

What's "new at NAMI NH" Newsletter

November 2011

News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

Upcoming Events ~

Medicaid Managed Care: What does it mean? November 16, Granite State Independent Living, 21 Chennel Dr., Concord 6:30-8:30 pm

The third of a 3 part series for parents and guardians of children with special needs, with a secondary theme of Chocolate!

To register call Erika at New Hampshire Family Voices 271-8179 or email to ebd@nhfv.org

Live Long and Feel Great 2-November 18th

Especially for Consumers of Mental Health Services!

Learn to live a longer and healthier life! Persons with serious mental illness are dying 25 years earlier than the general population. Let's reduce this statistic NOW! This free conference adds to Live Long & Feel Great 1 by offering new topics and health care choices. Main Building, Hugh Gallen State Office Park South. Registration required. Please contact Michael Bilson at 603-271-5045 or 1-800-852-3345 ext. 5045 or by email sent to mbilson@dhhs.state.nh.us.

Workshops are free, Lunch is included.

National Survivors of Suicide Day Teleconference Sites Statewide- November 19th. 12:30 pm ~ 3:30 pm.

Healing After Suicide Loss

12:30 ~ 1:00 PM – Light Lunch Provided

1:00 ~ 2:30 PM – Group Viewing of the National Teleconference

2:30 ~ 3:30 PM – Support and Sharing

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. If you have lost someone in your life to suicide or have been affected by suicide, please join us.

Sites in: Concord, Hampstead, Littleton, Manchester, Merrimack, North Conway, Portsmouth and Westmoreland

For more details and to register online:

<http://www.theconnectproject.org/get-help/support-for-survivors/survivorteleconference>

Suicide Prevention Coalition is sponsoring "GateKeepers" Training

December 3, 9:30am-1:00 PM at the Portsmouth Public Library Seacoast

A gatekeeper is anyone who may have contact with a person at risk of suicide, even inadvertently; therefore, essentially everyone is a gatekeeper. Gatekeepers can be from many walks of life, and whether experienced or not, have a role in preventing suicide.

You Will Learn:

► How to recognize the warning signs of suicide - using current information from the field of suicide prevention including case scenarios to practice recognizing/responding to someone at risk.*

AND

► How to connect with the person to get them appropriate help including strategies on how to understand and access key community services for an effective and comprehensive response.

Presented By:

Local CONNECT trainers **Jennifer Brooks** and **Mandy Lancaster** who have several years of training experience and have worked in the local area in non-profit agencies.

Please contact Susan Turner at sturner@rcaction.org or 603 969-5318 to register for this training

It's Your Move" Advocacy training. January 21 9:00am-1:00 pm

- How can you become an effective advocate?
- Learn about the NH legislative process
- Use your personal experiences as a foundation for needed change
- Learn what, when and how to share your message so it gets heard
- Changes in health care delivery - what you need to know
- How can one person make a difference for people affected by mental illness!

To register contact Annette Carbonneau at Acarbonneau@naminh.org or call 225-5359 x 25

News-

Changes in Behavioral Health Payment Reform

The New Hampshire Bureau of Behavioral Health (BBH) has been in the process of planning a change to how community mental health services would be paid for. Many of you have attended presentations and participated in forums, guided by Greg Burwood, to provide input to this change. The plan was to fund community mental health centers (CMHC) on a capitated, prepaid health plan basis, replacing the current fee for service model. On October 6th the Department of Health and Human Services (DHHS) abandoned this project and now plans to include behavioral health services within the Medicaid managed care plan. Details regarding these changes will be forthcoming through the NAMI NH E-News and Public Policy Alerts when we have them. If you would like to receive the E-News go to:

<http://www.naminh.org/enewsletter-signup>

Opportunities

Join the planning for the Annual NAMI Conference! Our first planning meeting is scheduled for Wednesday, November 30, 2011 at the NAMI NH office-2nd floor conference room from 5:30 to 7:30 p.m. Light meal will be provided. Anyone interested in providing input to this important event is welcome. Please rsvp on or before November 28 if you will be joining the group. Contact Claudia Ferber at cferber@naminh.org or call 225-5359.

Do mark your calendar for the Conference which will be Saturday, March 24!

SIBS NH is offering sibling support groups to children and youth in 1st through 12th grade who have a brother or sister that experience developmental disabilities, chronic health conditions, mental illness, physical or learning disabilities. This brand new program started in October, you can go to: <http://www.sibs-nh.com> or contact Karin at Karin@sibs-nh.com or 347-974-2764. There is a fee schedule that includes a registration and per meeting charge.

And Again.....

NAMI National has just release a new report: **First Episode: Psychosis**

“In July 2011, NAMI (National Alliance on Mental Illness) conducted an online survey of individuals who have experienced psychosis firsthand or directly witnessed the experience of a family member or friend.” **You can download this report at this link:**

http://www.nami.org/Template.cfm?Section=first_episode

Vet-to-Vet, a volunteer group of veterans helping other veterans.

NH Employment Security

10 West Street, Concord, New Hampshire

First and Third Monday Each Month

From 1:00 to 2:30 pm

For more information call (603) 228-6625

STARTING MONDAY, SEPTEMBER 12, 2011

Parent support online message board

Join the conversation! If you are a parent or caregiver of a child or youth with emotional disorders and are looking for others to share your experiences with, and learn from, then follow this link and join the conversation!

<http://www.naminh.org/families-friends-children>

Look to the right and click on “Join our conversation online”

Did you know?

You can receive informative email newsletters from NAMI national. To subscribe to “Friday Facts” or “Stigma Busters” or the “Advocate” go to www.nami.org, sign in and when your page opens look to the center and you will see tabs, click on the manage Subscription tab to subscribe to what interests you.

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 Thanksgiving!

Annette

