

Rapport

January 2012

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.mhcgm.org

11th Annual Groundhog Day Auction and Breakfast



There is still time to register to attend our Annual Groundhog Day Benefit Auction and Breakfast being held

on Saturday, January 28 at the Executive Court Banquet Facility in Manchester. The annual event supports on-going efforts to provide mental healthcare services for many needy families each year. Join the fun, while supporting a great cause!

Doors will open at 8:30 a.m. for silent auction bidding and a hearty breakfast buffet. In addition, basket raffles, games, and a 50/50 raffle will also take place. It's an annual event for which, people come back year after year.

We want to thank our sponsors Northwestern Mutual Financial Network, CGI Employee Benefits Group, Netsmart Technologies, with additional sponsor support from Catholic Financial Life and Catholic Medical Center.

Our registration options include:

Regular Admission (includes breakfast) - \$22.00 for one, or \$20.00 per person for two or more. (Tables can be reserved for parties of eight for \$160.00).

Benefactor Level Admission - which builds in a few more perks as well as a small donation for mental health.

Ticket to Recovery - \$50 includes special VIP check-in, buffet breakfast, arms length

basket raffle tickets and a game piece for each of the event day games.

Circle of Hope - \$400 includes all the benefits of the Ticket to Recovery admission for each member of your party (up to 8), program recognition and a reserved table in a prominent location.

To purchase tickets online visit www.mhcgm.or, just alter the cost field of the form to reflect your registration selection. For additional information or to reserve tickets, please call Maureen Lenane at 603.206.8563

The Post-Holiday Gift of Discovery

Despite the joy the majority of us experience during the holiday season, we all



seem to breathe a sigh of relief when January arrives and the flurry of activity we all got caught up in seems to slow down. For most of us the holidays are a busy, but wonderful, time we share with those we care the most about. It is an opportunity to build lasting memories. Typically, in retrospect, we

all have some regrets – we spent too much - we ate too much- etc. We also find ourselves regretting that it is over and looking forward to next year so we can do it all again.

For others the holidays are a difficult time, often for apparent and understandable reasons, such as those who have suffered recent losses, are separated from loved ones or are ill. Hopefully, with the support of family and friends, their circumstances will change for the better.

Some people, for reasons that are not apparent to them, just find themselves unable to share in the holiday spirit. They feel unmotivated and left out. Often these are individuals who are experiencing mild to moderate clinical depression and just don't realize it yet. The contrast between the way they feel and the sheer joy that surrounds them should make them realize that something is very wrong.

Hopefully, they will use this new-found awareness to seek the help they need. Sometimes it takes a supportive conversation with someone who cares about them to make this connection and for them to do something about it. This **Gift of Discovery** enables them to take steps to improve the quality of their life. Of all the gifts you give this year, helping someone you love in this way will be the most meaningful.

What a wonderful post-holiday gift. It clearly enhances the joy of a wonderful time of the year.

For those who have lingering feelings of sadness that could be a sign of depression, the professionals at Bedford Counseling Associates can help. To contact BCA, please call 603.623.1916.

MHCGM Goes International

MHCGM employees don't just work within the greater Manchester community. Harry Cunningham, LICSW, Director of Consultation and an Evidence-Based Practice trainer, has traveled extensively in his position over the past five years. Harry recently returned from a two week assignment in Copenhagen, Denmark. It was his second trip to that Scandinavian country in a little over a year.

The Community Support Services program at MHCGM has long enjoyed a partnership with Dartmouth Medical School's Psychiatric Research Center (PRC). That collaboration has led the agency to develop model treatment programs for helping people who experience symptoms of severe mental illness move toward recovery in their lives. As a result, mental health professionals from across the globe have visited our agency as a way to inspire their own staff to adopt the same high-quality practices. In the past five years, MHCGM has hosted visitors from Sweden, the Netherlands, Denmark, Australia, Singapore, India and Korea.

It was just such a visit from a group of Danish researchers in

2007 that led to the consultation assignment to teach the Illness Management and Recovery (IMR) practice in Denmark for the past two years. To date four community mental health centers and a large supported housing program in Copenhagen have been trained to adopt the IMR practice.

Other consultation assignments have included contracts with the State of Texas, the State of Montana's mental health department, and an assignment in Washington D.C. Upcoming contracts include a fourth visit to Denmark in the spring, work for a social services agency in Syracuse, NY, and IMR trainings in Reno and Las Vegas for the State of Nevada.



Community Advocates Honored

The Mental Health Center of Greater Manchester recently honored The Honorable John T. Broderick, Jr., (left) Dean and President of the University of New Hampshire School of Law and former Chief Justice of the New Hampshire Supreme Court with the Community Leadership Award. Peter Janelle (right), President and CEO presented the award at The Center's 12th Annual Celebration for Mental Health, at which Broderick was the keynote speaker.



Also recognized was Jay Couture (left), Executive Director of

Seacoast Mental Health Center, who was honored with the Wheelock-Nardi Advocacy Award. Janelle (right), presented the award to Couture who also currently serves as President of the New Hampshire Community Behavioral Health Association.

The Community Leadership Award was established by The Center's Board of Directors to recognize business or community leaders who exemplify the leadership and commitment needed to build and support a caring community. The Wheelock-Nardi Award recognizes individuals or organizations that exemplify a high standard of commitment and advocacy to those with mental illness.



New CFO Joins MHCGM

New CFO Paul J. Michaud, CPA, MSB, has joined our staff as Chief Financial Officer. Paul is a seasoned healthcare

professional with twenty years of financial management, reporting, and leadership experience. He most recently served as Controller of

Associated Home Care, Inc. in Beverly, MA. His past experience includes positions with Seacoast VNA of North Hampton, NH; Blue Cross and Blue Shield of South Portland, ME; as well as experience working for a private accounting firm.

Paul earned both his MSB and BSA in Accounting from Husson College, Bangor, ME. We are very pleased to welcome Paul to our senior leadership team.

Upcoming Events:

8th Annual Symposium for Mental Health:

Mental Health and the Criminal Offender: Current Initiatives

Date: May 16, 2012 Time: 9:00 a.m. to 4:30 p.m.

Location: SERESC Conference Center, Bedford, NH

For more information or to register to attend, contact Joann Batty 603.668.4111 x5359 or email battyjoa@mhcgm.org

Lite Up the Night for Mental Health 5K

Date: Thursday, June 21, 2012 Time: 6:30 pm. start

Place: Derryfield Park, Manchester, NH

Interested in being a sponsor? Please contact Sandra Seney at

603.668.4111 or at seneysan@mhcgm.org or contact mail to:

mhcgm5k@gmail.com for more information. To register for the 5k

race visit <http://runformentalhealth.weebly.com>