



EMPATHIZE



EDUCATE



ENCOURAGE



INSPIRE

NEWSLETTER NOTES

KSM NEWS

It has been extremely busy since the last newsletter! KSM has:

- provided testimony on HB1419.
- participated in the NH Chiefs of Police Trade show, enabling us to connect with police departments in NH, MA, CT and VT around our Law Enforcement training efforts.
- provided a seminar at Middlesex Community College with a distinguished panel, including: James Lahiff, RN, psychiatric case manager, Jennifer Barnes, RN-BC, Aimee Rusman, Director of MCC TRIO Program, Ken Lambert, President/Co-founder KSM, Dr. Janice Tedford, Clinical psychologist. We can't thank Pam, Aimee and everyone who helped with this informative event enough for all their assistance in helping Keep Sound Minds to achieve our mission!
- got the new website running. Check it out at keepsoundminds.org!

KSM Board Members

Victoria McKinney-Vareschi
*Executive Director,
AdHoc Board Member*

Ken Lambert
President

Kimberly Walsh
Treasurer

Michelle Simpson
Secretary

Amy Wilson
Chairperson of Board

Danielle Lambert
ex-officio

Tanya Saggese
Member

COMEDY NIGHT!

The **Laughter is the Closest Distance Between Two People** benefit for Keep Sound Minds with headliners Kelly McFarland and Paul Nardizzi on Saturday, November 12th at the Thomson Country Club, in North Reading, MA, was a great success. Thanks to all our volunteers and attendees!

IN THE NEWS

Affordable Care Act helps one million additional young adults get health insurance

Data from the **National Health Interview Survey (NHIS)** shows that in the first quarter of 2011, the percentage of adults between the ages of 19 and 25 with health insurance increased by 3.5 percentage points, representing approximately one million additional young adults with insurance coverage compared to a year ago. That data is supported by both Gallup surveys and the U.S. Census Bureau.

For more information visit <http://www.cdc.gov/nchs/data/nhis/earlyrelease/insur201109.pdf>.

Laughter Really Is the Best Medicine

An international research team found that real laughter triggers the release of protective endorphins, which manage pain and promote feelings of well being. Watching just 15 minutes of comedy with others increased the pain threshold by an average of about 10% and laughter is 30 times more likely to occur if people are together rather than alone.

For more information, visit http://www.ox.ac.uk/media/news_stories/2011/111409_1.html.

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Keep Sound Minds is dedicated to promoting mental health awareness by targeting:

1. Mental Health Discharge Procedures
2. Law Enforcement Procedures
3. Education Curriculum

LOVE THIS NEWSLETTER?

If you love this newsletter, please forward it to at least five of your friends today. Thanks for giving the gift of education to the world!

Mental Health America Creates Online Tool

Mental Health America recently launched a new online resource tool (psychiatric advance directives—PADs) that provides instructions regarding treatment or services needed in a mental health crisis. This public awareness initiative is called My Plan, My Life—My Psychiatric Advance Directive.

For more information visit <http://www.MyPlanMyLife.com>.

Youth Alcohol Intervention Guide

This guidebook is designed to help health care professionals quickly identify youth (9–18 year olds) at risk for alcohol-related problems.

For more information, visit <http://www.niaaa.nih.gov/Publications/EducationTrainingMaterials/YouthGuide>.

LOOKING AHEAD

- If anyone has any personal stories or information they would like posted to the newsletter or blog, please send to victoria@keepsoundminds.org.
- Look for information about our Annual Appeal to arrive in your in-box in time for year-end tax credits!

NOVEMBER 19TH IS INTERNATIONAL SURVIVORS OF SUICIDE DAY

Every 15 minutes someone in the U.S. dies by suicide. Every 16 minutes someone is left to make sense of it.

For more information and local conference sites:
http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page_id=C9C2BEE4-7E90-9BD4-CD69A753DB1A65BE

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