

NAMI NH Affiliate Leader and Teacher Meeting- March 15, 2014

Thank you to all who attended, it was great to connect with each other!

Our meeting started off with a **leadership exercise** where participants referenced the "Medicine Wheel" of leadership traits, identifying which of the four animals; Bear, Buffalo, Eagle and Deer, we had most in common with. Lots of deers in the room! This exercise helps us to learn more about our own leadership styles and strengths.

For **Support Group updates** we met in 3 groups to share these updates then reported out to the group at large.

Peterborough Support group is looking for a co-facilitator as Pat Whitney is running this group alone at this time and may look to help start a new group in Claremont following the Family to Family class there. It's a small group but would be a great loss not to have the group available for the families in the area.

Nashua meets 2 times per month, one meeting for education and one for support. Having speakers not only educates the group, but in turn educates the speaker more about NAMI. Nashua has a number of its group members that serve on committees and boards in the Nashua area that has helped get the word out about the group and in turn feed the Family to Family class. Nashua has multiple facilitators so they set a schedule for who is facilitating specific meetings and two people co-facilitate each meeting. Nashua would like to develop a better and collaborative relationship with the local hospitals.

Manchester recently did a group exercise using a basket of all different kinds and shapes of potatoes, group members picked out a potato that most represented how they felt and what they were going through and shared that with the group.

Lee has a binder of resources and other information collected from meetings and trainings that the group members can access. They also have a volunteer help sheet they pass around and have created a google group site so that the members can stay in touch between meeting dates.

The **Upper Valley** group has created a wonderful website to share state and regional resources, they created it themselves using a wiki page. The group members realized how hard it is to find what you need especially when you are in crisis. There is a cost of approximately \$95.00 per year to have a wiki page, and group members would be happy to share their process with other groups. To view the site go to:

www.uvmentalhealth.org. Also Marjorie Matthews, a member of the group has met with the new Psychiatric ER Director at Dartmouth to share family needs and perspectives and what works and what doesn't. The Director will be visiting the Upper Valley group in the future.

The **Parent group in Rochester** has a core group that meet regularly. It is difficult to grow the group as often parents are unable to attend because of their children.

The Keene group was large in the 80's and 90's then disappeared for several years. Sharon Stout has been working hard to restore this group, she has become a F2F teacher to help grow the group. She finds it difficult to have a cohesive group when others do not attend regularly. She now works with Pat at the Peterborough group to combine their meetings each quarter and have education.

The Littleton group meets just once per month and has focused recently more on caring and sharing. There continues to be new people that come and a core group of families that attend regularly.

Support Group Model-

Using Principles and Group Guidelines is essential, everyone needs to know or be reminded of the rules of the group and Principles help adjust our thinking to what we aspire to. Principles are great to use to get discussion going and to use to close group meetings.

Cross talk- Some groups have trouble with members starting side conversations; this is very disrespectful to the other group members especially if they are sharing something personal or traumatic. Ideas were shared on what to say to remedy this; “We are having trouble hearing because too many people are talking” or address the people that are cross talking and ask them “Do you have suggestions on how to help?” It is essential that the facilitator does address this to ensure people feel comfortable and heard in the meeting and continue to attend. Keep in mind, those “cross talking” do not mean to be disrespectful, so we need to be sure not to scold.

Transitioning from introductions and opening stories to group discussion:

- Call on people in crisis first- “Betty it sounded like you have a lot going on, do you want to tell us more about what is happening?”
- Listen and take notes on themes such as waiting for the shoe to drop, or walking on eggshells, or feeling anxious even when things are going well, how to move our loved ones forward and can we? – “ sounds like we are all doing pretty good but I hear concern in everyone’s update; things are going well now but how long will it last?” Then choose a group member and ask them to say more- “Susan, how are you handling the waiting for the shoe to drop feeling?”
- When there doesn’t seem to be any clear crisis, but everyone has something going on, just choose someone to elaborate on their story, sometimes it’s easiest just to go back to the first person that shared and ask them to say more about their situation.
- Go around the room and have everyone choose a principle that applies to how they are feeling and talk about why they chose it

Questions and comments

Leaders would like the NAMI NH official Signature for their emails. *Annette will look into this and get back to you. It can’t be the same signature as staff as that would be confusing, but it would be great to have a leader/teacher signature.*

NAMI NH has developed a presentation power point that we would be happy to share. *Contact Claudia Ferber at cferber@naminh.org*

Groups could use survey monkey when trying to make decisions such as time or night to meet. *It is very easy to use, just go online and search Survey Monkey and it is free.*

Leaders would like a google page to access needed flyers and group documents. *Annette to look into this and report back.*

Yes, you can copy the Crisis File out of the Family to Family manual to hand out in your support group meetings. *If you do not have access to a F2F manual, please let Annette know and I can send the file to you.*

Suggestion- Leaders should think about visiting other groups around the state.

NAMI NH Updates:

NAMI NH statistics - All for fiscal year 2013

Information & Resource contacts- 1562

1:1 support- 228 people

PMC classes- 3 - 30 people

F2F classes- 11- 158

Side by Side- 25 workshops- 174 people

Support groups all- 18; 278 meetings; attendees (not unique) 2260

Online PMC support group- 43 PMC message board- 48 members

Online Family support group- started half way through the year- year end 26 participants

Online Family message board- 67 members

Currently 355 followers on Twitter

Facebook-1119

Website gets approximately 6000 unique visitors per quarter- Yes its true!

Shared copies of the “**10 Year Plan**” and how increased funding in the state budget and the resolution of the lawsuit will fund moving this plan forward. To download plan go to <http://www.naminh.org/advocacy/take-action>

Lawsuit Settlement

On December 19, the Attorney General announced that the NH Department of Justice has entered into a comprehensive settlement agreement, subject to legislative appropriations (meaning the Legislature will need to approve the funds), of the class action lawsuit Amanda D. v. Hassan, which had been brought by several plaintiffs including the Disability Rights Center, and the U.S. Department of Justice against the State of New Hampshire on behalf of a class of NH residents with serious mental illness who claim that NH fails to provide services to qualified individuals with mental illness in the most integrated setting appropriate to their needs, in violation of the federal Americans with Disabilities Act (ADA).

This suit was brought in federal court soon after the Civil Rights Division of the U.S. Department of Justice issued a report, in April 2011, on the State of New Hampshire’s mental health system finding that the State failed to comply with important aspects of the ADA and recommending that the State correct identified deficiencies to fulfill its commitment to individuals with mental illness. The United States District Court certified the plaintiffs as a “class” on September 13, 2013, which meant it could include all individuals with serious mental illness who are unnecessarily institutionalized in New Hampshire Hospital or Glenclyff Nursing Home or who are at serious risk of unnecessary institutionalization in hospitals, emergency rooms or prisons.

If the Legislature does not appropriate funds for the services, plaintiffs have reserved the ability to reinstitute the court case.

Under the settlement, over the next four years, New Hampshire will:

- Expand Assertive Community Treatment teams to ensure they are on call 24 hours a day in all parts of the state. The current State budget appropriates funds to provide 7 day per week coverage;
- Create three mobile crisis teams, with accompanying crisis apartments, to help divert people experiencing mental health crises from emergency rooms and New Hampshire Hospital;
- Expand supported employment assistance for people with mental illnesses;
- Expand supported housing opportunities for people with mental illnesses; and
- Seek to divert more people from Glenclyff Home, New Hampshire Hospital, and emergency rooms into community-based services.

Initial estimates from the Department of Health and Human Services are that implementing the Settlement Agreement would require an additional \$6 million from the State's General Fund in the current budget period for expanded mental health services, followed by \$23.7 million in General Funds for the fiscal years 2016-17.

Susan Stearns is the new NAMI NH Director of Philanthropy and came to meet leaders and teachers and share plans for the walk. It is the hope that with Susan's help and Affiliate and Leader participation we can take the 12th annual walk to a whole new level!

Teacher Meetings:

Family to Family

Teachers have struggled to fill their classes, so we shared a marketing checklist that attendees added to; see attached the NAMI NH column are things NAMI NH can help with. Marketing F2F not only helps fill the classes but helps educate everyone about NAMI NH programs. Teachers provided great additional ideas that are all included on the spreadsheet.

Norma Shared- Reliable Resources for the new dsm-5

www.psychiatry.org/dsm5

www.dsm5.org

New Manuals-

Reviewed the changes in the new manuals, teachers are just starting to use them and are finding some errors. Please share any questions or concerns with Annette or Ellen.

Teacher comments-

The new curriculum eliminates the posters and was supposed to provide handouts in participant manuals to take their place but they are not there. *Looking into this will get back to you with an update.*

Teachers requested to please provide extra evaluations forms and extra chapter ones, that way if there are more participants than expected they can at least have chapter one to view.

Don't forget to call the Harvard Brain Bank 1-800-272-4622 for information to share with your classes.

Will National update homework handouts?

Take photos at your last class

Homework chapter 4 uses the term “Schizophrenic”; language we are trying to get away from. *Will share this concern with national and report their answer.*

PMC

Please contact Claudia at cferber@naminh.org for questions regarding PMC updates and for a copy of her updates.