

2018 NAMI New Hampshire Annual Conference
Workshop Descriptions

Morning Workshops:

1A More Than Just a Pet Dog

Helen St. Pierre, Owner and Operator, No Monkey Business Dog Training

Do you know the difference between a service dog, emotional support dog, and therapy dog? This presentation will explore the various ways dogs can help those who need them. Learn the rules and boundaries for each category, and how to determine which type of helping dog might be the best fit for you or someone you know.

1B Starting the Conversation: How Storytelling Makes an Impact!

Debbie Baird, Community Educator, NAMI New Hampshire, with SurvivorVoices Young Adult Presenters

Let's start the conversation. Sharing our experiences of losing loved ones to suicide helps to reduce stigma. Youth and young adults understand the power of lived experience, and are helping raise awareness about mental illness and suicide through personal storytelling. Their messages of coping, resiliency, courage, hope, and strength are powerful! This program is for individuals and families affected by mental illness and suicide.

1C NH Mental Health System Update

Expert Panelists

Get up to speed on the latest happenings in New Hampshire's mental health system. Invited experts from around the state will give updates on Peer Support Agencies (PSAs), the Bureau of Children's Behavioral Health, Bureau of Mental Health Services, and Disability Rights Center (DRC). Brief presentations by panelists will be followed by discussion, to include a question and answer period.

1D A New Standard of Care: The Promise of Early Psychosis Programs

Hannah Wesolowski, Director of Field Advocacy, NAMI

With nearly three-quarters of all lifetime experiences of mental illness occurring by age 24, early intervention can drastically improve long-term outcomes for youth and young adults. The coordinated specialty care model for first episode psychosis (FEP) combines an array of effective services and supports that are recovery-focused, and includes youth, young adults and family members as part of the care team. FEP programs are producing exciting results, causing Congress to take unprecedented action to support these programs. This session will provide an overview of the research, the positive outcomes achieved in these programs, how FEP is expanding across the country, and what this model means for broader research and treatment of mental illness.

Afternoon Workshops:

2A Feeling Disconnected in an Electronically-Connected World

Ann Duckless, Community Educator, NAMI New Hampshire

"Even the technology that promises to unite us, divides us. Each of us is now electronically connected to the globe, and yet we feel utterly alone." Dan Brown

The presenter will create a space for dialogue on how connectedness to technology impacts our communication, development as human beings, and relationships with others. Discussion will include how these factors relate to signs and symptoms of anxiety and depression.

2B Mindfully Cultivating Resilience

Lisa Boldin, Director, Sama Tal

When difficulties arise, how do you face them? Do you have tools to help you cope, practices that build your inner strength? This session will explain how becoming present to your physical body helps to build new neuropathways, and explore why rhythm and routine, breathing techniques, mindful movement, meditation, creative activities and self-care are some of the many paths to greater resiliency.

Experiment, question, and consider new ways of coping with what challenges you. Hope can be found in simple moments of awareness that lead to new choices and ways of being.

2C Three Generations of Journeys: In Recovery with Mental Illness

Morgan Mason, Todd Donovan, Kitty O'Leary, In Our Own Voice speakers

In this workshop, individuals from three different generations will share the inspirational journeys of their recovery with mental illness. Audience members will have the opportunity to ask questions, and explore various choices in acceptance, treatment utilization, and coping skills. Join the conversation, and see hope in action with recovery at different life stages.

2D What's Next? Who's Going to Catch Me?

Brian Huckins, Director of Children & Youth Programs, NAMI New Hampshire

Effective and well-planned transitions are important for all students, but especially so for those with emotional and behavioral health challenges. Learn the steps every student, family, and school should take for the best possible transition into adult life. Effective transition steps include goal setting, conversation, and planning for education, behavioral and physical health needs, and employment. Resources discussed will include RENEW, Vocational Rehabilitation, FAST Forward, Community Mental Health Centers, higher education, NAMI New Hampshire, Social Security, and Medicaid.