NAMI New Hampshire is about hope. The hope that families find when they come to a support group or attend an education program. The hope that communities find when they are trained to prevent suicide. The hope that individuals living with mental illness find when they share their stories to change perceptions and fight stigma.

During the past year, through the hard work and dedication of our volunteers, NAMI NH touched the lives of over 15,000 individuals and families across our state. Our volunteers provided educational programs, gave public speaking engagements, facilitated support groups, and advocated for systems change.

We completed and adopted our strategic plan that will guide us in the coming years as we work together to help individuals impacted by mental illness. Through our collective efforts and with the generous support of our members and partners, we built and dedicated the fully accessible Peggy M. Straw Hall for Education, Training & Support.

From supporting families caring for children with serious emotional disturbance at risk of an out-of-home placement, to offering our Side By Side education program for caregivers of older adults, our work continues across the lifespan. We have forged new ground in our suicide prevention efforts, collaborating with New Hampshire Hospital to offer more comprehensive discharge planning and follow up. Our staff and volunteers have been leading an effort to strengthen the voice of and develop supports for individuals who have attempted suicide.

With our partners in the substance misuse recovery and prevention field, we promoted improved access to treatment and recovery services for people with substance use and/or co-occurring mental health disorders, as well as supports for their families. Our staff and volunteers advocated for a budget that would fully support the needs of those in our state living with mental illness. Together, we successfully advocated for licensed mental health providers to be trained in suicide prevention. Our collective voices made a difference.

When we work together, we create change – and we find hope.

Kenneth Norton, LICSW
Executive Director

Michele Grennon
President
Over 700 Granite Staters walked in the 12th Annual NAMIWalks New Hampshire.

“I walk for my son, Matthew, and to help reduce stigma around suicide!”

“I walk because step by step I have recovered and I hope by leaps and bounds each person can see the beauty and potential of those with mental illness.”
Mental Health Lawsuit Settlement Funding

At the signing of HB 1635, Governor Hassan invited Ken Norton to speak:

“NAMI NH thanks those advocates and, especially, the individuals and families for their courage in coming forward and exposing publicly in Federal District Court their personal struggles with mental illness and challenges with the mental health system in order to provide the catalyst for improving NH’s mental health services.”

Suicide Prevention Training for New Hampshire Mental Health Professionals

NAMI NH members used their collective voices to convince the legislature of the importance of suicide prevention training for providers. Together we helped improve assessment and treatment and save lives!

2015 State Legislative Budget Hearings

Over 90 NAMI NH members and supporters testified at state legislative budget hearings in Concord and across the state.
Time to Make a Difference: Transform Mental Health

Made possible through a grant from the Seacoast Women’s Giving Circle, the year-long Time to Make a Difference campaign engaged community members throughout the Seacoast to combat stigma and develop local leadership in mental health advocacy efforts.

Enhancing Community Leadership in the North Country

NAMI NH continued its work to increase capacity for community leadership around mental health in the North Country. Funded by a grant from the Neil and Louise Tillotson Fund, staff and volunteers worked to enhance the existing leadership infrastructure in the region to expand local support group offerings, promote mental health education programs, and create a sustainable community volunteer base. Over 21 community service organizations helped to make this project a success, coming together regularly in both Lancaster and Berlin.

"I developed a better understanding of how to help someone with mental illness — and how to help myself when assisting someone with mental illness."

"What helps me most is knowing that other people have the face the same problems ... and that there is hope."

NAMI NH Support Group Leader & Teacher Training

What a great day with our dedicated volunteers!
Support Group Facilitator Training

Twenty-one new support group facilitators were trained this year – the largest cohort of facilitator trainees in any year of NAMI NH’s history!

Parents Meeting the Challenge

Support and education for parents and caregivers of children and adolescents with serious emotional disturbance expanded to include a new Parent Support Group in Laconia, an online Facebook support group, and one-on-one family peer support through the state-funded FAST Forward program.
Mental Health First Aid

NAMI NH staff and volunteers were trained as Mental Health First Aid instructors and began offering this evidence-based program here in the Granite State.

NAMI New Hampshire Annual Conference & Awards

Governor Maggie Hassan and Congressman Frank Guinta spoke at the NAMI NH 2015 Annual Conference and congratulated the 2015 NAMI NH Annual Award winners.

NAMI NH Speakers’ Bureaus

The New Hampshire Psychological Association recognized NAMI NH’s three speakers’ bureaus for their outstanding contribution to educating professionals as well as the general public.
**Connect Suicide Prevention**

The Connect Program staff gave several presentations, including keynote addresses by Ann Duckless at the *Intersection of Suicide and Substance Misuse Conference* in Springfield, Massachusetts, and by Elaine de Mello at the *National Suicide Prevention Implementation Academy* in Washington, D.C. and the *Suicide Risk and Trauma Conference* in Juneau, Alaska.

Ken Norton also served on the task force that produced the *National Guidelines for Responding to Grief, Trauma and Distress After a Suicide* (www.actionallianceforsuicideprevention.org) and was featured as part of a series of Postvention Talks through the Suicide Prevention Resource Center (www.sprc.org/featuredresources/ken-norton).

Numerous Connect trainings were offered throughout the year in NH and across the U.S., including Alaska and the Navajo Nation where over 60 regional Behavioral health Center staff were trained in four states.

**Survivors of Suicide Loss**

The statewide network of resources for loss survivors was strengthened with additional support groups and several more sites for the annual International Survivors of Suicide teleconference.

Six new speakers were trained in the SurvivorVoices Speakers’ Bureau training. Through the sharing of their very personal stories of losing a loved one to suicide, speakers promote healing and understanding, which in turn supports and encourages suicide prevention efforts.

"I get a lot out of the support group. I know I am not alone."
Regional Capacity Building for Suicide Prevention

Through its SAMHSA Youth Suicide Prevention grant, NAMI NH worked extensively with the Regional Public Health Networks (RPHNs) in the Lakes Region, Concord and Manchester.

Attempt Survivors

NAMI NH has been a leader in incorporating the voice and perspective of those who have survived a suicide attempt in prevention efforts. The 11th Annual New Hampshire Suicide Prevention Conference included a panel of loss survivors and attempt survivors who spoke from both perspectives about the profound impact of suicide upon themselves and their families. In May, NAMI NH hosted Hope Beyond the Darkness with a panel that featured four attempt survivors – three of whom are In Our Own Voice speakers – who shared their journeys of hope and strength. These inspiring stories sparked an effort to create supports in NH for attempt survivors with a NAMI NH led Task Force being formed to develop a model and resources.

"Whenever we attend a meeting we always come away with renewed hope."
## BY THE NUMBERS

**FY2015**  
(July 1, 2014 - June 30, 2015)

<table>
<thead>
<tr>
<th>NAMI NH Volunteers</th>
<th></th>
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<tbody>
<tr>
<td>Number of Volunteers</td>
<td>220+</td>
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<tr>
<td>Volunteer hours</td>
<td>11,500+</td>
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<tr>
<td>Total Volunteer Value</td>
<td>$266,000+</td>
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### NAMI NH General Support, Education & Advocacy Statistics

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
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</thead>
<tbody>
<tr>
<td>Families who received individual support &amp; education</td>
<td>153+</td>
</tr>
<tr>
<td>Unique Information &amp; Resource Line responses</td>
<td>978+</td>
</tr>
<tr>
<td>Support groups through the state</td>
<td>20</td>
</tr>
<tr>
<td>People who attended advocacy training</td>
<td>31</td>
</tr>
<tr>
<td>Public presentation attendees</td>
<td>2365+</td>
</tr>
<tr>
<td>NAMIWalks NH participants</td>
<td>700+</td>
</tr>
<tr>
<td>Website Unique Visitors - naminh.org</td>
<td>28,371</td>
</tr>
<tr>
<td>Website Unique Visitors - theconnectprogram.org</td>
<td>20,396</td>
</tr>
<tr>
<td>Average Page Views/Visit – naminh.org</td>
<td>3</td>
</tr>
<tr>
<td>Average Page Views/Visit – theconnectprogram.org</td>
<td>2</td>
</tr>
<tr>
<td>Average Time on Site – naminh.org</td>
<td>2.5 minutes</td>
</tr>
<tr>
<td>Average Time on Site – theconnectprogram.org</td>
<td>1.5 minutes</td>
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### Suicide Prevention/Postvention & Survivor Support

<table>
<thead>
<tr>
<th>Category</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Community Readiness and Awareness Presentations</td>
<td>25 presentations (NH = 21, Other states = 4)</td>
</tr>
<tr>
<td>Suicide Prevention and/or Postvention Trainings</td>
<td>58 (NH = 39, Other states = 19)</td>
</tr>
<tr>
<td>People trained in Connect Suicide Prevention</td>
<td>789 (NH = 746 from 28 trainings, Other states 43 from 5 trainings)</td>
</tr>
<tr>
<td>People trained in Connect Suicide Postvention</td>
<td>457 (NH = 252 from 13 trainings, Other states = 205 from 14 trainings)</td>
</tr>
<tr>
<td>Suicide Prevention Trainers trained</td>
<td>37 (NH = 20 from 5 trainings, Other states = 17 from 2 trainings)</td>
</tr>
<tr>
<td>Postvention Trainers trained</td>
<td>97 (NH = 31 from 4 trainings, Other states = 66 from 6 trainings)</td>
</tr>
<tr>
<td>Youth Trainers trained</td>
<td>63 (NH = 63 from 2 trainings)</td>
</tr>
<tr>
<td>Hours spent responding to suicide incidents</td>
<td>62+</td>
</tr>
<tr>
<td>Support groups for Survivors of Suicide in NH</td>
<td>10</td>
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<tr>
<td>Time/events NH Lifekeeper Quilt was displayed</td>
<td>12+</td>
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<tr>
<td>NH Survivor of Suicide Loss Resource Folders distributed</td>
<td>238</td>
</tr>
<tr>
<td>Survivors of Suicide Loss newsletters distributed</td>
<td>3000+</td>
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### Family/Caregiver Education Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Participants</th>
<th>Classes</th>
<th>Communities</th>
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</thead>
<tbody>
<tr>
<td>Family to Family</td>
<td>126</td>
<td>8</td>
<td>7</td>
</tr>
<tr>
<td>Parents Meeting the Challenge</td>
<td>9</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Side by Side</td>
<td>333</td>
<td>18</td>
<td>6</td>
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### Speakers’ Bureau Presentations

<table>
<thead>
<tr>
<th>Presentation</th>
<th>Presentations</th>
<th>Audience Members</th>
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<tbody>
<tr>
<td>SurvivorVoices</td>
<td>18</td>
<td>450</td>
</tr>
<tr>
<td>Life Interrupted</td>
<td>22</td>
<td>399</td>
</tr>
<tr>
<td>In Our Own Voice</td>
<td>42</td>
<td>1255</td>
</tr>
</tbody>
</table>

1 Total # of individuals served is approximately 15,000, although it should be noted that it is unlikely that these are all unique individuals.

2 Volunteer roles include: speakers’ bureaus, support group leaders, teachers, board of directors, committee work, office volunteers, walk volunteers, special projects, etc.
Revenue Sources - Fiscal Year 2015
Total $1,875,160.00

59% Public Support: Government grants and contracts $1,098,761.00
26% Private Support: Individual and corporate gifts, foundations $490,749.00
15% Earned Income: Interest, fees, contracts and miscellaneous $285,650.00

Expense - Fiscal Year 2015
Total $1,749,856.00

48% Public Education $837,862.00
30% Suicide Prevention Education and Training $522,156.00
12% Supporting Services: Fundraising $202,585.00
7% Supporting Services: Management $122,286.00
4% Community and Public Policy Relations $64,967.00
Finding accessible, affordable space to conduct our education programs was an increasing challenge for NAMI New Hampshire. Thanks to the support of the City of Concord, we were able to obtain a grant from the Community Development Finance Authority that allowed us to demolish the garage attached to our office in Concord and replace it with a two story addition – including a new, fully accessible training room. A requirement of the funding was that we provide $85,000 in match funds. With a leadership gift from our founder and first Board President, Peggy Straw, and a challenge donation from our second Board President, Rona Purdy, and her husband, Ken, we undertook a whirlwind capital campaign. In just three months, we secured the match funds through the generosity of our current and past Board members, staff, and friends.
Peggy M. Straw Hall for Education, Training & Support
Dedicated June 25, 2015

The new, accessible training space was made possible through the support of the

The City of Concord, New Hamsphire
and through the generosity of

Peggy M. Straw
Rona & Ken Purdy
Michele Grennon & R. Joffree Barrnett, MD

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US DHHS - Substance Abuse & Mental Health Services Administration

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Monique P. Jevne
The Reverend Lucretia Jevne

In Memory of
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Our Mission

NAMI New Hampshire is a grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness.

Our Vision

We envision a future where people affected by mental illness have hope, help, and health, and are able to:

- access the supports and evidence-based treatment necessary for recovery,
- have a lifespan that is not cut short by their mental illness or co-morbid conditions, and
- reach their full potential, living in their communities free from discrimination and stigma.