

## **Affiliate/Teacher Meeting Minutes September 9, 2006**

The Agenda for the Affiliate/Teacher Meeting was as follows:

- 9:00- Introductions
- 9:30- Walk and Mental Illness Awareness Week Plans
- 9:45-11:45- Strategic Planning with the Board
- 12:00- lunch
- 12:30-1:30- Teacher and Leader networking

There was an excellent turn out for this falls meeting.

Walk and MIAW- The walk day plans were presented by Leigh Roche and Annette. Leigh is a NAMI NH board member and the 2006 Walk Chair. Registration for the walk begins at 12:30, opening ceremonies will be short and sweet starting at 1:45 with the walk starting at 2:00. New for this year, an easier and nicer walk route starting off through the NHH campus, team captains do not have to collect money and registration forms, team members can each turn in their own donations on walk day, for every \$100 in donations walkers get one free raffle tickets, prizes will be awarded at the close of the walk.

MIAW activities include an Integrated health fair for older adults on Tuesday Oct 3, and the Arts and Recovery show on the state house lawn on Thursday Oct 5, to celebrate Bipolar awareness day. Other events around the state include presentations of “Real Men, Real Depression”, IOOV on campus and a lesson plan and children’s book made available to elementary schools.

Details on all events are posted at [www.naminh.org](http://www.naminh.org)

Strategic Planning- The draft of the strategic plan was presented for review. This draft form has been created by a Strategic Planning committee that includes affiliate members, staff, board members and outside interested parties. Included in this presentation was a newly drafted Mission Statement and Vision Statement along with a new tag line to replace “NH’s voice on mental illness”. Also presented were NAMI NH goals and then ways to measure to determine if NAMI has met those goals. The final part of the presentation asked that participants at the meeting look at the areas that NAMI NH needs to prioritize as far as groups to serve (such as youth, elders, adults, ect.) and programs to offer. Participants were asked to help prioritize these areas using worksheets that were then turned in to the committee

If you were unable to attend and would like to review these documents and provide feedback, please contact Annette.

Board Member Attendees included: Liz Merry, Pam Brown, Leigh Roche, Martha Byam and Rick Sherman. Also in attendance was Mike Cohen, Ex. Director NAMI NH

Networking- The networking session was short and the goal will be to provide more time for discussion as well as announcements at our spring meeting.

Seacoast Affiliate- The Affiliate acquired grant funding to produce a WRAP (wellness recovery action plan) group. This is an educational program based on Mary Ellen Copeland's work. Don Moore suggested that the screening process be more complete before classes are taught to guarantee more commitment on the part of participants. Also in the seacoast, Diane Cyr is now facilitating both a Bipolar Support group and a Schizophrenia Support group. In addition Diane announced that Seacoast will have the virtual hallucination machine for the day of Oct.27. This high tech machine is loaned to organizations for one day at a time. It allows people to experience both the hallucinations and auditory delusions that can accompany a psychotic event. This machine will also be available on Oct 24<sup>th</sup> for a presentation by NAMI NH. For more information on Seacoast event and groups, please contact Diane at [dcyr@smhc-nh.org](mailto:dcyr@smhc-nh.org).

Manchester Adult Affiliate- This group is producing posters that have a slit in them that a pad of tear sheets fits into. The pads are printed with all the upcoming events. People can just tear off a sheet and as the events and dates change the pads can be updated. Manchester will be hosting their annual meeting at the end of September including an IOOV presentation.

Nashua Adult Affiliate- This group experimented with providing support for siblings. It has long been a concern for their group members, that siblings especially in the 13-20 age group do not have a place to get support for what they deal with as siblings. Nashua had planned on offering 3 siblings support sessions to this age group. Because of liability restrictions on the part of NAMI NH, they were unable to offer it to minors. They did offer 3 sessions to 18-24 yr olds. This continues to be a priority with the group and the goal is to continue talking with the state office to find a way to help this particular population. NAMI National was contacted and currently no other state has come up with a program to offer.

Nashua is also interested in hosting an event, such as a breakfast to facilitate discussion and education with legislators. Mike Cohen announced that NAMI NH is working on a luncheon and presentation to legislators in Feb., and is interested in supporting Affiliate events.

Nashua requested that NAMI NH look into a way to provide affiliates with a website, or a way to post their groups' information. Annette will look into this.