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**NAMI NH is keeping you informed!***April 18, 2007 Newsletter*

Apr 18, 2007

**Greetings!**

NAMI New Hampshire (The National Alliance on Mental Illness NH) is a statewide education, support and advocacy organization working for a quality, comprehensive mental health service system. Check out [www.naminh.org](http://www.naminh.org) for more helpful information.

**2007 Ken Book Award Winners**

Authors honored for outstanding contributions to better understanding of mental illness.

New York, NY, April 12: The Kenneth Johnson Memorial Research Library at the National Alliance on Mental Illness of New York City Metro (NAMI-NYC Metro) will honor six authors at its 9th annual Ken Book Awards breakfast on Thursday, May 3, at the Yale Club in Manhattan.

The Ken Book Awards are presented each spring in memory of Kenneth Johnson, the son of Patricia Warburg Cliff. Ms. Cliff founded the Kenneth Johnson Memorial Research Library in 1996. It is housed at the NAMI-NYC Metro offices and includes hundreds of books, journals and videos, and is host to book and poetry clubs.

Among the winners is former NAMI NH board member and strong supporter and friend of NAMI NH, Kim Mueser. Congratulation on receiving the award!

**Study Sheds Light on Medication Treatment Options for Bipolar Disorder**

For depressed people with bipolar disorder who are taking a mood stabilizer, adding an antidepressant medication is no more effective than a placebo (sugar pill), according to results published online on March 28, 2007 in the New England Journal of Medicine. The results are part of the large-scale, multi-site Systematic Treatment Enhancement Program for Bipolar Disorder (STEP-BD), a \$26.8 million clinical trial funded by the National Institutes of Health's National Institute of Mental Health (NIMH).

[Read the article...](#)

**Suicide of Pennsylvania College Student Underscores Schools' Responsibilities**

The parents of a Pennsylvania college student who died as a result of suicide

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in 2003 filed a lawsuit against his school after learning that college officials, who were concerned about the student's mental health, decided against telling his parents about their concerns. The case was closely watched by colleges and universities throughout the nation because of concerns that the case might help define what the schools' responsibilities are to students. The Pennsylvania student, Chuck Mahoney, has refused to sign a waiver that would have allowed his school to contact his parents. His parents said that the school should have broken that confidentiality if they were concerned about his welfare. Late last year, a jury decided in favor of school officials.

[Video about warning signs of mental illness among youth](#)

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### The Consumer Voice in Medicaid Managed Care: State Strategies

A critical strategy for the success of any Medicaid managed care program, especially one serving people with disabilities, is building consumer and advocate support from the outset. As more states are planning managed care models to improve the quality of care for people with disabilities, states should welcome consumer and advocate feedback — both positive and negative. This CHCS Brief, developed through interviews with state and health plan officials, consumers, and advocates, outlines successful state strategies for bringing key stakeholders into the planning, implementation, and oversight of managed care programs for people with disabilities.

[Read about it..](#)

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### Children with attention deficit hyperactivity disorder (ADHD) at risk for alcohol problems

Prior research has shown that children with ADHD can develop alcohol problems later in life. Two studies confirm this association, indicating that drinking problems begin around age 15. Parental alcoholism and family stress appear to add to the risk of children with ADHD developing alcohol problems themselves.

[Read more about it..](#)

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### Adult's Conference Calls with Dr. Ken Duckworth

*Save the Date: Friday, April 27, 2007*

#### Topic: Borderline Personality Disorder

Please join us for our monthly adult issues conference call with Dr. Ken Duckworth, on the topic: "Borderline Personality Disorder: A Consumer Perspective." The call will feature special guests Eileen White and Kiera Van Gelder, MFA. Ms. White is a member of the NAMI National Board of Directors, and is well-respected as a speaker on mental health issues. She received the 2003 "National NAMI IOOV Speaker" Award. She is also a veteran of the US Air Force. Ms. Van Gelder is the founder and director of Middle Path, a nonprofit BPD advocacy and education organization. She is also on the board of directors of the New England Personality Disorder Association (NEPDA) and is the NAMI Consumer Council representative for Massachusetts.

The call is toll free and scheduled from 11:00am - 12:30 Eastern Time on Friday, April 27th. To access the call, please dial 1-888-858-6021; access number 309918. This call can be made from a home phone.

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## Children's Conference Calls with Dr. Ken Duckworth

*Save the Date: Friday, April 20, 2007*

### Topic: The Benefits of Early Identification and Intervention of Early-Onset Schizophrenia

All Friday children's conference calls with Dr. Ken Duckworth take place on the third Friday of the month. The calls are toll free and are scheduled from 11:00 a.m. – 1 2:30 p.m. E.T. To access the toll-free call, please dial 1-888-858-6021; access number 309918#. We hope that you will join us!

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## Depression May Not Be As Prevalent as Previously Thought

Reclassifying the criteria for diagnosing depression to exclude symptoms that might be otherwise thought of as normal sadness might reduce the diagnoses of depression by about 25 percent, a study in the Archives of General Psychiatry. The study's conclusion is based on a survey of more than 8,000 adults. The study researchers, including Columbia University's Michael B. First, the editor of the most current edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV), found that only a fraction of those individuals who had prolonged periods of sadness could be classified as having clinical depression. The DSM-IV's current criteria for diagnosing depression includes experiencing such feelings of sadness for as little as two weeks in most cases. "One issue this [finding] would play out at is at the level of medication. If someone has a normal grief reaction, you wouldn't give that person an antidepressant, you would favor counseling. If someone has major depression you would be more likely to medicate. So this could influence how clinicians think about medications or psychotherapy," First said.

[Read about it..](#)

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## Study: Child Antidepressant Use Down

Prescriptions for antidepressants dropped dramatically among children and teens following public warnings about deadly side effects, but now suicides are up, researchers say. "Now we see an increase in suicides following years of declines," said President and CEO David Shern, Ph.D., Mental Health America. "We are not in the position to draw causal inferences, but this gives us good reason to pause and be concerned

[Read about the study..](#)

### Other links of interest:

- NAMI NH Newsletter Archive
- Faith and Recovery
- Frameworks Suicide Prevention Program
- Find a support group near you
- Volunteer with NAMI NH!
- Affiliate News April

### About Us

**NAMI NEW HAMPSHIRE** National Alliance on Mental Illness NH - Improving the lives of all persons affected by mental illness

\* Information & Referral \* Support Groups \* Mental Health Library \* Advocacy Opportunities \* Educational Classes \* Public Presentations \* Volunteer Opportunities \* Annual Conference \* Public Policy Alerts \*

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phone: 603-225-5359 or 1-800-242-6264

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