

## **Affiliate Leader/Teacher Meeting - April 8, 2006**

The Frameworks suicide prevention training “GateKeepers” was presented by Elaine deMello from 9-12:00

12:00- 12:50 Lunch, Introductions of attendees and NAMI updates

12:50-1:30- Group and Teachers shared updates

1:30-3:00- Strategic Planning

Annette introduced Tom Begda-Payton who facilitated a strategic planning meeting. . Tom offered, for those who could not stay, he can provide the questions via email. Tom shared he will provide the group with updates on the work of the larger strategic planning committee. He will coordinate with Annette and Claudia to find a time for this group to reconvene.

Annette shared the following updates:

### **NAMI Updates:**

**Volunteer Appreciation Day-** Wed April 19, 4:00-6:30, at the NAMI NH office. A presentation on the Frameworks project will be given at 5:00 and Presidential Service Awards will be presented at 5:30. Refreshments will be served. Everyone is invited to help celebrate NAMI NH volunteers. Please RSVP to the NAMI office – 225-5359.

**Stories Needed-** NAMI NH is interested in having your story about what NAMI has done for you, the impact it has made on your life and why. NAMI plans to use these stories in whole or in part as tools to help attract fund sources. As we all know from IOOV, nothing brings home the message like a personal story. You can mail or email it in to Annette. Please let us know if we can use your name in publication.

### **Recognition –**

Norma & Scott Smith are currently teaching a F2F class in Nashua and Liane and Gerry Henry are teaching in Whitefield. Classes are now being scheduled for the fall in both Manchester and Portsmouth .

Support Group Facilitator Training has just completed. Congratulations to Deb Penniman, Eric Penniman, Rose Long, Helen Harrison, Vikki Cater, Ellen Malloy, Laurie Foster and Sondra Farrell.

3 new Support groups have been formed recently. Two support groups “Parents Meeting the Challenge” for young families have been started. One in Rochester (Laurie Foster and Sondra Farrell) and one in Wolfeboro ( Cindy Hess), and a Family Support Group in Berlin (Rose Long and Lorraine Reno).

### **Website-**

Check out the NAMI NH website that has lots of new information! The NAMI NH website is being kept current and we are excited about welcoming Monica Durham on our NAMI NH Staff, who will be responsible to keep the website current.

There is an Affiliate News Page. The monthly affiliate Newsletter will always be posted in this section along with notes from our meetings and other updates.

**NAMI NH Walk-**

Yes, the planning has begun for our 2006 walk. A flyer was handed out, outlining information and planning meetings. We hope many will attend to give their most important input to the walk planning.

**Raffle-**

The cash raffle has begun, tickets are \$100.00 each. There will only be 100 tickets sold with one cash prize of \$5000.00. The winner will be drawn at the Annual Meeting and Dinner on June 21, 2006 at the Bedford Village Inn. See details on the website.

**Monthly survey-**

Thank you all for completing and returning the monthly survey forms. The data is essential and reported regularly to our funding sources. If you need copies of the monthly survey form, please let me know.

Claudia shared the following updates:

--Visions for Tomorrow, our thanks to Annette for teaching in Littleton which was the 1<sup>st</sup> time the program was Helen Harrison and Laurie Foster are currently teaching in Rochester with one of the largest classes (15 participants)!

--FACES Grant: FACES helps to fund Visions For Tomorrow ,Support Group Facilitator training and the technical support offered to all support groups including the Teacher and Leader Biannual meeting. This is a SAMHSA Statewide Family Network grant that is a collaboration with two other NH organizations (Granite State Federation of Families and Alliance for Community Supports) and is in its 2<sup>nd</sup> year. These organizations are working hard to expand the family and youth education and support on a statewide level. A brochure describing work that is being done is now at the printer and will be available for distribution soon..

--Child and Adolescent Network has been meeting to explore the “Transition” issue of youth moving from children’s public mental health to adult public mental health. Next meeting is April 19 at NAMI NH at 5:30 to 7:30. Everyone is welcome to attend!

--NH Children’s Integrated Mental Health Services Management Team—Claudia is sitting on this team Representatives on the team are state agencies (BBH, DCYF, DJJS, DOE) and two family organizations(NAMI NH and GSFFCMH. We are working to develop a system to ensure access to quality, effective collaborative services to youth who have intensive needs and their family. .

--Special Medical Services has developed state performance indicators and one of these is called SPM #10 “increase the workforce capacity of respite providers on a statewide level and ensure they are adequately trained to provide support to families and children with behavioral, emotional and physical disabilities.” As a representative of NAMI NH, Claudia has participated in this effort by facilitating the workgroup that developed the working definition that will be used to submit grant applications for a planning grant.

--MIAW 2006: NAMI NH was recently awarded a grant from the American Psychiatric Foundation to begin the planning and implementation for MIAW 2006. Please see the flyer for how you can get involved. We hope everyone will take part in the planning and

events of the week and the WALK. We are hoping all the affiliate members will join the effort!

## **We need your feedback !!**

### **Questions:**

**Annual Awards** – Every year NAMI NH sends out requests for nominations. In the last two years, there has been a large decrease in Affiliate members and Teachers nominating people from their groups, community, statewide for this annual award.

Does NAMI NH need to do some thing different in how they request nominations? Is there something about the process you would like to see changed? Do you feel this is an important event? Please forward your input on this to Annette.

### **Networking**

Nashua Family Support Group- Ed Kirby: The Telegraph runs a piece for them every two weeks, it allows them to include topics and information about the group as well as times, dates and locations. Also suggested from Nashua, that groups provide a packet of information to give to any guest speaker to take away from the meeting, be sure NAMI NH brochures are included. These are available at the NAMI office.

Geri Foucher- Publicity Chairperson: spoke to the importance of letters to the editor, suggested using the handout NAMI provides as a template. Suggested that if everyone wrote a letter to the editor that would be a lot of free PR.

Manchester Family Support Group –Rick Sherman: The Manchester group has changed location, new address listed on the nami nh website; they have created a poster with tear off sheet that shows the schedule of meetings and topics; Group members were asked to distribute.

Nashua Family Support Group –Deb Penniman: There is a need for siblings (16 to 25 yr olds) support; Nashua is looking at developing a sub group that would meet during the regular meetings; Rita Moyer shared how she keeps a notebook on the groups topics, number of attendees, core group meeting notes and articles that appear in the paper, it makes a great reference. Also speakers that come to the Nashua group are given a Nashua group t-shirt. Ed Kirby; Nashua uses email extensively (several 100 addresses) gathered when people attend a meeting (only 1 person has asked to be taken off the distribution list); poster has been created 8 1/2 by 11 size; will send it out via email and ask recipients to print and distribute; group makes decisions as a whole.

Littleton Family Support Group – Liane Henry: Suggested putting flyers up at hospitals; be sure information is correct on the flyer, such as email and meeting dates and locations. Liane appreciates the meeting notices and information shared by the Nashua group.

Geri Foucher: Thank you to Nashua for sharing their information about educational programs! This is helpful and she sends it out. Its great when groups share information!!

Deb Penniman: Remind folks we are one for all! Share membership, ideas!

Annette: Reminded folks we learn from one another, Helen and Laurie are great examples, as they are both VFT teachers and Support Group Facilitators. (Helen and Laurie as an example teaching VFT and both Support Group facilitators)

Nashua Family Support Group- Ed Kirby: Go to social service/area groups and suggest they link to the NAMI NH website. Also Rita shared that each Community Mental Health center has a Regional Planning group and affiliate members could consider participating. It can also be an opportunity for sharing information on NAMI NH support groups and educational programs.

Rick Sherman: Would you be uncomfortable if a Board Member of NAMI NH attended one of your support groups? Group response was varied- some with reservations. Annette suggested using the educational night, that way members could share information with board members as a way of educating them, and learning more about the board. Sharing and caring meetings bring up the question about confidentiality and the comfort of newer members. Suggestions: Board member should make contact with the SG contact person and work out on a group by group basis.

Discussion about “non family members” “professionals” “nursing students” attending sharing and caring?

Suggestions: attend educational meetings instead of caring and sharing; have them contact group representative and then plan a special night so that group members know they will be attending. Consider providing them with 1:1 contact with group representatives who are willing. It was agreed that groups want to educate and share with everyone who wants to learn more about NAMI NH and mental illness, however we do need to consider those members that may be uncomfortable with that.

Ed Kirby: We need to know more about what the NAMI NH Board does; need for them to attend meetings on local level and local level people attend Board meetings; work together; everyone agreed we need to have a “meeting of the minds”

Annette: FYI the Board does get sent the affiliate email newsletter, feedback has been positive

New ideas? Please let Annette know.

Evaluation results:

The evaluations for the meeting were very good. The majority of the attendees thought the Gatekeeper training was very worthwhile, and even asked for follow up in future meetings on some particular issues that surfaced. The idea for the board of directors to attend the meeting was suggested by many. Most felt the networking portion was valuable, although in the future we would like to see more time for discussion. There was a suggestion to address the need for housing and solutions around housing.

Claudia and I will review these evaluations and focus on follow up to your requests for the next meeting.

Thank you to all who attended.