

Dear F2F graduate -

All across this country, through Family to Family courses and support groups, people such as ourselves have become empowered to obtain the best treatment available for our loved ones with brain disorders. The most up-to-date treatments, along with family understanding and support, leads to the best recovery possible; and therefore is cost effective for those providing benefits for our loved ones.

On occasion, NAMI NH has the opportunity to share this message with various legislators who have the difficult task of deciding where to spend government dollars. NAMI NH's mission focuses on support, education and advocacy. We'd like to extend an opportunity to you to express your thoughts on the benefits of the Family to Family course (and support groups if you attend) with those legislators; our Representatives, Senators and Congressmen. Please take a moment to attempt to put into words how you think the course or group has improved your family member's chances for a better recovery, thereby potentially saving the state treatment dollars in the future. You might want to include a brief history of the illness including ER trips, hospitalizations, police involvement, etc. If you can illustrate the value of the program by drawing a comparison after becoming involved in NAMI, that would be beneficial. We've attached a couple of examples of past testimony as examples.

We also apply for grants in order to continue the NAMI mission, and might use your stories to help our funding sources see and hear the reality of what these support and educational programs do for families. If you choose to write a letter, you may address the letter to "To Whom It May Concern" or NAMI NH. We'll collect the letters at the last class. Should you wish confidentiality, your letter could be sent to NAMI NH, 85 North State Street, Concord, NH, 03301. If you prefer to do a "Dear Legislator" letter we can also help you research contact information for your individual representatives. We would encourage you to reflect on this every 'anniversary' of your graduation from this course; we'd really like to know, how has this made a concrete difference in your family?

Thank you for considering this.