

What's "new at NAMI NH" Newsletter



November 2010

News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

Upcoming Events ~

Saturday November 20th- National Survivors of Suicide Day

Thousands of survivors of suicide loss will gather together around the world on this day of healing, support, and empowerment. **These gatherings will bring local people together to connect with others who have lost a friend, family member or co-worker to suicide**, and who understand the powerful and troubling emotions they experience. Gatherings are scheduled around NH, for details, locations and to register go to www.connectproject.org and click on National Survivors of Suicide Day, or contact Becky Mcenany at bmcenany@naminh.org

January 7-9- Family to Family Teacher Training- Please ask your group and class members. Applications being taken now, contact Annette at acarbonneau@naminh.org

January 22- "It's Your Move"- Advocacy training

Contact Annette for details

February 5th, 12th and March 5th- 3 part Support Group Facilitator Training- Contact Annette for details

Save the Date *NAMI NH Annual Conference** – Saturday March 26th

What's New?

NAMI NH Annual Award Nominations

Now being accepted – go to <http://www.naminh.org/index.php?page=annual-awards>

to access a nomination form.

This year's categories:

Therapist

Educator

Mental Health Administrator

Media Award

Systems Change Award

Legal/Law Enforcement

Unsung Hero

Peer to Peer Support for Teens- NAMI NH offers services to assist teens/young adults (14-21 years old) with serious emotional disorders as they transition into adulthood. These programs seek to engage youth and their families in transitional planning by teaching new skills and building resiliency. Do you know a transition age youth? Share with them this link to the peer to peer support page on face book.

<http://www.naminh.org/index.php?page=teens-young-adults>

NAMI Connection- Peer to Peer Support groups-

There are currently 4 of the new NAMI Connection peer support groups in our state. These groups follow the same support group model as the family groups except the groups are for people with mental illness and led by people with mental illness. Would your son or daughter, spouse or sibling be interested in being part of this program?? NAMI NH is offering a facilitator training in December and we are planning to start more groups so our loved ones have the same support we receive. For more information or to learn about the training please contact Dave Sawyer at 603.496.4061.

News

The search is on! We are officially seeking applicants for the position of Executive Director, for details go to:

<http://www.naminh.org/index.php?page=ed-search>

IOOV Speakers Training April 2nd and 3rd, 2011

Candidates must have experience of recovery for one year and must have their own vehicle. An application is available for those interested. If you know of anyone that is interested in telling their story, have them contact Deb Karr at dkarr@naminh.org or call 225-5359

Speaker from New Hampshire Hospital- Stacy Calabro, Administrator, Community Integration Department at NHH, has offered to speak at NAMI NH groups about NHH, provide you with an overview of the services and answer questions. If you are interested in learning more, contact Stacey at Stacey.P.Calabro@dhhs.state.nh.us or 271-5386.

DVDs We have acquired the following dvds and they are available for your support groups to view:

Minds on the Edge- A discussion with experts on mental illness, treatment, stigma and much more.

When Medicine Got it Wrong- A documentary about how parents refused blame for causing schizophrenia.

No Kidding Me 2!- Joe Pantoliano (The Sopranos, Memento, The Matrix) This empowering film sheds light on what nearly 100 million Americans suffer in isolation. Through candid, often humorous discussions with Pantoliano and his family on their struggle with his own clinical depression, as well as the compelling stories of five other people from all walks of life, all affected differently by mental illness.

Canvas- A story of a wife/mother with schizophrenia.

People Say I'm Crazy- "The first person with schizophrenia ever to film his life, John Cadigan opens his paranoid, chaotic and creative mind and brings us along on his decade journey into recovery"

Depression; Out of the Shadows- A 90-minute documentary about recognizing, treating, and talking about depression.

And Again.....

Personal Stories Needed: How are Mental Health Budget Cuts Impacting You and your Family?

NAMI's top priority is to save NH's mental health services. We are working to underscore the danger of cutting mental health budgets of the community mental health centers, which serve the most vulnerable of those with a mental illness.

We want to hear how you and your family have been impacted by the cuts.

Your stories are a powerful way to convey the serious consequences that result when people cannot access needed services. Please send or e-mail Annette Carbonneau (acarbonneau@naminh.org) or Mike Cohen (mcohen@naminh.org) a one-page description of your experiences, your name, address and phone number/email. If your story fits a future media opportunity, we will first get your explicit consent before sharing any information with others. Thank you!

What's Your News???

Leaders and teachers that attend the semi-annual NAMI NH Leader/Teacher meeting always say the time they get to share and network is the most valuable. So I would like to share your news and updates from your class or your group in this newsletter. Send me a quick blurb, nothing fancy, when you have a great speaker, or just have an inspiration to share. Maybe you want to recommend a great book, dvd or resource, in fact if you have something now, just hit reply and send it along to me!

Please help by reporting your contacts

It is becoming more and more important for NAMI NH to show the incredible impact that our leaders and teachers have on helping families dealing with mental illness within their regions. We need your help to do this. We know many of you take numerous calls and emails, but we don't have the proof, we also know that you don't have the time to complete the current I&R form. But when the day comes that we need to prove the work that you do, we want to be ready. My hope is that you will consider providing the following information about the contacts, on a monthly basis:

- First name
- Town
- Reason for the contact
- Disposition
- Month

I have made a space to report this on the monthly survey form, but you can mail or email it to me separately, whatever is easiest for you.

Thank you so much for your consideration, we would not ask this of you if it were not important.

Did you know?

Mental illnesses are the leading cause of disability in the U.S. and Canada for ages 15-44.

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

Wishing you all a peaceful Thanksgiving,

Annette

