

Rapport

April 2011

The Mental Health Center
OF GREATER MANCHESTER
A Half Century of Caring


Our Connection to
the Community...



401 Cypress Street, Manchester, NH 03103 Tel: 603.668.4111 www.mhcgcm.org

Spring Symposium

Features **Mary Ellen Copeland**



The Center will host the 7th Annual Mental Health Symposium on Wednesday, May 11th at SERESC Conference Center in Bedford. The symposium topic will focus on mental health recovery and WRAP (Wellness



Recovery Action Plan). Keynote speaker, Mary Ellen Copeland, is the founder of The Copeland Center for Wellness and Recovery. She is

also the author of many self help resources including *WRAP Plus*, *The Depression Workbook*, *WRAP and Peer Support and Mental Health and Recovery WRAP*. Geared for providers, peer support centers, educators, consumers and families, the training will explore new applications for WRAP including work, kids, substance abuse and older adults.

The symposium will begin at 9 a.m. and end at 4:15 p.m. A number of exhibitors will also be on hand to provide valuable information to participants. To date they include: Brattleboro Retreat, Lutheran Social Services of New England, SNHU Community Mental Health Graduate Program, AstraZeneca, Antioch University, BBH Office of Consumer Affairs, New Hampshire Peer Support, The RAISE Research Study, The Toadstool Bookshop and Springfield College.

Registration is \$140 and includes continental breakfast and a catered buffet lunch. To register for the 2011 NH Mental Health Symposium, please contact Maureen Lenane at 603.668.4111, X4117, by email at lananema@mhcgcm.org or register online at mhcgcm.org from home page click on Symposium and then click on register at bottom of Symposium page.

Greetings



An inevitable consequence of the prolonged economic downturn is the budget crises currently being experienced at all levels of government. The NH House of Representatives recently passed its state budget proposal for the next two years designed to bring expenditures in line with revenues without raising and, in fact, lowering taxes. Unfortunately, that proposed budget also makes very significant cuts to state services, including community mental health. If finally approved, it will clearly jeopardize "safety net" services. It will be a source of distress to many vulnerable people, including consumers of mental health services, their families and other stakeholders.

This budget proposal is the first step in a lengthy and complex legislative process that will continue into the summer. Now the budget is in the hands of the NH Senate, which will develop its own budget proposal. Senators will review all of the factors involved, hold hearings and, we hope, will propose modifications that would be more supportive to our mission.

It is imperative that we remain alert and involved at every stage of the budget's development. Please be assured that our Board of Directors, our staff and other advocates will be actively seeking creative ways to minimize any adverse impact on our system of care and on the people it serves.

We hope we can count on you to join us in this effort.

Sincerely,

Peter Janelle
President & CEO

City Marathon Supports Mental Health

On behalf of the Manchester Marathon Association (MMA), Board President and Race Director Sarah Normand presented a check for \$20,000 from the proceeds of the 2010 Manchester City Marathon to The Mental Health Center of Greater Manchester.

Pictured are Christopher Dugan of Anthem Blue Cross Blue Shield corporate sponsor of the Manchester City Marathon, Sarah Normand, Philip Hastings, MHCGM Board Member and Chair of the Development Committee, and Peter Janelle, MHCGM President and CEO.



Rally for NH Draws Thousands to State House

Concerned citizens from throughout the state came together on March 31 for the Rally for New Hampshire. The crowd of several thousand represented many different groups including mental health consumers and supporters all expressing concern over drastic cuts in funding to health and human services proposed in the budget recently approved by the NH House. If the House version of the budget stands, the unprecedented cuts will be

devastating to the NH mental health system. As the budget process now moves to the NH Senate, it is crucial that we make our voices heard. To look up the name, address and phone number of the NH Senator representing your town, go to

www.gencourt.state.nh.us/whosmyleg/.

Let them know you are concerned about mental health and our voices count!

Memorial Tree Lighting to Honor Those We Have Lost



After losing a loved one, Deborah Baird and Jennifer Klember have dedicated themselves to supporting access to mental health care for those in need. At the Annual Groundhog Auction they presented a check for \$2,500 that they had raised and now they have created the Memorial Tree Lighting Ceremony so that families could come together for a day of remembrance. The Memorial Tree Lighting will take place on Saturday, May 7, 2011 at 6:00 p.m. at Stanton Plaza, 700 Elm Street in Manchester. The cost to purchase a ribbon and light is \$5 and proceeds from this event will help to provide mental health care for persons who lack the resources to access the care they need.

After the ceremony, the memorial lights, yellow ribbons and names of those honored will remain in place for one week. If you would like to honor a loved one, you can do so

- by calling Maureen Lenane at 603.668.4111, X4117 for more information.
- by visiting our website at www.mhcgm.org. From the home page click on Memorial Tree Lighting and click on Print & Send Form to download a form that can be mailed with a check.
- Or pay online at www.mhcgm.org from our home page click on Memorial Tree Lighting and click on Register at the bottom of the Memorial Tree Lighting page.

10th Annual Groundhog Day Auction Raises \$27,000

Our 10th Annual Groundhog Day Benefit Auction was again a very successful effort for The Center. Many staff members, friends and local businesses contributed to the success of this year's auction by donating or purchasing items, inviting others to attend the Saturday morning event and volunteering their time. Due to such a collaborative effort, The Center raised nearly \$27,000 from this year's auction! Proceeds will be used to provide charitable

mental health services for community members in need.

Pictured are MHCGM's Groundhog, "Manchester Millie", a role played by staff member Robert Reisman holding his daughter, Jacinda Reisman, playing the role of "Derryfield Debbie".



Save the Date: Lite Up The Nite for Mental Health

Registration has opened for the second annual Lite Up The Nite for Mental Health 5k run/walk. It will be held at Derryfield Park on Thursday, June 23rd at 6:15 pm and the registration fee is \$20.00. Show your support and enjoy an evening of running/walking for this worthy cause. For more information, please visit: <http://runformentalhealth.weebly.com/> or contact Humberto Rodriguez at 603.668.4111, x4122

Online Donations Make It Easier to Give

Thanks to the generous contributions of our supporters, The Center is able to provide charitable care each year to people in need of mental health services, but who lack the resources to cover the cost of their care.

Now it is more convenient than ever to contribute by making a donation online via our website at www.mhcgm.org. Simply click on the Donate tab at the top of our homepage and follow the easy steps to making a secure online donation.

With your help, more services will be provided for children, adults and families in their time of need. Individual counseling, group counseling, crisis intervention and suicide prevention are some of the many ways we help to improve the quality of life each day for the people we serve.

Rapport . . . is Green!

Join our Email List

If you or someone you know would like to receive future issues of *Rapport* electronically, please go to our website at www.mhcgm.org and click on the Newsletter Sign-up tab at the top of the home page. You can also contact Maureen Lenane at 603.668.4111, X4117 or fill-out a go-green request card located in our waiting areas and turn it in to the receptionist.