensions.... This is a multicultural book, drawn authentically from the culture of the author, with meanings for all." --*WLTA Newsletter*

FREE to elementary level (grades 1-5) schools to present to students during the months of October and November. Contact NAMI NH for a packet which includes the book, gift for students, discussion questions, resource materials and suggested student activities.

National Day of Prayer



Ask members of your faith community to recite the MIAW-Prayer (provided in packet) on **Tuesday, October 6th** at noon. For other activities, contact NAMI NH for an informational packet or materials.

MIAW Prayer

We pray for those whose lives are impacted by mental illness that they may be granted strength, understanding and compassion as they seek support and treatment for Recovery. We ask that leaders of our institutions and our government be guided as they develop public policy and mental health practices that address the needs of those whose lives are affected by mental illness. Guide us all to have the courage to compassionately support people with mental illness and the wisdom to “See the Person, not the Illness”.

FILM AND PANEL DISCUSSION

“THE SOLOIST”

Thursday, October 8, 2009 Red River Theater, Concord, N.H.

Viewing: 6:00 p.m. Ticket Price: \$5.00 per person

"The Soloist" starring Jamie Foxx, Robert Downey Jr., Catherine Keener, Tom Hollander and Lisa Gay Hamilton is based on the book by Steve Lopez. Visit: http://www.redrivertheatres.org/box_films.php#thesoloist for more details about the film. Panel Discussion: Annette Carbonneau, NAMI NH, Volunteer and Community Developer will facilitate a panel discussion immediately following the film. *Panelists:* David Sawyer, consumer, writer, activities and advocate; Robert Murray, M.D., Medical Director, Riverbend Community Mental Health; a representative of the Concord Coalition to End Homelessness.

SHOWTIMES:

Thu., Oct 8: 6:00 followed by a panel presentation.

Fri., Oct 9: 8:00

Sat., Oct. 10: 3:00

Sun., Oct. 11: 3:00, 8:00

Mon., Oct. 12: No Show

Tue., Oct 13: 7:00

Wed., Oct. 14: No Show

Thu., Oct. 15: 7:00

***“The Soloists and the Road to Recovery”* Thursday, October 29, 2009 7:00 p.m. to 8:15 p.m. Location: Salvation Army, 58 Clinton Street, Concord, N.H.**

Join in a thought provoking discussion about the lines to be drawn between self-determination and self-destruction, help and interference, friendship and exploitation. Concord Community Television will be taping this program. Setting will be available outside the range of the cameras.

Facilitator: Louis Josephson, PhD, President & CEO, Riverbend Community

Mental Health

Panelists: Betty Nitchie, family member and NAMI NH Volunteer
John Rauscher, PATH Rehab Counselor (Projects to Assistance in Transition form Homelessness), Riverbend Community Mental Health
Tom Peters, PhD, Coordinator, Emergency Services, Riverbend Community Mental Health

[Look for activities in your area](#)

Concord

Concord Library, Bulletin Board Display week of October 4

Durham

UNH Social Work Department - Contact person : Sharon Murphy, assistant professor.
Wednesday, October 7, 6:30 to 8:30 a panel discussion at the MUB Theater II. Panelist include people who will share their story of Recover, David Cross, Ph.D., director of the UNH Counseling Center, and representatives from the Rochester District Mental Health Court, which provides alternative sentencing arrangements for the mentally ill who have committed crimes.

October 4-8 Information Table during lunch hours in the MUB Food Court

October 4-10 Informative Display in the library by the Circulation Desk

Merrimack

Merrimack Public Library, 470 Daniel Webster Highway—Display and donate selected books

Milton

Toadstool Bookstore—display of NAMI NH materials and selected books

Nashua

Tuesday, Oct. 6, the Greater Nashua Mental Health Center is conducting training for service providers titled “Helping People Living with Mental Illness,” from 8-9:30 a.m. at 100 West Pearl St.

Nashua Public Library, 2 Court Street---Display and donate selected books

Thursday, Oct. 8, the Greater Nashua Mental Health Center opened an art show for the Hollis Art Society featuring in addition, consumer art. This exhibit will remain open for many months...

Affiliate members will be doing an aggressive canvas in their community by distributing NAMI NH brochures, posters and materials.

Harbor Homes—display of NAMI NH materials

Peterborough

Affiliate members will be doing an aggressive outreach in their community by distributing NAMI NH brochures, posters and material.

Upper Valley

October 3- The NAMI NH Upper Valley NAMI Support Group will have an information table at the Grantham health fair held at the Grantham Town Hall, 300 Rte 10. Also during MIAW the Grantham Library will be showcasing books on mental illness.

October 5- The NAMI NH Upper Valley Family Support group will have an information table at the Lebanon Food Co-op Store, 12 Centerra Parkway, Lebanon, NH 03766

October 6- “In Our Own Voice” Presentation at the Dartmouth Hitchcock Medical Center, Lebanon, NH. Presentation will be held in Auditorium E from 7-9:00pm. This presentation is open to the public and sponsored by the NAMI NH Upper Valley Family Support Group. For information contact Donna Stamper at 863-2621.

IOOV Presentations:

10/6 PLYMOUTH STATE UNIVERSITY

10/7 UNH, DURHAM

10/7 EFFINGHAM LIBRARY, EFFINGHAM