SPOTLIGHT SESSIONS AND WORKSHOPS

SPOTLIGHT SESSION ONE AND SESSION TWO

A. Vote Mental Health

*Cindy Robertson, Senior Staff Attorney, Disability Rights Center*

This will focus on the importance of voting and how to have an individual's opinion about mental health issues represented. It will also explain the process of voting such as how to register, where to vote, and how to access information to make informed decisions.

B. Confidentiality of Medical and Mental Health Information

*Andrea L. Daly, Senior Attorney, McLane, Graf, Raulerson & Middleton, P.A.*

This session will provide information about how to work with providers to obtain information and participants will learn about the restrictions for medical and mental health information.

C. The New Health Law and You

*Erika Downie, Outreach Coordinator, New Hampshire Family Voices*

A new health law, the Affordable Care Act, was passed in 2010 and is now the law of the land. Coming with it are all sorts of new terms, titles and acronyms. This presentation will provide an opportunity for participants to learn what they all mean from a family perspective. Handouts will be provided.

D. Targeted Case Management (TCM)

*Michele Harlan, MA Dept of Health & Human Services - Bureau of Behavioral Health*

Case management consists of services which help beneficiaries gain access to needed medical, social, educational, and other services. “Targeted” case management services are those aimed specifically at special groups of enrollees such as those with developmental disabilities or chronic mental illness. Case management should be individualized, person-centered, empowering, comprehensive, strengths-based, and outcome-focused.

WORKSHOPS

BLOCK ONE

1A. Admitted to NH Hospital: A Look at the Involuntary Commitment Process

*Alexander de Nesnera, MD, New Hampshire Hospital/Dartmouth Medical School*

This workshop will describe the legal process of involuntary hospitalization in New Hampshire. Topics covered will include the decision making involved for involuntary emergency admissions, probate commitments, and guardianships, emphasizing the balance between the need for psychiatric hospitalization and individual civil liberties.

1B. "What's Next?" Youth Centered Transition Planning

*Heidi L. Cloutier, MSW, University of New Hampshire Institute on Disability*

This workshop will discuss the RENEW model and strategies that help youth confidently tackle the question of "what comes next?" The RENEW model includes strategies such as
personal futures planning, individualized team development, braided funding, alternative educational strategies, and naturally supported employment. We will include real examples of students who have turned their lives around and accomplished their goals. You will learn where RENEW Facilitators are in NH and how to get started using RENEW to plan for the future.

1C. Differentiating the 3 D’s: Dementia, Depression and Delirium

Kessan Blandin, PhD, Alzheimer’s Association
Is there someone you care for who is advancing in age and is experiencing issues with memory or mood changes? How do you know if these symptoms are a sign of dementia, such as Alzheimer’s, or depression? Or perhaps it is more related to other physical illnesses the individual may be dealing with? How can you tell the difference? This session will provide information to help you understand the difference between dementia, depression and delirium. She will discuss distinctions and similarities between the three conditions, including how they manifest when more than one is present at the same time. Possible underlying causes will be discussed and participants will be given tips on how to respond to symptoms and resources to have on hand when dealing with any one or all three.

1D. Make Your Voice Heard at the State House (Offered in Workshop Block Two)

Tricia Lucas, Esq., Advocacy Director, New Futures, Concord, NH
This interactive workshop will prepare participants to be effective advocates. Participants will learn about the NH legislative process and the 3 W’s (what, when and how) of effective communication with legislators. Through various activities and discussion, participants will learn how to share with confidence their message with NH legislators in this current political climate. Handouts will be available.

BLOCK TWO

2A. Make Your Voice Heard at the State House

Tricia Lucas, Esq., Advocacy Director, New Futures, Concord, NH
This interactive workshop will prepare participants to be effective advocates. Participants will learn about the NH legislative process and the 3 W’s (what, when and how) of effective communication with legislators. Through various activities and discussion, participants will learn how to share with confidence their message with NH legislators in this current political climate. Handouts will be available.

2B. Update in Child and Adolescent Bipolar Disorder

Steven L. Cauble, MD, Child & Adolescent Psychiatrist, New Hampshire Hospital and Dartmouth Medical School
This workshop is an opportunity for the participant to become familiar with the problems involved in diagnosing and treating Bipolar Disorder in children and adolescents. An overview of the bipolar disorder will be offered with ample time for discussion of the confusion and controversy associated with this illness. Participants are invited to share their experiences with identification, treatment, recovery and advocacy on behalf of a family member affected by this difficult disorder.
2C. Medicaid Managed Care: Learn What It Means to You? (Offered in Block Three)

Michelle Winchester, J.D., Representing the Institute for Health, Law & Ethics, University of New Hampshire School of Law

In 2011, the New Hampshire Legislature passed a law directing the Commissioner of the Department of Health and Human Services to implement a Medicaid managed care program for all Medicaid recipients. To learn more about Medicaid managed care, in this workshop we will explore three questions: (1) What is “managed care”?: (2) What is “Medicaid managed care”?; and (3) What do we know about what Medicaid managed care will look like in New Hampshire?

2D. Mental Illness: It’s a Family Affair – Panel Presentation

Moderator: Annette Carbonneau, NAMI NH
Manager of Grant Operations & Volunteer Development

Panelists: Nate Alberts, Leanna Kirk, Damien Licata, Ellen Malloy, Heidi Matthews, and Lisa Whittaker

Through the sharing of individual stories and discussion this workshop will help participants see the affect of mental illness from different perspectives. The panel includes a person with mental illness, parent of a child, parent of an adult, spouse, child of a parent and sibling. Strategies and tips will be provided on constructive ways to manage family member’s feelings about their loved one’s symptoms and behaviors.

BLOCK THREE

3A. Breaking the Suicide Cycle: A Road to Personal Empowerment

Susan Blauner, Author and Advocate

Through narrative, visual, and auditory presentation, Blauner shares her personal journey and teaches clear, accessible suicide prevention strategies from her book, How I Stayed Alive When My Brain Was Trying to Kill Me: One Person’s Guide to Suicide Prevention, based on eighteen years of suicidal ideation and more than twenty-five years of therapy and personal transformation. Blauner present topics such as “Feelings Versus Facts,” “The Brady Bunch Syndrome,” crisis plans, nutrition, therapy, medication, working with the mind, asking for help, and much more. Audience members receive a comprehensive packet of suicide prevention worksheets, which Blauner discusses in detail. This workshop is part of Blauner's Saving Lives Tour. www.susanroseblauner.com

3B. Co-occurring Disorders and Recovery: What You Need to Know

Lindy Sue Keller, MS, MLADC, Bureau of Drug and Alcohol Services

Many people who experience mental health disorders also have problems related to their use of alcohol and other drugs. This workshop will describe how people are affected by substance use disorders, focusing on the interrelationship of these two disorders and treatment options. We will also discuss how to address both of these concerns in ways that enhance recovery.
3C  Medicaid Managed Care: Learn What It Means to You?
Michelle Winchester, J.D., Representing the Institute for Health, Law & Ethics, University of New Hampshire School of Law

In 2011, the New Hampshire Legislature passed a law directing the Commissioner of the Department of Health and Human Services to implement a Medicaid managed care program for all Medicaid recipients. To learn more about Medicaid managed care, in this workshop we will explore three questions: (1) What is “managed care”?: (2) What is “Medicaid managed care”?; and (3) What do we know about what Medicaid managed care will look like in New Hampshire?

3D. A Family Guide to Post Traumatic Stress Disorder (PTSD)
Daniel Potenza, MD, Psychiatric Medical Director, NH Department of Corrections
This workshop will assist individuals with understanding the influences of trauma on individuals. We will look at the signs and symptoms of the disorder, impact on the individuals daily functioning and the treatment approaches that have been effective. There will be time for discussion.