

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

# Annual Report

July 1, 2009 ~ June 30, 2010



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# *mission*

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

# *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 NAMI NH Friends and Members,

In my annual report letter of 2009, I talked about a "year of transition" and little did I know that there would be another year like it! As a result, my theme this year is about thriving in periods of "continuous change". In 2010, the unstable financial position of the State kept us on our toes all year, and thanks to our active Public Policy and Advocacy group, NAMI NH mobilized many voices to help keep eyes on the importance of mental health services for our citizens and reduce the impact of cuts to the system.

While the year marked another low period in the State funding support for Community Mental Health Centers, NAMI NH fared well financially. This was due to the efforts we put into diversifying our funding sources, expanding our training program portfolio, strengthening our Connect Suicide Prevention program by developing contracts with new institutions, such as the National Guard and state public health authorities. Our strategic planning efforts in 2007/08 helped us to anticipate change and survive during these stressful economic times which destabilized many non-profit organizations.

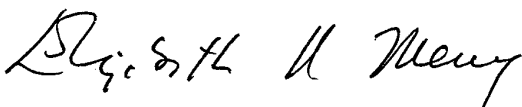
Resiliency is a word that we must embrace at a personal and an organizational level if we are to survive and thrive in the years ahead as our nation determines what constitutes a "normal" working environment. Resiliency requires flexibility and elasticity so that an organization or person can rebound from negative events without being harmed. It requires creativity and "working outside the box" and adaptability to new situations. It requires insights and the ability to reflect on one's strengths and realize new opportunities by looking at situations through different lenses. It requires an open mind. This is what we teach our families and this is what staff and Board bring to our organizational operations.

NAMI NH has been resilient in the past. It has depended greatly upon consumers and their families, community partners, members, affiliates and Board members to help shape its responses to the moving tide of political interests, economic conditions and growing needs of its family members and consumers. For NAMI NH to be successful in the future, it requires these same attributes and ability to avoid complacency during periods of "dramatic change."

Earlier this year, we embarked on a process to find a new Executive Director which is a significant milestone for NAMI NH. A Board Search committee was established to undertake this process and I moved from the President role so that Paul Gorman, the new President, could lead the way and provide some transition during the period of search and hiring of the new candidate. That individual will have big shoes to fill, that is for sure, but we are being presented with a new opportunity which will help us view the world from a different perspective. This internal change will force us all to adapt and we will depend greatly on our institutional resiliency to move forward without losing momentum.

I move on but not off the Board of NAMI NH and will continue to provide value in whatever way I can. It has been an honor serving as President and member of the Executive Team and I learned a great deal during my term in office. But the greatest learnings came from spending time with you. I have learned about determination, commitment, unconditional love and passion from you who are affected by mental illness every day. Thank you for sharing your experiences with me and for making my time as President such a rewarding one.

Sincerely,



Elizabeth "Liz" Merry  
Sanbornton, New Hampshire

# *executive director's letter*

Dear Members, Friends and Colleagues,

Our fiscal year comes to a close with positive results financially, programmatically and overall reputation. As Liz Merry, President, discusses in her letter, this year has been filled with significant changes and stresses due to the deep recession, political competition and dramatic changes in health and mental health care on the national as well as state level, yet NAMI NH as a resilient organization has weathered the storms and we are entering FY'11 poised to make a positive difference for all those affected by mental illness and suicide loss.

This success is, in large part, due to the compassionate and committed NAMI NH volunteers and staff. Volunteers from Nashua to Colebrook have worked to build support groups and implement educational programs to assist families dealing with a loved one affected by mental illness. Staff have trained family members to be trainers, teaching others to facilitate groups and programs. Staff have expanded their training activities to more service providers to help them better understand the impact of mental illness on the family and to utilize more effective methods for assuring that mental health services address family needs.

This year we initiated our second consumer run program NAMI Connection; a peer support group program for persons with mental illness. Four Connection groups are now up and running in NH, and more are planned. Through our suicide prevention program we have expanded our reach into other states; **Connect** staff are working, long term, with state governments and non-profit organizations in Massachusetts, Indiana and Vermont. They have trained service providers and made presentations in Iowa, Texas and Wisconsin. There are future plans to work in New York, Alaska and Oregon. For more information about **Connect**, visit [www.TheConnectProject.org](http://www.TheConnectProject.org).

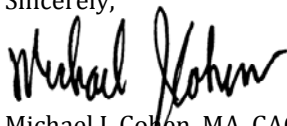
Recognized as one of the most well run and effective non-profits in NH, NAMI NH been able to achieve a reputation that is viewed by funders and contractors as an organization to fund and which to establish contractual agreements with. Our governance structure and financial management systems have assured us a strong financial position and our belief in social entrepreneurial ventures has given us reasonable financial security for future years.

We have, in the last few years, been able to improve and grow our advocacy training program and advocacy alert network, as well as our ability to engage more citizens to support our public policy campaigns. Our website has been redesigned and is much more user friendly and informative. Building on new communication tools and the skills and enthusiasm of advocates, we are able to better address new issues in a rapidly changing health and mental health care environment. For example, to argue against further cuts to mental health care services, one initiative that engaged the grassroots this year was a petition drive. This initiative culminated in over 5,000 signatures on petitions which were presented to the Governor as well as a rally at the state capitol building. These actions demonstrate NAMI NH's ability to mobilize the grassroots and build coalitions; work that is fundamental to our strategic plan and organizational mission.

Change is in the air, both internally within NAMI NH as Liz noted in her letter and, externally as the election season heats up, budgets remain extremely tight, forecasts for further deficits loom, unemployment is still high and the economy is still weak. Internally, we have a change in Board officers and Board Directors, yet the transition has been smooth, resulting in a group of high quality Directors. This new Board will lead the effort to find a new Executive Director.

I am moving on to my "encore career" at the end of June 2011. By then, I will have been part of the NAMI NH family for almost 12 years. I am still finding it difficult to conceive what it will be like waking up in the morning and not going to the NAMI NH office. As the time gets closer for my departure I will share more of my thoughts with you about my experiences at NAMI NH and how much it has meant for me to be given the opportunity to work for an organization with such fine people and such a noble cause. Right now all I can say is that there is still more to do and I look forward to doing my best for NAMI NH until the last day of work.

Sincerely,



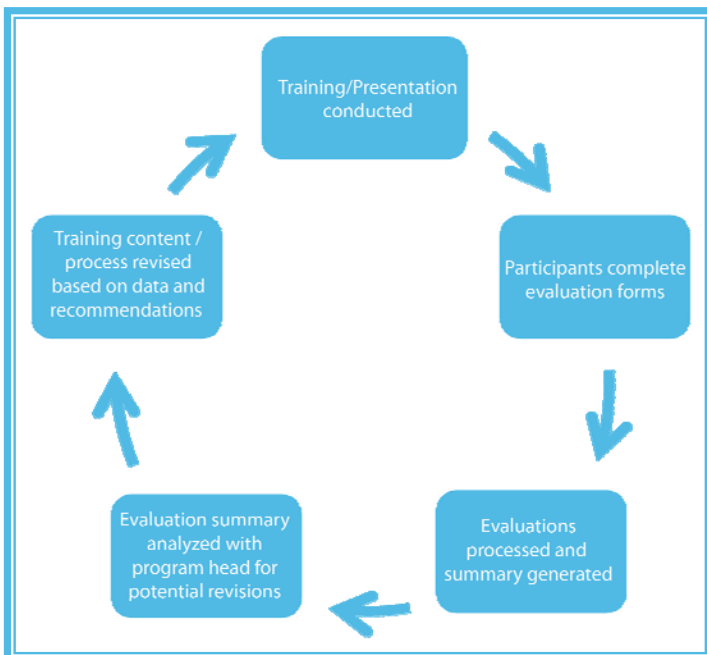
Michael J. Cohen, MA, CAGS  
Executive Director

# 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.

Survey 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 that recovery from mental illness is possible, feel less stigma towards individuals with mental illness. At Connect Suicide Prevention Program trainings over 93% of the participants would now be willing to seek mental healthcare for themselves and/or a family member.

The evaluations that 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 that we have collected. The data is then reviewed with those in charge of the program on a regular basis and possible changes to the program are identified. After careful consideration the program may be updated to address issues identified through the evaluation summary. The newly updated program is then implemented and the feedback loop begins again.



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

On July 3, 2010, NAMI NH Executive Director Mike Cohen and NAMI NH President Liz Merry accepted the **Outstanding State Organization Award** at the NAMI National Convention in Washington, DC. Each year, the Award is given to recognize exceptional efforts on the state level to further NAMI's mission. NAMI NH was selected for being at the forefront of advocacy and education efforts on behalf of individuals and families living with mental illness. Our Connect Suicide Prevention, which promotes early recognition of mental illness, was lauded as being a model program for the military and veterans.

**NAMI NH** is honored to receive the prestigious national award. Each year we reach **over 11,000** individuals throughout the state. This recognition is a testament to the high standards set by our dedicated board and staff who work closely with volunteers to improve the lives of people who live with mental illness, to reduce stigma and to raise awareness about mental illness and recovery.



Michael Cohen and Elizabeth Merry

# education

Families and friends of those coping with mental illness can participate in educational programs that are 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.

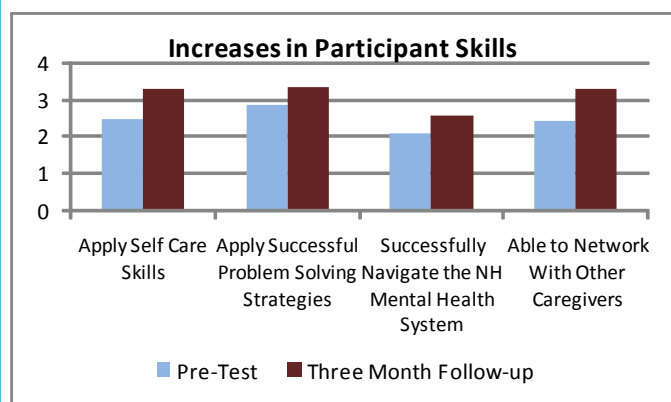
**Parents Meeting the Challenge** is an 8 session educational program that provides tools, strategies and information to help parents/caregivers meet the challenges of taking care of a child with emotional and behavioral disorders, to navigate the system and advocate for their child's mental health needs.

## Evaluation Results

The **Parents Meeting the Challenge** 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 150 family members have participated in the evaluation while attending the **Parents Meeting the Challenge** program.

## Evaluation Summary

- ❖ An average increase of 45% on ratings of participant knowledge.
- ❖ Significant increases in their ability to apply self-care skills and successful problem solving strategies, successfully navigate the NH mental health system and network with other caregivers.



**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.

Upon completion of the program, participants reported significant increase 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.



Family to Family Teacher Training

**Side by Side for Independent Living** is a series of 8 educational workshops that provide information and guidance to family members and caregivers of older adults with mental illness. Based on feedback from participants this past year, a 9<sup>th</sup> workshop was added for next year.

**Program Highlights:** **Side by Side** has been offered in 10 different towns 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. Reaching out to family members in this variety of settings has provided an opportunity for NAMI NH to supplement and strengthen the supports that are available for older adults and their families.

Upon completion of the workshops 98% of participants reported being more aware of supports related to mental illness in older adults, and/or for caregiver issues.

*"Offering the Side by Side series at my adult day program has provided an extra support for my clients' family members. It's a 'win-win' situation!"*

~ Adult Day Program Director

# 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.

## 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.

**Transition Mentor Program** is part of a Futures Planning process to assist youth (ages 14 to 21) with Serious Emotional Disorders (SED) who reside at NH Hospital, are in residential placement, or who are at risk of hospitalization with transition planning as they move into adulthood.

**Transition Mentors** are trained by NAMI NH to provide support, guidance and transition planning training to youth with SED as they move from the children’s system into the adult mental health system. Supports provided include assisting youth with goal setting, taking on adult life activities, such as responsibility for medical and mental healthcare, education, work and/or service, and building self-advocacy skills.

**Program Highlights:** Four **Transition Mentors** were trained, which resulted in Futures Plans being developed with 23 transition aged youth with SED and their families.

**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

**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.

**Program Highlights:** Several new venues held **IOOV** presentations this year, including: Springfield College, Portsmouth Regional High School, Sanborn Regional High School, Effingham and Madison Libraries, Antioch University, Grace Episcopal Church, Rockingham and Strafford County Police. Presenters attended a refresher training and social gathering to connect with each other and discuss their presenting experiences.

Over 91% of audience participants of an **IOOV** presentation report believing that recovery from mental illness is possible.

**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.

## Evaluation Results

The **Life Interrupted** 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

- ❖ Almost 9 out of 10 participants report believing recovery from mental illness is possible.
- ❖ Nearly 98% of participants understand mental illness can impact people from all walks of life.
- ❖ Over 80% of 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.

Audience Groups	Evaluations Returned
College Students	90
Family Members and Mental Health Consumers	21
General Public	35
Healthcare Professionals	33
Inmates and their Families	19
Mental Health Professionals	14
<b>TOTAL</b>	<b>212</b>



# 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 and 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.

**Evidence Based Supported Employment Family Team** ~ Working can help build confidence and provide a sense of purpose and belonging. However, people with serious mental illness often encounter barriers when trying to secure a job and transition successfully into the workplace. The Evidence Based Supported Employment (EBSE) program provides individuals with the support needed to overcome those barriers. NAMI NH's EBSE program began in March 2010. The focus of the program is to educate families of individuals with serious mental illness about EBSE and the benefits of their loved one participating in the program. In June, NAMI NH trained 14 volunteer family members who will work with the EBSE Coordinator to find effective and creative ways to provide this important information to NH families.

**Regional Patient Advocacy Leaders Summit: Mental Health, Prevention and Wellness in the Military** ~ NAMI NH held a one-day advocacy training which brought together various groups throughout New England to learn about the issues affecting returning military, veterans and their families. The Summit focused on the areas of Suicide Prevention, Post Traumatic Stress Disorder and Traumatic Brain Injury. The meeting promoted networking among our military leaders (active and veterans), medical and mental health providers, and advocacy groups and addressed strategies and best practices to deal with military/veteran care.

## Training with Law Enforcement

NAMI NH staff participates in the training of new recruits at the Police Standards and Training Academy. Between November 2009 and June 2010, almost 300 full and part time officers received instruction from NAMI NH staff on handling crisis calls involving suicidal individuals and other situations related to persons with mental illness. Additionally, about 40 veteran officers attended NAMI NH's in-service training on dealing with both adults and juveniles with mental health disorders. NAMI NH staff served on a pilot project for regional training of police officers as part of the Education and Training subcommittee of the Chief Justices' Task Force on Mental Illness and the Criminal Justice System.



## Citizen's Petition and State House Rally

In March 2010, NAMI NH responded to proposed funding cuts to mental health services by launching a Citizen's Petition asking the Governor and the State Legislature to reject any budget proposals that further reduced mental health services. The Citizens Petition was circulated all across NH, signed by over 5000 NH citizens, and presented to Governor Lynch following a rally at the state house on May 4<sup>th</sup>. The rally drew over 300 people who came to hear speakers representing mental health providers, hospitals, families, consumers, faith groups and the homeless.

*"I volunteer to pay it forward by providing support and education to families that are in need, like I was."*

~ NAMI NH Volunteer

# *nami nh ~ by the numbers*

The organization served over **11,000** NH residents in fiscal year 2010, 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	<b>200</b>
Number of Information and Resource responses (Phone/Email/Walk-In)	<b>1,070</b>
Number of graduates of NAMI NH Education Programs	<b>478</b>
Number of attendees at NAMI NH Presentation Programs	<b>2901</b>
Number of Active Volunteers (continuous involvement for over 6 months)	<b>150</b>
Number of Support Groups throughout the State	<b>21</b>
Number of People who attended Advocacy Training	<b>34</b>
Number of NAMIWalks NH Participants (October 2009)	<b>555</b>
Number of Public Presentations attendees	<b>1868</b>

## *volunteers*

As a grass roots organization NAMI NH's volunteers and members are the 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 2010:**

- ❖ NAMI NH had over **150** active and engaged volunteers.
- ❖ Volunteers contributed **11,290 hours** of time to NAMI NH in leadership, advocacy and teaching.
- ❖ These volunteer hours have an average dollar value of **\$224,525** per year.

### **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 NAMI NH Events Mental Illness Awareness Week
- ❖ NAMI NH Annual Conference
- ❖ Serve on NAMI NH Committees and Board of Directors
- ❖ Provide general office help
- ❖ Serve on State Planning Committees
- ❖ New Hampshire Hospital Advisory Committee Members

# suicide prevention

The **Connect Suicide Prevention Project**, 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.

## Garret Lee Smith Grant

NAMI NH was notified in September 2009 that they were awarded a federal suicide prevention grant from SAMHSA to help support NH suicide prevention efforts. Between October and December 2009, a significant amount of work went into preparing for implementation of the grant. In January 2010, the community-based work that is part of the grant began, including trainings in suicide prevention and postvention, consultation around agency protocols, and participation in meetings/committees/coalitions throughout the state. In March 2010, Bernice López-Stanzizzi was hired to oversee the implementation of the grant.

The three-year work plan involves public/private collaboration among social service agencies and the NH Dept. of Health and Human Services. The project strives to reduce suicide incidents by supporting the Suicide Prevention Council to implement NH's Suicide Prevention Plan and increase capacity in individuals, communities and at the systems level for suicide prevention. This grant will help improve access to mental healthcare through early intervention and referral, builds caring communities, clarifies service provider roles and responsibilities, changes attitudes and behaviors and enhances skills. The prioritized target areas for this grant are: Coos County, youth placed in foster care, youth engaged in substance abuse, survivors of suicide loss, veterans/military, Gay, Lesbian, Bisexual, Transgender, and Questioning (GLBTQ) youth, Native Americans and attempt survivors.

## State Funds for Suicide Prevention

The 2010 fiscal year marks the first time that NAMI NH received state funding dedicated to supporting a yearlong suicide prevention work plan. As part of this work plan, Connect Suicide Prevention and Postvention trainings were provided to community members, healthcare providers, law enforcement, emergency services staff and faith leaders. A training of trainers to educate individuals on how to present the Connect curriculum was also conducted to build

statewide training capacity and to promote sustainability of suicide prevention efforts.



Nick Toumpas, NH Health and Human Services Commissioner, speaks at a suicide prevention event in Portsmouth.

## Suicide Prevention in the Defense Authorization Bill

New Hampshire was in the national spotlight when Senator Jeanne Shaheen supported the addition of suicide prevention activities based on the Connect model to the fiscal year 2010 Defense Authorization Bill (HR 2647). The purpose of this addition is to provide National Guard members, military Reservists and their families with suicide prevention and postvention training.

Other major accomplishments over the past year include:

- ❖ Collaborated with the Department of Education to provide suicide prevention and postvention training to schools through Safe and Drug Free School Title IV funding. Connect was involved with 16 schools and trained over 500 participants in prevention and postvention and almost 50 youth in the Connect Youth Leadership Program.
- ❖ Support from Seacoast United Way, the NH Charitable Foundation and private funders enabled several hundred providers and citizens to get Connect Suicide Prevention and Postvention training and for NAMI NH and others to provide technical assistance to the Seacoast Suicide Prevention Coalition.
- ❖ The North Country Suicide Prevention Coalition formed through the support of NAMI NH.
- ❖ Connect staff continue to provide technical assistance to the Moultonborough and Raymond Coalitions in suicide prevention and postvention,
- ❖ Connect staff played a lead role in state wide initiatives ~ Suicide Prevention Council, Youth Suicide Prevention Assembly, state suicide prevention conference planning, and with new initiatives, such as the resurrection of the Firearm Safety Coalition to address suicide prevention

# suicide prevention (cont.)

through education extended to firing ranges and gun shops.

- ❖ NAMI NH staff provided supports to families, schools and communities following a suicide death and are working to develop a statewide support network for those bereaved by suicide.

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

- ❖ Presented several workshops, including postvention and new media, for the Department of Defense Suicide Prevention Conference.
- ❖ Participated in the National Suicide Prevention Lifeline steering committee.
- ❖ Connect training of trainers in Indiana, Massachusetts and Vermont.

## Survivors of Suicide Supports

Resources and supports for survivors of suicide (people who have lost a loved one to suicide) continued to grow in

2009/2010 with survivor participation in accessing resources and taking part in activities increasing accordingly.

- ❖ Survivors gathered at various events around NH in 2009/2010 to raise money for suicide prevention and mental illness awareness including:
  - ❖ West Central Behavioral Services annual fundraising event, Paddlepower
  - ❖ American Foundation for Suicide Prevention's (AFSP) Out of the Darkness Walk
  - ❖ NAMIWalks NH ~ October 2009
- ❖ AFSP's 11<sup>th</sup> Annual National Survivors of Suicide Day Teleconference on November 21, 2009
- ❖ Survivors of suicide continued their efforts to tell their personal stories of suicide loss to educate the public about suicide prevention and survivor support.
- ❖ Through the joint efforts of NAMI NH, the Disaster Behavioral Health Response Team and YSPA, technical assistance and supports were provided to schools and communities following high profile suicide deaths.

# connect ~ by the numbers

Number of Community Readiness and Awareness Presentations held (NH: 25 – Other States: 5)	30
Number of Suicide Prevention and/or Postvention trainings held (NH: 86– Other States: 24)	110
Number of people trained in Connect Suicide Prevention (NH: 951 - Other States: 140)	1091
Number of people trained in Connect Suicide Postvention (NH: 314 – Other States: 59)	373
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	14
Number of conferences Connect has been presented at (NH: 3 – Other States: 8)	11
Hours spent responding to suicide incidents	126
Number of Support Groups for Survivors of Suicide in NH	9
Number of times/events NH Lifekeeper Quilt was displayed	44
Number of NH Survivor of Suicide Loss Resource Folders distributed	200
Number of Survivors of Suicide Loss newsletters distributed	8000

## Project 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.

### Participants Responding to Surveys

Discipline	Number Trained
Educators	315
Faith Leaders	10
First Responders (EMS)	40
Gatekeepers	159
Law Enforcement	49
Mental Health/Substance Abuse Providers	41
Social Services Personnel	167
<b>TOTAL</b>	<b>781</b>

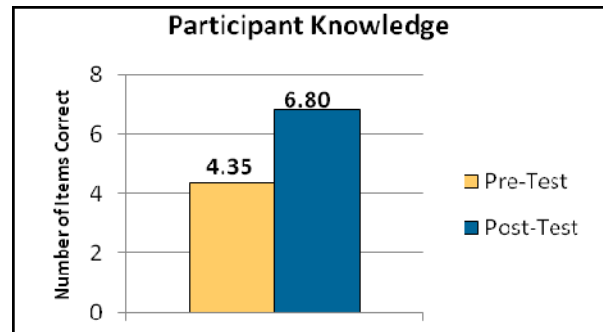
## Prevention and Intervention Evaluation Results

### 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

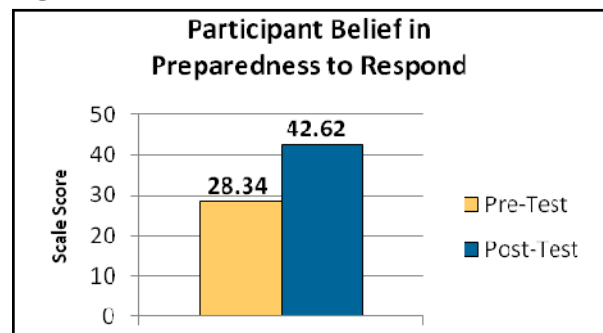


### Confidence and Comfort in Dealing with Suicide Incidents

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

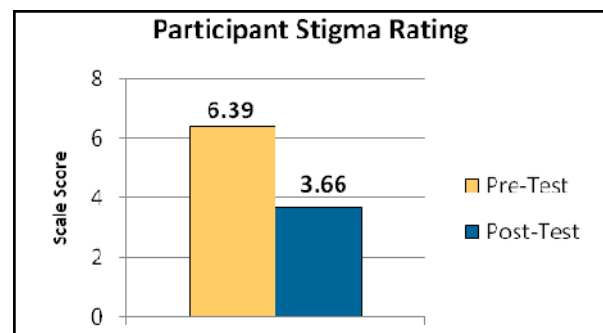


### Stigma Related to Discussing the Topic of Suicide and Seeking Mental Health Care Services

Participants in Connect trainings also demonstrated significant decreases in stigma around suicide and seeking mental healthcare. 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



# events

## 2009 Events

### October 4:

**NAMI NH's 7<sup>th</sup> NAMIWalks for the Mind of America** – 555 walkers turned out to help reduce the stigma of mental illness, promote awareness about recovery and raise funds for family support programs.

### October 5:

**Mental Health in Schools Conference** – Over 150 school personnel, mental health providers and family members attended this event which focused on supporting students with emotional and behavioral disorders in their local schools and offered overviews of innovative models of support. The conference included a presentation on the key elements of the Mental Health in New Hampshire's Schools Report, published in 2009 by the NH Center for Public Policy.

**Book Discussion** – 28 attendees joined this discussion on the book *The Soloist* by Steve Lopez. The event, presented in partnership with the Concord Reads Initiative, was led by Suzanne Brown, Professor of English, Dartmouth College.

### October 8:

**Film & Panel Discussion** – on *The Soloist* was held at the Red River Theatre in Concord and was presented in partnership with the Concord Reads Initiative. 75 individuals attended the event. Panelists included Annette Carbonneau, NAMI NH Volunteer and Development Coordinator; David Sawyer, consumer, writer, activist and advocate; and Robert Murray, MD, Medical Director, Riverbend Community Mental Health Center.

### October 29:

**Community Discussion** on *The Soloist* and *The Road to Recovery* - 32 participants joined in a thought provoking discussion about the lines to be drawn between self-determination and self-destruction, help and interference,

friendship and exploitation. Facilitated by Louis Josephson, PhD, President & CEO, Riverbend Community Mental Health and panelists: Betty Nitchie, family member and NAMI NH Volunteer; John Rauscher, PATH Rehab Counselor (Projects for Assistance in Transition from Homelessness), Riverbend Community Mental Health and Tom Peters, PhD, Emergency Services Coordinator, Riverbend Community Mental Health.



Film and panel discussion at the Red River Theatre.

### October and November:

**Book Discussion Program** for elementary school students. The book *The Face at the Window* by Regina Hanson was presented in 20 schools to raise awareness about mental illness and reduce stigma through discussion and related activities.



## 2010 Events

### March 27:

**All Together Now!** NAMI NH's Annual Conference was attended by 126 participants. The conference offered a keynote presentation *Making Advocacy Work: The Implications of Healthcare Reform* by Michael Fitzpatrick, Executive Director, NAMI National and workshops covering a variety of topics. The day also included the NAMI NH annual business meeting and election of new Board members for fiscal year 2011.

### Annual Awards

A special ceremony was held at 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.

### Annual Award Recipients for 2010:

- ❖ Dr. Stephen Bartels, Dartmouth Centers for Health and Aging ~ Outstanding Psychiatrist
- ❖ Jennifer Conley, The Cypress Center, Manchester ~ Outstanding Mental Health Care Provider
- ❖ Karen Dyke, Next Step Peer Support Center, Lebanon ~ Outstanding Consumer Empowerment Award
- ❖ Lindsey Graham, Miss New Hampshire 2009 ~ Outstanding Youth Leadership Award
- ❖ Judge James Leary, Presiding Justice, Nashua District Court ~ Unsung Hero Award
- ❖ Senator Kathleen Sgambati of Tilton ~ Outstanding Legislative Leader
- ❖ Norma Smith of Nashua ~ Outstanding Family Volunteer

### April 10:

**Unmasking Mental Illness** – Held in Portsmouth, the annual dinner/dance and silent auction fundraiser was attended by 110 people. Event proceeds helped support NAMI NH services throughout the state.

### May 6:

**Children's Mental Health Awareness Day** – 75 attendees joined the *Building Safer Communities* event held in Concord. Opening Remarks were made by Dr. James Squire, President, Endowment for Health and a Keynote was

presented by Robert Bryant, Program Director, Second Growth, White River Junction, VT. Awards were presented to 9 art contest winners ranging in age from 5~18 years old.

### May 11:

NAMI NH presented the **Samuel S. Adams Excellence in Community Leadership Award** to Byron Champlain, Assistant Vice President, Lincoln Financial Group, honoring his leadership and service in the state of NH over the last 20 years.



Byron Champlain receiving the Leadership award from Mike Cohen.

### December 5:

**Life Under Construction** - 125 youth and family members attended this one day conference on Transition Planning Process for transition age youth (ages 14-21) who have emotional disorders and their families. A Keynote presentation by author Jonathan Mooney *We're Not Broken: Empowering Individuals with Disabilities* was followed by workshops for youth and family members.

# *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 Straw

## *Inner Circle Members*

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

Katherine Stebbins  
Katie and Doug Wheeler

## *Donor Loyalty Circle*

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

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Nancy Adams  
Ruth and Peter Bleyler  
Muriel and Ed Broad  
Michael J. Cohen  
Geri and Don Foucher  
Paul Gorman  
Richard and Ruth Stuart  
Stan and Patty Szydlo

### *5+ Year Members*

Elizabeth W. Arms  
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Constance and Michael Dannehy  
June and Roland Despres  
Robert Elder  
Andrea Goldberg  
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Edward and Mary Kirby  
Judith E. Kolada  
Elizabeth Merry  
Rebecca R. Neal, MD  
David Pelletier  
Liz Valway

### *3+ Year Member:*

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Charlene L. Desrochers  
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Leslie Higgins  
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Karen and Ed Prive  
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Deborah J. Tasker  
Thomas W. Timmons, DDS  
Charles and Jean Clark Townsend  
Unitarian Universalist Church -  
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## *Grant Funders*

American Found. for Suicide Prevention  
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GlaxoSmithKline  
Janssen Pharmaceutica  
Lilly Grant Office  
Lincoln Financial Foundation, Inc.  
NAMI National  
NH Charitable Foundation  
NH DHHS - Bureau of Behavioral Health  
The Penates Foundation  
Rotary Club of Portsmouth  
State of New Hampshire  
United Way of the Greater Seacoast

## *In Honor of*

Annette Carbonneau

## *In Memory of*

Neal Brissette  
Phillip Fournier  
Arthur J. Hodgen  
Donald Lowell  
Ed O'Rourke  
Lillian A. Patnaude  
Martha Stebbins  
Joyce Whitby  
Kim Wozny

# *thank you for your support!*



## *Donors*

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### **Resiliency Builders**

George & Harriet Baldwin  
Martha Byam  
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Armand van Velthoven  
Daniel & Lauren Williams  
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Shirley Wozny  
William Zeckhausen

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NH Community Behavioral Health Assoc.

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Hampstead Hospital  
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Lincoln Financial Group  
Martha Byam  
McLane, Graf, Raulerson & Middleton  
NH Association for Infant Mental Health  
NH Community Behavioral Health Assoc.  
NH Department of Education

NH DHHS - Division of Community  
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NH DHHS - Special Medical Services  
Peter C. Brankman and Company, P.C.  
Portsmouth Regional Hospital  
Seacoast Mental Health Center  
SNHU - Graduate Program in  
Community Mental Health  
Walmart - Rochester

# quotes

*“NAMI NH has given me knowledge and confidence by educating me on many aspects of mental illness so I can be the most active advocate in my son’s life.”*

~ Parents Meeting the Challenge Participant

*“I now have the tools to help my son with his major depression and a direction to go in. Family to Family demystified mental illness.”*

~ Family to Family Participant

*“A personal story is a million times more effective than textbooks. Learning about the progression in terms of the family unit gives a new dimension to mental illness.”*

~ Life Interrupted Audience Member

# 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](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.*

# *financials ~ fiscal year 2010*

NAMI NH  
Balance Sheet  
June 30, 2010

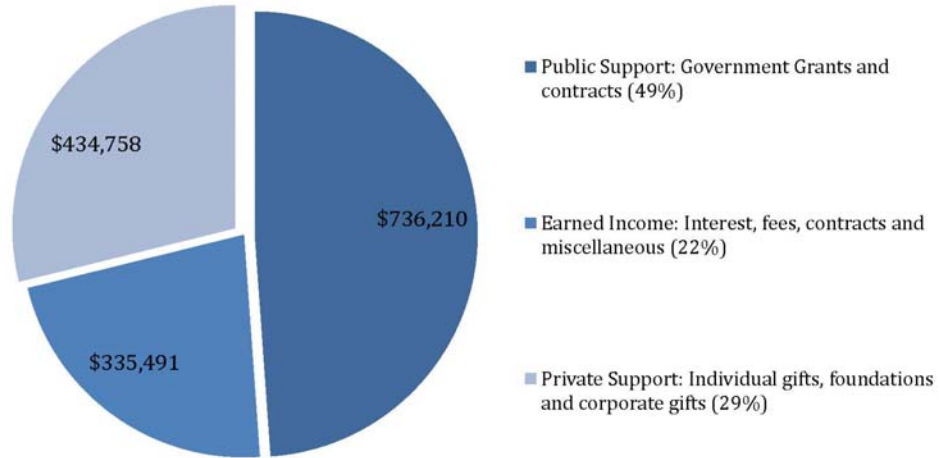
	Current Year	Prior Year
<b>Assets</b>		
<b>Current Assets</b>		
Cash & Cash Equivalents	763,352	729,115
Accounts Receivable	<u>200,712</u>	<u>62,726</u>
<b>Total Current Assets</b>	964,064	791,841
<b>Long-term Assets</b>		
Property & Equipment	22,933	14,060
Long-term Investments	<u>72,223</u>	<u>64,279</u>
<b>Total Long-term Assets</b>	<u>95,156</u>	<u>78,339</u>
<b>Total Assets</b>	<u>1,059,220</u>	<u>870,180</u>
<b>Liabilities</b>		
<b>Short-term Liabilities</b>		
Accounts Payable & Accrued Expenses	72,753	128,257
<b>Long-term Liabilities</b>		
Long-term Liabilities	<u>131,502</u>	<u>0</u>
<b>Total Liabilities</b>	204,255	128,257
<b>Net Assets</b>		
Beginning Net Assets	741,924	600,758
Current YTD Net Income	<u>113,041</u>	<u>141,166</u>
<b>Net Assets - End of Year</b>	<u>854,965</u>	<u>741,923</u>
<b>Total Liabilities and Net Assets</b>	<u>1,059,220</u>	<u>870,180</u>

# *financials ~ fiscal year 2010*

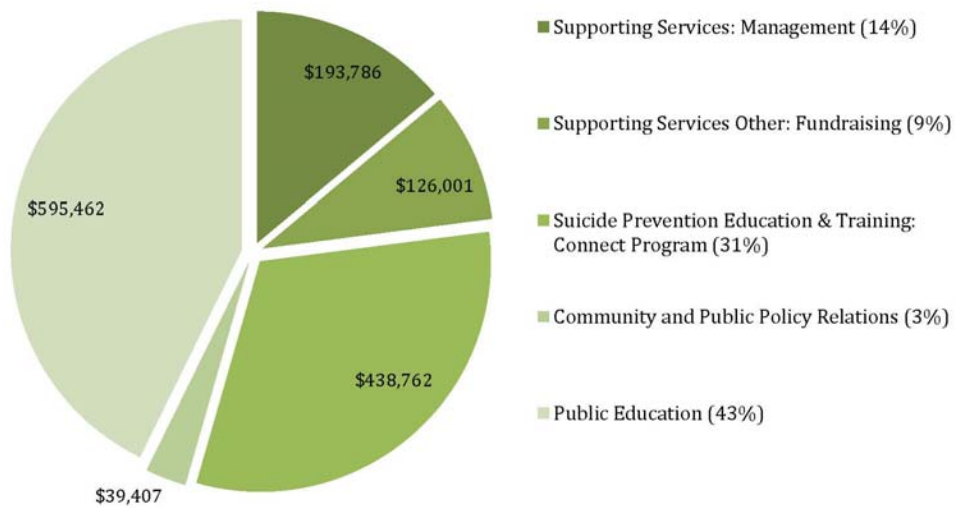
NAMI NH  
Statement of Activities  
from 7/1/2009 to 6/30/2010  
(in whole numbers)

	<b>Current Year Actual</b>	<b>Prior Year Actual</b>
<b>Revenue and Support</b>		
Government Grants and Contracts	736,210	532,520
Contributions	330,919	563,343
Member Dues	9,513	6,650
Fundraising	94,326	128,814
Interest and Dividend Income	9,267	1,852
Training Services	309,196	191,593
Other	<u>17,028</u>	<u>29,927</u>
<b>Total Revenue and Support</b>	<b><u>1,506,459</u></b>	<b><u>1,454,699</u></b>
<b>Expenses</b>		
Employee Related Expense	995,023	873,697
Contractual Labor	109,845	189,975
Occupancy	89,474	91,149
Fundraising	10,221	22,531
Educational Materials & Supplies	116,132	81,103
Other	<u>72,723</u>	<u>55,078</u>
<b>Total Expenses</b>	<b><u>1,393,418</u></b>	<b><u>1,313,533</u></b>
<b>Change in Net Assets</b>	<b><u>113,041</u></b>	<b><u>141,166</u></b>

**NAMI NH**  
**Revenue Sources ~ Fiscal Year 2010**  
**Total \$1,506,459**



**NAMI NH**  
**Expenses ~ Fiscal Year 2010**  
**Total \$1,393,418**



# *nami nh staff*

Michael Cohen, MA, CAGS  
*Executive Director*

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*Chief Financial Officer*

Claudia Ferber  
*Director, Child and Family Programs*

Ken Norton  
*Director, Connect Suicide Prevention Program*

Win Saltmarsh  
*Development Director*

Susan Allen  
*Family and Community Support Specialist*

Annette Carbonneau  
*Community and Volunteer Developer*

Elaine de Mello  
*Connect Supervisor of Training & Education Services*

Ann Duckless  
*Connect Community Educator & Prevention Specialist*

Julie Dunham  
*Administrative Clerk/Receptionist*

Diane Gedney  
*Office Manager*

Lynette Gorman  
*Website Coordinator*

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*

Debbie Pike  
*Data Entry Specialist*

Patrick Roberts  
*Connect Research Assistant*

Bernie Seifert  
*Older Adult Services Program Coordinator*

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\*Carol Furlong, 2nd Vice President  
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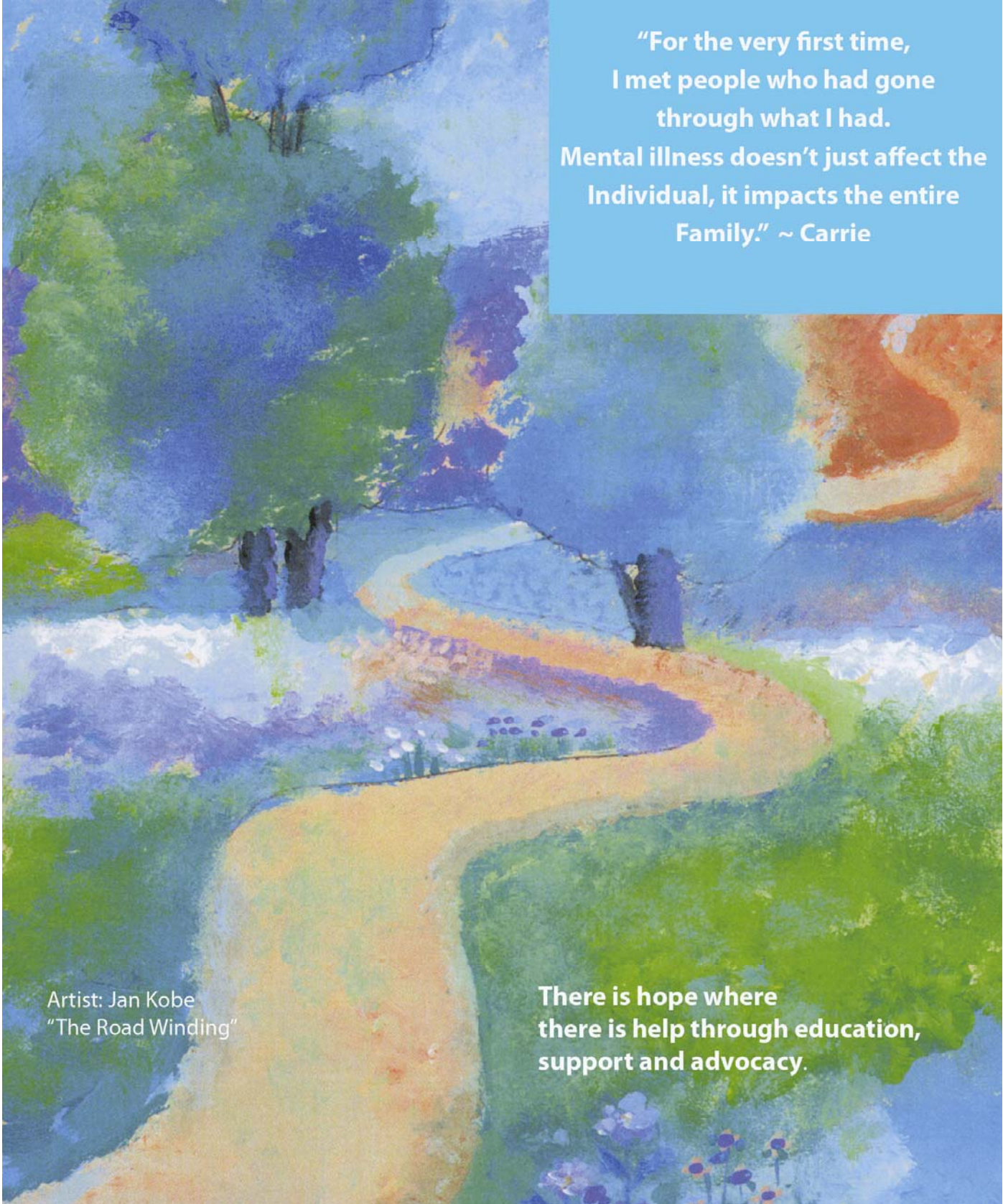
David Sawyer  
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Rick Sherman  
*Bedford, NH*

Ron White  
*Boscawen, NH*

\* Executive Committee Members





**“For the very first time,  
I met people who had gone  
through what I had.  
Mental illness doesn’t just affect the  
Individual, it impacts the entire  
Family.” ~ Carrie**

Artist: Jan Kobe  
“The Road Winding”

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