



New Hampshire

NAMI NH Support Group Participants Survey Summary Fiscal Year 2019

Total number of respondents: 97

Which type of NAMI NH Support Group do you attend?

	Number of respondents	Percent of respondents
In Person Connection/Peer Support Group	13	10%
In Person Family support group	35	31%
In Person Parent/Caregiver support group	11	10%
Online Family Support Page on Facebook	13	11%
Online Parent/Caregiver Support Page on Facebook	9	8%
Online Military and Veterans Support Page on Facebook	0	0%
SOSL Support Group	35	31%

How long have you been attending a NAMI NH or NH SOSL Support Group - either regularly, or when you are in need?

	Number of respondents	Percent of respondents
Under 6 months	22	23%
6 months to 1 year	13	13%
1 to 2 years	22	23%
2 to 3 years	12	11%
3+ years	29	30%

If you attend an in-person NAMI NH or NH SOSL Support Group, how often do you attend (if you have not been attending a group for a full year, please estimate how often you are likely to attend over the next 12 months)?

	Number of respondents	Percent of respondents
At least once per month	40	43%
9+ times per year	13	15%
6 to 8 times per year	10	11%
3 to 5 times per year	11	13%
1 to 3 times per year	16	18%

If you use one or more of the Facebook support pages, how often do you participate?

	Number of respondents	Percent of respondents
More than once a day	1	2%
Daily	6	10%
3 to 5 times per week	2	3%
1 to 2 times per week	2	3%
2 to 3 times per month	4	7%
Once a month or less	8	14%

If you feel comfortable doing so, please identify the location of the support group you attend – NAMI NH Support Groups.

	Number of respondents	Percent of respondents
Claremont	1	2%
Concord	6	11%
Conway	1	2%
Derry	2	4%
Lebanon	6	9%
Lincoln	2	4%
Littleton	2	4%
Manchester	9	16%
Nashua	13	23%
Peterborough	1	2%
Portsmouth	14	25%
Rochester	1	2%

How helpful has the NAMI NH Support Group been for you in the following areas:

	Number of respondents	Mean score
Learning about local and state resources	97	4.27
Learning about coping skills	96	4.41
Learning about self-care	95	4.37
Learning about treatments/types of therapies/medications	62	3.89
Learning new ways to support myself	61	4.15
Learning new ways to support my loved one	62	4.26
Gaining a better understanding/insight about mental illness	61	4.48
Connecting with others in similar situations	97	4.67
Being able to share about my own experiences in a safe environment	97	4.82
Being more hopeful about recovery	97	4.31
Increasing my awareness about best practices for co-occurring disorders	62	4.03

Below are some select, nondescript responses from the open-ended questions. The vast majority of the responses were comments expressing their gratitude for the group and the volunteer leaders and teachers.

What initially brought you to the support group/page, and what keeps you coming back?

- Learning how to cope and to receive support from others who have a family member with a mental illness. [Facilitators] keep us coming back.
- It's a beacon of hope. I return because we laugh often. I leave knowing that I am not alone.
- I had some questions and could not find anyone to talk with at a time convenient for me. I come back when I have other questions, or to see if there is anyone I can help in a meaningful way.
- My son was undiagnosed and I needed support understanding next steps. He then was hospitalized with psychosis and diagnosed with schizophrenia. The support group had provided a foundation so while this time was so difficult, I felt supported. FtF was also so helpful!!

Is there anything about the group that you would identify as being particularly helpful to you?

- Hearing from others who have been in this for the long haul and surviving. Learning about the family-to-family class. I am thrilled that my son can attend the peer group at the same time and place.
- The group provides useful information and support peppered with humor. It's a great group.
- My husband and I appreciate the non-judgmental interaction and support of group leaders and members, the encouragement and questions like, "what are you doing to take care of yourself" (great reminder, so needed). In addition, the safe feeling of the leaders and group members the calm of the leaders, time to talk and time to listen, the amount of time the meeting runs and the resources suggested.
- Safe environment in which I can express concerns and receive feedback.

Is there anything about the group that you would identify as being particularly unhelpful to you?

- Sometimes it's triggering to be around people who are in crisis
- Although the group is made up of wonderful and supportive people, most of the people are parents of people with mental illness and I am a spouse. I think my needs are different and I don't always feel like I know how to deal with my specific problems.
- Letting the meeting get off track onto unrelated chit chat.
- I worry that my loved one could find out I am part of the group and react negatively.
- No, any help in this area is a benefit.

Is there anything that you would like to see as part of a NAMI NH Support Group in the future?

- Occasionally, inviting people who live with mental illness to speak to our group. I know we've done this in the past and it was insightful to listen their perspective.
- We would like to have more speakers but they are hard to schedule and we feel speakers might take time away from the need for direct sharing and support by group members.
- More spousal support. We are often the person's last connection to getting healthy and we're here to help. What to do is another question altogether.

- Practice[ing] responses that are sympathetic and respectful to your loved ones when in crisis.

Are there any other comments that you would like to share with us?

- I'm just grateful there is a place to go to learn more about mental illness. I have truly learned a lot.
- [In the] group we made friends and they are like family.
- I can't say this enough. The leaders of the NAMI NH Family Support Group ARE AMAZING! Their knowledge and ability to help so many individuals who utilize the group, and their genuine care has been particularly helpful.
- I am always impressed by the dedication of people who step up to be facilitators often for many years.

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