

Fall 09 Affiliate Meeting- Discussion on Educational Presentations for Support Groups

Where do you find speakers?

Read local publications; weekly newspapers; free papers- look for local interest stories that might be relevant to the group.

Ask your support group members- Provide them with an index card at the beginning of the meeting and ask them to write down 2 ideas for educational meetings.

Get all the groups to share their speaker lists with each other, many speakers are willing to travel and some groups are close enough to share speakers.

Don't forget that speakers can be found in your community such as local doctors, private practitioners, police, attorneys (disability), other social service organizations. By having them come to speak to the group about what they do, your group learns about them but the speaker also learns about your group.

Attend local health fairs and "shop" for interesting speakers

Utilize DVDs or Videos- Some available from the NAMI NH office, also another resource is the Concord Library or the Family Resource Connection of the NH State Library, search for them on the web or contact them at 1-800-298-4321. They will send you videos, dvds or books.

Suggested topics for meetings

Musical Night- The group members bring a musical instrument

Consumer or Siblings panel- Each panel member talks about their personal experience and the group members ask questions.

"Thanks-Giving" meeting- Each group member brings something to show or tell that they are grateful for.

Book Discussion- The group members read a book and have a meeting to discuss.

Focus on a specific illness; Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, Depression, Anxiety Disorders, Obsessive Compulsive Disorder, Borderline Personality Disorder, Post Traumatic Stress Disorder.

The Brain- What is happening when a person has a mental illness

Medications

Stages of Contemplation

Community Resources

Nutrition