

# What's "new at NAMI NH" Newsletter

## December 2011

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

Please share these updates with your support group and classes.

### Upcoming Events ~

**"It's Your Move" Advocacy training.** January 21 9:00am-1:00 pm  
Free training \*\* Anyone Welcome\*\* Lunch included\*\* Registration Required

- How can you become an effective advocate?
- Learn about the NH legislative process
- Use your personal experiences as a foundation for needed change
- Learn what, when and how to share your message so it gets heard
- Changes in health care delivery - what you need to know
- How can one person make a difference for people affected by mental illness!

To register contact Annette Carbonneau at [Acarbonneau@naminh.org](mailto:Acarbonneau@naminh.org) or call 225-5359 x 25

**Voices For The Cause** Sponsored by: The Mental Health Center of Greater Manchester (MHCGM) And NAMI Manchester. Two Presentations for consumers, family members, and friends of mental health interested in having a voice in reducing stigma and promoting/supporting mental health services.

To be held at the Manchester Health Department (1528 Elm Street)

**UNDERSTANDING THE SYSTEM OF CARE** Thursday, **December 15**, 2011. 5:30pm - 7pm

**TIPS FOR EFFECTIVE ADVOCACY** Wednesday, **January 11**, 2012. 5:30pm - 6:30pm

Light refreshments will be served. RSVP to Amy Chickering at 668-4111 ext. 4135 or email at [Chickera@MHCGM.org](mailto:Chickera@MHCGM.org). Please Note: The entrance to the Health Department is at the rear of the building. Park in the lot behind the building, on the street, or at 1555 Elm St. DO NOT park in the lot behind the apartments across the street—they tow.

**Special Presentation- David Hunter at the Dover Group- January 27. 5:30-7:00pm**

The NAMI Dover group is hosting a presentation by David Hunter on Lyme Disease. David is a long time Lyme advocate who provides these presentations in an effort to raise public awareness and correct the myths and misconceptions associated with Lyme Disease. This is an opportunity for families to learn more about this disease and how it can affect the brain. Location: Wentworth Douglas Hospital, Great Bay Room, 789 Central Ave., Dover. Questions? Contact Leanna Kirk at 970-0614

**The Bureau of Behavioral Health is proposing the following forums and trainings related to employment issues. These events are funded through the SAMHSA, Employment Development Initiative Grant and in collaboration with the Office of Consumer and Family Affairs. Confirmations of the events are pending Governor and Council approval**  
**Save the Dates**

**February 1, 2012 Forum for Consumers and Families**

Forum to gather consumers and families input on what is important to **them** regarding **employment and vocational services at the Community Mental Health Centers.**

### **February 13, 2012 Peer Support Agency consultation with Peggy Swarbrick PhD**

Consultation to the Peer Support Agency Staff regarding strategies on how Peer Support can assist with and support Evidenced Based Supported Employment within their agencies and communities

### **February 16, 2012 Supportive Employment training for Consumers and Families**

Provide an overview of Evidence Based Supportive Employment, how to access it, improve awareness of employment as a recovery goal and to motivate consumer and families to utilize the service

### **NAMI NH Annual Awards Nomination now being accepted.**

#### **Deadline February 1, 2012**

Every year NAMI NH solicits nominations for the NAMI NH Annual Awards that are presented at the NAMI NH Conference in the spring. The awards are given to those individuals that have gone above and beyond for people affected by mental illness. The 2012 categories are:

- Psychiatrist
- Mental Health Care Provider
- Youth Leadership
- Family Volunteer
- Consumer Empowerment Leader
- Legislative Leader

For complete details, rules and to download a nomination form go to:  
<http://www.naminh.org/about-us/annual-events/annual-awards>

### **News-**

#### **First NAMI NH On-Line Parent Support Group**

**First Meeting is Thursday December 15 from 6-7:30pm- for more information or to join the meeting, go to:**

**<http://www.naminh.org/support/online-support-groups>**

#### **Inspire Others!**

At NAMI NH we believe that for many people living with a mental illness, working can be an important goal and part of the recovery process. Often when a person is diagnosed with a mental illness they and their family assume that being employed is no longer an option and for some that may be true, but for others, working has become an important part of their recovery. NAMI NH would like to share stories of people returning to work in an effort to inspire others that working is possible. If you are interested in helping us to educate our communities about work as part of recovery, we would like to hear from you. Work experience can be part time or full time. All stories will be published without a name or location. To share your inspiring words go to: <http://www.surveymonkey.com/s/TBRLFSX>

## Opportunities

**We are now scheduling Winter/Spring Family to Family classes.** If you have not already contacted Ellen to schedule to teach a class and would like to please contact Ellen at [emallo@naminh.org](mailto:emallo@naminh.org) or 225-5359.

Nursing Students- This time of year support groups may be contacted by nursing students from NHTI who are interested in attending a support group meeting as part of their course requirements. Several leaders have asked what NAMI NH's policy is on allowing nursing students to attend support group meetings. NAMI NH does respect that each group needs to set their own policy on this issue, but we do recommend that group leaders ask their group members if they are comfortable with someone monitoring either the education or the sharing meeting. Although we are happy to help educate students, our first priority is to the families that come for help. If there is any group member that is not comfortable with a student attending, then the leader should let the student know that they are not able to accommodate their request. We do suggest that if your group would like to invite the students to attend, that you invite them to an educational meeting and not a sharing meeting. Although as leaders many of us are comfortable in sharing our situations with anyone, we need to remember that newer members or those in crisis will not have this same comfort. If you have any questions or concerns about this, please feel free to contact me to discuss.

Annette

## And Again.....

**SIBS NH** is offering sibling support groups to children and youth in 1<sup>st</sup> through 12<sup>th</sup> grade who have a brother or sister that experience developmental disabilities, chronic health conditions, mental illness, physical or learning disabilities. This brand new program started in October, you can go to: <http://www.sibs-nh.com> or contact Karin at [Karin@sibs-nh.com](mailto:Karin@sibs-nh.com) or 347-974-2764. There is a fee schedule that includes a registration and per meeting charge.

## Did you know?

There is a simple way to learn about the Affordable Care Act:  
Go to: <http://www.rwjf.org/coverage/product.jsp?id=72917>  
And watch the cartoon!!

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 [acarboneau@naminh.org](mailto:acarboneau@naminh.org) or 1-800-242-6264 ext 25

Happy Holidays!

Annette

