

DISCOVERING HOPE

2015 NAMI New Hampshire Annual Conference

Morning Workshops:

1A Promoting Recovery for People with Co-Occurring Disorders

Lindy Keller, MS, MLADC, Bureau of Drug and Alcohol Services

The system of care in NH for treating co-occurring mental health and substance use disorders is evolving toward recovery-oriented, integrated services. New resources and services are developing due to healthcare reform initiatives. This presentation will offer information toward promotion of a common understanding of co-occurring disorders and recovery. It will reference the new DSM-5 diagnostic criteria, as well as the criteria for determining appropriate levels of care.

1B From Our View: panel discussion by suicide loss survivors and attempt survivors

Facilitator: Elaine de Mello, MSW, NAMI NH

A suicide attempt survivor and spouse, along with mother and daughter loss survivors, will share their journey, highlighting the lessons they have learned along the way. Discussion will include the types of interventions, responses from others, self-care, and resources that helped them - re-establish stability.

1C Shades of Blue – Understanding Depression, Finding Hope

Melissa Myers, MD, Northern Human Service, Conway Mental Health Center

We all experience disappointment, pain, sadness, loss, and grief, but these are only glimpses of the struggles that are a part of clinical depression in its various forms. In this workshop, we will explore the differences between sadness and depression, the symptoms and causes of clinical depression, the various types of depression, treatment options, and support strategies.

1D Peer Support: Why You Should Go!

David LaCroix, Peer Support Specialist, Rehabilitation Dept., New Hampshire Hospital

Richard Wiggins, Peer Support Recovery Specialist, NAMI-NH

Growing evidence suggests that the support of a peer—someone who has traveled a road similar to your own—has many positive outcomes. Whether you have mental illness or a loved one does—or both—there is peer support for you. This interactive workshop will highlight the key elements of peer support services and where to find these services. Participants will have the opportunity to share knowledge and experience of the emotional, social, and practical support that peer support provides, leading to overall health and wellness.

Afternoon Workshops:

2A Building Resilience Through the Practice of Mindfulness

Melissa Laverack, certified by the UMass Medical Center for Mindfulness

We live in an increasingly stressful society with demands that tax our nervous systems. We have lost the traditional ways of being in the moment. Whether you are caring for a loved one with mental illness or struggling to find balance with your own diagnosis, mindfulness can help you make time for yourself in order to recharge and increase resiliency. In this workshop, we will explore what mindfulness is and how it can be practiced in the moment. Participants will walk away with a better understanding of what the buzz of mindfulness is about.

2B The Role of Wellness Recovery Action Plans in Positive Coping

Deborah A. Robinson, MS, Director of Rehabilitation, New Hampshire Hospital

This session will provide practitioners and family members with information about the Wellness Recovery Action Plan, often called WRAP. WRAP is a valuable tool to support positive coping. While WRAP is primarily associated with recovery from mental health issues, its application is broad, and people throughout the world have developed WRAP plans to address many kinds of wellness goals, including smoking cessation, weight loss, and asthma management.

2C The Relationship Tug-of-War

Bernie Seifert, LICSW, Older Adult Services Program Coordinator and

Susan Allen-Samuel, MS Community Educator and Outreach Specialist, NAMI NH

Caring for a loved one with mental illness can sometimes add stress to other important relationships in your life. At times it may feel like a “he said, she said” tug-of-war where you either have to pick a side, choosing one loved one over the other, or where the end result has *everyone* on the losing end. This interactive workshop will help you understand the source of these stressful dynamics, help to define and accept normal emotional feelings and stages, provide ways to reframe the issues, and offer tips on how to improve communication so everyone’s needs get addressed-- including yours!