



In this issue...

- [Personal Triumphs become Public](#)
- [National Resource Center on Psychiatric Advance Directives](#)
- [A mental-health insurance parity bill might finally pass Congress](#)
- [Genetic conditions often lead to insurance refusal](#)
- [How should we treat children and youth with depression?](#)
- [Creating a Trauma-Informed Child Welfare System](#)
- [Medicare Prescription Drug Coverage](#)
- [Adolescent brains show lower activity in areas that control risky choices](#)
- [New mental health resource En Español](#)

NAMI NH is keeping you informed!

March 21, 2007 Newsletter

Mar 21, 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 for more helpful information.

Personal Triumphs become Public

On February 13th, 2007, NAMI NH hosted a legislative luncheon for all NH legislators. The luncheon was well attended by over 100 legislators, numerous care providers and NAMI volunteers and staff. An inspiring In Our Own Voice presentation was made by Dan Daniszewski from Laconia. Dan's two main messages were:

1. treatment works no matter how long one has been ill,
2. medication is a personal decision which worked for

Following Dan's success story, legislators themselves bravely stood to publicly share their personal triumphs, family stories, and to express relief at (finally) hearing about NAMI. A brief question and answer period followed. Although our elected officials needed to get back to their various committee meetings, it was evident that many had pertinent questions and were fully vested in learning more. Twenty six legislators signed up to begin the formation of a Mental Health Caucus. Representatives Jim MacKay and Joan Schultz will call the first meeting after the February recess.

NAMI NH looks forward to working with these legislators to continue to improve understanding of the challenges, and potential recovery of every person in NH who is affected by mental illness.

National Resource Center on Psychiatric Advance Directives

Live Webcast: What Families Need to Know About

Become a NAMI NH E-Newsletter Sponsor! OVER 600 recipients and more added weekly! Get your message out!

Email us for details!

NAMI NH reserves the right to refuse sponsorship if necessary.



Psychiatric Advance Directives: Thursday, March 29, 1:00 PM. The website has information for people who want to make an advance directive, state by state information, and other resources.

[Check out their website](#)

A mental-health insurance parity bill might finally pass Congress

After years of attempting to get Congress to pass mental health insurance parity legislation, advocates may finally get their chance this year with a change in congressional leadership and broad bipartisan support among congressional members. Opposition to such legislation has its origins in stigma, a columnist writes. Effort to overcome this stigma among public figures had its start in 1972 when Missouri Sen. Thomas Eagleton was dropped from the Democratic presidential ticket after revelations about his past electroshock therapy for depression were made known.

[Read about it..](#)

Genetic conditions often lead to insurance refusal

People who have two genetic disorders—sickle cell disease and cystic fibrosis—report that they are more likely either to be denied health insurance coverage or be offered coverage at prohibitive rates than are people without the disorders, a study published in the American Journal of Medical Genetics indicates. "All persons with chronic medical conditions should be legitimately concerned about access to health insurance," lead investigator Dr. Nancy Kass said, "but individuals with genetic conditions may have additional reasons to worry."

[Read the article..](#)

How should we treat children and youth with depression?

Major depression affects 3 to 5 percent of children and adolescents, and at any one time up to 15% of children have some depressive symptoms. Despite the prevalence of this condition, it is estimated that over 70% of children with depression do not receive appropriate diagnosis or treatment. However, even when diagnosed, there is much debate over how to treat depression in children and adolescents.

[Read more about it...](#)

Creating a Trauma-Informed Child Welfare System

Each year, there are more than 500,000 children living in out-of-home child welfare placements. It is well established that abused and neglected children suffer from short- and long-term psychological and behavioral difficulties. Among youth in the foster care system, it is estimated that more than half experience at least one significant psychological disorder, including depression, posttraumatic stress disorder (PTSD), social phobia, panic syndrome, or drug dependence. The most common sources of traumatic experiences for children who become involved in the child welfare system are abuse, neglect, and domestic violence.

[Read the article..](#)

Medicare Prescription Drug Coverage

Updated info from the Centers for Medicare and Medicaid Services. People with Medicare who have limited income and resources may qualify for extra help paying for Medicare prescription drug coverage costs. If they qualify, they will get help paying for their drug plan's monthly premium, yearly deductible and prescription copayments.

[Find out more..](#)

Adolescent brains show lower activity in areas that control risky choices

A new NIMH study could help explain why adolescents are so prone to make risky choices. When contemplating risky decisions, they show less activity in regions of the brain that regulate processes involved in decision-making, compared with adults. The areas are among the last to develop and are involved in control of "thinking" functions, including decision-making, and in processing reward-related input and behavior.

[Read about the study..](#)

New mental health resource En Español

The American Psychological Association has a new Spanish-language website. The consumer-oriented help center offers information about a variety of psychological and emotional health issues related to work, family, relationships, school, and disasters.

[Checkout the website](#)

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](#)

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 *

email: info@naminh.org

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

web: <http://www.naminh.org>

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to mdenham@naminh.org, by info@naminh.org
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Powered by



NAMI NH | 15 Green Street | Concord | NH | 03301