

We can help
improving lives affected by
mental illness

Annual Report

July 1, 2010 ~ June 30, 2011



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Concord, NH 03301
603.225.5359

www.naminh.org

mission

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

vision

People of all ages with mental illness or serious emotional disorders (MI/SED) and their families will have access, without discrimination or stigma, to a comprehensive, community-based mental health system of prevention, early intervention, treatment and support services, integrated into an effective overall health care system.

The Vision Will be Achieved When...

- ◆ The general public has an accurate understanding of mental illness and serious emotional disorders and what is helpful and hurtful to those affected by such disorders;
- ◆ Mental illness and serious emotional disorders have full parity with other medical conditions in the access to and quality of inpatient and community-based treatment, support services and financing available to promote recovery and build resilience;
- ◆ People with mental illness or serious emotional disorders are treated with dignity and respect and have the opportunity to build resiliency, recover, achieve their aspirations, and live, learn, work and play in supportive healthy communities without discrimination or stigma;
- ◆ Individuals and families affected by mental illness, serious emotional disorders and suicide have the education, information, and support needed to make informed decisions about their health and well-being.
- ◆ The work of NAMI NH is recognized and supported as beneficial to persons with mental illness, their families, service providers and the communities in which they live.

president's letter

Dear Friends of NAMI NH,

The year 2011 was a year of change for NAMI NH. The organization saw the retirement of its Executive Director of long standing: Mike Cohen, and the recruitment of a successor: Ken Norton. Mike had served NAMI NH for more than 10 years. He helped the organization grow in a number of ways. One I do want to underscore is the way in which he positioned the organization in the public square. NAMI NH became well known as the organization where one could find information and strategies to help people with mental illness and their families. Mike's strategy of building alliances with organizations and people who want to advance the interests of people with mental illness and their families proved to be an excellent strategy for the environment before and during the economic recession.

Ken Norton took charge of an organization that is healthy by any measure. He is continuing to build that organization in the very challenging times in which we now live. It appears as if the commitment to provide excellent services to people with mental illness that has characterized the state of NH historically is being disregarded by those who, in fact, have this responsibility for this segment of the citizenry of the state. At a time such as this, there is even greater need for the work that is the mission of NAMI NH: advocacy, education, and support. I know Ken will be successful in leading the organization in the second decade of this millennium.

Finally, I want to thank the members of the NAMI Board and staff who work tirelessly to advance the mission of the organization. Their work is much valued and appreciated by me.

Sincerely,

A handwritten signature in black ink that reads "Paul Gorman". The signature is written in a cursive, flowing style.

Paul Gorman
New London, NH

executive director's letter

Dear Members, Friends and Colleagues,

NAMI NH's operating year from July 2010 through June of 2011 was one of many changes. Most notable was the election in November that resulted in a sea of change with new legislators and new ideas and a reversal of party domination with the Republican party taking control of the House, Senate and Executive Council. The legislative mental health caucus which had been building momentum and membership was dissolved due to the number of new legislators and new rules that did away with caucuses and presented new challenges for how to reach out to new legislators and educate them about mental illness.

The recession and diminishing federal and state revenue resulted in severe cuts proposed by the House. NAMI NH members and other advocates turned out in force at public hearings culminating in a rally in May that drew 5,000 people to the State House. In the midst of this, the Federal Department of Justice issued a warning letter to New Hampshire that it was potentially out of compliance with the Americans with Disabilities Act due to high recidivism rates at New Hampshire Hospital, the lack of adequate community resources to prevent hospitalizations and the decreasing age and isolation of individuals admitted to the Glenciff facility. Ultimately, the Senate restored most of the proposed cuts to mental health services, but many other programs like Children in Need of Services (CHINS), Substance Abuse Prevention and Treatment received serious reductions in funding.

In many ways the proposed cuts and ensuing public policy debate increased awareness and support for the important work that NAMI NH does. Our staff and volunteers were busy crisscrossing the state throughout the year providing educational programs like Family-to-Family, Parents Meeting the Challenge, and CONNECT Suicide Prevention training. NAMI NH's public speakers programs like In Our Own Voice, Life Interrupted and our newest program Survivor Voices presented to varied audiences including schools, colleges, civic organizations, faith communities, prevention and treatment providers, and family and community members. Family support groups were also busy as well with several new groups getting started. And peer programs like NAMI Connections and Vet to Vet are now well established in different parts of the state.

The year saw NAMI NH getting involved in several new endeavors including working on the Evidence-Based Supported Employment Program to promote the benefits of competitive employment in the recovery process. The Second Chance program involved NAMI NH collaborating with the Department of Corrections to provide supports to individuals with mental illness reintegrating back into the community after incarceration. NAMI NH has also been an active member of the Children's Mental Health Collaborative which is exploring strategies for developing a System of Care model for children's mental health.

NAMI NH's CONNECT program continues to provide education, advocacy and support in the areas of suicide prevention, intervention and response after a suicide death. In New Hampshire with support from the Federal Garrett Lee Smith youth suicide prevention grant, we have focused efforts on Coos County and providing

executive director's letter

support and technical assistance to the state Suicide Prevention Council. Support from the Bureau of Behavioral Health has allowed us to address suicide across the lifespan, provide supports after a suicide death and to work statewide. During the past year CONNECT has continued to receive acclaim nationally as well as internationally including being highlighted in the 2011 Rand Report “The War Within” on Military Suicide, having our public speakers program Survivor Voices: sharing stories of suicide loss designated as a National Best Practice program and returning to Belfast Northern Ireland to present on our community based model. The CONNECT section of the report will give a more in depth look at how NAM NH’s reach extends across the country.

NAMI NH recognizes the need to address the mental health of older adults and to provide education and support for the family members and others who provide them care. Toward this end we have continued to develop and refine the Side by Side educational program for Older Adult Caregivers and have begun discussions with NAMI National and other contacts to gauge national interest in this type of program. In the Spring of 2011 we hired a Sales and Marketing Director to promote NAMI NH programs like Side by Side and CONNECT to increase sales of our programs and training products in order to sustain our work in NH.

Throughout the year, much effort on the part of our key stakeholders, staff and especially Board/Search Committee was spent planning the leadership transition and conducting a national search for the Executive Director position as Mike Cohen moved on to his “encore” career. Having been involved with NAMI NH since 1982 as a professional, family member, volunteer and staff for the past seven years, I was honored to be selected for the position. Mike brought NAMI NH to new heights and I will be standing on his shoulders as I help move NAMI NH’s mission forward in the months and years to come.

While NAMI NH is blessed with a talented and dedicated staff, we continue to be a grassroots organization that relies heavily on the passion and hard work of so many family members and friends who serve as family and peer support group facilitators, board members, public speakers, teachers, and as NAMI NH committee members. It is through your passion and dedication that NAMI NH continues to make progress toward our mission of providing support, education and advocacy to improve the lives of all those impacted by mental illness.

Sincerely,

A handwritten signature in black ink, appearing to read 'Ken Norton', with a stylized flourish at the end.

Kenneth Norton
Executive Director

farewell to Michael J. Cohen

Mike Cohen's Retirement Party was held at the Manchester Country Club on June 9th, 2011 following NAMI New Hampshire's Annual Meeting. This special farewell dinner was held to celebrate his accomplishments during his tenure as Executive Director. Michael's vision, dedication and determination guided NAMI NH's organizational growth and development for the last 11 years.

Dear Colleagues and Friends,

Thank you for allowing me to be part of your lives and share in the collaborative ventures experiencing the struggles, successes and failures as we addressed the affects of inadequate government response and lack of understanding of the needs of those with mental illness and their families. Although I leave as the Executive Director and a partner with many of you, I do not leave NAMI or NH. It is part of my heart and soul. I will always work to assure our loved ones with mental illness and their family members get the best treatment and supports.



Farewell Mike and Happy Trails!

My best to all of you. I expect that you will continue the good fight.

Michael J. Cohen

Sincerely,
Michael J. Cohen MA, CAGS

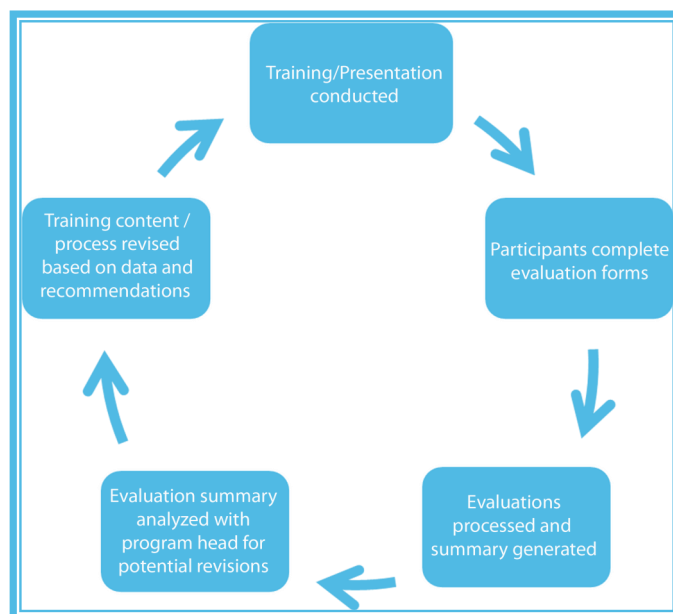


results

NAMI New Hampshire programs are “life changing.” We know this because our program participants tell us. Each NAMI NH program and training is evaluated through the use of participant surveys. Data is analyzed and results are shared with NAMI NH staff and board members, current and potential funders and NAMI NH volunteers that are helping to deliver our programs.

Evaluation results tell us that the majority (over 87%) of participants know more and/or that they are able to do something new as a result of participating. Results also show the majority feel differently as a result of participating in a NAMI NH program e.g., they believe recovery from mental illness is possible, and they feel less stigma toward individuals with mental illness. Following CONNECT Suicide Prevention Program trainings over 93% of the participants would now be willing to seek mental health care for themselves and/or a family member.

The evaluations we collect are used as part of our ongoing quality improvement efforts for all of our programs. This process follows a feedback loop where we first conduct and evaluate a program, then summarize the data we have collected. The data is then reviewed on a regular basis and after careful consideration any necessary changes to the program are identified and implemented. The newly updated program is then utilized and the feedback loop begins again. With some NAMI NH programs we also ask participants to com-



plete a three-month follow-up evaluation. These follow-up evaluations are very valuable to NAMI NH, as they allow us to show how the impact of our training and education programs are sustained over time. The follow-up evaluations also allow us to look at how participants have used the knowledge and skills learned during NAMI NH programs.

In addition to using the information from our evaluations to improve our existing programs, we use it to identify areas where a new NAMI NH program/module may be needed and to determine topics for future conferences.

Throughout this report you will see some examples from the Evaluation Analysis Reports that are generated and available for each NAMI NH program.

national award



Mike Cohen receives the Wheelock Nardi Award

Mike Cohen was presented with the Wheelock-Nardi Award by the Greater Manchester Mental Health Center. As Executive Director of NAMI NH, Mike has been a tireless advocate for people of all ages affected by mental illness.

This award recognizes individuals or organizations whose advocacy benefits persons affected by mental illness. The award is named in honor of Major Wheelock, former NH Hospital Superintendent, and Mrs. Theodore Nardi, former NH state representative; they authored the 1892 Wheelock-Nardi report that resulted in changing the delivery of mental health care in the state.

family education

Families and friends of those coping with mental illness can participate in educational programs designed to help them gain a greater understanding of mental illness, cope better, worry less and feel newly empowered to advocate for better treatment and services for their loved one. Our programs are taught by family members who have experienced living with mental illness.

Family-to-Family is a 12-session course for family members who have a loved one with mental illness. The program provides participants with a relaxed, trusting and safe environment where they can develop the insight, skills and emotional understanding they need to support the recovery of their loved one.

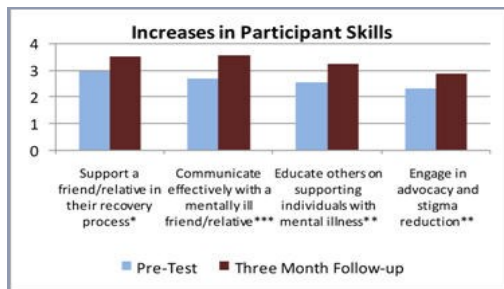
Evaluation Results

The **Family-to-Family** program is evaluated using a pre-test administered during the first class, a post-test administered during the final class, and a three month follow-up evaluation sent to participants by mail and/or email. The survey focuses on knowledge and the application of skills covered during the course.

More than 435 family members have participated in the evaluation while attending this program.

Upon completion of the program, participants displayed:

- ◆ An average increase of 25% *** on ratings of participant knowledge.
- ◆ Significant increases in their ability to support a friend/relative's recovery process, communicate effectively with their friend/relative, educate others on supporting individuals with mental illness and engage in advocacy and stigma reduction efforts.



Child and Adolescent Network -NAMI NH's Child and Adolescent Network is a collaboration of youth, families, natural supports and providers that meets monthly and works together to:

- ◆ Ensure New Hampshire has a family driven mental health system of care;
- ◆ Identify barriers or obstacles preventing full access to supports and services;
- ◆ Participate actively in the decision and policy making that affects the direction of New Hampshire's children's mental health system of care;
- ◆ Provide families with current and researched based information and mental health resources and support family wellness.

Parents Meeting the Challenge is an 8-session educational program that provides tools, strategies and information to help parents/caregivers meet the challenges of taking care of a child with emotional and behavioral disorders, to navigate the system and to advocate for their child's mental health needs.

I learned the skills that will make me better and a more effective advocate for my granddaughter. Also learned more about her IEP (Individualized Education Program) and the education services she is entitled to."

~ Parents Meeting the Challenge Participant

Side by Side for Independent Living is a series of 9 educational workshops that provide information and guidance to family members and other caregivers of older adults with mental illness.

This year the program has been offered in 12 different towns across the state and in a variety of venues including adult day programs, senior centers, primary care settings, hospitals, assisted living facilities, churches and mental health counseling centers. Meeting family members in settings where they naturally congregate or receive general support, has provided an opportunity for NAMI NH to supplement and strengthen the supports that are available for older adults and their families.

Who participates in Side by Side sessions? Participants from July 2010 to June 2011 come from a variety of backgrounds, with their ages ranging from 21 to 93. The majority of participants (approximately 65% of them) were between the ages of 50 to 79.

"The Side by Side workshop was very hands on, personal and helpful. I left with tools that I can use to take care of my Mom."

~ Side by Side

Program Highlights: Side by Side

- ◆ A presentation of the Side by Side Program was made to the Institute on Medicine, Geriatric Workforce and Mental Health Workforce of Geriatric Populations Committee at their June 1, 2011 meeting in Washington D.C. (The meeting agenda was, "Selected Perspectives on the Mental Health and Substance-Use Workforce for the Geriatric Population: Filling the Gaps).
- ◆ One of the Side by Side Program sessions, "Understanding Depression in Older Adults" was presented at the 2011 NAMI National Convention in Chicago, IL.

training and support

Trainings

Leadership Training - NAMI NH trains Volunteer Education Program Teachers and Support Group Facilitators to be effective leaders, understand group processes and to follow the established model in each program. Training and continued technical support provide these leaders with the tools they need to help individuals and families in the recovery process.

Law Enforcement

NAMI NH staff continue to deliver regular trainings to new recruits at the Police Standards and Training Academy. Between November 2010 and June 2011, approximately 300 full and part-time officers received instruction from NAMI NH staff in handling crisis calls involving suicidal individuals and other situations related to persons with mental illness. Additionally, about 50 veteran officers attended NAMI NH's in-service training in dealing with both adults and juveniles with mental health disorders. Through a pilot project under the Chief Justice's Task Force, NAMI NH collaborated with other committee members to offer two half-day trainings for law enforcement in other regions around New Hampshire.

"This was by far one of the most effective, interesting, and useful trainings that I have been to. It was a very good reminder that these types of issues are common, and may be presented in a wide variety of calls."

~ Quote from law enforcement training

Children's Mental Health

Over 400 professionals and para-professionals in 6 school districts received training on Children's Mental Health and the Impact of Stigma.

Division of Children, Youth and Families - 51 child protection workers were trained in how to Work Effectively with Families Impacted by Mental Illness.

Division of Juvenile Justice Services - over 180 juvenile probation and parole officers and personnel of the John H. Sununu Center, were trained in Responding to Juveniles with Mental Health Issues.

"NAMI NH programs can change how you view mental illness and reduce the worry, stigma and stress involved with care giving of a mentally ill family member."

~ Program participant

Support

NAMI NH builds and helps maintain strong support networks throughout the state that are made up of people who have "been there"—they have personal experience with mental illness.

One on One Support

NAMI NH's **Family and Community Support Specialist** provides one-on-one focused, time-limited individual support and education to decrease a family's isolation by connecting them with other NAMI NH families and programs, and appropriate community supports.

Support Groups are offered at locations throughout the state and led by a NAMI NH trained facilitator who is a family member, parent or consumer. Here you will find others who understand the challenges you face and the opportunities ahead. NAMI NH has a **Support Group** to meet your needs:

- ♦ **Family/Friend Support** - for family members and friends of adults with mental illness
- ♦ **Parent/Caregiver Support** - for parents and caregivers of children/adolescents with serious emotional disorders
- ♦ **Peer Support (NAMI Connection)** - for people living with mental illness to learn from each others' experiences.

Life Interrupted was developed by NAMI NH to provide families a way to educate their communities about mental illness recovery. Presentations are made by trained family members who have a loved one affected by mental illness.

"This was an amazing presentation. I have a whole new understanding and perspective of parents of children with mental illness."

~ Life Interrupted audience member

On line "Parents Meeting the Challenge" Message Board

provides families and caregivers of youth/children with emotional disorders, a forum they can access 24/7. They join the group and can then connect with other parents to ask questions, and share and discuss information and resources.

In Our Own Voice (IOOV) is a NAMI NH recovery education presentation given by trained presenters who themselves have struggled with mental illness and are in recovery. These presentations lead to a better understanding of what it is like to live with a mental illness and they help reduce stigma. **IOOV** presenters gain confidence and self-esteem while serving as role models for the community.

Evaluation Results

The **In Our Own Voice** program is evaluated using a brief post-presentation survey collected by the presenter. The survey focuses on the belief that recovery from mental illness is possible; the knowledge that mental illness affects individuals from all walks of life; and whether or not there are improved attitudes towards working with individuals with mental illness.

Evaluation Summary

- ◆ Over 91 percent of the participants report believing that recovery from mental illness is possible.
- ◆ 9 out of 10 participants understand that mental illness can impact people from all walks of life.
- ◆ Over 72 percent of the participants report they would now feel better about working with someone with a mental illness.
- ◆ Nearly 9 out of 10 participants now report they believe hope exists for individuals with mental illness.
- ◆ 87 percent of the participants feel favorable about the work NAMI NH is doing.

Audience Groups	Evaluations Returned
College Students	368
Family Members and Mental Health Consumers	137
General Public	23
Health Care Professionals	634
Inmates and their Families	73
Mental Health Professionals	61
TOTAL	1,296



Photo Left to Right:

Cabrinni Kulish, Tricia Ellis, Karen Turdel, Alyssa Freedman, Lisa Peakes, Emily Currier, Helena Davis, Mano Mitsui, Andrew Archer, Liz Stevens, Bridie Pearce, and Deb Karr-Francis.

Program Highlights: In FY 2011 we reached new audiences including the Manchester Police Department and the Upper Connecticut Valley Hospital located in Colebrook.

Also of note, IOOV presentations were made to over 100 Correction Officers at the Merrimack County Jail, to over 200 students at the University of NH during MIAW (Mental Health Awareness Week), at The VA Medical Center in Manchester, and to Catholic Medical Center staff.

Life Under Construction

Social networking pages on Facebook and MySpace engage youth (age 14-21) whose lives are affected by mental illness to support them in their transition to adulthood. Both sites are facilitated by a young adult who offers “friends” tips, information and resources relevant to transitioning into adulthood.

“ The educational part of NAMI NH programs is very helpful but the support of everyone attending these classes is amazing. The feeling that I was not alone helped me get through each week until the next meeting. Hearing the stories from the other participants helped me understand how individual mental health issues are.”

~ Quote from educational attendee

advocacy

Advocacy - A voice on mental illness, NAMI NH advocates for improved access to services and social supports, early intervention and science-based practices that promote recovery, and build skills and resilience. Our outreach extends to local, state, national leaders and service providers, bringing both concerns and solutions to them, and helping them to understand the need for community-based systems of care that include families in treatment, planning, delivery and evaluation of services.

It's Your Move ~ The most effective way to educate legislators is through their own local constituents. The NAMI NH Public Policy Advocacy training, "It's Your Move," provides participants with the skills and confidence to engage their local representatives one-on-one or within a group, such as a legislative forum, in their community. Our advocates are trained to be effective at communicating and working collaboratively with others to promote change in available programs, government policies and public perceptions of mental illness.

"The most effective part of the presentation for me was learning how important it is to be involved. You do not have to be a rocket scientist to make a difference."
~ It's Your Move participant



It's Your Move Training Evaluation Summary

Items examining change from pre-test to post-test

Score Range: 1=Completely Disagree – 5=Completely Agree

Question Text	Mean Score Pre-Test	Mean Score Post-Test
If asked, I am confident that I could explain how the NH political system is structured	2.67	4.33
I understand what legislators need from me in order to take action on an issue	2.52	4.71
If asked, I could describe at least 2 key mental health issues and why those issues are important to consumers/family members	3.81	4.57
I am prepared to handle negative opinions about mental health issues	3.52	4.57
I would be comfortable approaching my local representative about key issues and following-up to see what action he/she took about the issue	3.14	4.24
My personal story has the power to "bring home" key issues	3.67	4.48

The 424 Campaign

The "424 Campaign" was launched in January 2011, as a means to educate all 424 of our NH legislators about the importance of mental health care for our loved ones, our clients, our friends and neighbors. NAMI NH members and advocates were asked to "adopt" a

legislator in their community; contact them; share their story; and ask their legislator to make access to quality mental health care a priority. In the first year of the biennium 75 legislators were adopted.

Evidence-Based Supported Employment Family Team Project

The Evidence-Based Supported Employment (EBSE) Family Team Project started in March 2010 with the goal of educating families of individuals with serious mental illness about EBSE and the benefits of their loved one participating in the program. Volunteer family members that participated in the project helped to create presentations and informational materials about EBSE to help inform families about the program and to address the family's concerns about their loved one returning to work. These volunteers also presented the information to NAMI NH Family Support Groups and educational programs around the state.

North Country Outreach funded through Tillotson Grant

In December 2010 NAMI NH was awarded a grant from the Neil and Louise Tillotson fund. The grant funded the first year of a proposed three year project to bring education, support and stigma reduction to Northern NH, specifically Coos County. NAMI NH staff met with key stakeholders such as Community Mental Health, Community Resource and Social Service Representatives; Law Enforcement, School; Hospital and Medical Personnel to learn about the barriers that prevented families from seeking help for mental health issues. Following these meetings community education events were held in Colebrook and Lancaster, featuring "In Our Own Voice" and "Life Interrupted" presentations along with an overview of NAMI NH support and education programs. Based on feedback from attendees and key stakeholders, a plan was developed for years 2 and 3 to deliver programs in these communities and develop a sustainable network of family support.

Grafton County Mental Health Court

For the previous 2 years NAMI NH has been at the table working with key stakeholders in Grafton County to create a Mental Health Court model. In April 2011 the Grafton County Attorney's office secured funding to start a Mental Health Court Program in the Lebanon and Littleton regions.

advocacy

New England Regional Patient Advocacy Leaders Summit: Best Practices in Mental Health, Prevention and Wellness for Military and their Families

On November 17 and 18, NAMI NH hosted a two-day RPALS advocacy conference, “Best Practices in Mental Health, Prevention and Wellness for Military and their Families.” The conference brought together a diverse set of military, veterans and health advocacy organizations throughout New England to promote networking among the groups that helps foster collaborations and addresses working together to reduce the economic and social impact of chronic disease. In addition, this event highlighted strategies to educate participants on how to influence the implementation of best practice programs for treating military and their families.

Welcoming remarks were given by Colonel Rick Greenwood, NH National Guard. Susan Brown, Director of Psychological Health for the NH National Guard, presented the keynote address on mental health issues facing the Guard and Reserves involved in Operation Enduring Freedom/Operation Iraqi Freedom (OEF/OIF) theatres and the work being done in building psychological health fitness and resilience while dispelling stigma. At the general session Dr. Susan Borja, Army STARRS (Army Study To Assess Risk and Resilience in Service members) presented on a long-term study of psychological risk factors for military in order to be able to better predict the psychological health of those who join the military in the future.

connect ~ by the numbers

Number of Community Readiness and Awareness Presentations held (NH: 10 – Other States: 1)	11
Number of Suicide Prevention and/or Postvention trainings held (NH: 87 – Other States: 20)	107
Number of people trained in Connect Suicide Prevention (NH: 701 - Other States: 438)	1139
Number of people trained in Connect Suicide Postvention (NH: 162 – Other States: 88)	250
Number of Suicide Prevention Trainers trained (NH: 55 – Other States: 70)	125
Number of Postvention Trainers trained (NH: 37 – Other States: 14)	51
Number of Youth Trainers trained in NH (NH: 85 – Other States: 23)	108
Number of conferences Connect has been presented at (NH: 9 – Other States: 11)	20
Hours spent responding to suicide incidents	107
Number of Support Groups for Survivors of Suicide in NH	11
Number of times/events NH Lifekeeper Quilt was displayed	38
Number of NH Survivor of Suicide Loss Resource Folders distributed	220
Number of Survivors of Suicide Loss newsletters distributed	8000
Number of SurvivorVoices (survivor speaker) presentations	28
Number of SurvivorVoices trainings	2

suicide prevention

The **CONNECT Suicide Prevention Program**, developed by NAMI NH, offers a comprehensive, community-based approach to suicide prevention. **Connect** is designated as a **National Best Practice Program** that increases the competence and confidence of key service providers, family and community members to respond to suicide incidents across the lifespan. Training focuses on prevention (education about early recognition), intervention (skills for responding to attempts, thoughts and threats of suicide) and postvention (reducing risk and promoting healing after a suicide). The program encourages the development of a community network of service providers and citizens. The network is developed, trained and supported to promote early recognition of mental illness, substance abuse and other risk factors and improve access to care by connecting those individuals in an integrated, systematic and comprehensive way with help.

Over the past year Connect has had many successes at the local and national level. Connect has a presence in many states around the country and several states wrote Connect into federal and state grants for implementation of the Connect program in their own state.

In NH, Connect carried forward many of the goals of the work plans funded through the NH Bureau of Behavioral Health and SAMHSA's Garrett Lee Smith Grant. Activities included: The strengthening of capacity of NH's Disaster Behavioral Health Teams in responding to a suicide by training trainers in Connect Postvention; the delivery of several national best practice programs in addition to Connect throughout the state including Assessing and Managing Suicide Risk (AMSR) and Counseling on Access to Lethal Means (CALM). Connect staff was able to provide extensive outreach to schools, communities and businesses in providing support after tragic suicides occurred, and the ongoing support to individual survivors of suicide loss continued and was supplemented with programs like SurvivorVoices (the survivor speakers bureau), and events such as coordination of the annual AFSP (American Foundation for Suicide Prevention) Teleconference throughout NH. Connect training programs continued to reach specialized audiences such as those supporting soldiers and their families, refugees, persons struggling with substance abuse and LGBT (lesbian, gay, bisexual and transgender) individuals.

Collaboration with the Department of Education on providing suicide prevention and postvention training to schools

through Safe and Drug Free School Title IV funding. Connect worked with several schools around NH bringing Connect Suicide Prevention and Postvention, and NAMI NH mental health awareness programs to school personnel and students.

- ◆ Connect staff continued to provide support and technical assistance to Moultonborough, Seacoast and Raymond Coalitions in suicide prevention and postvention and newly formed North Country Suicide Prevention Coalition.
- ◆ Connect staff played a lead role in statewide initiatives (SPC, YSPA, state suicide prevention conference planning) and with new initiatives such as the resurrection of the Firearm Safety Coalition to address suicide prevention through education extended to firing ranges and gun shops.
- ◆ Through the Firearm Safety Coalition, Connect staff helped to develop and implement a package of educational materials for gun shops and firing ranges to assist in suicide prevention. These materials are now posted on the Connect website and have gained national attention and interest.
- ◆ Extensive supports provided to families bereaved by a suicide death.

CONNECT has continued to build its national presence and has workshops, presentations, and/or trainings featured in 28 states. Some of the highlights include:

- ◆ Presentation to the American Association of Suicidology (AAS) on lethal means restriction, the NH Gun Shop Project, Connect prevention and postvention trainings, and participation on multiple panels.
- ◆ Presentation at the Garrett Lee Smith (GLS) Grantee meeting by Connect staff included the following topics: "Support our Troops: GLS Grantees Working with Service Members, Veterans and Families" and "Promoting Safe Messaging and Responsible Reporting with Traditional and New Media."
- ◆ Presented several workshops for the Department of Defense Suicide Prevention Conference including postvention, new media and safe messaging.
- ◆ Participation in the National Suicide Prevention Lifeline Steering Committee.
- ◆ Connect training of trainers in New York, Indiana, Massachusetts and Vermont.

suicide prevention

Garret Lee Smith Grant

The Garret Lee Smith Grant continues to develop and sustain partnerships at all levels (public and private; local, state and federal; and military and civilian) guiding the implementation of suicide prevention efforts throughout the state. The work focuses on community outreach, awareness presentations, trainings for multiple groups including high risk populations and evaluation efforts.

Target Area Accomplishments Coos County:

Suicide prevention efforts have expanded throughout Coos County by providing Connect Suicide Prevention and Postvention trainings to individuals representing multiple disciplines ranging from school bus drivers to first responders and faith leaders. An evaluation model titled Early Intervention Referral and Follow Up (EIRF) has been implemented in the Lancaster and Colebrook community. Following readiness evaluations in both communities to help ensure success, EIRF tracking systems designed to meet the expressed readiness of each community have been designed and implementation and data collection has begun.

Youth in Foster Care:

Suicide Prevention trainings were provided in collaboration with Granite State College and the NH Division of Children, Youth and Families for their new foster parents participating in the Education and Training Partnership Program. Participants trained represented new foster and adoptive parent's child care staff of NH residential facilities and caregivers.

Youth Engaged in Substance Abuse:

Trainings were provided to statewide substance abuse programs to train staff in suicide prevention protocols. A continued collaboration with Raymond Coalition for Youth provided an opportunity to start the process of implementing a training of trainers for youth leaders within the Raymond school district. Project staff has started to discuss mutual areas of collaboration with the Governor's Substance Abuse Prevention Treatment Task Force for engaging substance abuse and prevention in suicide prevention efforts.

Veterans/Military:

Trainings in Suicide Prevention and Postvention were provided to the NH National Guard and for Easter Seals Care

Coordinators under the Deployment Cycle Support Program. The Program staff continues to play an active role within the NH military community by actively serving on the Suicide Prevention Council's Military subcommittee, the NH National Guard's Health Promotion Council, and the North Country Veteran's Committee by providing technical assistance to members regarding suicide prevention, response to suicide and safe messaging for press releases and media inquiries.

Lesbian Gay Bisexual Transgender (LGBT) Youth:

Building relationships and providing support, presentations and trainings to the LGBT community of New Hampshire. Trainings were to the SAGE (Sexuality, Anti-Violence, Gender Equality) Center in Plymouth, LGBT Conference in North Country and Seacoast Outright group.

Native Americans:

NAMI Staff collaborated with Wijokadoack, a Native American serving organization. While serving as a resource to the Native American community there was active participation in four Health Tents to provide suicide prevention and mental health resources to over 425 people of the Abenaki Native American Community at Powwow's.

Attempt Survivors:

The CONNECT program provides trainings to increase the awareness of risk and to build capacity to respond to suicide attempt survivors throughout the state. This training and support is done through Counseling on Access to Lethal Means (CALM) and Assessing and Managing Suicide Risk (AMSR). CALM trainings were also provided to community health centers, hospitals and community mental health centers. AMSR trainings were provided to mental health professionals working in community mental health centers, hospitals, universities and private practices. As a result of the Connect Suicide Postvention trainings and all CALM trainings, over 1,500 National Suicide Prevention Lifeline materials and *After An Attempt* brochures were distributed throughout community mental health centers.

suicide prevention

State Suicide Prevention Council and Public Awareness and Support:

Program staff provides technical assistance to four regional coalitions throughout the state focusing on suicide prevention. In addition to working with community coalitions, program staff is also involved in all of the NH State Suicide Prevention Council's committees: Data Collection, Military and Veterans, Communications, Professional Practice, Public Policy and Suicide Prevention Fatality Review to aid in implementing the State Suicide Prevention Plan. The Committees are often tasked with responding to specific events and advocating for specific issues related to suicide prevention.

New Hampshire Suicide Prevention Leadership Summit:

The first annual state Suicide Prevention Leadership Summit was held on May 10, 2011. This forum was presented to recognize successful and innovative efforts in suicide prevention and to engage the community. One hundred and eighteen individuals attended the forum to learn about suicide prevention on a national, state and grassroots level as well as recognize individuals with the Commitment to Life Awards.



Dan Wells receives the
Commitment to Life Award
at the Suicide Prevention
Leadership Conference

Annual NH Suicide Prevention Conference:

"Strategies for Safety & Resilience" was held at Loon Mountain Club on November 5, 2010 and attracted 193 individuals representing mental health professionals;

health care providers, survivors of suicide loss, educators and school administrators, policy-makers, parents, law enforcement and first responders, media, Veterans and military families, criminal justice, primary care and emergency room providers, students and sponsors.

Evaluation

Under the current GLS funding, NAMI NH has participated in a multi-level evaluation. At a local level, NAMI NH has conducted pre/post-test surveys and/or training exit surveys for all GLS training activities in the state (i.e., Assessing and Managing Suicide Risk, CALM and Connect trainings funded under GLS). Additionally, NAMI NH, with the help of an evaluation team from Antioch University – New England has participated in a national cross-site evaluation, as well as a national evaluation of all GLS grantee sites.

Survivors of Suicide Loss (SOSL)

Resources and supports for survivors of suicide loss (those who have lost a loved one to suicide) continue to expand in NH through NAMI's collaboration with those bereaved by suicide and with other New Hampshire and national organizations. Some NH Survivor of Suicide Loss Highlights from 2010/2011 are as follows:

Supports

Active survivor of suicide loss support groups now number 10, with an eleventh group that meets on an as needed basis. In the 2010/2011 year, two new groups started in the Manchester area, a region that was determined in 2009/2010 to be in need of additional support. Survivor resource folders were updated, collated and mailed out to 220 new survivors of suicide loss through collaboration with the Office of the Chief Medical Examiner (OCME) and the NH Bureau of Behavioral Health (BBH). A new quilt with squares made by family members in memory of their loved ones lost to suicide was completed through the Hampstead Support Group and the Seacoast AFSP Walk Committee.

"I learned how to safely talk about my loss and suicide prevention to all kinds of groups, and to have people connect with my story."

~ Quote from SOS Presenter training

suicide prevention

NAMI NH's SurvivorVoices: Sharing the Story of Suicide Loss

was recently listed on the National Best Practice registry. This is a two-day program that teaches those bereaved by suicide how to speak safely and effectively about their loss. Research shows that the words and content used to speak about suicide can be very influential in both positive and negative ways. While unsafe language can inadvertently put vulnerable individuals at higher risk for suicide, speakers who adhere to safe messaging in a carefully prepared story serve to educate others about suicide, reduce stigma and increase helping-seeking for mental illness. Some individuals who take SurvivorVoices may never share their story publicly, but participation in the training helps them with their own grief process and connects them with other survivors. "SurvivorVoices gave me my voice", comments Linda Mayo, a Vermonter who participated in the program. "It helped me so much and now I can help others when I'm out there speaking. I can feel it in their eyes – it's making an impact. Learning about safe messaging makes it easier to speak about my loss because I know where I should and shouldn't go." In addition to trainings held in NH, several other states have contracted with NH for this training including Massachusetts, Maine, Missouri and Virginia.

Events

Survivors of suicide loss participated in various events around NH including the 12th Annual AFSP National Survivor's of Suicide Day Teleconference (held at 9 sites with approximately 120 attendees), two AFSP Out of the Darkness Walks, the NAMI Walk, the First Annual Suicide Prevention Summit, and the NH Suicide Prevention Conference.

Leadership

Survivors of suicide loss held key leadership roles in the NH Suicide Prevention Council and its subcommittees, regional coalitions, support groups, and the NH Suicide Prevention Conference and Summit. NH survivor and support group leader, Dan Wells, was awarded the "In My Journey of Hearts Award" at the First Annual Suicide Prevention Summit in recognition of his outstand-

ing leadership in survivor support and suicide prevention in NH and nationally.

Training

With support through the Community Health and Healing Fund, one NH Survivor attended SOSL Facilitator training in Washington state and returned to start a new support group in Manchester. Two survivor speaker trainings were held in NH growing the number of trained speakers to 32.

"I learned what the warning signs of suicide might be and what to do about it. If I'm faced with this situation I feel Like I can offer valuable help."

~ Quote from Connect training

Exhibits and Presentations

Survivors continue to help reduce stigma, educate and provide support to community members through speaking engagements at colleges, trainings, media interviews, and community events. In 2010/2011, trained survivor speakers presented at 28 events and the Survivor of Suicide Loss quilt was exhibited with resources 38 times.

Outreach

Efforts were made to connect survivors of suicide loss to support and advocacy efforts through bi-monthly survivor conference calls, the distribution of 8,000 Survivor of Suicide Loss Newsletters in hard copy, and email distribution of newsletters and periodic survivor updates. In addition, the book "Healing the Hurt Spirit" was mailed to new survivors upon request and individual support was provided on a request basis.

Fundraising

Survivors of Suicide Loss led and/or participated in a number of fundraising events to raise awareness and funds for mental illness and suicide prevention. These included the above mentioned walks, Paddlepower, and a tree lighting ceremony at greater Manchester Mental Health Center.

suicide prevention evaluation

CONNECT trainings address **suicide prevention across the lifespan**. Current program evaluation efforts have been conducted by CONNECT program staff using pre- and post-test evaluations collected during CONNECT Prevention and Intervention trainings.

The evaluation measures the effects of Connect training on participant:

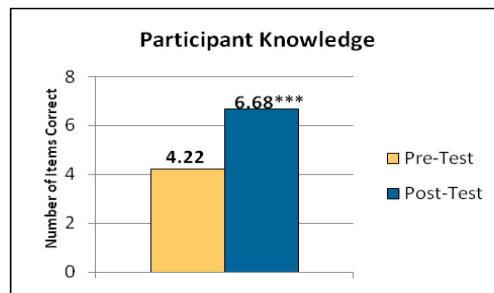
- Knowledge about suicide and suicide prevention.
- Confidence and comfort in dealing with suicide incidents.
- Stigma related to suicide and seeking mental health care services.

Training Participants	
Discipline	Number Trained
Educators	551
Faith Leaders	16
First Responders (EMS)	48
Gatekeepers	333
Law Enforcement	60
Mental Health/Substance Abuse Providers	139
Primary Care Providers	22
Social Services Personnel	226
TOTAL	1,395

Prevention and Intervention Evaluation Results

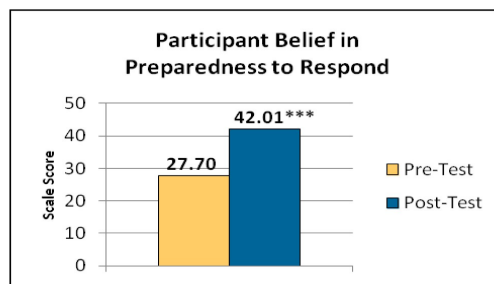
Knowledge about Suicide and Suicide Prevention

- Participants in Connect trainings demonstrated significant increases in overall suicide and suicide prevention knowledge.
- The number of participants answering correctly increased for all items from pre-test to post-test.
- Possible Score Range: 0-8



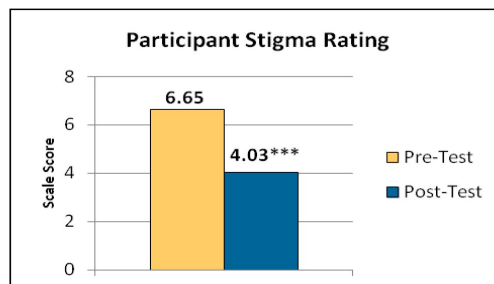
Confidence and Comfort in Dealing with Suicide Incidents

- After taking part in Connect trainings, participants report feeling better prepared to respond to suicide incidents. This includes increases in:
 - Confidence in their own knowledge and abilities.
 - Comfort with the topic of suicide prevention.
- Possible Score Range: 0-50



Stigma Related to Discussing the Topic of Suicide and Seeking Mental Health Care Services

- Participants in Connect trainings also demonstrated significant decreases in stigma around suicide and seeking mental health care. This includes:
 - More willing to talk about suicide.
 - Greater willingness to access mental health care.
 - Increased acknowledgement of mental illness as a serious issue.
- Possible Score Range: 60-0



suicide postvention evaluation

CONNECT trainings address **suicide Postvention**. Current program evaluation efforts have been conducted by CONNECT program staff using pre-and post test evaluations collected during Postvention trainings.

The evaluation measures the effects of Connect training on participant:

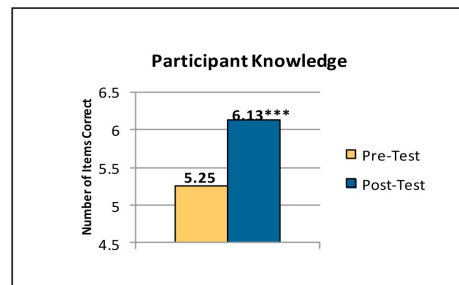
- Knowledge about suicide and suicide prevention/postvention.
- Confidence and comfort in dealing with suicide incidents.
- Stigma related to suicide and seeking mental health care services.

Training Participants	
Discipline	Number Trained
Educators	68
Faith Leaders	29
First Responders (EMS)	9
Law Enforcement	25
Mental Health/Substance Abuse Service Providers	99
Social Service Providers	163
TOTAL	393

Postvention Evaluation Results

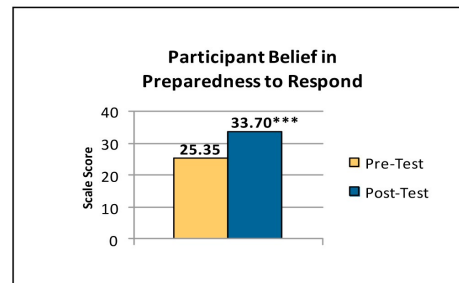
Knowledge about Suicide and Suicide Prevention and Postvention

- Participants in Connect trainings demonstrated significant increases in overall suicide, suicide prevention and suicide postvention knowledge.
- The number of participants answering correctly increased for all items from pre-test to post-test.
- Possible Score Range: 0-7



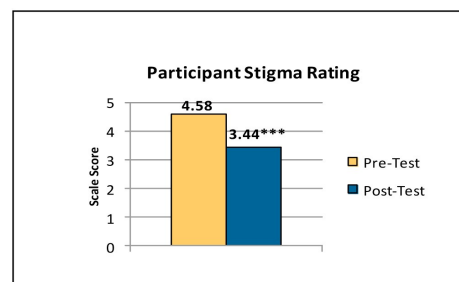
Confidence in Readiness to Deal with Suicide Incidents

- After taking part in Connect trainings, participants report feeling better prepared to respond to suicide incidents. This includes increases in:
 - Confidence in their own knowledge and abilities.
 - Responsibility to act when faced with a suicide attempt or death in their community.
- Possible Score Range: 0-40



Stigma Related to Discussing the Topic of Suicide and Seeking Mental Health Care Services

- Participants in connect trainings also demonstrated significant decreases in stigma around suicide and seeking mental health care. This includes:
 - More willing to talk about suicide.
 - Greater willingness to access mental health care.
 - Increased acknowledgement of mental illness as a serious issue.
- Possible Score Range: 50-0



events 2010 Events

Mental Illness Awareness Week (MIAW) October 3 - October 9

October 3rd - 8th Annual NAMIWalks NH kicked off MIAW with 675 walkers, 51 teams, 138 volunteers, and 25 business sponsors joining together to make our Walk a great success. The Walk provides a platform to raise awareness about mental illness its treatment and recovery opportunities, as well as raise vital funds for family support and education programs.



NAMIWalks NH 2011

October 5th - Mental Health and Schools Conference - Over 160 school personnel, mental health providers, and family members attended this daylong conference focused on practical approaches to support children and youth with emotional and behavioral challenges. The key elements of the day included a presentation of *Mental Health AND Schools: Opportunities and Challenges, 2011 and Beyond* followed by workshops. This was a collaboration between NAMI NH and a wide variety of community partners including the NH Department of Education and NH Department of Health and Human Services.

October 5th - National Day of Prayer for Mental Illness Recovery and Understanding encouraged the partnership of both faith communities and secular organizations to come together to restore mental wellness in our country. Events were held in two faith communities and across New Hampshire with participants taking a moment to silently recite the MIAW Prayer at noon on Tuesday, October 5, 2010.

October 6th - Theater of War ~ An estimated 650 individuals attended one of the two sessions held in Concord and Pembroke. The "Theater of War" was an innovative new project that presents readings of ancient Greek plays as a catalyst for town hall discussions about the challenges faced by combat service members, veterans and their families today. This event was hosted by the NH National Guard, NH Department of Health and Human Services, NAMI NH, NH

Suicide Prevention Council, and the White River Junction VA Medical Centers.

October 7th - A Day at the State

Hospital: Then and Now! - Over 75 people attended the Open House at New Hampshire Hospital. Attendees had an opportunity to hear stories of New Hampshire Hospital's history contrasted with its current functioning, through photos, displays and live stories from those who lived it.

October 2010 through May 2011

Emotional Literacy Program offered free to elementary schools. The book DAVID and the WORRY BEAST by Anne Marie Guanci was presented in 17 schools to over 440 students to provide students with factual information about anxiety disorders, teach positive help-seeking behaviors and address the issues of stigma.

2011 Events

March 26th - "All Together Now!"

NAMI NH's Annual Conference was attended by 169 participants. The conference offered a keynote presentation *Miracles in the Midst ...It Lives in YOU* by Chris Trout an international speaker, author and life coach; a plenary session, *What do I need to know about Medical homes?* was presented by Sylvia Pelletier, NH Family Voices; workshops in the afternoon covered a variety of topics. The day included a Transition Age Track for youth ages 14-21.



It Lives in YOU presentation by Chris Trout

2011 Events continued

Annual Awards

A special ceremony is held during the Annual Conference to honor outstanding individuals who have “gone the extra mile to reach out, advocate or provide an exemplary service to persons with mental illness and/or their families.” Congratulations to this year’s Award winners.

NAMI NH 2011 Annual Award Winners

- ♦ **Katie Merrill**, Program Manager, Harbor Homes – Outstanding Therapist Award
- ♦ **Sharon Murphy**, Professor, UNH School of Social Work – Outstanding Educator Award
- ♦ **Charlie Cotton**, Area Director, Northern Human Services- Outstanding Mental Health Administrator Award
- ♦ **Seacoast Media Group of Portsmouth**, Outstanding Media Award
- ♦ **C.R.E.A.T.E! of Manchester** - Outstanding Systems Change Award
- ♦ **Captain Robert Stafford**, Assistant Commandant, Police Standards and Training Academy - Outstanding Law Enforcement Award
- ♦ **Tom Timmons** - Director of Dental Health, NH Hospital - Unsung Hero Award

May 3, 2011 ~ Children’s Mental Health Awareness Day

This year’s theme “Caring for Every Child’s Mental Health” included a display of artwork submitted by youth from around the state. A media event in the lobby of the NH Legislative Office Building which included the reading of the Governor’s Proclamation by Lauren Foster of Rochester. Speakers included: Michael Cohen, Executive Director, NAMI NH; Representative Mary Stuart-Gile; Jackie Cowell, Early Learning NH; Ellyn Schrieber, NH Association of Infant Mental Health and Dr. Steven Cauble, NH Hospital/Anna Philbrook Unit. Information packets were distributed to over 400 NH pediatricians through the NH Pediatric Society.

These events were made possible through a collaboration with Every Child Matters, Early Learning NH,

Genesis Behavioral Health, Granite State Federation of Families for Children’s Mental Health, NAMI NH, NH Association of Infant Mental Health, NH DHHS Community Based Care Services, NH DHHS Early Supports and Services-ARRA Funding, NH DHHS Special Medical Services, NH Family Voices, NH Pediatric Society, Riverbend Children’s Intervention Program, and Seacoast Mental Health Center.

June 16th - Party with a Purpose

This event was at the beautiful home of Tim and Liz Durkin, Rye, New Hampshire and was both social and informational. About 100 Seacoast residents gathered to learn about NAMI NH – while enjoying wonderful appetizers and desserts. Officer Tim Black of the Portsmouth Police Department spoke to attendees about the skills the Department gained from taking NAMI NH’s CONNECT Suicide Prevention Training and how those skills helped save a life. The Portsmouth Police Department was presented with the Training in Action Award.

Exposure to suicide prevention education and resources has come a long way in NH thanks to the dedication of the NAMI staff and volunteers.

~ Survivor of Suicide Loss/Connect Training Program Participant



Andrea Daly presenting Officer Tim Black with the Training In Action Award for the Portsmouth Police Department.

you have helped

The Iris Circle

Donors who have supported NAMI NH for **10** or more consecutive years with Annual Contributions of **\$5,000** or more.

Rona and Ken Purdy
Peggy M. Straw

Inner Circle Members

Donors who have supported NAMI NH for **5** or more consecutive years with Annual Contributions of **\$1,000** or more.

Rona and Ken Purdy
Katherine Stebbins
Peggy M. Straw

Donor Loyalty Circle

Donors who have made annual contributions for 3 or more consecutive years.

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In Honor of

Ruth Bleyler
Lois W. Wauchope

In Memory of

Muriel Bookhalter
Velna L. Carroll
Marilyn Daley
Patricia Davis
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thank you for your support!

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The Harbor Group, Inc.

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Valerie Acres
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Susan Brown
David Canedy
Kenneth Clark
Deborah Clark
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Riverbend Community Mental Health Center
Seacoast Mental Health Center, Inc.
State of NH
Town of Moultonborough

you can help

Donations to NAMI NH support the programs and services we provide to NH residents affected by mental illness.

No gift is too small.

- ♦ **Make a tax deductible cash donation.**
- ♦ **Select the recurring gift** option on our secure on-line system (www.naminh.org) – you can make smaller gifts on a monthly basis.
- ♦ **Contribute a tax deductible gift of stock or securities.**
- ♦ **Participate in your employer’s Charitable Giving Program.**
- ♦ You may direct your donations to Community Health Charities or United Way by writing in “NAMI NH” as the recipient.
- ♦ **Honor a loved one** by making a donation In Honor of or In Memory of.
- ♦ **Leave a legacy** by providing for NAMI NH in your will.

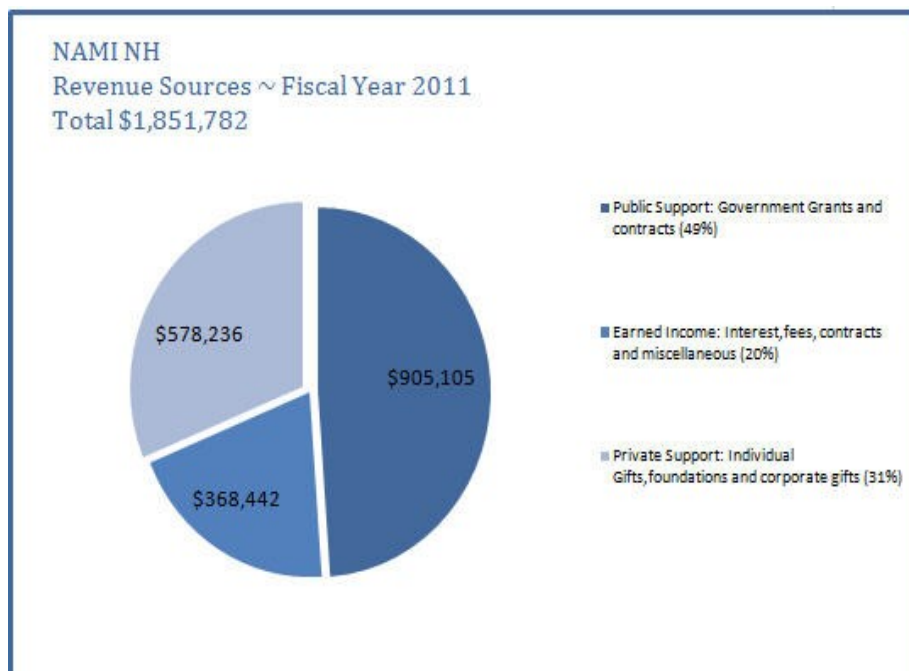
nami nh ~ by the numbers

The organization served over **11,000** NH residents in fiscal year 2011, who participated in NAMI NH programs funded through grants, contracts and donations. Below are some of those programs and the number of individuals/families who attended.

Number of Families who received Individual Support and Education	201
Number of Information and Resource responses (Phone/Email/Walk-In)	1,157
Number of graduates of NAMI NH Education Programs	703
Number of attendees at NAMI NH Presentation Programs	3,267
Number of Active Volunteers (continuous involvement for over 6 months)	150
Number of Support Groups throughout the State	26
Support Group Meeting Held	329
People who attended a NAMI NH Support Group for the 1st time	242
Number of People who attended Advocacy Training	38
Number of Public Presentations attendees	2,396
Attendees at Mental Health and Schools Conference	164
Attendees at Annual Family and Consumer Conference	168
Educational Brochures Distributed in NH	29,925
New Teachers, Facilitators and Presenters Trained	50
Number of NAMIWalks NH Participants (October 2010)	675

financials ~ fiscal year 2011

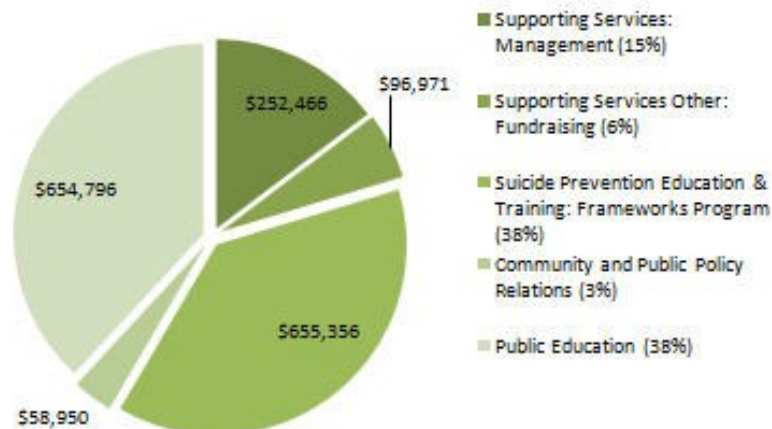
NAMI NH Statement of Activities July 1, 2010 - June 30, 2011		
	<u>Current Year Actual</u>	<u>Prior Year Actual</u>
Revenue and Support		
Government Grants and Contracts	\$ 905,105	\$ 736,210
Contributions	\$ 457,265	\$ 322,642
Member Dues	\$ 8,279	\$ 9,513
Fundraising	\$ 112,691	\$ 94,326
Interest and Dividend Income	\$ 24,656	\$ 17,543
Training Services	\$ 318,487	\$ 309,196
Other	\$ 25,299	\$ 17,028
Total Revenue and Support	\$1,851,782	\$1,506,459
Expenses		
Employee Related Expense	\$ 1,188,766	\$ 995,023
Contractual Labor	\$ 174,400	\$ 101,743
Occupancy	\$ 105,651	\$ 95,560
Fundraising	\$ 22,501	\$ 14,450
Educational Materials and Supplies	\$ 139,637	\$ 108,916
Other	\$ 87,583	\$ 77,726
Total Expenses	\$ 1,718,538	\$ 1,393,419
Change in Net Assets	\$ 133,243	\$ 113,040



financials ~ fiscal year 2011

NAMI NH Balance Sheet As of June 30, 2011		
	<u>Current Year Actual</u>	<u>Prior Year Actual</u>
Assets		
Current Assets		
Cash & Cash Equivalents	\$ 835,240	\$ 763,351
Accounts Receivable	<u>\$ 157,206</u>	<u>\$ 200,712</u>
Total Current Assets	\$ 992,445	\$ 964,063
Long-term Assets		
Property & Equipment	\$ 17,928	\$ 22,933
Long-term Investments	<u>\$ 87,870</u>	<u>\$ 72,233</u>
Total Long-term Assets	<u>\$ 105,798</u>	<u>\$ 95,156</u>
Total Assets	<u>\$ 1,098,243</u>	<u>\$ 1,059,219</u>
Liabilities		
Short Term Liabilities		
Accounts Payable & Accrued Expenses	\$ 110,036	\$ 72,754
Long-term Liabilities		
Long-term Liabilities	<u>\$ -</u>	<u>\$ 131,502</u>
Total Liabilities	\$ 110,036	\$ 204,256
Net Assets		
Beginning Net Assets		
Net Assets	\$ 854,963	\$ 741,923
Current YTD Net Income	<u>\$ 133,243</u>	<u>\$ 113,040</u>
Total Net Assets	<u>\$ 988,207</u>	<u>\$ 854,963</u>
Total Liabilities and Net Assets	<u>\$ 1,098,243</u>	<u>\$ 1,059,219</u>

NAMI NH Expenses Fiscal Year 2011 Total \$1,718,538



nami nh staff

Ken Norton, LICSW
Executive Director

Tammy Murray
Chief Financial Officer

Susan Allen
Family and Community Support Specialist

Annette Carbonneau
Manager of Grant Operations & Volunteer Development

Elaine de Mello
Connect Supervisor of Training & Education Services

Landis Donaghy
Administrative Assistant

Ann Duckless
Connect Community Educator & Prevention Specialist

Julie Dunham
Administrative Clerk/Receptionist

Claudia Ferber
Director, Child and Family Programs

Diane Gedney
Office Manager

Deborah Karr
In Our Own Voice Coordinator

Bernice López-Stanizzi
GLS Suicide Prevention Grant Coordinator

Ellen Malloy
Evidence-Based Supported Employment Prg. Coordinator

Becky McEnany
Connect Community Educator & Prevention Specialist

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Coordinator, Program Evaluation and Improvement

Bernie Seifert
Older Adult Services Program Coordinator

Win Saltmarsh
Event Coordinator

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Nashua, NH

Elizabeth Merry
Sanbornton, NH

David Sawyer
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Fran Schopick
Concord, NH

Ron White
Boscawen, NH

* Executive Committee Members

volunteers

As a grassroots organization NAMI NH's volunteers and members are people that facilitate change and make New Hampshire a better place for people with mental illness and their families. NAMI NH's volunteers work to eliminate stigma; provide support and education to families and consumers affected by mental illness; influence public policy; and increase NAMI NH's visibility in their local communities. The contributions made by these volunteers is significant and supports NAMI NH's vision and mission.

In FY 2011:

- ♦ NAMI NH had over **150** active and engaged volunteers.
- ♦ Volunteers contributed **11,462 hours** of time to NAMI NH leadership, advocacy and teaching initiatives.
- ♦ Volunteer hours have a value of **\$256,126**.

Volunteer Roles

- ♦ Teachers of educational programs.
- ♦ Support Group leaders ~ Family, Parent and Consumer groups.
- ♦ "In Our Own Voice", "Survivors of Suicide" and "Life Interrupted" public speakers.
- ♦ Public Policy and Program Advocates.
- ♦ Participation and planning for Mental Illness Awareness Week-NAMI NH's premier education effort.
- ♦ NAMI NH Annual Conference.
- ♦ Serve on NAMI NH Committees and Board of Directors.
- ♦ Provide general office help.
- ♦ Serve on State Planning Committees.



There is hope where there is help
through education, support and
advocacy.