

Mental Health Resources

Community Mental Health Centers (click on to go directly to webpage) offer many programs for families and children.

Local Centers:

Community Partners

113 Crosby Road, Suite 1

Dover, NH 03820

603-516-9300

Email: info@communitypartnersnh.org

Emergency Only: 603.516.9300

Seacoast Mental Health Center

1145 Sagamore Avenue

Portsmouth, NH 03801

603.431.6703

30 Prospect Avenue

Exeter, NH 03833

603.772.2710

Emergency Services: Call either 603.431.6703 or 603.772.2710 and leave a message with your phone number. A trained on-call professional will return your call immediately.

Centers Offer:

The Illness Management and Recovery (IMR) program strongly emphasizes helping people to set and pursue personal goals and to implement action strategies in their everyday lives. The Illness Management and Recovery Program is a series of weekly sessions in which a specially trained mental health practitioner will help you develop your own personal strategies for coping with mental illness and moving forward in

your life. The program can be provided in an individual or group format, and generally lasts between 3 to 6 months.

What is provided in the Illness Management and Recovery Program?

- **You will receive educational handouts, planning sheets, and checklists.**
- **A practitioner will help you to apply the contents of the handouts to develop your own strategies for managing mental illness and setting and achieving goals.**
- **You will have opportunities to practice your personalized strategies in the sessions and in your every day life.**

What will you learn in the Illness Management and Recovery Program?

The following subjects are covered in educational handouts:

- 1. Recovery strategies**
- 2. Practical facts about mental illness**
- 3. The stress-vulnerability model and treatment strategies**
- 4. Building social support**
- 5. Reducing relapses**
- 6. Using medication effectively**
- 7. Coping with stress**
- 8. Coping with problems and symptoms**
- 9. Getting your needs met in the mental health system**

How can family members and other supporters help?

With the permission of the person who has experienced psychiatric symptoms, you can help by:

- **Reading the educational handouts used in the program**
- **Attending some sessions with the practitioner and the person who has experienced psychiatric symptoms**
- **Reviewing the educational handouts with the person**
- **Helping the person develop and implement plans for coping with symptoms, reducing relapses, and pursuing recovery goals**

How do practitioners benefit from the Illness Management and Recovery Program?

Practitioners benefit by:

- **Learning a comprehensive, step-by-step approach to helping people gain skills in managing mental illness**
- **Saving time by receiving ready-to-use materials for conducting sessions**
- **Gaining skills in using motivational strategies, cognitive behavioral strategies, and educational strategies**

- **Experiencing increased job satisfaction from seeing improved outcomes, such as people reducing relapses and hospitalizations and making progress in their goals for recovery**

How does the program compare to what is currently offered at community mental health centers?

This program pulls together the main components of effective illness management programs and provides a comprehensive, structured, step-by-step approach. It provides materials that have a recovery orientation and are user friendly both for practitioners and for persons who have experienced psychiatric symptoms. The program also heavily emphasizes helping people put knowledge into practice in their every day life.

What resource materials do practitioners receive as part of the Illness Management and Recovery Program?

- **A Practitioners' Guide, with practical tips for teaching people about mental illness and helping them develop strategies for each of the 9 topic areas**
- **Educational handouts, checklists, and planning sheets for each of the 9 topic areas**
- **A short introductory video**
- **Informational brochures**
- **A fidelity scale to measure whether the program is being implemented as designed**
- **Outcome measures to assess whether the program is having a positive impact on participants**

HOPE PHONE LINE

If you (or someone you know) are depressed and thinking about suicide, please call 1-800-442-HOPE (4673) to talk to a caring crisis hotline volunteer. Your call is free and confidential.

New Hampshire Mental Health Resources

Choosing a Therapist can be a difficult task guidelines below may help guide you through this process:

Finding the right therapist depends on a number of factors, including:

- **The personal "fit" between the family, child and therapist. What role do you want to play in your child's therapy?**
- **The therapist's qualifications and skills**
- **The therapist's ability to coordinate care with other practitioners**

- **Financial considerations.** If you want these services covered by insurance, call your insurer ahead of time to be sure they provide the benefits you need.
 - If you have a managed care plan, call your insurer to determine what providers you can see in your area. Find out what other steps need to be taken before you can contact a mental health counselor.
 - Ask if you need a referral from a primary care physician in order to have coverage.

Depending on your child's needs, there are many kinds of therapy available. Regardless of the approach, the therapist should be able to provide the family with several important pieces of information after the initial consultation.

- A description of the problem that is clear, comprehensive and makes sense to the parents
- A description of the type of therapy that will provide the greatest benefit to the child, and steps to achieving that goal
- An estimate of how long the treatment may proceed, and how the parents and child will know they have reached their goal

If you have defined these issues very clearly at the outset of your relationship with a therapist, you will find that therapy is more efficient, satisfying and effective. Finding a therapist is a very personal process. One size does not fit all, and you may need to meet several practitioners before you meet the one who is right for your child.

This website link offers a list of mental health professionals:

http://www.chadkids.org/pc/health_care_services/list_of_services/child_behavioral.html

Family Support Groups for Substance use issues

Support Groups for Issues around Substance Use

Are you a parent concerned about substance use by your child, teen or young adult? You are not alone. New Hampshire has a drug problem. Many families are suffering in silence. Come hear from other parents sharing their stories and gain information, support, and resources to answer your questions and address your concerns. Drug addiction is a preventable disease when information and intervention happens early. Treatment works and recovery is possible. It is okay to ask for help. As a parent,

you can play an important role in prevention and in supporting your child's recovery.

Contact the facilitator for the date and time in your area.

Portsmouth - Coming Soon!!! Call for details

Every Wednesday

7:00-8:30pm

Safe Harbor Recovery Center, 865 Islington St, Portsmouth, NH

Elaine (603) 315-9177

Tim (603) 703-3948

Rochester:

Every Tuesday 7:00-8:30pm

Frisbee Memorial Hospital, Rochester, NH

John (603) 969-1305

Dover:

Every Thursday 7:00-8:30pm

Wentworth-Douglas Hospital, Central St., Dover, NH

John (603) 969-1305

[Granite State Federation of Families for Children's Mental Health](#)

The Granite State Federation of Families for Children's Mental Health (GSFFCMH), a nonprofit membership-driven organization, is the NH chapter of The National Federation of Families for Children's Mental Health which has chapters in all fifty states, Canada and the territories of Guam and Puerto Rico.

The GSFFCMH believes that families and youth who have experienced the challenges and triumphs of navigating the public and private child serving systems in New Hampshire are uniquely expert in providing perspective on the strengths, weaknesses, and priority direction for those systems. The GSFFCMH is also the host agency for Youth M.O.V.E. NH (Youth Motivating Others through Voices of Experience).

The Federation's Mission

- **To provide leadership in the field of children's mental health and develop the necessary human and financial resources to meet our goals, which are:**
- **To address the unique life needs from birth through transition to adulthood of children and youth with emotional, behavioral and/or substance use challenges, and their families by providing family and youth voice and perspective to planning and policy initiatives statewide.**
- **To ensure the rights of full citizenship, support, and access to community based services for all children and youth with emotional, behavioral and substance use challenges and their families.**
- **To offer information and training and to engage in advocacy regarding research, prevention, early intervention, family support, education, transition services, and other supports needed by our children and their families. This includes providing leadership in the development of NH's children's behavioral health workforce.**
- **To ensure that family and youth voice and perspective are incorporated at all levels of policy and planning related to children's behavioral health: individual, regional, and state level. This means families and youth are meaningfully engaged in program and policy level planning, implementation, and evaluation of services and supports and are embraced by their local and state partners as essential partners in system level improvement and transformation efforts.**

We believe that every family must have access to individualized services in their home community, and that youth and family culture, goals, and dreams for the future are the paramount pillars upon which any planning process must rest.

Therefore, policies, legislation, funding mechanisms, and service systems must utilize the strengths of families and youth by:

- Ensuring they are equal partners in the planning, implementation, and evaluation of services
- Viewing the child as a whole person and the family as a whole unit, and not concentrating only on the disability
- Empowering families and children to make decisions about their own lives
- Encouraging innovative services and supports, which increase available options and promote the integration of services.
- Families with questions or referral or support needs, please call 603-785-5257
-

[Additional Mental Health Resources-click on to go directly to webpage](#)

- **Anxiety Disorder**
National Institute of Mental Health
- **Attention Deficit Hyperactivity Disorder (ADHD)**
National Institute of Mental Health
- **Bipolar Disorder**
National Institute of Mental Health
- **Borderline Personality Disorder**
Natinal Institute of Mental Health
- **Depression**
National Institute of Mental Health
- **Obsessive Compulsive Disorder (OCD)**
National Institute of Mental Health
- **Panic Disorder**
National Institute of Mental Health
- **Post-Traumatic Stress Disorder (PTSD)**
National Institute of Mental Health
- **Schizophrenia**
Natinal Institute of Mental Health
- **Social Phobia/Social Anxiety**
National Institute of Mental Health
- **Suicide/Suicide Prevention**
National Institute of Mental Health

