

## **NAMI NH Affiliate Leader and Teacher Fall Meeting 9.11.10**

**Welcome and Introductions-** Participants picked a fall leaf and shared the self care message written on it.

### **9.11**

Talked about 9.11, peoples responses to that event focused on the resiliency of our country.

### **WALK NH**

Walk Manager, Win Saltmarsh came to talk about the Walk and share strategies on fundraising. Proposed selling orange paper puzzle pieces for \$1.00 at a local restaurant /business and have them put them on the wall to raise awareness

There are stands available for WALK brochures to put in local businesses.

She reviewed how to sign up on line for a walker, team.

Overview of the current status of teams and money raised to date.

Gave suggestions how to use the personal stories in the Annual Report in fundraising efforts.

New Bright Green Car Magnets—distributed one to each attendee and explained that can sell for \$2.00 a piece. Suggestion from an affiliate member that they could give as a prize to walkers who raise \$150.00 + for the WALK or give them to speakers that attend group meetings. Anyone interested in purchasing magnets can do so at the walk on October 3<sup>rd</sup> or contact Win at [wsaltmarsh@naminh.org](mailto:wsaltmarsh@naminh.org).

Suggestion for fundraising; use personal facebook and put a link to NAMI NH

10% of the WALK money raised by an affiliate/support group team goes back to the group.

Also recognized that Ed Kirby is a monthly donator to NAMI NH this can be done on the NAMI NH website

**Action Steps:** discussion about how to handle if a member of their affiliate forms their own team currently the affiliate does not get a kick back

### **MEMBERSHIP**

Questions raised about membership; encourage people to join through NH rather than National. NH office pays NAMI National a portion of each membership regardless of if the person joins at the state or national level. If the membership dues come to NH we forward a payment to National. If the dues are paid to National they forward our portion back to us. NH office maintains better records and is more responsive to membership so we advise people to join through the NH state office.

Donations: if they are sent to NAMI National they do not come back to NAMI NH.

In many states the Affiliates also receive a percentage of the membership fees, but they are also expected to fund their own programs such as Family to Family.

Question: new membership notifications from NAMI national is shared with state office and local affiliate/support group make note to be sensitive about the use of the information. Each group can determine how to use the information but people joining may not want to be contacted by their local group.

NAMI NH office is now sending out notification of membership status on a quarterly basis to all Affiliates. This list provides you with names, contact information and when membership dues expire.

Groups are asked to utilize this list to remind members to renew.

In NH all liability for groups is also under the state umbrella, so groups and classes do not need to provide their own liability insurance.

Discussion about an “affiliate” vs a “support group” explained formal affiliate status must be applied for through the state and national organization and allows you to have a vote on the national level if your affiliate has the minimum number of members required.

**Updates: Family to Family Teacher training booked for January 7-9, 2011 contact Annette if you are interested in participating or referring someone to the training.**

## **Teacher Updates**

**Pam –Nashua** (23 participants) excited about having 3 co teachers this time.

New evaluation booklets is cool! Problem Solving Workshop was a hurdle but talking with other teachers was helpful; the problem solving dvd wasn't helpful at first.

**Rebecca and Pat-Peterborough** will be teaching in spring—participants came to the support group; seemed more work with the larger group; but classes more exciting; Seemed to be a focus on bipolar and schizophrenia; 4<sup>th</sup> time taught; 3 with pat—Steve is her substitute (went to first class); he felt that it did mix it up and the men seemed to respond to the having a male teacher; nice to have someone available to fill in and mix it up. Suggestion: Identify F2F teachers who would be on the substitute list from each area

**Reid – teaching in Dover** ( 22 registered), 3<sup>rd</sup> time, it's going well; venue is better, set up to face each other rather than a long table that everyone can't see everyone; best advertisement is previous F2F participants; running 2X a year in the Seacoast; need to think about expansion of program; that would require more state trainers (budget) and the costs of materials for programs; recommends training within 6 months from the end of series of classes; **THANK YOU FOR HAVING ALL THE MATERIALS READY TO BE PICKED UP.** Annette acknowledged Ellen's assistance in setting up the chapters and the system

**Question: F2F for Veteran's families in Manchester still moving forward?**

**Yes, but VA is slow to commit, we are still hoping to teach at the Vet Center in spring 2011.**

**Betty- In Concord** there are 3 teachers all assigned; rotate through; venue Nami NH office, but it is too small need new location.

Suggestion: Use the NAMI NH website for folks to contact us if they are interested in participating in a class. Provide a link that can connect the family to the teacher.

**PMC Concord-** Using the NAMI NH office but next year will look at another venue.

**Sue – Teaching F2F in Londonderry** (23 participants) at the Avery Center. This center has been made available to NAMI NH for all groups and classes, will be teaching PMC there later in the fall.

**Annette- Teaching in Littleton** (16 Participants). Advertised by meeting with health center/cmhc and surrounding area towns.

**Advertising Suggestions:** local papers ; work with your cmhc to spread the word; use local service organizations/agencies to get the word out; the health centers have a community relations person try to set up a meeting to ask for their support and explain benefits to them and their providers/families.

Annette tried a different type of press release, will provide it to teachers.

Question about NAMI NH name recognition: has improved in the north country.

**New Idea: Set up a F2F meeting with new teachers and veteran teachers and do a lunch meeting and go over the program: chapters, outreach etc**  
**After spring or fall class ends provide a conference call to allow teachers to share experiences.**

## **Announcements:**

### **Annette-**

**“NAMI in the Lobby”**— asking all affiliates to adopt an emergency room and speak with them about putting materials in their lobby.

Community Education person may be the best contact at the hospital.

If interested for your community NAMI NH has their regular brochures and also materials from suicide prevention, such as “After and Attempt”, if you need help with materials or contacting your local hospital, contact Annette.

Suggestions: Also contact Rescue, Volunteer Fire and EMT

Suggestion: Utilize Mental Illness Awareness Week to do this.

**NIMH (National Institute on Mental Health) materials are available through the NAMI office as we are a distributor.**

**Life Interrupted family speakers training in November**— the 2 part training will be held at the Concord NAMI office on November 6 and 13. This training is applicable for families with different levels of experience and people take it for different reasons; Ellen shared that after sharing her story over the years-she realized the changes in her son. So even for the speaker it can be helpful. Often people just want to be able to explain their situation to friends or co-workers but need help to frame it. Suggestion to take this training if want to speak in your community—this is a great idea-helps to focus on key points-get the message

**Voting Matters!** Distributed a letter from Mike Cohen on the importance of each vote and that for us this election should be about voting for Mental Health. Buttons have been printed and are now available at the NAMI office, also happy to send them to you! Requested that our volunteers take copies of the letter to share in classes and support groups. Annette will also send out electronically.

**Ellen – Evidence Based Supported Employment Update.** There are 14 volunteers serving on this committee; Designed a brochure; developed a survey deadline Monday, September 13, 2010 and the results will be shared with cmhc’s in the four sites; family team will meet with cmhc employment specialists; family presentations in November beginning; has a facebook page; each center has the program but fidelity to the program may differ; most important is the relationship with cmhc and families will have a stronger voice as an advisory committee with cmhc to improve the EBP SE program work. Fidelity, demand, work is important-- Shared “Working Works”

**World Café- Attendees moved to each of 4 “stations” and brainstormed for 4 minutes on the following questions:**

- 1. What do the grass roots need to share with the Nami Nh board during the next year of change and transition to the new ED? What priorities do you have?**
- 2. What additional training would you like or need to further your volunteer efforts or to be able to engage or interest other groups or class members?**
- 3. What suggestions do you have for strategies for engaging a new community in participation with a new NAMI NH group or class?**
- 4. What motivates you to participate in your volunteer role for NAMI NH? And how do you keep motivated?**

**The following results of question #1 will be shared with the board president.**

**Answers to question #3 will be made available to those starting new groups. Answers to questions #2 and 4 will be used in planning future education and training for teachers and leaders.**

### **Results of World Café-**

#1 What do the grassroots need to share with the NAMI NH board during the next year of change and transition to a new Executive Director?

- Need to focus on Emergency Rooms for Admissions (educate staff, provide information to families)
- Affiliates need to have a say in NAMI NH setting goals and meeting prior commitment
- Need Sibling support groups
- Guidance on supporting adult children with MI (lack of release)
- Interface on grassroots and affiliate level
- Alliance with CMHC – Continue and improve on especially legislative efforts
- Need local community organization outreach (elks, rotary)
- Expand support education programs across state north of concord and to the west and in Lakes region
- Grow membership
- The new ED should be someone that will recognize affiliates and staff contributions, understand budget and the need to make NAMI a household word.
- Legislative influence
- Veteran advocacy organizations need to work with NAMI NH and visa versa
- ED Must be a family member

#2 What additional training would you like or need to further your volunteer efforts or to be able to engage or interest other group or class members?

- Stigma Busting
- More time
- Training to inspire volunteers to share the load
- Volunteers equal sustainability
- Need recognition and support from state office
- Dealing with Developmental Disabilities
- Services available at local CMHC
- Treatments available locally/globally
- Fundraising- how to approach
- Increase knowledge of how connected translate- systems
- Connect with community- networking
- Step by step-what is available for community resources
- Communication skills- inter family and outer family system
- Strength from natural supports and how to engage.

#3 What suggestions do you have for strategies for engaging a new community in participation with a new NAMI H group or class?

- Contact CMHC regarding NAMI NH and how it supports CMHC
- Letter to editor
- University and college health counselors and RA's
- Online input
- Interfaith and civic organizations
- Cable and talk radio
- Facebook
- Newspapers and posters
- Mental Health providers
- Script for presenter- Need a playbook on presenting NAMI groups and programs

- More trainings of staff at Community mental and health centers
- Pediatricians and Primary care
- Police
- Emergency workers
- On line newspapers
- Hospital and agency newsletters

#4 What motivates you to participate in your volunteer role for NAMI NH?  
And how do you keep motivated?

- It feels good
- Some else's journey is easier
- Empowering to teacher and student
- Personal growth reflected in others and self
- For kids and grand kids
- Improve relationships with others
- HOPE
- Reminder to let go
- Learn from others
- Reminder it's a long journey
- Friendship and comradely
- People go out smiling
- Inspiration of our family members
- A need to give back
- Help improve changes to the system
- Advocacy for funding

### **Support Groups**

#### **Manchester**

Preparing for annual meet realized that the support group is learning and supporting and doing”  
Placing emphasis on achievement; results include the Club House; collateral education ; Adopted the  
IN Shape program; mental health court  
Ellen; TALK about it, any place any time

#### **Concord**

Speakers are a challenge, often not showing up, sharing and caring has grown,

#### **Keene**

New group, still working to engage community. Working with Peterborough to engage CMHC and get referrals.

#### **Nashua**

Life Interrupted presentation at a team at CMHC- shares the value of NAMI and then talk about barriers.

Nashua group had a Connect Suicide prevention training had families and professionals around the table.

2 presentations:

St Anselm's - presentation to nurses; criminal justice

St Joe's presentation to nursing school

Annette will be coming in October

Ed heading to RI to see “Next to Normal” next March

Created a NAMI closet in Pam's home— materials ready when needed

Pam suggested that volunteers help in concord to update publication room-felt materials outdated

**Peterborough**

12 to group recently; hearing families talk is inspirational. Work with new Keene group has given them new insights. Engaging Speakers is time consuming

**Thanks to all who joined us at the Red Blazer, this meeting is always enlightening, educational and so enjoyable to see everyone!!!**

**Spring Affiliate Leader and Teacher meeting- April 16!!!**