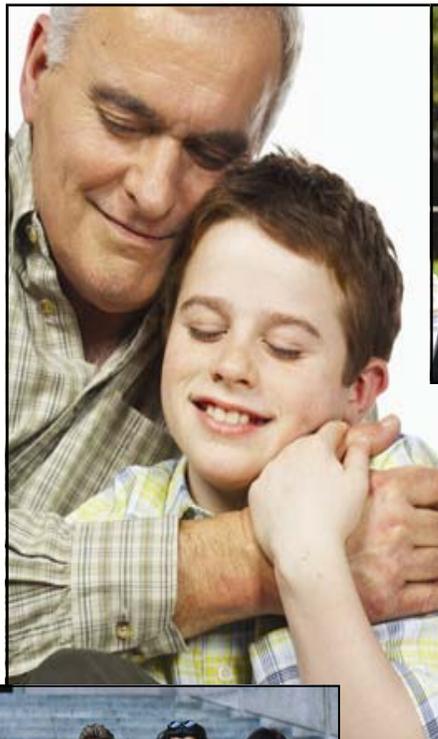




**NAMI** New  
Hampshire

## National Alliance on Mental Illness NH



# Annual Report

July 1, 2005 - June 30, 2006

## Mission Statement

The National Alliance on Mental Illness (NAMI) New Hampshire, a grassroots organization of families, consumers and other volunteers, is dedicated to improving the quality of life of persons of all ages affected by mental illness and/or serious emotional disorders through education, support, and advocacy.

## Our Vision

People of all ages with mental illness and/or serious emotional disorders and their families will have access to comprehensive, integrated health care and community-based supports without discrimination or stigma. This means:

- The general public will have an accurate understanding of mental illness and serious emotional disorders and what is helpful and hurtful to those affected by it;
- Mental illness and serious emotional disorders will have parity with other medical conditions in the access to and quality of treatment, support services, and financing available to promote recovery and build resilience;
- People with mental illness and/or serious emotional disorders will be treated with dignity and respect and have the opportunity to build resiliency, recover, achieve their aspirations, and live, learn, work, and play in supportive communities without discrimination or stigma;
- Individuals and families affected by mental illness and/or serious emotional disorders will have the education, information, and support needed to make informed health decisions.

## In Memory of Samuel S. Adams



**January 26, 1937 – May 5, 2006**

We had the opportunity to know Sam Adams as a friend and President of NAMI NH. Sam possessed exceptional grace and courage. He was a determined advocate for all persons affected by mental illness. His passion was contagious. He set an example for all of us – tackling challenges head on and motivating others. We miss you Sam.

*"You cannot plough a field  
by turning it over in your mind"*  
Author Unknown

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## 2006: A Year of Contrasts

This year has been one that demonstrated both change and constancy at the same time. On the one hand, we have invested a great deal of volunteer and staff time in a strategic planning process for the organization that will shape our future operations, financing, programs, and local affiliate and support group activities. The results of this planning will be shared with the membership and the public during the spring and early summer of 2007 with formal implementation of the plan beginning July, 2007. We initiated several new projects that included the following:

- 1) Development of an education program for families and caregivers of older adults with mental illness. This was based on our Older Adult Guidebook and with funding from the NH Charitable Foundation. This program will be evaluated, revised and ready for distribution by the end of July, 2008;
- 2) Completion of major revisions made to our Guidebook for Families and Caregivers of Children and Adolescents with Serious Emotional Disorders and made available for distribution in February, 2007;
- 3) Awarded funds received to develop a public policy initiative to address the critical needs of adolescents and young adults with co-occurring mental health and substance use disorders;
- 4) Began work on a new program called "Life Interrupted," designed to serve as a parallel program to "In Our Own Voice," except this program will focus on the recovery stories of families that are working to promote recovery of their loved one.

We think this is an exciting effort that will contribute greatly to the public's understanding of what families face in dealing with a loved one with mental illness.

All of these efforts could not have happened without the countless hours contributed by the many volunteers who were willing to help develop and produce these programs and who continue to work on them — stay tuned. Volunteers have always been at the heart the NAMI NH programs and this year was no exception.

So although we spent time during the year looking forward, we were also focused on our current programs and activities that are part of our core mission. These include efforts to educate and support families dealing with mental illness, and educating and informing the public about mental illness, the barriers to treatment, and the importance of early intervention and access to treatment and support services that promote recovery and build resilience. These programs are supported by thousands of hours of volunteer and staff time and are described in some detail in this report. They are also supported by numerous grants and donations from foundations and individuals throughout the state.

Without adequate funding, much of what we do would not happen. We are working hard to improve the diversification of our funding sources, grow the sources we have, and seek new sources that otherwise would not consider contributing to NAMI NH because they know little about us and what we do. To this end, we have recognized the

need for more intentional marketing and promotion of NAMI NH and have begun to seek funding sources to help with this effort. We see this as consistent with our strategic planning process and will, in the next year, give significant attention to this effort.

NAMI NH continues to succeed in its mission, our financial position is good, our programs are strong, our volunteers are engaged, and we are recognized by many for the fine contributions we make to improve the quality of life for all those affected by mental illness. We look forward to next year being even better than this one. On behalf of the Board of Directors and staff, we want to express our appreciation to the hundreds of supporters and many foundations and businesses that have contributed to our successful year.

Sincerely,



Mary Ann Aldrich  
President,  
Board of Directors



Michael J. Cohen,  
MA, CAGS  
Executive Director

## Volunteers Do Make a Difference

NAMI NH is proud of its dedicated volunteer force that makes up the core of the education, support, and advocacy efforts that are making a difference to so many people in NH. Each volunteer task is significant, and during fiscal year 2006 over 11,000 hours have been donated to NAMI NH.

Volunteers serve as NAMI NH board and public policy committee members, helping to guide the important mission of NAMI NH; they work in our communities providing support and education to families in crisis; they build WALK teams, fundraise, help plan NAMI NH events,

and provide personal testimony to the Legislature and Senate. NAMI NH volunteers channel their experience and give of themselves to help others affected by mental illness.

## Volunteers

Ada Geigel	Ed Zaleski	Louise Holmburg
Al Bouchard	Elaine South	Mary Ann Doty
Alicia Montano	Ellen Malloy	Melissa Edney
Annette Carbonneau	Fran Reynolds	Merri Warren
Bev Stewart	George Fisher	Nancy Adams
Bob Elder	Gerald Henry	Norma Smith
Brooks South	Geri Foucher	Pam Banks
Caroline Bacon	Gregory Betts	Pat Ciccolo
Christine Gerhardt	Helen Harrison	Pat Nelson
Cindy Hess	Jackie Ellis	Pat Sweiger
Colleen Hayward	Jan Bouchard	Paula Mattis
Corey Greene	Janine LaPeter	Pauline Halfpenny
Dan Bailey	Jim Fischer	Rebecca Lawrence
Dan Danisewski	John Lloyd	Rick Sherman
David Andre	Joyce Simmons	Rita Moyer
Deb Stevens	Karen Lord	Roberta Lavey
Debbie Penniman	Kathy Fongeallaz	Rose Long
Diane Cyr	Kim Wedel	Sandra Patient
Don Moore	Laurie Foster	Scott Smith
Donna Stamper	Leo LeBouthier	Shirley Varney
Ed Kirby	Liane Henry	Steve Lawrence
Ed Stewart	Lorraine Reno	Vikki Cater



## NAMI NH Annual Meeting and Annual Awards

NAMI NH held its Annual Meeting and Awards Ceremony at the Bedford Village Inn in Bedford. This meeting marked the beginning of 25 years of service in New Hampshire. The meeting focused on founder Peggy Straw, her spirit, energy, and efforts on behalf of all people affected by mental illness.

Long time NAMI NH members Muriel Broad, Dot Walker, Paul Gorman, and former Health & Human Services Commissioner Don Shumway all spoke about Peggy's drive and initiative.

The NAMI NH Annual Awards were presented at this time. Honored were individuals and organizations that made

outstanding contributions to the mental health community, persons and groups who have gone the extra mile to reach out, advocate, or provide an exemplary service for or on behalf of people affected by mental illness.

### 2006 ANNUAL AWARD WINNERS

- ★ Adult Psychiatrist .....Alex de Nesnera, MD, NH Hospital
- ★ Student .....Cory Nachman, Bow High School, Bow NH
- ★ Mental Health Care Provider .....Nanette Leurant
- ★ Family Volunteer .....Jim Fischer
- ★ Legislative Leader .....Fran Wendelboe
- ★ Unsung Hero .....Elizabeth June Hardy
- ★ Consumer Empowerment Leader .....Kim von Wedel



*"First of all we must educate ourselves, read everything we can get our hands on about mental illness; its treatment, scientific discoveries, laws affecting it, etc. Knowledge is power!"*  
Peggy Straw

### Mental Illness Awareness Week (MIAW) 2006

Mental Illness Awareness Week was observed the first week of October. This is a national effort to raise awareness about mental illness and to fight stigma. NAMI NH had a busy week, and thank you to everyone who helped make it happen. The WALK kicked off the events of the week. There were "In Our Own Voice" presentations and MIAW activities on the campuses of the University of New Hampshire and Plymouth State University. There were also presentations in several community locations. A Faith Community Luncheon was held, and New Hampshire Hospital held a movie night open to the public, as well as hosting several events for staff and patients during the week.

Highlights of the week included the Arts and Recovery Exhibit and an appearance from Lizzie Simon, author of *DETOUR-My Bipolar Trip in 4D*.

Lizzie, who is also a mental health advocate and writes a regular column in BP Magazine, had a full day in New Hampshire. She started at New Hampshire Hospital where she met with patients and staff, presented a reading from her book, spoke about her journey, and followed up with a book signing. Lizzie attended a dinner with ten young adults and their parents, and everyone found her to be upbeat and inspirational. In the evening, she read from her book and spoke about her journey to a group of 85+ youth and adults at the Grappone Center and followed up with a book signing.

The Arts and Recovery Exhibit brought together twenty artists (young and old) from around the state who exhibited a wide range of art mediums and shared in public presentations about how their art has helped them in their

recovery. Of special note was the Collaborative Painting which allowed all who visited the exhibit to add a bit of themselves to the canvas, and at the end of the day, we had created a beautiful piece of artwork. The painting can be seen at the NAMI NH central office in Concord.



### Child and Family Services Program

Child and Family Services Programs have had many accomplishments this year. The focus of our work is on education, support, and advocacy. It is important to acknowledge the efforts of the many family volunteers who provide education and support to other parents and caregivers of children and adolescents with serious emotional disorders (SED).

For the second year, the Substance Abuse and Mental Health Services Administration (SAMHSA) awarded NAMI NH funding through the Statewide Family Network grant for the F.A.C.E.S. Network. This Network is a partnership between NAMI NH, Federation of Families for Children's Mental Health, and the Alliance for Community Supports. Through this grant, the "Visions for Tomorrow" educational program for families of children with SED was held in Littleton and Rochester, Support Group Facilitation Training was held in February and March, a Young Family Mental Health Leadership series was held in

the late spring, and an Advanced Youth Leadership program provided opportunities for youth to be encouraged and supported to take leadership roles in their community. NAMI NH was awarded the Statewide Family Network Linkage contract which enabled us to have representation on the Integrated Children's Management Team and provide funding to develop family leadership aimed at transforming the children's mental health system.

We continue to focus on transforming the children's mental health system through participation on various committees, workgroups, and advisory boards such as the Adolescent Co-occurring Disorders Workgroup, the Cornerstone Project, Advisory Board of NH Connections, Juvenile Justice, Mental Health and Substance Abuse Workgroup, NH Coalition for Family Law and Mental Health, Strategic Prevention Frameworks Advisory Board, Board of Directors for the NH Infant Mental Health Association, Community of Practice for Transition, the New Hampshire Coalition of Family and Youth Organizations, NH Mental Health State Planning Council, and the Children's Care Management.

We have had the opportunity to go into several schools and present to school personnel and students. We have been invited to participate at conferences such as CARE NH Summit, the Annual Division for Children, Youth and Families, and the NH Special Educational Administrators. We continue to provide a training, four times a year, "Working with Families with Mental Illness," to Division of Children, Youth and Families staff.

The NAMI NH Child and Adolescent Network continued work on studying the issue of adolescents transitioning from children's mental health systems to adult mental health systems and plan to present a recommendation paper. The "Parents Meeting the Challenge" support groups continue to grow and meet the needs of parents and caregivers of children and adolescents with SED.



### Family to Family

The NAMI NH “Family to Family” educational program provides families, who have an adult in their life with a mental illness, the opportunity to learn about and gain a greater understanding of mental illness. This 12 week course is taught by trained, illness experienced family members who volunteer their time to teach the course. These dedicated volunteer teachers

understand how essential this information is for the well-being of families and for the recovery of their loved ones. The course teaches family members about brain biology, specific mental illnesses, medications, treatments, empathy, and self-coping skills. Scientific evaluation shows that course participants gain a greater understanding of mental illness, cope better, worry less,

and feel newly empowered to navigate the mental health care systems. This year, 5 “Family to Family” education classes were taught in locations around the state, including Portsmouth, Nashua (2 classes), Whitefield, and Manchester, and graduated a total of 66 participants.

*June, 2006*

*“For me it was Family to Family - when I became an educated participant in my son's illness. It is in the moment of entering the room that I realized that I was not alone. This course empowered and energized me to continue to be a participant and to remind myself to continue to take care of myself.*

*Thank you so much.”*

### Information and Referral Line (I & R)

The I & R line continues provide a source of information and support to families, consumers, and providers. As one young parent shared, “when I called that morning, I was so upset and didn’t know where to turn. I had just learned my son was diagnosed with bipolar disorder and you provided me with information and support.”

The NAMI NH I & R services have provided information and referral to over 1500 callers this year. The requests vary from the need for information about where to find a support group, questions about how to

negotiate the system, where to get help with medication costs, how to apply for benefits, public policy questions, how to get help for a family member who doesn’t feel they need it, and other requests for information about housing, work programs, educational issues, and transportation.

The I & R referral line is covered during the day by volunteers and NAMI NH staff, and there is a trained volunteer who covers calls that go into the I & R voice mail box. The website also

provides an opportunity for individuals to request information and referrals. All contacts are responded to within 48 hours. Another resource is the NAMI NH website that provides a wealth of information and referral sources. It is important to acknowledge the information and support that the local affiliate/support group contact persons provide to their community.

## Frameworks Youth Suicide Prevention Project

In fiscal year 2006, Frameworks gained international attention – being invited by the Ministry of Health to present at a conference in Belfast, Northern Ireland to help them prepare a national suicide prevention strategy. As the only project in the United States invited to present, their interest was the Frameworks Project's focus on suicide as a public health issue and using protocols to involve the entire community in a suicide prevention effort that promotes early detection and intervention for mental illness.

Here in New Hampshire, NAMI NH was awarded the Garrett Lee Smith grant (first ever federal suicide prevention funding) through SAMHSA, providing funding to extend the Frameworks Project into two new communities, Raymond and Berlin/Gorham, and begin expanding suicide prevention resources and linkages throughout the state.

NAMI NH was also awarded an Endowment for Health grant to form a workgroup to develop and test messages to reduce stigma and increase help seeking behavior. Four primary messages were developed, tested, and embedded into the Frameworks materials. Frameworks implemented Prevention/Intervention

training with over two dozen trainers in the pilot site communities (Caanan, Dorchester, Enfield, Grafton, and Orange), in collaboration with our partner, Mascoma Valley Health Initiative. Additionally, over 150 community members in Mascoma Valley were trained in the Frameworks Prevention/Intervention program, including youth. Community readiness activities also took place with our new community partners, Raymond Coalition for Youth, and the Family Resource Center (Berlin/Gorham).

Frameworks offered trainings to targeted audiences around the state, including State Police, Disaster Behavioral Health Response Teams, Assistant Deputy Medical Examiners, UNH Cooperative Extension staff, and a community mental health center outside of the Project sites. Frameworks presentations were a part of several statewide, regional, and national conferences.

Additionally, work with key leaders at the state level led to the continued implementation of the Garrett Lee Smith grant and the NH State Suicide Prevention Plan with activities that included

coordination of statewide data through a Data Surveillance Committee, the development of a Suicide Prevention Council, implementation of the statewide Youth Suicide Prevention Assembly (YSPA) conference, and discussions around collaboration and Memorandums of Understanding with state bureaus serving youth and young adults at risk. We also began developing a network of survivors - NH families who had lost a loved one to suicide.

Materials developed through the Frameworks Project are available on the NAMI NH website ([www.NAMINH.org](http://www.NAMINH.org)). Protocols, data, reports, links, and resources are easily accessed at any time. Not only has the website provided a comprehensive overview of the Project to interested parties around the world, but offered best practices in suicide prevention and postvention, and local resources to those who may require it for personal or professional use.

*"The Frameworks presenter was awesome - very enthusiastic, very knowledgeable - a great educator - thanks!"*

### In Our Own Voice (IOOV)

In our second full year, “In Our Own Voice” speakers provided 65 presentations, reaching approximately 2000 individuals of all ages.

“In Our Own Voice” presentations were held at rotary clubs, church groups, student groups, the Concord office of the Department of Employment Security, community groups, family practice residents at Concord Hospital, and several community mental health center staffs. In addition, “In Our Own Voice” speakers are a regular part of staff orientation at two mental health centers, and at NH Hospital. IOOV also became a regular part of staff orientation for new employees of the state court system.

For almost all of '05-'06, we had access to a new evaluation tool that is completed by everyone who attends one of our presentations. This form allows us to evaluate each element of the program, each speaker, and to ask people what was most effective, least effective, and most surprising to them about the speakers and the program. In effect, we have a permanent “outcome study.”

The most frequent answers to the “most surprising” question are how “courageous” the speakers are, how far they’ve come, and how “well” they seem to be. Taken together, these answers indicate that “In Our Own Voice” is one of the

best ways we have to explode myths, stigma, and stereotypes about people with mental illness and the value of mental health treatment. These results correspond with national outcome studies of “In Our Own Voice,” which indicate that the program changes attitudes about people with mental illness, the possibility of recovery, and the value of treatment.

*“I am a part of NAMI because I know first hand that recovery is real. Now I want to be that bridge that will help people get to the path of recovery.”*

*“I wish I had had these resources years ago when we first started struggling with these issues in our family; it would have really helped us to cope. I urge everyone to talk about mental illness and get it out in the open, so we can find more ways to help our loved ones recover and live productive, happy lives.”*



### Support Groups

NAMI NH family support groups held a total of 350 meetings in 17 communities around the state. These groups are led by illness experienced family members who have been trained in the NAMI support group model, and volunteer their time to facilitate. During fiscal year 2006, family support volunteers donated over 4,000 hours helping other families. Eight participants completed the Support Group Facilitator Training which teaches new leaders how to keep a group moving in a positive, productive, and helpful direction.

NAMI NH offers support and hope to families of all ages. “Parents Meeting the Challenge” groups focus on the needs of parents and caregivers of children and adolescents with emotional disorders, while the NAMI NH Family Support Groups focus on the needs of families with an adult in their life that has a mental illness. NAMI NH support groups provide both support and education for families by offering educational presentations in addition to support meetings. Families are provided with the opportunity to learn more about topics such as medications, school issues, types of treatments, and recovery.

**Concord NAMI** meets twice per month and has a core of 12 to 15 longtime members who

are a source of encouragement and resource for new members. They offer a lifetime of experience dealing with mental illness and are willing to share their challenges and success with others.

**Seacoast Chapter of NAMI NH** is continuing to develop and expand a core group who attend the meetings regularly and provide terrific, consistent support to people in crisis. The group sponsored the WRAP (Wellness Recovery Action Plan) program for consumers and their families. Recently, some of the “graduates” have begun attending the support group, adding depth to group discussions. Seacoast also initiated summer picnic meetings for families, with good attendance and support.

**Nashua NAMI** held a siblings panel – recognizing the need to educate siblings of those who have a mental illness. This led to a trial sibling support group. Educational speakers from Harbor Homes, Community Council, Nashua Housing Authority, Service Link, Nashua Police Department, and others presented at Support Group Meetings during fiscal year 2006. Members of the group are affiliated with DBSA (Depression Bipolar Support Alliance) peer support, Nashua Continuum on

Homelessness and hold membership on NAMI NH boards and studies.

**Berlin NAMI**, the most northern NAMI NH support group, began in January 2006. They are in the early stages of developing their core leadership group. They work closely with Northern Human Services, the local community mental health center, and meet once per month.

**Littleton NAMI** celebrated its fifth anniversary with a dinner attended by “Family to Family” and “Visions for Tomorrow” graduates, group members, and representatives from Northern Human Services, the local Community Mental Health Center. The North Country WALK team had 38 participants for WALK 2005. They successfully established a referral system from Northern Human Services to the support group.

**Upper Valley NAMI** held regular monthly support meetings throughout the year. Group leaders participated in the walk and Donna Stamper helped create the “Faces of Mental Illness” display. The group held an educational meeting to learn about the procedures and expectations when someone is admitted to New Hampshire Hospital.

**Salem NAMI** held several educational programs along with their regular support meetings. Topics that were presented included: "In Our Own Voice" recovery speaker, an overview of IMR (individual management and recovery), and Fran Schopick spoke about the schizophrenia study at Harvard medical school.

**Derry NAMI** meets weekly for support; they also invited Fran Shopick to present on the schizophrenia study at Harvard medical school.

**Dover NAMI** holds monthly family support group meetings.

**Monadnock NAMI** held support and education meetings twice per month. Presenters included a Medicaid specialist, the director of the Cheshire County Mental Health Court, and State Representative Susan Emerson. They work closely with Monadnock Family Services, the local community mental health center.

**Manchester NAMI** met twice per month, providing a schedule of both monthly education and support. The group heard presentations on topics such as housing, coping skills and learning to let go. A new facilitator was trained and joined the leadership team.

**Rochester Parents Meeting the Challenge** is a new parent group which began in January 2006. Two members completed the NAMI NH support group facilitation training. The group meets for both education and support. They have had presentations on the IEP process and how to determine if children's behaviors are related to illness.

**Manchester Parents Meeting the Challenge** group met twice per month for support meetings and invited a young person to speak to the group on "youth views." The group also participated in the NAMI NH walk. Group leader Colleen Hayward and her family were the focus of a NHPTV special that focused on children's mental health.

**Concord Parents Meeting the Challenge** group met monthly for support meetings. A new co-facilitator was trained at the spring support group facilitator training. Helen Harrison represented NAMI NH at her church's Alternative Gift Fair, raising money and awareness for NAMI NH.

**Nashua Parents Meeting the Challenge** group met twice per month for support. Members of the group attended the Lizzie Simon Mental Illness Awareness Week event. This group also participated in the NAMI NH walk and the Hollis/Brookline School walk for mental illness awareness.



### Integration Summit – Strengthening the Continuum of Health Care

On November 17, 2005 the NAMI NH Annual Conference brought together social workers, nurses, physicians, psychiatrists, insurers, and older adults and their families to focus on the special challenges older adults face when they have both (co-occurring) medical and behavioral health concerns. Participants learned about the obstacles and opportunities that are present for those living with schizophrenia, bipolar disorder, depression, anxiety, and other medical

conditions. The summit also addressed the issues family members and professionals face when caring for older adults.

New drugs and technological advances, new ways for paying for health care, and the ever-increasing costs of health care all demand that we change the way we provide, receive, and pay for health care. Older adults with co-occurring medical and behavioral health concerns have the added challenge of coordinating or integrating

care provided by two or more health care systems. We must work together, collaborating and coordinating our efforts, to help older adults and their families remain both physically and mentally healthy and active members of the community.

## Development

NAMI NH has been diversifying its sources of revenue. In fiscal year 2006, the “Peggy Straw Fund for Education” was started. This is a working fund with donations being used to provide NAMI NH core programs, education, and training to volunteers. Named in honor of our NAMI NH founder, who believed at our beginnings and just as firmly believes today, that knowledge is power.

Governor Jeanne Shaheen was the recipient of the “Samuel S. Adams Annual Award for Excellence in Community Leadership.” A banquet and award ceremony was held in her

honor on May 6 in Portsmouth. The event was well attended and introduced many to NAMI NH.

### **Corporate Underwriting Mental Health in the Workplace**

We know that, increasingly, employers are interested in the health of their employees. The benefit of access to medical services and overall employee fitness and health are key ingredients to a productive workforce.

But what about mental health issues? Do employers recognize and know what to do when an employee suffers from serious stress, burnout, or a mental illness?

The NAMI NH Corporate Underwriter Program provides employers with the knowledge and tools to identify and address these issues. Through training programs, supervisors can distinguish the extent to which an employee’s work may be affected by a mental health problem, the kind of approach to take, and the resources to provide assistance.

WestBridge Community Services, Lincoln Life Financial, and Anthem Blue Cross and Blue Shield became the first supporters of this program.

### Development (cont'd)

#### **Ways You Can Give**

**Contribute a tax-deductible gift of cash, stock, or appreciated securities.** Donate online ([www.NAMINH.org](http://www.NAMINH.org)), by mail, or by phone and feel secure that 85 cents of every dollar goes toward NAMI NH programs and services.

**Participate in your employer's Charitable Giving Program.** Many employers offer charitable giving through payroll deductions. You may direct your Community Health Charities and United Way donations by writing NAMI NH in as the recipient. Contact your Benefits Manager.

**Ask your employer to match your gift to NAMI NH.** Many companies offer matching gifts programs to encourage charitable giving. Contact your Benefits Manager.

**Become a Member of NAMI NH.** Join online ([www.NAMINH.org](http://www.NAMINH.org)), by mail, or by phone to become an official NAMI NH member. Membership dollars help provide many of our programs and services.

**Honor a Loved One.** Make a donation *In Honor of* or *In Memory of* a friend or loved one.

**Give from your IRA.** If you are over the age of 70, you may want to consider making gifts directly from your Individual Retirement Account (IRA). Consult your financial planner or tax consultant.

**Leave a Legacy.** Providing for NAMI NH in your will is easy. Ask your attorney to include a charitable bequest to NAMI NH in your will.

You may also designate NAMI NH as a beneficiary of your life insurance policy, IRA, retirement plan, or a trust. You retain the option of changing the beneficiary at any time and may designate all or a percentage of your assets to NAMI NH. Consult your financial planner. NAMI NH will receive the designated assets upon your death.

### Donors 2006

#### **The Peggy Straw Fund for Education**

Frederick & Ruth Griffin  
Fred & Dot Walker  
Herbert & Tinka Stebbins  
Nancy Parker  
Karen Straw  
Pollie & Harvey Thayer  
Susan Bogart  
Robert & Sibyl Labonte  
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#### **Iris Circle (\$10,000 and above)**

Peggy Straw

#### **Caring Partners (\$5,000 to \$9,999)**

Rona & Ken Purdy

#### **Family Advocates (\$2,500 to \$4,999)**

Fred & Dot Walker

#### **Recovery Promoters (\$1,000 to \$2,499)**

Jameson & Priscilla French

Katie & Doug Wheeler

#### **Resiliency Builders (\$500 to \$900)**

Nancy Adams

George & Harriet Baldwin

Susan Chollet

Elizabeth Merry

Sandra Wells

#### **Hope Contributors (\$100 to \$499)**

Sarah Adams

Dr. R. Joffree Barnett

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Ruth & Peter Bleyler

Muriel & Ed Broad

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#### **Hope Contributors (cont'd)**

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John Gregg

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Clark & Adelaide Griffiths

Russell & S. Amanda Hemley

H. Virginia Hemley

Richard & Beryl Hutchinson

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Jane Ansaldo

Doris Archambault

## Donors 2006

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Donald & Mary-Alice Bjerre	Helena Davis	Andrea & Alan Hall
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WestBridge Community Services  
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Sam Adams  
James Banacos  
Lorne Boulet  
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Marie Metcalf  
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#### **In Honor Of**

Muriel Broad  
Chip Broad  
Zlatko Kuftinec, MD  
Marianne Marsh, MD  
Ralph Rudnick

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Geoffrey E. Clark and Martha Fuller Clark Fund of the NH Charitable Foundation  
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United Advocates for Children  
Wyeth  
SAMHSA (Substance Abuse and Mental Health Services Administration)

**Financials 2006**

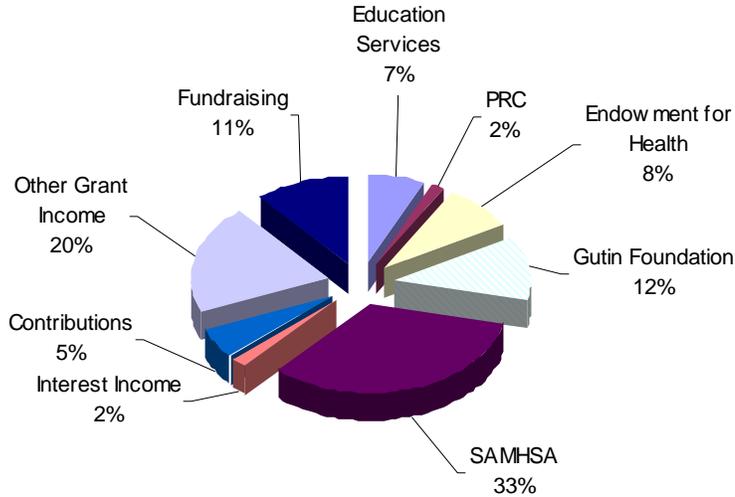
**Revenue and Support**

Grant Income (75%)	\$829,853
Other Public Support (25%)	<u>\$275,629</u>
<b>Total Revenues</b>	\$1,105,482

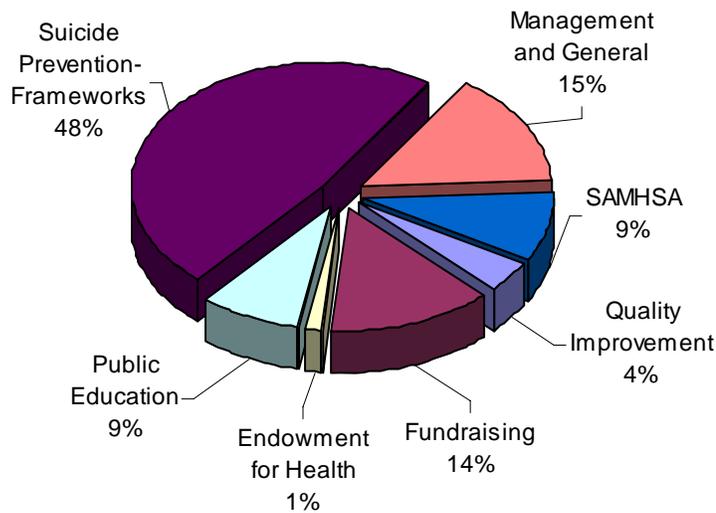
**Expenses**

Payroll	\$464,698
Employee Benefits	\$ 49,534
Payroll Taxes	\$ 34,248
Accounting	\$ 1,820
Audit Fees	\$ 3,400
Legal Fees	\$ 4,377
Contracted Labor	\$ 61,082
Staff Development	\$ 18,415
Client Service/training	\$ 18,934
Occupancy	\$ 41,897
Office Supplies	\$ 11,484
Food Supplies	\$ 7,598
Fundraising	\$ 30,706
Depreciation	\$ 8,274
Equipment Rental	\$ 6,822
Equipment Maintenance	\$ 4,756
Advertising	\$ 938
Printing	\$ 17,734
Telephone & Communications	\$ 9,897
Postage and Shipping	\$ 6,617
Staff Transportation	\$ 10,957
Insurance	\$ 6,124
In-Kind	\$ 4,905
Maintenance	<u>\$ 2,720</u>
<b>Total Expenses</b>	\$827,937
Change in Net Assets	\$277,545
Net Assets - Beginning of Year	<u>\$259,914</u>
Net Assets - End of Year	<u>\$537,459</u>

### Revenue by Source



### Expenses by Program



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Becky McEnany  
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Administrative Assistant

Julie Dunham  
Administrative Clerk

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Joyce Simmonds, Office Volunteer

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National Alliance on Mental Illness NH

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Web: [www.naminh.org](http://www.naminh.org)