

# NH Listen's Spring 2014 report, "All Walks of Life: A Statewide Conversation on Mental Health and Substance Abuse," shows the needs of New Hampshire residents have strong overlaps with recently published reports and strategic plans by five statewide agencies.



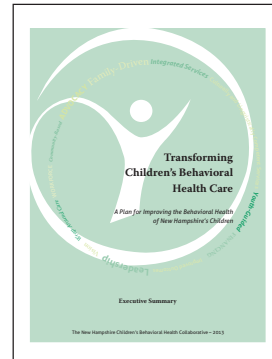
## All Walks of Life

**SUMMARY REPORT**

**"What needs to be done in our communities to better prevent and respond to mental illness and substance use disorders?"**

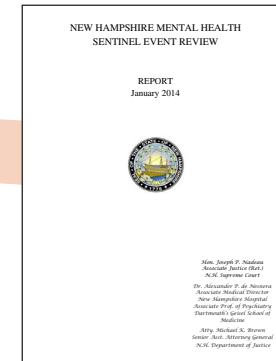
A NH Listen's Summary Report of:  
*All Walks of Life: A Statewide Conversation on Mental Health and Substance Abuse*

April 23, 2014



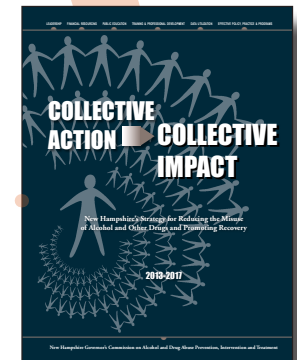
## Children

## Prevention and Risk Reduction

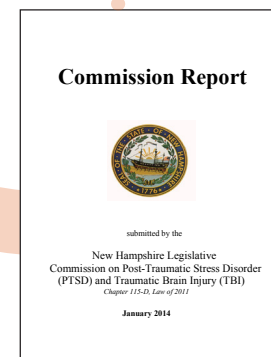


## Restoring Care

## Collective Action



## Veterans



## A selection of voices from the “All Walks of Life” sessions highlight significant overlaps in barriers and strategies.

### Relative to Children

- *If I had gotten the help and support I’m getting now as a kid, it would have been a different universe.*
- *There needs to be education at all levels with family members and front-line people so more of us know what to do when something isn’t right.*
- *We aren’t looking for indicators of problems at young enough ages...early identification is key.*

### Relative to Veterans

- *Stigma, assigned and self-inflicted, is the biggest barrier for veterans.*
- *Veterans are not getting what they need for support.*
- *Veterans do not feel understood by the providers who serve them.*
- *PTSD is not a life sentence, you can recover.*

### Relative to Prevention and Risk Reduction

- *New Hampshire’s unique character of Yankee individualism may add to a culture of denial and keeping silent on mental health issues.*
- *The majority of people go without treatment or care. What if the majority of people got treatment? The majority would recover.*
- *We need to improve the infrastructure in New Hampshire to address the societal problems that contribute to or result in mental illness, homelessness, or poverty.*

### Relative to Restoring Care

- *We need local alternatives to stabilize people closer to home.*
- *Crisis is more expensive than treatment. Treatment is more expensive than prevention.*
- *Stigma even impacts funding decisions.*

### Relative to Collective Action

- *People in recovery remain invisible and that needs to change.*
- *You get diagnosed with cancer, and someone brings you a casserole. You get diagnosed with depression or addiction, and people don’t do that. We need more public education so friends are comfortable coming by to offer help.*
- *Success stories are not shared enough. We need significant public education at all levels to impact stigma reduction in our communities.*

### New Hampshire Reports on Substance Abuse and/or Mental Illness

1. Transforming Children’s Behavioral Health Care, March 2013
2. Commission Report January 2014, New Hampshire Legislative Commission on Post-Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI)
3. NH Mental Health Sentinel Event Review, January 2014
4. Addressing the Critical Mental Health Needs of NH’s Citizens: A strategy for restoration (the ten year plan), August 2008
5. Collective Action Collective Impact: New Hampshire’s Strategy for Reducing Misuse of Alcohol and other Drugs and Promoting Recovery 2013–2017

 **For links to these reports, visit: <http://nhlistens.org>.**