

What's "new at NAMI NH" Newsletter

September 2010

News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

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.

Also, attached to this email is an important letter from Michael Cohen that we ask you to distribute to your groups and classes. If you were not able to attend the Affiliate Leader and Teacher meeting, I will be sending you hard copies in the mail, but also feel free to forward electronically to your entire email distribution lists. This is the time to make our "Grass Roots" voices heard and show our "Fire in the Belly".

We must make Mental Health a priority in this election.

Upcoming Events ~

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 for updates on the week's activities including:

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 by their group.

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

“Practical Approaches to Support Children & Youth with Emotional and Behavioral Challenges”. Go to <http://www.naminh.org/index.php?page=mental-health-and-schools> to register.

Contact Claudia Ferber at 225-5359 or cferber@naminh.org

Wednesday October 6, 2010

Theater of War” is an innovative new project that presents readings of ancient Greek plays as a catalyst for town hall discussions about the challenges faced by combat service members, veterans and their families today.

“Theater of War” helps service members, veterans, and their caregivers and family members to discuss and deal with the emotional and psychological effects of combat and war and the challenges of homecoming. Go to <http://www.naminh.org/index.php?page=tow> for details

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. For details and registration go to: http://www.nhraonline.org/NHRA_Conference_Information.html

Future Events

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.

Included in this year’s conference will be the following plenaries:

Phil Rodgers from the American Foundation for Suicide Prevention giving us insights into Risk and Protective Factors associated with suicide

Donna White, talking about Compassion Fatigue and the ways that providers, consumers and family members can find energy and hope in new ways

Faces of America, a renowned theatrical group from California that has several enlightened representations of individuals who are facing major life challenges that will be both entertaining and inspiring.

In addition, an assortment of workshops will cover topics ranging from co-occurring disorders to safety planning to issues faces those who have lost someone to suicide either personally or professionally.

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.

To register for the conference, see the information below.

Conference Registration Fee

Before October 15th- \$60 After October 15th - \$75 (includes lunch; CEUs have been applied for)

For more information, contact Cynthia LaPointe at 603-653-8360 or via email Cynthia.J.Lapointe@dartmouth.edu

For inquiries on partial scholarships, contact Bernice Lopez-Stanizzi at 603-225-5359 or via email blopez@naminh.org

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

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

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.

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.

We need your stories!- 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 view the attached document “Appeal for Stories”. I will also forward it to you separately so that you can easily forward it to your distribution lists. Thank You!!!!

What’s New?

Social Security Administration Proposes Changes to Criteria for Mental Disorders

- On August 19, 2010, the Social Security Administration (SSA) published a proposed rule revising medical criteria for evaluating mental disorders for purposes of determining eligibility for Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI). These include proposed changes to the criteria for evaluating mental illnesses in adults and mental health conditions in youth. In conjunction with NAMI’s Scientific Advisory Council, we will be carefully evaluating these proposed changes and

submitting comments to the SSA. All comments are due by November 17, 2010. If you are interested in reviewing the proposed changes, they can be accessed at <http://edocket.access.gpo.gov/2010/pdf/2010-20247.pdf>. We would like to hear your views and those of your grassroots membership. All comments should be sent via email to Bianca Ruffin, BiancaR@nami.org. We will carefully consider these comments in preparing our own, and will send guidance out to the field prior to the November 17th deadline.

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.

News

Fall Affiliate Leader and Teacher Meeting

Thank you to all that attending this meeting. There was news from our groups and teachers that we will share in the minutes to be distributed next week and also available on our website

And Again.....

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!

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. We also plan to invite your local CMHC employment specialist to participate in the presentation. To schedule a presentation please contact Ellen Malloy at emalloy@naminh.org

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

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

Did you know?

www.NAMInh.org had a makeover!!!!

If you have not seen the newly launched NAMI NH website, click now and check it out!! And remember to update your support group page at any time by contacting Lynette at Lgorman@naminh.org.

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