

Rapport

June 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.mhcgm.org

Lite Up the Nite for Mental Health 5K Run/Walk

Join the Mental Health Center of Greater Manchester (MHCGM) at the 2nd annual



5K benefit run/walk for mental health. The race will be held on

Thursday, June 23 at Derryfield Park, one of New England's best cross-country courses.

Our goal is to bring awareness to the benefits regular exercise has on mental health. We have teamed up with Brooks Running Company

to help promote "Run Happy" the belief that running/walking helps balance both mind and body.



Show Your Team Spirit!

Enhance the 5K experience by forming a team of friends, family, co-workers or anyone who wants to run or walk for mental health. This year's theme is Neon Bright Colors and prizes will be awarded for the most colorful outfit and the most spirited team. Form your team today to support mental health!

This fundraiser is a second year VISTA

Project with MHCGM created by current Americorps VISTA volunteer and Race Director, Humberto Rodriguez. Proceeds from this event will help

to provide charitable and discounted care for community members who are in need of mental health services.



Race Registration and
Check In Starts At
4:30 p.m.

Registration is \$25

(registration fee is waived from any runner/walker who collects \$50 or more in donations).

Race Start Time Is
6:15 p.m.

For race information,
to print a mail-in
registration form or to
register online, visit
[http://runformentalhealth.
weebly.com/](http://runformentalhealth.weebly.com/)

Governor Lynch Visits MHCGM Speaks with Staff and Consumers

Governor John Lynch recently met with a group of staff, board members and consumers at The Center. The purpose of the Governor's visit was to learn more about the services and mission of our community mental health organization, to share his position on various aspects of the state budget process, and to listen to consumers and staff who shared their experiences and concerns about how the state's mental health system could be impacted by looming budget decisions.

According to Peter Janelle, MHCGM President and CEO, "We were honored to have Governor Lynch come to our center

and take the time to meet with our staff and consumers. This is a difficult budget process and a trying time with much uncertainty in regard to how the final budget will impact mental health centers, not just our own, but across the state. We appreciated the opportunity to meet face-to-face with the Governor and have him listen to the concerns of the mental health community." During his visit, the Governor engaged in a lively conversation with a number of consumers of services who were very candid about their experiences in the mental health system.

Top Picture: A MHCGM consumer shares his personal experience and asks questions of the Governor regarding the pending state budget and its impact on mental health services.



Bottom Picture:
Tina Legere, CEO of
Parkland Medical Center and Chair of the
MHCGM Board of Directors; Governor Lynch; and
Peter Janelle, MHCGM President and CEO.

Participants Needed for Research Study to Improve Schizophrenia Treatment

MHCGM has been selected to participate in a research study known as the Recovery After an Initial Schizophrenia Episode (RAISE) Early Treatment Program (ETP). MHCGM is one of 35 locations across the United States that will be carrying out ETP, a research study looking at the best ways to help people in the earliest stages of schizophrenia reduce their likelihood of experiencing long-term disability.

The ETP study is part of the National Institute of Mental Health's RAISE Project. ETP aims to intervene at the earliest signs of schizophrenia. RAISE seeks to develop interventions that can be tested in real-world treatment settings and be quickly put into practice should they prove successful.

ETP is recruiting people between the ages of 15 and 40 who are experiencing the early stages of schizophrenia and related

disorders. Symptoms include hallucinations, delusions, and strange thinking patterns. The research study will compare two different ways of providing treatment. Both treatments are designed to provide a person with treatment soon after he or she experiences the early signs of schizophrenia. Participants will be offered mental health services such as medication and psychosocial therapy. These strategies are all aimed at promoting symptom reduction and improving life functioning. More information can be found on the RAISE study website at www.raiseearlytreatmentprogram.org.

For more information about the RAISE study at MHCGM, please contact Harry Cunningham in our Research Department at 603.668.4111, Ext. 5252.

Memorial Tree Honors Lost Loved Ones

After tragically losing a loved one, Deborah Baird and Jennifer Klember decided to turn their loss into something positive and have dedicated themselves to supporting access to mental health care for those in need. The mother and daughter created the First Annual Memorial Tree Lighting ceremony so that families could come together for a day of remembrance.

The Memorial Tree Lighting took place on Saturday, May 7 at Stanton Plaza in Manchester and raised \$2,000 which was donated to MHCGM to help provide mental health care for persons who lack the resources to access the care they need. The Memorial Tree remained in place for a week adorned with lights and yellow ribbons each with the name of a loved one



L to R: Deborah Baird and Jennifer Klember stand in front of the Memorial Tree adorned with yellow ribbons in honor of lost loved ones.



7th Annual Symposium for Mental Health

MHCGM recently hosted the 7th Annual Symposium for Mental Health which featured keynote speaker, Mary Ellen Copeland,

founder of The Copeland Center for Wellness and Recovery. The conference, which focused on new applications for WRAP (Wellness Recovery Action Plan), was attended by more than 100 consumers, family members and mental health professionals.

Annual Fund Campaign: Online Donations Make It Easier to Give

There is still time to contribute the 2011 Annual Campaign. Thanks to the generous contributions of our supporters, MHCGM 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. With your help, more services will be provided for children, adults and families in their time of need. Thank you.

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.

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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.