

What's "new at NAMI NH" Newsletter

October 2010

News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

Dear Leaders and Teachers,

I often send you announcements for training and volunteer opportunities and ask you to forward to your members and classes. I want to take this opportunity to say "thank you" for working hard to do this. The results of your efforts are amazing! I am seeing more new people signing on to participate in NAMI NH programs. A perfect example is asking for interest in the Citizen's Advisory Committee. To date I have 9 people interested in joining the committee, most are new to volunteering for NAMI NH. **You** are building our base and I **thank you** for your past and continuing efforts!!

VOTE FOR MENTAL HEALTH

Vote for mental health. Ask your candidates their positions, suggested questions can be found on the NAMI NH website at <http://www.naminh.org/index.php?page=vote-mental-health>

We must make Mental Health a priority in this election.

Upcoming Events ~

Tuesday November 2- Election Day!

Friday November 5, 2010 8:30-4:30 - NH's Annual Seventh Suicide Prevention Conference: Strategies for Safety and Resilience

To be held at Loon Mountain Resort in Lincoln NH. For details go to www.connectproject.org
And click on "Suicide Prevention Conference"

This conference is for anyone who is struggling with mental illness and/or suicidal impulses and for those who support them: friends, family and providers., as well as those who have been impacted by a suicide in their personal and/or professional lives.

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

Tuesday November 16, 2010- Transition Summit IV – Save the Date!

"Navigating Transition:

Working With and Within Communities to Improve Students Lives"

Saturday November 20th- National Survivors of Suicide Day

Thousands of survivors of suicide loss will gather together around the world on this day of healing, support, and empowerment. These gatherings will bring local people together to connect with others who have lost a friend, family member or co-worker to suicide, and who understand the powerful and troubling emotions they experience. Gatherings are scheduled around NH, for details, locations and to register go to www.connectproject.org and click on National Survivors of Suicide Day.

January 7-9- Family to Family Teacher Training- Applications being taken now, contact Annette at acarbonneau@naminh.org

January 22- “its Your Move”- Advocacy training

Contact Annette for details

February 5,12 and March 5- 3 part Support Group Facilitator Training-

Contact Annette for details

Save the Date *NAMI NH Annual Conference – Saturday March 26th**

*******Opportunities to share with your groups and classes**

NAMI NH Family Conference-

On behalf of the NAMI NH Annual Conference Planning Committee you are invited to participate in the planning for the spring 2011 event. The conference committee has met several times and is now in the process of choosing workshops and speakers and we would love to have your input. What do you think are the most important topics to present? Who would you like to hear from? There are 4 more meetings between now and February to develop all the details for the conference and we know that input from our leaders and membership is hugely important, after all this is your conference! So if you can, please join us either in person or through conference calling. If you can only participate in the 4 meetings that is just fine and we so appreciate it, if you also want to volunteer to “work” the day of the conference we welcome that as well.

The next meeting is Monday, October 18, 2011 from 5 to 7 p.m. at the NAMI NH office, 15 Green Street, Concord, N.H. The agenda for October will be to select workshops and presenters. We are working within the timeline set that requires we have presenters confirmed by the middle of November.

If you can attend in person please rsvp to Claudia at cferber@naminh.org or 225-5359 before noon on the 18th, as we do provide a light dinner. If you prefer calling in:

Conference Call Information:

Dial: 1-800-704-9804

Then enter 326118#

If you run into any difficulty that evening with this call in information, please call Claudia on her cell phone 731 8518.

Looking for a Few Good Consumers Ready to Help Their Peers

Are you a consumer with 2 or more years in Recovery who wants to lead a peer support group?

NAMI NH is looking for volunteers willing to commit 1 ½ hours a week for a minimum of one year to lead a recovery support group in their community. NAMI Connection is a peer recovery support group for those with a diagnosed mental illness. Volunteer consumers will be trained as facilitators by NAMI NH. Trainings will be held in late 2010 and early spring of 2011. All applicants must go through an interview process and be able to make the time commitment. For more information, please call NAMI Connection Coordinator, Dave Sawyer at 603.496.4061.

Personal Stories Needed: How are Mental Health Budget Cuts Impacting You and your Family?

NAMI's top priority is to save NH's mental health services. We are working to underscore the danger of cutting mental health budgets of the community mental health centers, which serve the most vulnerable of those with a mental illness.

We want to hear how you and your family have been impacted by the cuts. Your stories are a powerful way to convey the serious consequences that result when people cannot access needed services. Please send or e-mail Annette Carbonneau (acarbonneau@naminh.org) or Mike Cohen (mcohen@naminh.org) a one-page description of your experiences, your name, address and phone number/email. If your story fits a future media opportunity, we will first get your explicit consent before sharing any information with others. Thank you!

We need your words of inspiration!- Every year or so we ask for people to share their stories about how NAMI NH programs helped them and made a difference.

- ❖ **We do this so that families in need can read your words and know that help and support is available and that there is hope.**
- ❖ **We do this to illustrate the power of our support and education programs to funders so we can continue to offer Family to Family, Parents Meeting the Challenge and Side By Side.**
- ❖ **We do this to educate our communities about the stigma, challenges and need.**

Please ask your groups and classes to forward their 'story', long or short, we will not publish anyone's name without their permission.

What's New?

NAMI NH car magnets are available at the NAMI NH office for \$2.00 each. To get yours contact Win Saltmarsh at wsaltmarsh@naminh.org. They make a great gift for speakers and class members!

News

What's Your News???

Leaders and teachers that attend the semi-annual NAMI NH Leader/Teacher meeting always say the time they get to share and network is the most valuable. So I would like to share your news and updates from your class or your group in this newsletter. Send me a quick blurb, nothing fancy, when you have a great speaker, or just have an inspiration to share. Maybe you want to recommend a great book, dvd or resource, in fact if you have something now, just hit reply and send it along to me!

Here from Ed Kirby- a favorite quote:

"Hopefully, in my lifetime, I will witness the day when being completely open about my mental illness will not be viewed as a matter of courage, but a matter of fact." ~ Karen Griffin Jolley

The Wheelock-Nardi Advocacy Award goes to...

The Mental Health Center of Greater Manchester will celebrate its 50th anniversary when it hosts the 11th Annual Celebration for Mental Health on Monday, October 25 at the Radisson Hotel and Conference Center in Manchester. Honored that evening will be Michael Cohen, the Executive Director of the National Alliance on Mental Illness, NH (NAMI NH) as this year's recipient of The

Center's Wheelock-Nardi Advocacy Award. For details go to <http://www.mhcgcm.org/news-and-events.aspx>.

Mental Illness Awareness week was a huge success.

Sunday- The walk with 675 participants

Monday- Mental Health and Schools conference and the "Day of Prayer"

Wednesday there were 2 showings of "Theatre of War"

Thursday -New Hampshire Hospital hosted its first Open House with exhibits of the hospital "then and now". The open house captured the attention of the Concord Monitor, Nashua Telegraph and the Union Leader!

There were numerous "In our own voice" and "Life Interrupted" presentations around the state including a presentation at UNH with 150 students attending and the creation of "Stiggy" the large paper mache pink elephant that took up residence in the campus library with an invitation to students and faculty to write inspiring messages on him.

Evidence Based Supported Employment (EBSE) Family Team Update-

The EBSE Family team led by Coordinator Ellen Malloy has been busy creating a family friendly brochure to help families learn about this important program. These brochures are available to groups and classes. Team members are busy meeting with Community Mental health centers to ask about their center's EBSE program. The team also created an on-line survey that NAMI NH members were invited to complete, from this they learned that the majority of respondents did not know about the availability of the program or how to access it. The next step for the team will be to present this program to NAMI NH groups and classes.

To schedule a presentation please contact Ellen Malloy at emalloj@naminh.org

Speaker from New Hampshire Hospital- Stacy Calabro, Administrator, Community Integration Department at NHH, has offered to speak at NAMI NH groups about NHH, provide you with an overview of the services and answer questions. If you are interested in learning more, contact Stacey at Stacey.P.Calabro@dhhs.state.nh.us or 271-5386.

And Again.....

Citizens Advisory Committee- We are actively recruiting new members to the New Hampshire Hospital Citizen's Advisory Committee. This committee is made up of family members who commit to visiting and touring hospital wings once every 3 months. After the completing the tour, the advisor completes an evaluation form that the hospital reviews at a formal committee meeting each quarter. Members of the committee are invited to attend these meetings but it is not required. Tours can be taken at any time, 7 days per week without advance notice. Touring takes approximately 1.5 hours. With the many changes at New Hampshire Hospital, now more than ever this is an incredibly important task. A 3 hour training is provided and new advisors can tour with veteran committee members. Please share this opportunity with your classes and your groups and contact Annette with any questions.

Please help by reporting your contacts

It is becoming more and more important for NAMI NH to show the incredible impact that our leaders and teachers have on helping families dealing with mental illness within their regions. We need your help to do this. We know many of you take numerous calls and emails, but we don't have the proof, we also know that you don't have the time to complete the current I&R form. But when the day comes

that we need to prove the work that you do, we want to be ready. My hope is that you will consider providing the following information about the contacts, on a monthly basis:

First name
Town
Reason for the contact
Disposition
Month

I have made a space to report this on the monthly survey form, but you can mail or email it to me separately, whatever is easiest for you.

Thank you so much for your consideration, we would not ask this of you if it were not important.

Did you know?

Halloween Trivia!

The ancient Celts thought that spirits and ghosts roamed the countryside on Halloween night. They began wearing masks and costumes to avoid being recognized as human.

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