

# What's "new at NAMI NH" Newsletter

## August 2010

### News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

#### Upcoming Events ~

\*\*\*Saturday September 11\*\*\*

#### Affiliate Leader and Teacher Fall Meeting

**New location- Red Blazer in Concord! New Time- 10:00am -2:00 pm!**

**Invitations are in the mail, invite specific group or class members to attend with you.**

**Rsvp by September 1<sup>st</sup> to Annette at [Acarbonneau@naminh.org](mailto:Acarbonneau@naminh.org)!**

#### MIAW- Mental Illness Awareness Week October 3-9

#### "Changing Attitudes, Changing Lives"

In 1990, Congress established the first week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Over the past 20 years, mental health advocates across the country have joined together with NAMI during the first week of October to celebrate. MIAW has become a NAMI tradition and is NAMI's premiere public education and community outreach effort. NAMI affiliates across the country sponsor events to raise awareness about mental illness to put an end to stigma and promote and advocate for treatment and recovery.

Get your community involved in Mental Illness Awareness Week!

Visit the NAMI NH website [www.naminh.org](http://www.naminh.org) weekly for updates.

There are ways your community can get involved. Here are a few ideas:

1. Work to promote the Day of Prayer in your community
2. Press Outreach is essential and is made easier. The NAMI NH website will have sample press releases, letters to the editor and op-eds available at the end of August.
3. Have an informational table with NAMI NH representatives at the Mall/hospital entrance. National Institute on Mental Health (NIMH) materials and NAMI NH materials are available.
4. Offer a movie night at a local library, community center, church: Good choices are: The Soloist, A Beautiful Mind, People Say I'm Crazy, Canvas, When Medicine Got it Wrong, and Out of the Shadow. You can offer a panel presentation: mental health provider, consumer and family member to respond to the movie. NIMH brochures and NAMI NH brochures are available based on the topic.
5. Work with the manager of a local bookstore to create a display for MIAW. Suggested books are listed on [www.nami.org/advocate](http://www.nami.org/advocate) or contact the NAMI NH office.

Interested? Not sure where to start? Do you have ideas of your own, but need help with them? Contact Claudia at NAMI NH 225.5359 ext. 13 and email address: [cferber@naminh.org](mailto:cferber@naminh.org)

### **Sunday October 3, 2010- NAMI WALK**

Go to: <http://www.naminh.org/NAMIWalksNH.php>

To learn how you can be part of this exciting event! NAMI NH support groups receive back 10 % of the total walk money raised.

### **Tuesday October 5, 2010- Mental Health and Schools Conference, Grappone Center, Concord, NH**

“Practical Approaches to Support Children & Youth with Emotional and Behavioral Challenges”. More details to come!

Contact Claudia Ferber at 225-5359 or [cferber@naminh.org](mailto:cferber@naminh.org)

**Friday October 8 Rehabilitation Association Conference** at the Inn at Mills Falls in Meredith- Featured will be a performance from Michael Mack called “Hearing Voices”. This award winning presentation is about his experience with his mother’s schizophrenia. No other details available at this time, but check their website for registration information.

### **Friday November 5, 2010 - Save the Date! Suicide Prevention Conference at Loon Mountain**

### **Saturdays November 6 & 13- Life Interrupted Speaker’s Training**

This two-part training is open to all family members that are interested in sharing their personal stories to help educate our communities and eliminate stigma. To learn more, contact Annette Carbonneau at 603.225.5359 ext. 25 or [acarbonneau@naminh.org](mailto:acarbonneau@naminh.org).

### **Tuesday November 16, 2010- Transition Summit IV – Save the Date! “Navigating Transition: Working With and Within Communities to Improve Students Lives”**

### **What’s New?**

**NAMI NH has new board members** . Welcome to Chet Littlefield, Fran Schopick, Ann Butenhof, Sheila Johnson and Chester Batchelder.

**The new NAMI NH Board officers are:**

President- Paul Gorman

First Vice President- Jonathan Routhier

Second Vice President- David Canedy

Treasurer- Chet Batchelder  
Secretary- Mary Ann Forrestal-Nichols

### **IT'S NOT TOO EARLY TO ASK. WILL MENTAL HEALTH GET YOUR VOTE?**

That's the question that we need to ask every political candidate at every level between now and November 2—less than three months away. We also need to educate voters about mental health issues in order to make them a priority in public dialogue. To support non-partisan activities leading up to the election, NAMI National has launched a special [Vote Mental Health](#) Web site with information and tools.

### **Evidence Based Supported Employment (EBSE) Family Team Update-**

There are 14 volunteers on the EBSE Family team led by Coordinator Ellen Malloy, they have been working to develop a presentation to share with F2F classes and Family Support Groups that will answer questions regarding the program. What exactly is Supported Employment? How do you access it? What is the criteria to join the program? How does it work? Do people find "real" jobs? What are the barriers to participation? How do we advocate for this program for our family members with mental illness? These family team volunteers have taken on the challenge of helping to educate families about EBSE with the goal of increasing participation, availability and fidelity to the program. To schedule a presentation please contact Ellen Malloy at [emalloy@naminh.org](mailto:emalloy@naminh.org)

### **News**

#### **Attention F2F Teachers**

#### **New NAMI National Process for reporting F2F Class information!!!**

NAMI National has begun to contact teachers regarding the new online reporting system. If you have ever done a survey monkey survey the process is much the same. If you have any questions regarding this new system of reporting please contact me!

### **And Again.....**

#### **Opportunity to Recognize a dedicated NAMI NH Volunteer Nominate a NAMI NH Volunteer for the [Spirit of NH Award](#)**

"The **Spirit of NH Awards** began in 2003 with a partnership between Volunteer NH and the Office of Governor John Lynch. The awards are given out annually in November to recognize and thank volunteers across New Hampshire for the time and effort they invest in their communities.

Individual and group volunteers can be nominated for the Volunteer Service Awards, while volunteer programs and organizations can be recognized through the Volunteer Program Champions Awards. Volunteer Service Award nominations will also be eligible for recognition through the Governor's Volunteer of the Month award.

With the thousands of volunteers around the state and the thousands of hours that go into the service work provided, it is imperative to recognize the individuals that make it all possible and make New Hampshire the remarkable state it is today.

Nominations for the Spirit of NH Awards are accepted year-round. The deadline for nominations is September 15, 2010, and it's never too early to start filling out and sending in applications.

Simply take a few minutes of your time to recognize the people that truly exemplify volunteerism and dedicate so much to New Hampshire communities."

For more information regarding the **Spirit of NH Awards**, Volunteer NH, or to find an application packet, go to [http://www.volunteernh.org/html/events\\_45.htm](http://www.volunteernh.org/html/events_45.htm) or call (603) 271 - 7200.

### Fall Schedule for Family to Family Classes

**Nashua-** Starting Monday, **Sept. 13**, 2010 6-8:30pm. Register by contacting Pam Burns at 888-6219 or [parburns@gmail.com](mailto:parburns@gmail.com)

**Dover-** Starting Tues., **Aug. 31**, 2010, 6-8:30pm. Register by contacting Diane Cyr at 957-5767 or via email at [dcyr@smhc-nh.org](mailto:dcyr@smhc-nh.org)

**Littleton-** Starting Wed. **Sept. 1**, 6-8:30pm. Register by contacting Annette Carbonneau at 823-5374 or email [acarbonneau@naminh.org](mailto:acarbonneau@naminh.org)

**Amherst/Milford Area-** Starting Wed. **Sept. 8**, 6-8:30pm. Register by contacting Bev Melle at 673-7854 or email to [beverlymelle@gmail.com](mailto:beverlymelle@gmail.com).

**Lebanon-** Starting Wed. **Sept. 1**, 6-8:30pm. Register by contacting Donna Stamper at 863-2621 or [dstamp4@comcast.net](mailto:dstamp4@comcast.net)

**Londonderry-** Starting Wed. **Sept 1**, 6-8:30pm. Register by contacting To Sue Allen-Samuel at 225-5359 or email to [sallen@naminh.org](mailto:sallen@naminh.org)

**Manchester VA Class-** Details to be announced- Contact Annette Carbonneau

### Fall Schedule for "Parents Meeting the Challenge" Classes

Classes to be held in Manchester, Nashua, Rochester, Concord, Littleton and Laconia starting in October. Dates and Details to come, for information contact Sue Allen-Samuel at [Sallen@naminh.org](mailto:Sallen@naminh.org)

### Fall Schedule for "Side by Side" Classes

In Lebanon on Thurs afternoons, 1:30 to 3:30 from Sept 30 to Nov 18, additional classes will be upcoming this fall, stay tuned! For more information contact Bernie Seifert at [bseifert@naminnh.org](mailto:bseifert@naminnh.org)

### Did you know?

There is a great new website designed to answer all your questions about the healthcare insurance changes, go to [www.healthcare.gov](http://www.healthcare.gov)