

we can help  
improving lives affected by  
mental illness

# Annual Report

July 1, 2011 ~ June 30, 2012



National Alliance on Mental Illness  
**NEW HAMPSHIRE**

85 North State Street  
Concord, NH 03301  
603.225.5359

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

# *executive director/president's letter*

Dear NAMI Friends and Members,

Happy 30<sup>th</sup> anniversary NAMI NH! Fiscal year 2012 has been one of transitions. As Ken completed his first year as Executive Director, Jonathan began the transition to President of the NAMI NH Board. Much effort this year went into trying to lower our overhead costs through the purchase of a building to house NAMI NH's state offices. Through the hard work of staff and board we realized that vision and closed the year preparing to move.

We experienced significant transitions in policy areas as well. NH's decision to adopt a private managed care model for Medicaid kept NAMI NH staff, Board and volunteers busy keeping pace with the rapid developments of implementing this legislative mandate. Cuts to mental health funding that negatively impacted the service delivery system resulted in legal advocates and the Federal Department of Justice suing the State of New Hampshire for violating the American with Disabilities Act. On a positive note, NAMI NH worked closely with the Department of Health and Human Services, Endowment for Health, NH Charitable Foundation and many other organizations to develop a strategic plan for improving NH's Children's Mental Health System of Care. Ending the year with a bang, the Supreme Court's decision to uphold the Affordable Care Act affirmed NAMI's hard fought advocacy on mental health aspects of the law, which will result in improved access to treatment for individuals with mental illness.

While all these transitions were taking place NAMI NH continued onward with our mission to improve the lives of all those affected by mental illness. Serving over 12,000 individuals in NH this year, NAMI NH volunteers and staff offered support, advocacy and education across the lifespan to individuals and families in every region of our great state. Our *Connect* Suicide Prevention Program provided training and consultation from coast to coast and beyond. Our Side By Side Program for older adult caregivers is gaining national attention and we hope to begin exporting it soon. Revenue generated from these programs helps sustain NAMI NH's work here in New Hampshire.

We closed out the year with a wonderful celebration of our transition into our third decade as NH's voice on mental illness! Our growth and success as an organization is built on the many partnerships and collaborations NAMI NH has been involved with this year and over the past 30 years. Thank you to all our volunteers, Board members, funders, key stakeholders and collaborators for all you do to further NAMI NH's mission. We look forward to our continued work together and to welcoming you to our new home!



Kenneth Norton  
Executive Director



Jonathan Routhier  
Board President

# family education & support

## Evaluations

Evaluation data is part of our on-going quality improvement effort for all NAMI NH programs. The process follows a feedback loop – conduct the training; gather our participant’s feedback; summarize the data; review with NAMI NH’s program staff; and implement quality improvements deemed beneficial. This process is valuable to us in many ways: demonstrates the sustainability of the program(s) over time; and helps to identify areas to pursue - expand and/or create new programs. For program evaluation results go to <http://www.naminh.org/evaluation-results>.

## Family Education

Families, friends and caregivers of those coping with mental illness or serious emotional disorders can participate in free educational programs. These are designed to help gain a greater understanding of the illness or disorder, cope better, worry less and feel newly empowered to advocate for better treatment and services for their loved one. Our programs are taught by trained family members who have the experience of living with mental illness/serious emotional disorders.

**Parents Meeting the Challenge (PMC)** is an 8-session course for parents and caregivers of a child or youth with a serious emotional disorder. In FY 2012 there were three courses taught in three communities around the state with a total of 31 participants.

**Family to Family (F2F)** is a 12-session course for family and friends of an adult who has a mental illness. Ten courses were held in eight locations around the state with a total of 136 participants in FY2012.

**Side by Side (SBS)** is a series of 9 workshops for family and caregivers of an older adult with a mental illness. In FY 2012 twenty six workshops were held in four communities around the state with a total of 185 participants.

## Support

NAMI NH provides support to New Hampshire families affected by mental illness through its network of statewide support groups. In addition, NAMI NH offers one-on-one time-limited support and Information and Resource (I & R) services.

### *One-on-One Support*

NAMI NH provides one-on-one focused, time-limited, support and education to individuals and families affected by mental illness. Individuals are connected with NAMI NH support and education programs and resources within their communities.

## *Online Support*

An online message board and a regularly scheduled online support group is available for parents and caregivers of children and youth with emotional disorders. A second online message board is also available for families and friends of adults who have a mental illness. Message board participants are able to share concerns and discuss strategies and coping mechanisms 24/7. Message boards and online support groups are moderated by trained NAMI NH volunteers and staff.

## *Support Groups*

Support Groups are offered throughout the state and led by trained facilitators who are family members, or persons with mental illness. These groups offer the unique understanding, support and hope that can only be gained from people who have “been there”.

- ♦ Family/Friend Support groups are for those who have an adult in their life who has a mental illness.
- ♦ Parent/Caregiver Support groups are for those that have a child or adolescent with a serious emotional disorder.
- ♦ Peer Support Groups are for those that have a mental illness.
- ♦ Survivors of Suicide Loss Groups are for those who have lost someone to suicide.

## *Information and Resources*

NAMI NH responds to requests for specific information from individual callers, through emails, and from walk-ins to our office. NAMI NH provides science based materials and needed mental health related resources to these individuals. Referrals are made to consumer and family support and education programs and to survivor of suicide loss resources and supports. The NAMI New Hampshire website [www.naminh.org](http://www.naminh.org) and the *Connect* Suicide Prevention website [www.theconnectproject.org](http://www.theconnectproject.org) are kept current with additional national, state and community resources, support groups and educational programs.

# trainings

## Leadership Training

Leadership Training is provided by NAMI NH to volunteers to enable them to teach family education programs, facilitate support groups and be advocates. Training and continuing technical assistance provide these leaders with the tools they need to help individuals and families in the recovery process and in advocating for essential services and supports.

## Law Enforcement

NAMI NH staff participated in training new recruits at the Police Standards and Training Academy; provided specialized in-service training to police departments throughout the state. During the year, orientation for new recruits (over 200 part-time and full-time) included training on how to manage crisis situations involving persons with mental illness.



Over 50 veteran officers attended NAMI NH's in-service training in dealing with both adults, older adults, and juveniles with mental health disorders. Through a contract with Primex, NAMI NH delivered a two-day intensive training on mental illness and suicide prevention at four different locations around the state, reaching approximately 125 officers.

## Schools

Through funding directed by the Department of Education, NAMI NH offered training to schools covering a wide array of topics: suicide prevention; postvention practices and preparedness; and workshops on working with students who are affected by mental illness. The *Connect* Program worked extensively with school districts who had experienced the suicide of a student to help with strengthening crisis response with best practices and attend to risk of contagion.



## Speakers Programs

First hand experiences are shared with audiences through three NAMI NH Speakers Programs.



***In Our Own Voice (IOOV)*** is an educational presentation given by trained individuals who are in recovery from mental illness. These presentations help to reduce stigma, promote recovery; and help audiences understand what it is like to live with a mental illness. Fifty presentations were given to 1,606 audience members in FY 2012.

"Very eye opening and inspiring to learn how the presenter has coped with unimaginable challenges! My perception of mental illness and desire to advocate for others with it has grown." ~ IOOV Participant

***Life Interrupted (LI)*** is a family speaker presentation given by trained individuals who have a loved one with mental illness. These presentations educate about the impact of mental illness on families, the benefits of family support and the need to eliminate stigma. In FY 2012, twenty two presentations were made to 637 audience members.

"The face of mental illness is not the face of some stranger. It is the face of our neighbors and coworkers, our family and friends and, sometimes, us." ~ Michael Fitzpatrick ~ NAMI National Executive Director

***SurvivorVoices*** is a presentation given by trained individuals who are bereaved by suicide. These presentations increase awareness about mental illness and suicide prevention, reduce stigma and promote help seeking behavior. In FY 2012, thirty four presentations were made.

"Learning to share my story has helped give a purpose to my trauma and hope for my future healing" ~ SurvivorVoices Speaker



# advocacy & technology

**Advocacy** - A voice on mental illness, NAMI NH advocates for improved access to services and social supports, early intervention and science-based practices to promote recovery, and build skills and resilience. Our outreach extends to local, state and national leaders and service providers, bringing both concerns and solutions by 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** is NAMI NH's Advocacy Training, program providing participants with the skills and confidence they need to advocate to elected officials for improved access to quality mental health services.

## Legislative Luncheon

On May 1<sup>st</sup> NAMI NH hosted a Legislative Luncheon focused on the importance of employment for people with mental illness. Legislators, employers, family members, consumers and key stakeholders from employment-focused initiatives attended to explore this important topic.

## NAMI NH Child and Adolescent Network

This "open" network is comprised of youth, families, natural supports and providers. The focus of the group's work is to identify barriers or obstacles to supports and services, then research these barriers and prepare recommendations for improvement. This year the group studied the challenges that children with mental illness and developmental disabilities face in accessing needed supports and services.

## Technology and Social Media is used

to reach families in need of support, and to educate the public, has been a priority over the year. NAMI NH secured funding to further develop our



internal capacity to produce and disseminate critical information through web-based media including facebook, twitter, blog, webinars and podcasts. The new NAMI NH blog allows us to immediately share important public policy events, stories of recovery and links to current mental health educational information that are then simultaneously posted on Facebook and Twitter.



Webinars were created on specific topics that address mental health across the lifespan and offered "live" with the ability to answer participants questions. Webinars were then posted to the NAMI NH website so the information would be available 24/7. To address the needs of families that are unable to attend family support groups because of location, transportation or family demands, we launched a NAMI NH staff moderated message board and created an online support group. The online support group for parents and caregivers of children/youth with emotional disorders meets twice per month and follows the same format as our physical groups.



# suicide prevention – “Connect”®

Designated **National Best Practice Program** approved by the Suicide Prevention Resource Center (SPRC) and the American Foundation of Suicide Prevention (AFSP) “**Connect**” provides:

- ♦ Comprehensive training curriculum including:
- ♦ Prevention and intervention
- ♦ Postvention (promoting healing and reducing risk after a suicide).



SurvivorVoices: Sharing the Story of Suicide Loss program trains survivors of suicide loss how to safely share their story privately and publicly.

- ♦ A public health, socio-ecological approach that looks at the individual, family, community and society. While a suicide is the act of an individual, it occurs in the context of and impacts that person’s relationships, community, and the larger society and culture.



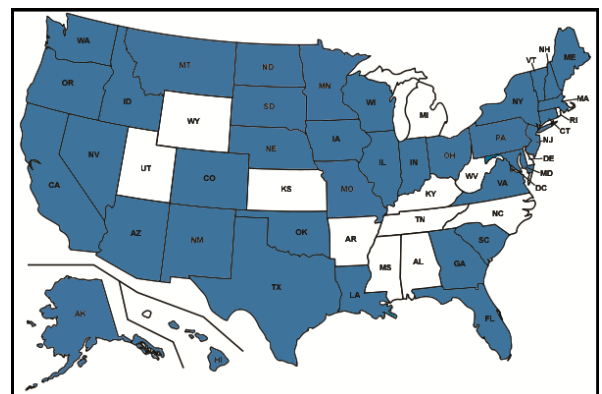
## Suicide Prevention Training, Education, Protocols and Collaboration through the Connect Program:

NAMI New Hampshire’s *Connect* Program continued to provide consultation, training and support to communities throughout New Hampshire as well as across the United States and Canada and the British Isles. As a best practice, the program has had an increasing presence nationally in states, communities, and most recently, tribal nations. The *Connect* Program has demonstrated an ability to adapt to many settings. Trainings, workshops and webinars were held in several states including Alaska, Oklahoma, Hawaii, Ohio, Nebraska the province of Nova Scotia, and in many tribal communities across the country. *Connect* staff continued to



carry out the work plans for the Garrett Lee Smith Grant for suicide prevention, along with activities funded by the Bureau of Behavioral Health in NH. *Connect* staff took the

lead in coordinating the state suicide prevention conference and a leadership summit sponsored by the state Suicide Prevention Council. The network of survivors of suicide loss became increasingly visible in many events including the Annual NAMIWalks; the AFSP Teleconference; support groups; statewide committees; fundraisers; speaking engagements; and many other events and initiatives in the state. NH *Connect* trainers, another resource in New Hampshire, led over forty suicide prevention and postvention trainings across the state, along with several second generation trainings.



States in blue represent completed *Connect* trainings

Several suicide prevention coalitions around NH continued to actively promote suicide prevention and postvention through grassroots awareness; education; dissemination of resources; and involvement in statewide activities such as the Annual Survivor Teleconference; and Leadership Summit.

# events 2012 Events

## Mental Illness Awareness Week (MIAW)

October 2 – October 8, 2011

The 9<sup>th</sup> Annual 5K NAMIWalks kicked off the week on Sunday with 900+ walkers. This event raises awareness about mental illness, eliminates stigma, promotes recovery and raises vital funds for family education and support programs. Tuesday, was the National Day of Prayer for Mental Illness Recovery and Understanding. Events were held in two faith communities. Across New Hampshire a moment of silence was observed at noon to recite the MIAW prayer. On Wednesday the Mental Health and Schools Conference was attended by school personnel, mental health providers and family members. The focus was on practical approaches to support children and youth with emotional and behavioral challenges. Thursday's event, an open house at New Hampshire Hospital with photos, displays and live stories of the history of the hospital. In addition, the annual Emotional Literacy Program was offered to elementary schools featuring the book "Brandon and the Bipolar Bear". The program includes the book, a CD with discussion questions, resource materials, student activities and a sample letter to the parents.

## NAMI NH Annual Conference

**"All Together Now" March 24, 2012**

This year's annual conference featured presenters conducting workshops that provided participants with quality information on a wide range of topics. Families, persons with mental illness and providers attended the conference. The NAMI NH Annual Awards were presented as part of the conference.



This year's winners were: Anna Rice - Consumer Empowerment; Hiller "Mac" McCartin's daughter Kathleen McMahon accepted his award in his absence;

Senator Lou D'Allasandro - Legislator; Donna Stamper - Family Volunteer; William Torrey MD - Outstanding Psychiatrist; Colebrook Key Club - Youth Leadership; Daniel Miller - Outstanding Mental Health Provider; Marsha Chapple - Unsung Hero (missing from photo). New for this year a special award was created in honor of Hiller "Mac" McCartin for outstanding commitment to improving the lives of persons affected by mental illness and substance abuse disorders through the promotion of integrated community based programs.

## "Party with a Purpose" May 3<sup>rd</sup>, 2012

"Party with a Purpose" is an annual event held to increase awareness about mental illness. This year's sold out event



was held at the beautiful ocean side home of Joffree Barnett and Michele Grennon.



Guest speaker, John Broderick, former NH Supreme Court Chief Justice and currently the Dean of UNH School of Law, shared his passionate and personal perspective on mental illness.

This successful event was organized by a volunteer committee from the seacoast region, and spear-headed by NAMI NH Board member, Andrea Daly.





## 2012 Events cont'd

### NAMI NH 30<sup>th</sup> Anniversary & Annual Meeting June 12, 2012

NAMI NH's 30<sup>th</sup> Anniversary Celebration and Annual Meeting was held on June 12, 2012 with the theme of past, present and future and brought together leaders and members from all of NAMI NH's decades. Rona Purdy was the master of ceremonies and guided the audience through NAMI NH's history.



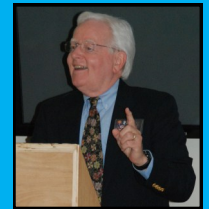
Peggy Straw, founder of NAMI NH was a guest speaker to share memories of the beginnings of NAMI NH and was awarded the NAMI National Richard Greer Advocacy Award. Video clips were provided by the Charitable

Foundation and by the Endowment for Health.



Dr. Alex deNesnera, past board member of NAMI NH was recognized for being awarded the 2012 NAMI National Exemplary Psychiatrist Award.

At the Annual Meeting, Paul Gorman, Board President made his farewell speech to the membership. Paul was the longest serving board member and NAMI NH wishes to express sincere appreciation to him for all his years of service to the organization. New NAMI NH board members were elected and a new slate of officers were nominated and elected. The meeting was concluded with the Treasurer's report.



## *nami nh ~ by the numbers*

The organization served over **12,000** New Hampshire residents in fiscal year 2012, 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.

### NAMI NH by the Numbers ~ 7-1-2011 - 6-30-2012

Families who received individual support and education = 217

Unique information and resource responses = 1,005

Graduates from NAMI NH education programs = 352

Attendees at NAMI NH speaker program presentations = 2,787

Support groups throughout the state 17 + 2 online support groups

People who attended advocacy training = 27

NAMI Walks NH participants = 900+

Public presentation attendees = 2,477

Community Readiness and Awareness Presentations held = 20 (NH: 15 – Other States: 5)

Suicide Prevention and/or Postvention trainings held = 100 (NH: 53 – Other States: 47)

People trained in *Connect* Suicide Prevention = 866 (NH: 620 □ Other States: 246)

People trained in *Connect* Suicide Postvention = 760 (NH: 283 – Other States: 477)

Suicide Prevention Trainers trained = 142 (NH: 69 – Other States: 73)

Postvention Trainers trained = 128 (NH: 20 – Other States: 108)

Youth Trainers trained = 138 (NH: 94 – Other States: 44)

Hours spent responding to suicide incidents = 78+

Support Groups for Survivors of Suicide in NH = 12

Times/events NH Lifekeeper Quilt was displayed = 36

NH Survivor of Suicide Loss Resource Folders distributed = 200

Survivors of Suicide Loss newsletters distributed = 8,000

# *board of directors*

**\*Paul Gorman, President**

*New London, NH*

**\*Jonathan Routhier, 1st Vice President**

*Dunbarton, NH*

**\*David Canedy, 2nd Vice President**

*Auburn, NH*

**\*Chet Batchelder, Treasurer**

*Nottingham, NH*

**\*Mary Ellen Forrestall-Nicholls, Secretary**

*Bow, NH*

Frances Belcher

*Sanbornton, NH*

Mary Ellen Brooks

*Bedford, NH*

Ann Butenhof

*Manchester, NH*

Stephen Cauble

*Concord, NH*

Diane Cyr

*Portsmouth, NH*

Andrea Daly

*Portsmouth, NH*

Geri Foucher

*Bedford, NH*

John Fox

*Sanbornton, NH*

Peggy Gilmour

*Hollis, NH*

Sheila Johnson

*Bow, NH*

Chet Littlefield

*Hollis, NH*

Martha, McLeod

*Franconia, NH*

Elizabeth Merry

*Laconia, NH*

Linda Paquette

*Concord, NH*

David Sawyer

*Durham, NH*

Ron White

*Boscawen, NH*

**\* Executive Committee Members**

**we can help**  
improving lives affected by  
**mental illness**

# *nami nh staff*

Ken Norton, LICSW  
**Executive Director**

Tammy Murray  
**Chief Financial Officer**

Susan Allen –Samuel  
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  
Family Education and Support Specialist

Becky McEnany  
Connect Community Educator & Prevention Specialist

Patrick Roberts  
Coordinator, Program Evaluation and Improvement

Bernie Seifert  
Older Adult Services Program Coordinator

Win Saltmarsh  
Event Coordinator

Richard Wiggins  
Peer Support Recovery Specialist

## **National Presentations**

Over the past year, NAMI NH staff shared their expertise on mental health related topics by presenting at national and international events including: The Department of Defense Suicide Prevention Conference, The American Association of Suicidology Conference, National Indian Health Services, National Institute of Mental Health Outreach Partners Conference, The NAMI National Convention, The National Association of State Mental Health Program Directors, Older Persons Division and for The Association of Mental Health in Scotland.

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

# *you have helped*

## **Grant Funders**

Bureau of Behavioral Health  
Dartmouth Trustees of Dartmouth  
Endowment for Health  
GlaxoSmith Kline  
Lincoln Financial Foundation, Inc.  
NH Charitable Foundation  
State of NH

## **In Honor of**

Sheila A. Johnson  
Alex P. de Nesnera  
Pamela F. Banks  
Rona R. Purdy  
Doris V. Sherman  
The LaPlante Family

## **In Memory of**

John L. Bailey  
Stefan P. Chapple  
Helene Feingold  
Sheena B. Floreani  
Nathan M. Folley  
Nathan Hardy  
Jean Jandine  
Kevin Hanglin  
Corey M. Lang  
W. Chris Philippsen  
Maxwell D. Sherman Jr.  
Virginia E. Stikeman  
Jake Tetro  
Marcia L. VanderMast  
Winifred P. Viger  
Judith A. Zebrowski

## **Donors**

### ***Recovery Promoters***

Alex P. de Nesnera  
Michael Folley  
Diane S. Mattly  
Candace McLaughlin  
Elizabeth Merry  
All Metals Industries, Inc.  
Granite United Way  
Lincoln Financial Foundation, Inc.

### ***Recovery Promoters cont'd***

Long Term Care Partners, LLC  
The Fuller Foundation, Inc.  
United Way of Merrimack County

### ***Resiliency Builders***

Elizabeth Merry  
Rona R. Purdy  
Win A. Saltmarsh  
BAE Systems Employee Community  
Fund, Inc.  
Centocor Ortho Biotech Services  
LLC  
Sunovion Pharmaceuticals Inc.  
The Beacon Charitable Corp  
The Harbor Group Inc.

### ***Hope Contributors***

Donald K. Anderson  
Peter Antal  
Ward Bennett  
Dolph Berman  
Elizabeth L. Biron  
George E. Blosser  
Marsha A. Chapple  
C. Reid Cooper  
Marjorie S. Corby  
Robert Crotto  
Susan M. Davies  
Alex P. de Nesnera  
Katie M. Edwards  
Mary Ellen Forrestall-Nicholls  
Martin Fox  
Edward Gendreau  
Douglas Grant  
Donald K. Holt  
Samuel F. Kambol  
Joseph Manning  
Stephen A. Masters  
Elizabeth Merry  
Donald A. Moore  
Rebecca R. Neal  
Angela Nikoloulas  
Edith M. Pickance  
Harry Rosenstein  
Jonathan Routhier  
David T. Sawyer

### ***Hope Contributors con'td***

Donald L. Shumway  
Katrina Southwick  
Richard Stuart  
Thomas A. Tarpey  
Community Health Charities  
Disabilities Rights Center  
Enhanced Life Options Group  
Granite United Way  
Hitchiner Manufacturing Company  
Inc.  
Knights of Columbus  
Nashua High School North  
NH Business Review  
NH Community Behavioral Health  
Association  
Northeast Delta Dental  
Seacoast Volkswagen, Inc.  
United Ways of New England

## **Event Sponsors**

Steve Cauble  
Elizabeth and Martin Merry  
Rona and Ken Purdy  
Katherine Wheeler  
All Metals Industries, Inc.  
Centocor Ortho Biotech Services  
LLC  
Dwyer Donovan & Pendleton  
Hampstead Hospital  
Lincoln Financial Foundation, Inc.  
McLane, Graf, Raulerson &  
Middleton  
Northeast Delta Dental  
Orion Seafood International  
Portsmouth Regional Hospital  
Prince Communications  
State of NH  
Sunovion Pharmaceuticals Inc.  
University of NH - Institute on  
Disability - Concord  
Wediko Children's Services, Inc.

## **NAMIWalks NH Sponsors**

### ***Silver Sponsors***

NH Community Behavioral Health  
Association



# volunteers

## NAMIWalks NH Sponsors cont'd

### **Start/Finish Line Sponsor**

WestBridge Community Services

### **Bronze Sponsors**

All Metals Industries, Inc.

Dartmouth - Hitchcock

St. Joseph Hospital

Wal-Mart Store - Concord 2055

### **Supporters**

Checkmate Payroll Services, Inc.

E & S Insurance Services, LLC

McDevitt Truck Sales

Merrimack County Savings Bank

NH Psychiatric Society

Sams Club Foundation 6352

Seacoast Mental Health Center, Inc.

### **Kilometer Sponsors**

Barradale, O'Connell, Newkirk &  
Dwyer, P. A.

Beacon Health Strategies, LLC

Beasley & Ferber Professional  
Association

Boston Medical Center Healthnet  
Plan

Butenhof & Bomster, PC

Concord Orthopaedics, PA

Edward Jones Financial

Enhanced Life Options Group

Gallagher, Callahan & Gartrell

Griffin York & Krause

NH Chapter National Association of  
Social Workers

NH Hospital Association

Peter C. Brankman & Company

Southern NH Internal Medicine  
Associates

The Sadler Insurance Agency Inc.

Wal-Mart Store - Gilford 2639

Wal-Mart Store - Rochester 2330

Wal-Mart Store - Seabrook 1762

Wal-Mart Store - Somersworth 1749

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 2012:**

- ◆ 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.

**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 online system ([www.naminh.org](http://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.

# *thank you for your support!*

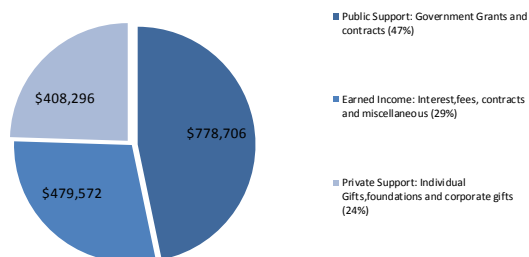
# financials ~ fiscal year 2012

**NAMI NH**  
**Statement of Activities**  
**July 1, 2011-June 30, 2012**

	<u>Current Year Actual</u>	<u>Prior Year Actual</u>
<b>Revenue and Support</b>		
Government Grants and Contracts	\$ 778,706	\$ 905,105
Contributions	\$ 301,166	\$ 457,265
Member Dues	\$ 7,529	\$ 8,279
Fundraising	\$ 127,746	\$ 112,691
Interest and Dividend Income	\$ 16,375	\$ 24,656
Training Services	\$ 422,192	\$ 318,487
Other	<u>\$ 12,860</u>	<u>\$ 25,299</u>
Total Revenue and Support	\$ 1,666,574	\$ 1,851,782
<b>Expenses</b>		
Employee Related Expense	\$ 1,073,185	\$1,188,766
Contractual Labor	\$ 188,178	\$ 174,400
Occupancy	\$ 103,035	\$ 105,651
Fundraising	\$ 21,709	\$ 22,501
Educational Materials and Supplies	\$ 133,064	\$ 139,637
Other	<u>\$ 114,320</u>	<u>\$ 87,583</u>
Total Expenses	<u>\$ 1,633,491</u>	<u>\$1,718,538</u>
Change in Net Assets	<u>\$ 33,083</u>	<u>\$ 133,243</u>

Public Support: Government Grants and contracts (47%)	\$ 778,706
Earned Income: Interest, fees, contracts and miscellaneous (29%)	\$ 479,572
Private Support: Individual Gifts, foundations and corporate gifts (24%)	<u>\$ 408,296</u>
	\$ 1,666,574

NAMI NH  
Revenue Sources ~ Fiscal Year 2012  
Total \$1,666,574



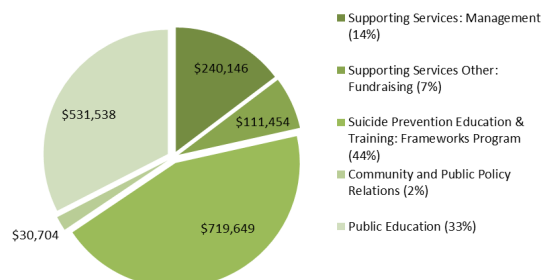
# financials ~fiscal year 2012

## NAMI NH Balance Sheet as of June 30, 2012

	<u>Current Year</u>	<u>Prior Year</u>
<b>Assets</b>		
Current Assets		
Cash & Cash Equivalents	\$ 434,505	\$ 835,240
Accounts Receivable	\$ 181,689	\$ 157,206
Prepaid Expenses	\$ 1,000	0
Total Current Assets	\$ 617,194	\$ 992,445
Property and Equipment		
Computer Equipment & Software	\$ 26,637	\$ 63,856
Furniture and fixtures	\$ 604	\$ 8,261
Leasehold improvements	\$ 17,959	\$ 17,959
	\$ 45,200	\$ 90,076
Less accumulated depreciation	\$ 27,713	\$ 72,148
Current Property and equipment-net	\$ 17,487	\$ 17,928
Buildings and improvements-not yet in service	\$ 651,144	
Total Property and equipment	\$ 668,631	\$ 17,928
Other Assets		
Investments	\$ 250,423	\$ 84,570
Security Deposits	\$ 3,300	\$ 3,300
Total other Assets	\$ 253,723	\$ 87,870
Total Assets	<u>\$ 1,539,548</u>	<u>\$ 1,098,243</u>
<b>Liabilities</b>		
Short-term Liabilities		
Accounts Payable and Accrued Expenses	\$ 182,437	\$ 110,036
Long-term Liabilities		
Long-term Liabilities	\$ 335,820	\$ -
Total Liabilities	\$ 518,257	\$ 110,036
<b>Net Assets</b>		
Beginning Net Assets		
Net Assets	\$ 988,208	\$ 854,963
Current YTD Net Income		
	\$ 33,083	\$ 133,243
Total Net Assets	<u>\$ 1,021,291</u>	<u>\$ 988,207</u>
<b>Total Liabilities and Net Assets</b>	<u>\$ 1,539,548</u>	<u>\$ 1,098,243</u>

<b>Program Uses</b>	
Supporting Services: Management (14%)	\$ 240,146
Supporting Services Other: Fundraising (7%)	\$ 111,454
Suicide Prevention Education & Training: Frameworks Program (44%)	\$ 719,649
Community and Public Policy Relations (2%)	\$ 30,704
Public Education (33%)	\$ 531,538
	<u>\$ 1,633,491</u>

NAMI NH  
Expenses Fiscal Year 2012  
Total \$1,633,491



# NAMI New Hampshire's New Home



**85 NORTH STATE STREET • CONCORD, NH 03301**

After months of planning, research and negotiations; and in time for our 30th Anniversary, NAMI NH was able to purchase its own home. The purchase was made possible by a number of factors including sound fiscal management of the organization; and favorable interest rate and loan terms, provided by Merrimack County Savings Bank. Our own building will result in lowering our overhead costs in the short and long term which was one of our key goals when looking at potential space. The location of the new building has high visibility and easy access to the Capital and Legislative Office Building; it has a large reception area which houses our library and resource section. There is ample parking on site. NAMI NH is grateful to all the individuals, organizations and contractors for donating goods and services towards the purchase and renovations.



85 North State Street • Concord, NH 03301 • Email: [info@naminh.org](mailto:info@naminh.org)  
Website: [www.naminh.org](http://www.naminh.org) • Phone: (603) 225-5359 or 1-(800) 242-6264