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**NAMI NH is keeping you informed!***May 2, 2007 Newsletter*

May 2, 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.

**Terrible responses from 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.

[Read the letter...](#)**What youth with mental health needs entering the world of work should know about accommodations**

A fact sheet from the Office of Disability Employment Policy.

[Fact sheet..](#)**Studies Support Monitored Use of Antidepressants for Children and Adolescents**

A new review concludes that the benefits of antidepressant medications for children and teens appear to be much greater than the risks.

[Read more..](#)**Mental Illness and Violence**

Are people with mental disorders truly more violent? Research supports some public concerns, but the overall likelihood of violence is low.

The greatest risk of violence is from those who have dual diagnoses, i.e., individuals who have a mental disorder as well as a substance abuse

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disorder. There is a small elevation in risk of violence from individuals with severe mental disorders (e.g., psychosis), especially if they are noncompliant with their medication. Yet to put this all in perspective, the overall contribution of mental disorders to the total level of violence in society is exceptionally small.

[Read the Surgeon General's Report...](#)

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### **New Factors Identified for Predicting Violence in Schizophrenia**

A study of adults with schizophrenia showed that symptoms of losing contact with reality, such as delusions and hallucinations, increased the odds of serious violence nearly threefold. The odds were only about one-fourth as high in patients with symptoms of reduced emotions and behaviors, such as flat facial expression, social withdrawal, and infrequent speaking.

Overall, the amount of violence committed by people with schizophrenia is small, and only 1 percent of the U.S. population has schizophrenia. By comparison, about 2 percent of the general population without psychiatric disorder engages in any violent behavior in a one-year period.

[Read the article...](#)

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### **Adults Show Biases Against Children with Mental Health Conditions**

New research suggests that a surprising number of Americans are more likely to socially reject children with symptoms of mental health conditions, sometimes to the point where they would not want them living next door or socializing with their own children.

[Discussion...](#)

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### **How Should we Treat Children and Youth with Depression?**

There is much controversy over how to treat depression in younger people. March's Featured Discussion outlined research on the most effective ways to improve the lives of children and adolescents diagnosed with depression.

[Check out last month's discussions...](#)

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### **In second try to treat depression, cognitive therapy generally as effective as medication**

Switching to or adding cognitive therapy (CT) after a first unsuccessful attempt at treating depression with an antidepressant medication is generally as effective as switching to or adding another medication, but remission may take longer to achieve. These results, which are part of the NIMH-funded Sequenced Treatment Alternatives to Relieve Depression (STAR\*D) trial, are published in the May 2007 issue of the American Journal of Psychiatry.

[Read the article..](#)

## Children's Mental Health Focus Groups May 6-12, 2007

If you are a parent or primary caregiver of a child or youth (ages birth through 21yrs) who is currently receiving NH mental health services, either public or private, you are invited to attend a NH Children's Mental Health Focus Group in your area. This is an opportunity to share your thoughts and observations about the children's mental health delivery system in NH. Your feedback will be used by the Endowment For Health to identify priorities for them to focus on. Registration is required and a stipend of \$25.00 per family will be provided.

[Read about it..](#)

### 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 2007

### 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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