

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

News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

Upcoming Events-

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**, for walk details go to www.naminh.org. In addition the following events will take place:

- ❖ **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.
- ❖ NAMI NH will present an exclusive **screening of the film Canvas** on **Thursday, October 9, 2008** at the Red River Theater. Joe Pantoliano and Marcia Gay Harden star in this touching and inspiring film about the impact of one woman's mental illness on her family. **Special guest speaker**, Joe Pantoliano will address the audience immediately following the film screening about his own struggle with mental illness. Join NAMI NH in welcoming producer and actor, Joe Pantoliano to the state of NH at a Private Reception before the screening at the Centennial Hotel. Seating is limited for both events, tickets are available online **now**. **Go to the NAMI NH website for details- www.naminh.org.**

****October 25- Semi- Annual Affiliate Leader and Teacher Meeting
Special Guest Speaker- Nancy Rollins Associate Commissioner
Department of Health and Human Services**

As you have requested Nancy Rollins will provide an overview of the State's Mental Health system including the role of the Bureau of Behavioral Health and the Division of Health and Human Services.

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.

November 15th- Public Policy Leadership/ Legislative Forum Training

The most effective way to educate legislators is through their own local constituents- YOU. Through these forums we can educate our legislators on the need for continued accessibility to adequate mental health services and establish local NAMI NH contacts as resources for families around mental health issues. NAMI NH will train you and others from your community to organize and facilitate a legislative forum. The ½ day training will be held on **Saturday November 15th** in Concord. To register for the training or learn more about becoming a local advocate please contact Annette Carbonneau.

Did you know?

Only 25% of the general public consider themselves to be familiar with Schizophrenia. In a list of 11 common medical conditions that included heart disease, cancer, diabetes and depression, only Lou Gehrig's disease and multiple sclerosis ranked lower than schizophrenia in familiarity.

*NAMI National report- Schizophrenia: Public Attitudes, Personal Needs

The NAMI NH E-News is sent out twice per month to keep NAMI NH members informed and up to date on NAMI NH events, trainings and new initiatives and also includes articles of interest on research, stigma, conferences and public policy. If you would like to receive the NAMI NH E-news contact Deb Pike at dpike@naminh.org.

Suicide Survivor Support- There is growing support opportunities for those that have lost a loved one to suicide. These opportunities include Survivor Support Groups around the state, a suicide prevention conference at Waterville Valley on November 14th featuring workshops specifically for those that have lost someone to suicide and the National Survivors of Suicide Day teleconference, an opportunity for people that have lost someone to suicide to come together and participate in a national teleconference on November 22nd. For details on any of these activities please contact Becky Mcenany at bmcenany@naminh.org.

What's New?

Too much to list in a newsletter! Recently the Concord Affiliate hosted an educational meeting focused on answering specific questions compiled by the Family to Family class and group. The goal was to learn more about what was happening in the state and what NAMI NH's role was in areas such as the criminal justice system, education of teachers, access to hospitals and how to become an advocate. It was a very informative evening where we all learned a lot. It also made me realize how difficult it is to keep all our members constantly up to date on the new and exciting initiatives that NAMI NH is involved in. If your group is interested in learning more please contact Annette.

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.

Recovering from Depression, A Workbook for Teens
Mary Ellen Copeland and Stuart Copans

As you work through the book, you'll find surveys, checklists, practical tips, fill-in-the-blanks, and brain storming activities. They'll help you sort out your feelings—and figure out which solutions will work best for you. Depression can seem overwhelming, but help is out there! On your personal Journey to feeling better, keep this workbook by your side.

Updates

Do you know a family that has a child with an emotional disorder and is struggling with treatment options, schooling and coping, feeling alone and isolated???

There are still opportunities to participate in the Parents Meeting the Challenge Educational Program.

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

And Again...

Thank you to all the Support Group Leadership for completing the monthly support group survey forms. These forms provide us with the required documentation for our Family Mutual Support contract through the state of NH.

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

