

What's "new at NAMI NH" Newsletter

October 2011

News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

Upcoming Events ~

October 25th 6:30-7:30 pm- Free NAMI NH Webinar- Understanding Depression in Older Adults

Is there an older adult that you know who may be showing signs of depression? How do you know if what they are experiencing is depression or something else, like dementia or a physical illness? Join us for this one hour webinar to learn what signs to look for that may indicate depression, as well as where to turn to for more information or help with an older family member who is depressed.

Registration is required please: On line at NAMI NH website:

<http://www.surveymonkey.com/s/DepressionInOlderAdults>

For questions Contact: Claudia Ferber – cferber@naminh.org or 603.225.5359

8th Annual Suicide Prevention Conference- November 4th

At the SERESC Conference Center in Bedford, NH. Scholarships are available.

<http://www.naminh.org/uploads/docs/SPConf2011.pdf>

12th Annual Erik Cogswell Memorial Conference- November 4th.

At the Community Campus in Portsmouth, NH. \$25.00 for consumers and family members, for details go to:

<http://www.smhc-nh.org/wp-content/uploads/2011/09/Erik-Cogswell-2011-Brochure-8.24.11.pdf>

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. For details and to register online: <http://www.theconnectproject.org/get-help/support-for-survivors/survivorteleconference>

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

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

Side by Side for Independent Living Free Workshops. Side by Side is a series of 8 educational workshops that provide information and guidance to family members and caregivers of older adults with mental illness. These workshops provide information on critical topics appropriate to those caring for older adults with mental illness. The goal is to help participants better understand and support their loved ones in managing their illness and coping with other issues related to aging. Registration is required.

The following workshops are scheduled:

October 20th

Coping with Changing and Challenging Behaviors.

Time: 3:30 ~ 5:30 pm

Location: Easter Seals NH, Manchester, NH

October 27th

Legal Issues: Who Makes the Decisions and When?

Time: 3:30 ~ 5:30 pm

Location: Easter Seals NH, Manchester, NH

November 3rd

Wellness and Healthy Living

Time: 3:30 ~ 5:30 pm

Location: Easter Seals NH, Manchester, NH

To register: Contact Bernie Seifert at bseifert@naminh.org or 603.225.5359

And Again.....

The National Education Alliance for Borderline Personality Disorder is pleased to announce:
NEA.BPD Call-In Series.

Perspectives to Understanding Borderline Personality Disorder

Course Directors:

Perry D. Hoffman, Ph.D.

Kenneth R. Silk, MD

Thanks to the generosity of the professional borderline personality disorder community, NEA.BPD will be hosting lectures on the phone providing the BPD community the opportunity to hear the latest information and research on the disorder.

There is no charge for callers with unlimited calling plans on their phone.

Fall 2011 Semester: Sunday Evenings 8pm to 9pm EST

Families and Consumers

1. Alan Fruzzetti, Ph.D. *Skills for Effective Family Communication* **Sept 18th**
2. Marie-Paule deValdivia: *Family Connections: Must-Have Skills* **Oct 16th**
3. Richard Hersh, MD *Informing Patients and Family Members* **Oct 30th**
4. Jim Breiling, Ph.D. *Where We Are & Where We Need to Go* **Dec 18th**

Professionals

(The lectures will be directed towards professionals but others are also welcome to join)

1. Ken Silk, MD: *Medication: Benefits and Liabilities* **Oct 2nd**
2. Barbara Stanley, Ph.D. *Safety Planning: A New Intervention for Suicidal Patients* **Oct 9th**
3. Charlie Swenson, MD: *DBT: The Latest Information* **Oct 23rd**
4. Lois Choi-Kain, MD *Mentalization* **Nov 13th**
5. Shireen Rizvi, Ph. D. *Review and Report from ISITDBT 2011* **Dec 4th**
6. Frank Yeomans, MD, Ph.D. *Transference-Focused Therapy* **Dec 11th**

Registration required: To reserve a phone line, please e mail neabpd@aol.com

Subject: RSVP for Call-In on Date (please specify)

Please include in the body of the E mail: Name, Address, Affiliation (if any), phone number

Perry D. Hoffman, Ph.D.

President: National Education Alliance for Borderline Personality Disorder (NEA-BPD)

www.borderlinepersonalitydisorder.com

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

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

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

Did you know?

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

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

