

Rapport

October 2011

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

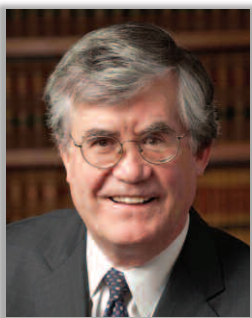
Our Connection to
the Community...



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12th Annual Celebration Award Honorees

The Center will host the 12th Annual Celebration for Mental Health on Monday, October 24, 2011 at The Derryfield Country Club in Manchester. Dean and President of



the University of New Hampshire School of Law and former Supreme Court Justice John T. Broderick, Jr., will be the event keynote speaker and also presented with the annual

Community Leadership Award. Broderick will offer a personal reflection of mental illness and its silent shame for the afflicted and for the families who love them.

Also honored will be Jay Couture,



Executive Director of Seacoast Mental Health Center, who will be presented with The Center's Wheelock-Nardi

Advocacy Award. Couture currently serves as President of the New Hampshire Community Behavioral Health Association and was an active member of the task force that developed the Ten Year Plan - "Addressing the Critical Mental Health Needs of NH's Citizens: A Strategy for Restoration." She was

recognized as a most effective advocate for persons affected by mental illness during the recent legislative session.

The Wheelock-Nardi Advocacy award was established in honor of former NH Hospital Superintendent Major Wheelock, and the late Theodora Nardi, former NH state representative. These two individuals authored the 1982 Wheelock-Nardi report that resulted in dramatic and innovative changes in the delivery of mental health care in the state of New Hampshire. The award recognizes people whose advocacy and community service have benefited persons affected by mental illness.

Jay Couture has more than twenty-five years of progressive experience in New Hampshire's community mental health system, serving in her current role since 2002. Ms. Couture received her Bachelor's Degree in Child and Family Studies and her Masters in Health Administration from the University of New Hampshire. She currently is a member of the Endowment for Health Advisory Council and the UNH Health Management and Policy Advisory Committee.

The Community Leadership Award was established by The Center's Board of Directors to recognize and honor business or community leaders who exemplify the leadership and commitment needed to build and support a caring community. Broderick currently serves as Dean and President of the

University of New Hampshire School of Law, after serving on the New Hampshire Supreme Court for 15 years. During his six year tenure as Chief Justice, he was the administrative head of all the state's courts, in addition to his judicial duties, and became nationally known for reexamining the way the court system works and redesigning it to meet the challenges of the 21st century.

Prior to serving on the Supreme Court, Broderick was a litigation attorney in the Manchester, NH, law firm of Devine, Millimet, Stahl & Branch, and was a founding shareholder of Broderick & Dean, Professional Association (formerly Merrill & Broderick). He also taught as an adjunct professor at the Amos Tuck School of Business at Dartmouth for over ten years. He is a graduate of the University of Virginia School of Law and a magna cum laude graduate of the College of the Holy Cross.

The Celebration is sponsored in part by Stephen Eldridge & Company. Other major event sponsors include CGI Employee Benefits Group and Elliot Health Systems. Proceeds from the event will support the Center's \$190,000 fundraising goal for charitable community mental healthcare services.

For ticket availability, please call the Development office at 603.668.4111, X 4117.

Psychling for Mental Health

The Mental Health Center team had the best turnout to date with six riders completing the Century Bike Ride. The team this year raised more than \$3,000 dollars to support charitable community mental healthcare services for those in need.

Pictured: Humberto Rodriguez, Mark McSweeney and Quentin Turnbull (Other team members not pictured included Dave Chmielecki, Dan King and John Lebow).



Adult Attention Deficit Disorder: A Distracted Life

John was a pleasant, likeable young man in his late 20s who sought counseling because he was having difficulty concentrating on the job. Despite being popular with co-workers and supervisors,



he had lost 11 jobs since high school, due to frequent mistakes, inattention to detail and difficulty completing assignments on time. He loved his present job and wanted to take whatever steps were necessary to succeed at it.

Attention Deficit Hyperactive Disorder, better known by the acronym ADHD, is typically identified early in childhood when a child is unable to sit still and is “all over the place”. They can’t seem to focus and are very easily distracted. Their behavior, or misbehavior, is annoying and problematic, especially in a school setting, which leads to the child being evaluated and determined to have ADHD.

Once identified there are a variety of corrective steps that can be taken to reduce the symptoms. ADHD occurs with varying degrees of severity of either the hyperactive or attention deficit symptoms and sometimes one exists without the other. It is the over-active, very visible behaviors that lead to the problem being identified. When that element is not present, the problem is often overlooked or ignored.

As a child John was a polite, well-adjusted boy. He was well-behaved in school but always struggled with academics and had to repeat a grade. His teachers often said there seemed to be a

problem with his attention but his parents assumed he was just a little lazy and a “day dreamer”. Following high school he tried twice to attend a local community college but never completed a course due to being too distracted to do the reading. He was never evaluated for ADHD.

Upon arriving at Bedford Counseling Associates it was determined that John had Attention Deficit/Hyperactivity Disorder, Predominantly Inattentive Type (Adult ADD). With one-on-one counseling, skill-building and some medication, John proceeded to respond well to the tasks of his job. He actually became a manager on his shift and now, three years later, he still holds down this job he loves so much. John feels better about himself and also reports that communication in his relationships is clear. When asked what his best outcome was, John simply states, “I am finally able to get things done!”

Once it is diagnosed, adult attention deficit disorder can be successfully treated. It is truly unfortunate that this disorder lurks in the lives of so many adults, distracting them from becoming all they could be.

The Mental Health Center for Greater Manchester (MHCGM) is a non-profit organization that serves over 10,000 individuals and families from all walks of life each year. Bedford Counseling Associates, a program of MHCGM, provides comprehensive treatment services and individualized counseling for all ages. If you feel you or someone you know needs help managing the symptoms of Adult Attention Deficit Disorder, contact Bedford Counseling Associates at 623-1916.

Fifth Annual Manchester City Marathon

Sunday, November 6, 2011, marks the 5th Annual running of the Manchester City Marathon. The MCM is a challenging Boston Qualifier that takes runners on a scenic trip through the historic mill district of the Granite State’s largest city.



The Anthem Manchester Kids Marathon promotes learning to live an active and healthy lifestyle by running or walking 25.2 miles with family, friends, sports teams or even with your school prior to race day. This year’s race is at Livingston Park in

Manchester, NH starting at 9:00 AM. Kids from grades 1-8 are encouraged to participate. We are very pleased to be a part of this event which is presented by Anthem and benefits The Center.

The program is provided free to public and private elementary school students, as well as home-schooled kids from all over New Hampshire.

For more information about the Anthem Manchester Kids Marathon, The Manchester Marathon and Half Marathon, visit the event website at CityofManchesterMarathon.com



MHCGM staff were on hand at recent community events to provide information about our services at the Latino Festival, African/Caribbean Celebration and PeopleFest.

Pictured are Joann Batty, Elizabeth Zellers, Stephanie Bennett & Karol Sheehan at PeopleFest.

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To join our email list go to our website at www.mhcgm.org and click on the Newsletter Sign-up tab at the top of the home page.