

InfoLine 1-800-242-6264 (NAMI)

June 2007

A grassroots coalition of people and their families coping with mental illness, NAMI NH's efforts focus on support to families, advocacy for non-discriminatory and equitable funding and policies, research into causes, symptoms and treatments of mental illness and education to eliminate stigma.



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Looking Back, Moving Forward

When I assumed the Presidency of NAMI NH there had been a loss of state funding for NAMI NH programs,, cuts to our operational activities and concerns about the organizational financial viability. In spite of these issues NAMI NH has remained financially strong, families have been served and commitment to the mission is as strong ever. Staff and volunteers have worked diligently to provide services to individuals and their families affected by mental illness through ongoing support , education and advocacy.

As I make plans to step down as President we are in the process of finalizing a strategic plan that will strengthen our affiliate network, promote our organization to the greater NH public, maximize impact of our programs and develop ways to have staff, board and membership work collaboratively in effective ways. During these past months numerous individuals have spent significant amounts of time making sure that our vision and mission bring to all who see them a clear understanding of what we want to accomplish. This is no small task. Staff, Board and affiliate members contributed to this

process and the many hours of volunteer time have resulted in the formulation of a plan that we should all be proud of. But the work has only just begun. As we develop committees to move this initiative forward it will require ongoing support, both in time and dollars to guarantee success. Our goals of increased visibility, membership, financial stability and the use of our organization to influence public policy must be met to assure that the quality of life for all persons affected by mental illness is improved. As has been said recently "it takes a village..." Indeed it does. I would ask that you use your personal influence to increase the size of our NAMI NH village.

I have been honored to serve in a leadership position on the NAMI NH Board. Many people have contributed to the pride I feel when I talk about NAMI NH, and for that I will be eternally grateful. I look forward to being a part of the ongoing success of this organization and encourage each of you to join me as we move forward. I am confident that the founders of NAMI NH and the many staff and volunteers who have contributed to our past successes would be very proud of what we have become. I am also confident they will be equally proud of

what we know we can and will be in the future. Thank you.

Mary Anne Aldrich

Addendum

For the past 3 years I have had the opportunity to partner with Maryann as we have worked to bring stability to the organization after a serious financial event and the tragic illness faced by our former president, Sam Adams. This was no easy task, but Maryann was up to the job. Working together, our goal was to assure the membership and staff that NAMI NH would both survive and move forward. Under Maryann's leadership that is what has happened. As the Executive Director it has been my pleasure and honor to work with Maryann. She has demonstrated, like her predecessors in the role of President, a commitment and passion for the job, for the people she lead, and for all the individuals and families affected by mental illness. Stepping in and leading us to a better place was not easy. The challenge was seized and Maryann faced it with competence and compassion. I will miss her as my partner in running the organization. Thanks Maryann.

Michael J. Cohen

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NAMI NH Five-Year Strategic Plan Update

NAMI NH will present its new 5-year strategic plan at the 2007 Annual Meeting on June 14 at the Bedford Village Inn. Over 40 individuals, including affiliate leaders, volunteers, Board members, and staff participated in the 18-month planning process that led to this plan. In addition, many others participated through focus groups and interviews that served as important input in understanding where we are now and where we want to go.

The Co-Chairs of the strategic planning process were Board members Liz Merry and Pam Brown. The Strategic Planning Steering Committee, which served as the initial working group for development of the plan, included Mary Ann Aldrich, Mike Cohen, Annette Carbonneau, Norma Smith, Paul Gorman, Alex de Nesnera, Gordon Allen, and Mike Hill. Following definition of NAMI NH's vision, mission, and organizational goals, three teams were formed to work out the details of setting the targets for each goal and identifying the priorities for focusing attention and resources. Unfortunately, the list of what we want to do is greater than the resources we have to do it. Therefore, we must make choices and set priorities to ensure that

we do well the things that are most important.

What did this planning process involve? Here's a quick preview:

We worked on a vision statement that provides a shared picture of the desired future:

People of all ages with mental illness and/or serious emotional disorders (MI/SED) and their families will have access to comprehensive, integrated health care and community-based supports without discrimination or stigma.

We have a new "tag line" that serves as a succinct way of stating NAMI NH's mission and purpose of education, support, and advocacy:

"Improving the Lives of All Persons Affected by Mental Illness and/or Serious Emotional Disorders"

This replaces the former statement: "the nation's voice on mental illness." We identified the core elements of what NAMI NH does:

- ◆ Seeks to eliminate the

stigma and discrimination that keep people from getting the help they need

- ◆ Advocates for equity in health insurance coverage for those with MI/SED
- ◆ Supports early identification & intervention and science-based, integrated health care practices to improve the outcomes for people affected by MI/SED
- ◆ Promotes greater awareness and education of everyone's role in the community to improve the quality of life of those affected by MI/SED
- ◆ Provides families with information, education, and support to better support the recovery of their family member with MI/SED.

And identified what distinguishes NAMI NH from other organizations:

- ◆ Focuses on the family (as defined by each individual) as a vehicle for improving the lives of people affected by mental illness and/or serious emotional disorders
- ◆ Provides connection, education, and

emotional support through a strong network of local, state, and national affiliates, so that people recognize that they are not alone and can find help and support

- ◆ Organizes from the grassroots and promotes change in the context/systems that impact persons with mental illness and/or serious emotional disorders.

We celebrated where we are today:

- ◆ Service to over 5,000 people annually
- ◆ 18 support groups holding over 350 meetings in 16 communities
- ◆ 108 active volunteers giving 11,184 hours
- ◆ 19 new support group leaders and 2 new Family-to-Family state-wide trainers graduated in spring, 2007.

And we set ambitious targets for where we want to be in 5 years, including:

- ◆ Increase NAMI NH

visibility and name recognition so that all those who need help can find it

- ◆ Triple the number of people participating in NAMI support groups & educational programs
- ◆ Double the number of NAMI NH members
- ◆ Double the number of NAMI NH volunteers and trained leaders.

Many thanks go out to all those who participated in this important planning process and to Board President, Mary

Ann Aldrich, and Executive Director, Mike Cohen, for their leadership throughout the process. Our work is not done, however. The implementation will now begin.

Please join NAMI NH in “**Improving the Lives of All Persons Affected by Mental Illness and/or Serious Emotional Disorders.**”

Together, we can do it!!

NH Children’s Mental Health System - HELP Set the Direction!

SHARE your thoughts, attitudes and observations about the NH children’s mental health system!

The National Alliance on Mental Illness New Hampshire in partnership with the Endowment for Health has been hosting **NH’s Children’s Mental Health Focus Groups for parents or primary caregivers of children and youth (ages birth through 21 years) who are currently receiving mental health services (public or private)** throughout the state. The thoughts, attitudes, and observations of those who are using the children’s mental health system will be used by the Endowment for Health, a statewide health foundation, to provide grants that will improve the mental health care delivery system. The

Endowment for Health has identified a new priority area - Improving the Mental Health of NH’s Children and Their Families. The feedback will be used to identify gaps in services, opportunities for improvement, and to make strategic decisions that leverage the greatest change.

If you or someone you know is a parent or primary caregiver of a child or youth who is currently receiving mental health services either public or private and you have not been able to attend a focus group, please **consider doing an online survey**. There is a \$10.00 stipend per family that completes the survey. The survey is on the NAMI NH website www.naminh.org and

click on NH Children’s Mental Health Focus Group and follow the directions.

We are also going to be conducting telephone interviews with youth (ages 14-21) who are currently receiving mental health services either public or private. Youth will receive a \$10.00 stipend for participating. If you know of a youth interested, please contact Claudia at NAMI NH 2250-5359 ext. 13 or email cferber@naminh.org. There is a permission slip that the parent/guardian of any youth under the age of 18 must complete for the interview.



RECRUITING TEACHERS for “Parents Meeting the Challenge”

NAMI NH will be offering “Parents Meeting the Challenge” a new 8 week educational program for parents and primary caregivers of children with emotional and behavioral disorders beginning this fall. This program will be interactive and provide practical strategies and techniques to parents as well as research-based information about children’s emotional and behavioral disorders.

The program will be taught by trained family members who will teach the program

in their community. There will be a ten hour teacher training program and it will be held this summer. On-going technical assistance and support will be provided throughout the year to those who become teachers.

NAMI NH is looking for individuals who are NAMI NH members and:

- ◆ a parent or primary caregiver of a child under the age of 25 years
- ◆ have taken the Visions for Tomorrow or other educational programs related to mental illness

- ◆ available to teach one-8 week program per year in their community
- ◆ feel comfortable speaking in front of groups
- ◆ willing to learn and share their knowledge and experience

If you are interested and want more information then contact Claudia at NAMI NH office 225-5359 ext. 13 or email cferber@naminh.org.

Stigma and Mental Illness Survey 2007

“Although there is no way to determine how the results [of the survey] translate into actual behavior they are certainly very encouraging.”

NAMI NH’s Frameworks Project in conjunction with the NH Suicide Prevention Council recently surveyed NH residents about their attitudes toward stigma and mental illness. The survey conducted by the UNH Survey Center conducted phone screenings of 500 NH households. Here are a few excerpts from the survey. The survey was conducted as part of the work we are doing to reduce stigma under a grant from the Endowment For Health. Although there is no way to determine how the results translate into actual behavior they are certainly very encouraging.

Suicide is Preventable:

71% strongly agree
19% agree somewhat
3% neutral
1% somewhat disagree
2% strongly disagree
 (90% agree or strongly agree suicide is preventable)

MH care is useful for those who might be thinking about, threatening or who had attempted suicide.

43% strongly agree
30% agree somewhat
9% neutral
9% somewhat disagree
5% strongly disagree

(73% agree or strongly agree mental health care is useful for a suicidal person)

I would feel uncomfortable getting MH services because of what some people might think if they found out.

6% strongly agree
11% agree somewhat
5% neutral
15% somewhat disagree
63% strongly disagree
 (78% disagree or strongly disagree they would feel uncomfortable getting mental health services because someone might find out)

Affiliate News

The monthly email Affiliate and Teacher “What’s New Newsletter” will now be distributed as part of the bi-monthly NAMI NH E-News. Open the E-News and scroll to the bottom left corner and click on the link for the Affiliate News.

Spring 2007- Support Group Facilitator Training

This spring 18 leaders graduated from the annual Support Group Facilitator Training, the largest graduating class in NAMI NH’s history!! Participants attended 4 Saturday workshops to learn the NAMI National Facilitator Model. This model provides the necessary structure for support groups and helps them to stay positive and constructive. It also provides specific tools to help leaders and the group process difficult issues and crisis situations. Congratulations and **Thank You** to all who participated!!

Robin Alvanos- Nashua Family Group
Lisa Robinson and Rebecca Ladd- Piermont Parent Group
Reid Cooper- Seacoast Bipolar Group
Donna Serina, Aimee

Kolomick, Rena Hutchins and Mary Cote- Plymouth Family Group
Rudy Parent- Salem Family Group
Helen Harrison and Michelle Rudolph- Concord Parent Group
Donna Stamper and Janet Lowell- Upper Valley Family Group
Rachael Fishbein and Lisa F- Rochester Parent Group
Tracy Girourd and Tena Ewing- Nashua Parent Group
Sandi Card- Peterborough
For an up to date listing of all the NAMI NH Support groups in the state, go to www.naminh.org and click on “Support”.

5th Annual NAMI NH Walks for the Minds of NH – 2007

The official “WALK Season” opened on April 18th with an informational dinner meeting. The walk will again be held on the grounds of New Hampshire Hospital on the first day of Mental Illness Awareness Week, October 7, 2007. The walk season is starting off with a bang with 7 teams already registered on line. If you have participated in the walk before, we hope you will support it again this year. If you have been thinking about it in the past, this is YOUR year!! This walk is built one person at a time, and

every person makes a difference. Why you?? **Why not??**

Not only have members joined NAMI NH because mental illness has touched their lives, but also because they believe that together we can change the way people see and react to this illness. We need to make these changes happen - for our loved ones and for ourselves. We have witnessed the world opening their hearts and minds for illnesses such as cancer and AIDS. We can only imagine mental illness being seen in the same light. So how do we make this happen?

So what can you do??

Become a team captain. Its simple, invite people you know; friends, family and co-workers to spend the afternoon of October 7th walking for something that is important to you. Interested?? Questions??? Contact Annette Carbonneau at Acarbonneau@naminh.org or 225-5359 x25

You have heard the expression “Be the change you want to see”?? Now is **your** chance!

“The NAMI NH Walk is the path to get where we all want to be.”

The Eric Cogswell Bipolar Conference By Kathy Canedy

“If pharmaceutical treatment is administered in conjunction with psychotherapy, the outcome indicated a quicker benefit from treatment, and more durable recovery.”

The conference was held on Friday, May 4, in Portsmouth, NH. This is the seventh year that the memorial conference has been held, sponsored by the memorial fund of a young man who had committed suicide. His parents had established, and continue to support, a program to educate family and support personnel who work with people who have Bipolar Disorder. The keynote speaker for the conference was Dr. Gary Sachs, who is on the teaching staff at Harvard Medical School, and works at Massachusetts General Hospital. His presentation cited many statistics that I may have heard before, but marvel each time at the frequency of occurrence, and how many people are affected in the U.S. by Bipolar Disorder. Approximately 8 million people in the US have Bipolar Disorder. With the consideration of family members and extended friends and acquaintances, that number equates to each person with Bipolar Disorder directly affecting the lives of

an average of 20 people. You do the math!

Dr. Sachs cited many current research studies relative to treatment implications for BD. One that was impressive related to the outcome that adding an antidepressant to a mood stabilizer as a treatment for BD did not appear to be medically beneficial. If pharmaceutical treatment is administered in conjunction with psychotherapy, the outcome indicated a quicker benefit from treatment, and more durable recovery. Unfortunately, I was not hearing anything remarkably new and innovative, but it is always helpful to be reinforced by the fact that Treatment Works!!

The afternoon keynote speaker was Valerie Godines, who has worked as a journalist, both in California and Mexico, and has written about her own experiences with Bipolar Disorder. She was articulate and magnetic in her speaking, and was successful in helping all the audience to both gain greater understanding of the trial and tribulations of

individuals with mood disorders, and respect for the prospect of recovery. The conference also offered break-out sessions on topics related to collaborative treatment for children with Bipolar Disorder, and geriatric concerns with mood disorders. During the afternoon, conference participants were offered interactive communication with a panel composed of both consumers and family members. The message was clear from the panel: recovery is hard work, and takes family support, but it is possible.

I am grateful for the ongoing support this conference offers to family members and support personnel who are seeking information about Bipolar Disorder. Diane Cyr, of Seacoast Mental Health, has clearly worked hard each year to continue this project. I encourage people to contact her at Seacoast Mental Health to be put on an e-mail or postal contact list for the next program in Spring, 08.

Cultivating an Attitude of Hope By Heather Lambert

In 1997, when I was diagnosed with bipolar II depression, I feared that my life, as I knew it, was over. I had just completed graduate school at Emerson College in Boston and was looking forward to fulfilling my dreams of freelance writing and working in intercultural communications.

The tedious highs and lows of my illness had plagued me for many years before the actual diagnosis was determined. Close friends and family members were puzzled by the long lulls in my life when I was unable to get out of bed, answer the phone, or socialize in any manner. The hippomanic episodes that followed these long, dark

depressions were equally puzzling to both me and the people I loved. I would have episodes of boundless energy, a need for little sleep, and was a hyped-up social chatterbox.

Though I managed to get through my graduate classes, I knew that I needed to seek help for my devastating mood swings. At first, the diagnosis of bipolar depression was a great relief. I could stop judging and punishing myself and begin to accept that this biological brain disorder was not my fault. Yet as the months of medication trials and therapy ensued, I began to fear my goal of living a full life was forever squelched. I was resigned to the belief that I could expect little in this lifetime. That all changed. With the

tremendous guidance of an incredibly insightful team of therapists, doctors and peers, I began to cultivate an attitude of hope. It has been a gradual process, with some days still difficult. However, through a conscious daily discipline of working towards goals in small steps, I have emerged from my negative mindset to believing and knowing that I am still me. I have learned to own my illness and not have my illness own me. Through a daily practice of gratitude, in addition to proper medication, therapy, nutrition and exercise; I manage my illness. Today I have an attitude of hope that my dreams can be realized.

“..through a conscious daily discipline of working towards goals in small steps, I have emerged from my negative mindset to believing and knowing that I am still me.”

A Challenge to WALK! By Rebecca Ladd

So do you "WALK"? Silly question let me reword it. Do you walk in the NAMI NH Walk for the Mind of America? Sunday, October 7th is the date set for the 5th annual NAMI NH WALK. The WALK helps raise awareness of mental illness and raises the money that keeps NAMI NH going. When you walk the NAMI NH WALK you are fighting stigma, but not just on that day. The money you raise from joining the WALK helps fight stigma the other 364 days of the year! Annette Carbonneau, the NAMI NH Walk manager tells a touching story about the 3rd

annual WALK. "A little girl approached me; she had a huge smile and looked so happy she could burst. The little girl said to me "they are all here for me. I have bipolar and all these people are walking for me." Annette will tell you that alone made the whole day worth every bit of hard work.

That little girl hit the nail on the head! They were, all five to six hundred people WALKING for her and for every other person with a mental disorder in the State of NH.

The story of that little girl brings tears to my eyes -if we

could all just have one moment in time when we feel as though hundreds of people care enough to do something for us. Better yet, if we all just had the opportunity to make one child feel the way that little girl did. Well folks we do! I challenge you to form a walk team, join a team, sponsor someone or be one of the fifty or so volunteers on WALK day.

I urge you to step out and make a difference in your life, your family members' lives, and the lives of all people with mental illness in

NH.

At a recent WALK meeting Annette asked everyone why they are involved with the WALK, or why they walk. I ask you - WHY NOT? Come have fun, make connections, and make a difference!

Go to www.NAMINH.org to sign up a walk team, to pledge or to volunteer. Have questions? Call Annette at 603-225-5359 ext 25 or email her at Acarbonneau@naminh.org

Frameworks Update



Berlin HS staff (teachers, janitors, cafeteria workers, administrators) who recently completed a Frameworks training

NAMI NH's Frameworks Youth Suicide Prevention Project continues to make great strides in our efforts to promote early recognition and treatment of individuals with mental illness and to promote improved access to health care.

Frameworks recently earned a designation as a "Best Practice Program" in the newly established registry maintained by the national Suicide Prevention Resource Center (SPRC) and American Foundation of Suicide Prevention (AFSP). The registry approved the Prevention/Intervention Protocols and Training. They

are in the process of reviewing the Postvention Protocols and Training and we hope to have that designation soon. This designation places Frameworks and New Hampshire at the forefront of community based suicide prevention programs in the country. Many thanks to all who have supported and contributed to the Frameworks Project!

Our community training and implementation continues to go very well. Thus far in collaboration with our three community partners Mascoma Valley Health Initiative, Family Resource Center in Berlin/Gorham and the Raymond Coalition For Youth, we have trained over 1,000 participants including law enforcement,

educators, social service providers, clergy, gatekeepers, Emergency Medical Services, Health Care Providers, etc. The project has been enthusiastically received and embraced in all of these communities and we are very encouraged by the results thus far.

We continue to make great strides in developing a survivor network in NH. The first meeting was recently held of family members who have lost a loved to suicide who are developing a "Lifekeeper" quilt in memory of their loved ones who have died by suicide. With technical assistance from NAMI NH, two new survivor support groups have started in NH in Plymouth and Berlin.

Virginia Tech

"Treatment in community mental health centers is better than ever, but harder than ever to get"

NAMI NH Executive Director Michael Cohen, and Executive Director of the NH Disabilities Rights Center, Richard Cohen, sent the following op-ed column to newspapers across the state in response to the terrible media backlash immediately following the tragedy at VA Tech.

In Our Own Voice
Coordinator Ken Braiterman, a survivor of severe mental

illness, told the Littleton affiliate May 1 that, since the tragedy, he has felt like an American Muslim immediately after 9/11. "I take it personally, it scares me, and it makes me angry," Ken said.

Terrifying responses to a horrible tragedy **By Michael Cohen and Richard Cohen**

One in five families is afraid today that the backlash

following the tragedy at Virginia Tech will seriously hurt them or someone they love.

That many people have some kind of psychiatric condition some time in their lives, according to the U.S. Surgeon General's report of 1999. Here's what they are asking themselves, as the media float simplistic, frightening ways to prevent a similar tragedy.

◆ If I was hospitalized for

Virginia Tech continued

my mental condition in high school, will I lose my chance at higher education? If I get sick at college, will I be expelled? Many commentators said the Americans with Disabilities Act gives people with mental illness too many rights. Families can sue schools that reject or expel students just because of a mental condition.

- ◆ Will my co-workers, neighbors and friends become afraid of me, stop their children from visiting mine? Will they laugh and call me names behind my back?
- ◆ Will the government confiscate my guns? I have no history or warning signs of violence. I learned responsible hunting and firearm safety from my father, and I want to teach my children.

All these “solutions” have been floated seriously in the last two weeks. In the Wall Street Journal, liberal Barbara Ehrenreich asked why we are diagnosing people with minor issues, and not focusing on [her words] “the real whack jobs?” Conservative columnist Charles Krauthammer of the Washington Post wrote that the VA Tech tragedy was the “inevitable outcome” of the decision 50 years ago to make it “harder to lock up our more eccentric and indeed crazy

fellow citizens.”

No two writers are more opposite philosophically than Krauthammer and Ehrenreich. But they agree (in language that hurts families affected by mental illness the way Don Imus hurt women of color) that we should lock people up for having an illness.

Any Israeli, or soldier in Iraq, knows that no amount of law enforcement, gun control, checkpoints, metal detectors, or even an occupying army can stop every individual who is determined to kill himself and take people with him.

Institutionalizing more people is no answer. NH Hospital costs between \$670 and \$750 per day, according to Assistant Superintendent Paula Mattis. Often, the beds are full. Treatment in the community averages \$1,000 *a month* for the *highest users* of services.

“Treatment in community mental health centers is better than ever, but harder than ever to get,” said Carol Farmer, chief of operations at Community Council, the mental health center that serves Greater Nashua. Years of inadequate government funding have reduced their capacity while demand has increased. The other major reason people don’t go for treatment is fear

of stigma and discrimination.

Courts, prisons and jails are straining under the weight of inmates with mental illness who might not be there at all if they’d had better access to community-based treatment. And you can only be sure someone needs to be locked up after it’s too late.

You have to go back to 1966, at the University of Texas, to find a mass murder-suicide approaching the magnitude of VA Tech on a college campus. Columbine High School was eight years ago, and people talked about bullying and isolation, not mental illness, in its aftermath, not locking people up.

But every day, thousands of New Hampshire people with mental illness go to school and to work, pay taxes, take care of their children, live balanced, productive lives, and achieve their goals. Many of them take medication, adjust their lifestyles, and meet with treatment providers to stay well. You can’t see them because they look and act like everybody else. People with diabetes also take medicine, visit doctors and adjust their lifestyles, but when they commit a crime, no one says their diabetes was out of control.

“We need to ensure that, as a result of the media coverage, increased stigma does not

further isolate individuals with mental illness and their families,” Ken Norton, a suicide prevention specialist with the National Alliance on Mental Illness (NAMI NH) said.

A diagnosis of mental health illness by itself does not predict violence, Norton said. You wave red flags when other factors are also present, such as severe isolation and depression, substance abuse, previous trauma, a violent fantasy life, suicidal thoughts, feelings of persecution, and vivid revenge fantasies.

Cho Seung-Hui showed plenty of warning signs, and people did wave red flags. Other people under-reacted. We need to make under-reaction less likely, but not in the superheated atmosphere following a disaster. Reviving stigma, discrimination and institutionalization will make people more depressed, angry, and isolated – in rare cases, violent -- and less likely to seek help.

Claudia Ferber Child and Family Services Program Coordinator

Have you been wondering what the staff at NAMI NH does?

We will interview a staff member for each Newsletter so that you can be informed.

When you read below what Claudia Ferber is up to you will be astonished that one person can accomplish so much!

Claudia brings family and professional experiences to her work. She has been the guardian of a niece with mental illness, child of a parent with mental illness and has several other family members who suffer from mental illness. A member of NAMI NH since 1986, Claudia also served on our Board of Directors for five years. Ms. Ferber has a Bachelor and Masters degrees in Human Services Administration from Springfield College

Her job responsibilities include overseeing the Information and Referral line, MIAW Coordinator, educational programs for families, professional training, public policy and system change work.

Background

Claudia has served as the Project Director of the 2003 Statewide Family Network grant that was awarded to NAMI NH. Claudia brings 20+ years of mental health field experience having worked in the community mental health system as a Director of Community Based Services for Children and Families, an Emergency Services clinician,

clinical case manager working with children with SED and their families and case manager working with adults with serious and persistent mental illness. During her time at the Community Mental Health Center she developed and oversaw the delivery of a Transitional Program for adolescents with SED, ages 15,-21 and a Family Support program for families of children with SED. She has extensive experience developing and presenting education and training programs on state and local levels for over 30 years. Claudia has recently been invited to participate on an advisory group for the National Alliance on Mental Illness that will be developing a signature educational program for parents/caregivers of children and adolescents with SED. Claudia has over ten years of management experience, overseeing project personnel and project development. She has availed herself of continuing education opportunities and as been trained in the Wraparound Process, Person-Centered Approach, and has had several workshops on the topic of cultural competency. She has been a member of NAMI NH since 1986 and served on their Board of Directors for five years. Ms.

Ferber has a Bachelor and Masters degrees in Human Services Administration from Springfield College

Current activities are

- Guidebook for Children and Adolescents with Serious Emotional Disorders - has been published and distribution has begun. Each support group got a complimentary copy. This is the work of many people and we are very proud of this edition. Copies can be purchased for \$15.00 in hard copy or on CD for \$10.00.
- NH Children's Mental Health Family Focus Group - NAMI NH is partnering with the Endowment for Health on this project. Annette and I have been going around the state and meeting with families of children who are using mental health services and collecting their input. A report will be issued toward the end of summer.
- Children's Mental Health Awareness Day - was May 8 and NAMI NH distributed a poster that we designed and "Children's Mental Health Matters" green ribbons. A letter with some fact sheets and a green ribbon were sent to NH's elected officials from NAMI NH.
- Parents Meeting the Challenge - is an 8 week educational program for parents of children and adolescents with emotional and

behavioral disorders and is replacing the previous program Visions for Tomorrow. We have adapted a program out of NAMI Maine and are currently recruiting teachers and hope to offer the program in the fall.

- Child and Adolescent Network Group - continues to meet and its membership is 50%+ family and youth representation. The group is currently completing work on a paper with recommendations on how to improve the transition of youth from the children's mental health system to the adult mental health system.
- Adolescent with co-occurring disorders Project - is in its 3rd year and we are in the process of recruiting a Scientific Advisory Board to make recommendations on screening and assessment tools and treatment modalities for adolescents and young adults who have mental illness and substance abuse. Ricia McMahon working with NAMI NH as the project coordinator.
- Consultation with Monadnock Family Services - for case managers to effectively engage families in the treatment process. Claudia and Annette are meeting with the teams of both the children and adult systems to provide a family perspective and also to provide some training.
- DHHS Child and Maternal Health grant - NAMI NH has provided a letter of support to this pilot project which will take place in

Manchester. The goal of the project is to improve coordination and collaboration between primary care physicians and mental health. Hopefully, NH will be awarded the grant!

- Division of Juvenile Justice and NAMI NH - are having conversations about how we can partner together to provide education and support to their staff and families they serve.
- Mental Illness Awareness Week - we are gearing up. So far we hope to offer the Arts and Recovery Exhibit on Tuesday October 9 at the State House lawn from 9 to 1 and a public presentation by Peter Earley, author of *CRAZY, A Father's Search through America's Mental Health Madness* on Thursday, October 11 at the Concord City Auditorium from 7 to 9 p.m. We are currently looking for funding so if anyone can offer a \$ or \$\$, that would be great. We are also hoping to offer a luncheon to courts, corrections and law enforcement. We are applying for a grant to offer another Book Discussion Group for elementary school students. Last year we had 18 schools participate.

Grants

FACES Network which is funded through SAMHSA under the Statewide Family Network is completing our 3rd year. This grant has helped us be able to deliver

the Visions for Tomorrow program, Support Group Facilitation Training, on going technical support to the young parents support groups and our bi annual meetings. We have applied for the grant again and this time will focus on: Parent and Youth Conference on Transition Planning Process, 10 advocacy trainings (self and legislative) for parents of children that will be held around the state and a leadership program for young families. We should hear about this in June 2007. Linkage Care Grant is an 18 month grant that will end in September 2007. This grant provided funding for NAMI NH to participate in the NH Integrated Children's Management Team and some funding to train parents of children/adolescents with mental health needs who are involved with the juvenile justice system.

Ongoing public policy / advocacy work with:

- State MH Block Grant Planning Council - recently elected as Co Vice Chairperson as an advocate for children with serious emotional disorders. Currently recruiting for young families to be appointed to this council. Please consider joining!
- Integrated Children's Services Management Team (see above)
- MAST NH State Leadership Team - received

Claudia Ferber Child and Family Services Program Coordinator ..cont'd

an 18 month grant to improve the coordination and collaboration between schools and community mental health to meet the needs of children/adolescents who are experiencing mental health crisis. The grant is to develop protocols, and train staff.

- COP Transition State Team - NAMI NH has a seat on this team. NH has a community of practice on transition and there are some exciting things happening. Go to sharedwork.com and see what this initiative has to offer.
- IROS/Evidenced Based Practices for Children Workgroup
- Juvenile Justice/Mental Health/Substance Abuse Workgroup - meets monthly and we bring our perspective about the need for integrated care.
- Coalition on Family Law and Mental Health - has worked on issues that affect families. Group will be reconvening this summer.

- Strategic Frameworks Advisory Board - NAMI NH is on this Board which meets monthly and is overseeing a federal grant to build an infrastructure in NH for substance abuse prevention and treatment.
- NH Infant Mental Health Association - hosts an annual convention and this year it is Trauma. NAMI NH has been a member of this association for many years and currently Claudia serves as Treasurer elect.

Education

- Guardian Ad Litem Certification Training – Claudia serves on the NH Bar Association certification training team for Guardian ad litem. NAMI NH, in the past year, did two resource panels and two workshops on Working with Families with Mental Illness.
- DCYF Training four times a year – Claudia and Annette do a one day training for DCYF workers and other agency staff on Working with Families with Mental Illness
- Training in schools -

i.e. Piermont Elementary presentation on Working with Children with explosive disorders; also did a presentation for the NH School Psychologists on What Families Need and Want from school professionals.

- Foundation Skills Training through the Dept. Health and Human Services, Bureau of Behavioral Health - did two 1 hour presentations on the family perspective to community mental health staff who provide service to adults and children.
- Police Training Standards Training - NAMI NH is sending a team to the academy for a two day training in June. This training will be inclusive of all ages and mental illness. Elaine deMello is leading this team.

Children's Mental Health is in a time of transformation and there is much work to do. NAMI NH has taken a role in moving the system forward. If anyone is interested in learning more about any of these please don't hesitate to call Claudia Ferber at the NAMI NH office, 225-5359.

WALK FOR RECOVERY – Sponsor and Team Update!

Thank you to our current WALK Sponsors, Teams and Captains!

We are very excited about the progress to date and look forward to your participation this year.

Sponsors

Presenting Sponsor	Bristol-Myers Squibb
Bronze Sponsor	Anthem Blue Cross/Blue Shield
Bronze Sponsor	Littleton Coin
Crystal Sponsor	NH Medical Society
Crystal Sponsor	St. Joseph Hospital
Crystal Sponsor	Virtual Marketing, Inc.
Friend	Wilton Animal Hospital
SPONSOR TOTAL	\$13,350!!

Teams

Rebecca's Rubies
West Central Walkers
Geris Gems
Angels
Missing with Mental Illness
Team OCD
Team ALC Haven
Team ALC North
Team ALC Littleton
Team ALC Serenity
Team ALC South

Captains

Rebecca Ladd
Lisa Robinson
Geri Foucher
Stephanie Auclair
Louise Holmburg
Lauren Williams
TBD
Brenda Eckels Burrows
TBD
TBD
TBD

The Walk is held rain or shine. October 7, 2007 at the Soccer Fields of the NH State Hospital (South Fruit Street). Registration at 12:30 – the Walk will start at 2PM.

Get your walking shoes on!

Advocacy at its Finest

In mid-April, several NAMI NH advocates spoke at a budget hearing in Concord in support of reinstating funding for NAMI NH's family support and education programs. They all did a great job and of course it was much appreciated. Ed Kirby and his son Michael spoke

especially clearly and eloquently about what NAMI has meant to their family. They were so convincing, in fact, that NH Public TV decided to interview them later and the segment aired on NH Outlook on May 6th. You can still access that program by going to www.nhptv.org/

[outlook](#) and clicking on Archives (on the left side of the page). Scroll down to 05/06/07 – State Budget. Many thanks to Ed and Michael for speaking so sincerely and effectively about the good work that NAMI does throughout the state.

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Miscellaneous Notes and Information

- **NAMI NH Guidebooks** – The Older Adults Guidebook Revised Edition is available for sale for \$15.00, plus shipping and handling is an additional \$5.95. Each support group has been provided a complimentary copy
- **NAMI NH Lending Library** - we are in the process of doing inventory and asking folks to return any books/materials they may have.
- **NAMI NH Membership** - Please check to be sure your membership is current and encourage others to do so. This is important as it helps us when we are grant writing to demonstrate our strength in New Hampshire.

Information and Referral Line – continues to be very active. The telephone calls we receive appear to be increasing. We also are getting more contacts through the website. I&R calls are handled by a resource specialist. Phone calls are returned in 24 to 48 hours. You can reach the I&R line by calling: 1-800-242-6264 Ext. 40 or visit the website at www.NAMINH.org.