Advocacy & Leadership

With adults and children across the state waiting for days at a time in local emergency departments for a psychiatric inpatient bed, NAMI NH families called for something to be done. After months of public discourse about what led to this situation, NAMI NH called a press conference, engaging 17 different organizations across the service spectrum to speak out—in one voice—about the need to respond to the crisis.

NAMI NH leadership met with Governor Hassan on her first day in office, highlighting the fragility of the state’s community mental health system and how those living with mental illness were in jeopardy. Our collective advocacy led to increased funding for essential mental health services.

Children’s Mental Health Matters Rally

On May 9th, over 250 Granite Staters of all ages attended the “Children’s Mental Health Matters Rally”. The event featured an address by Governor Maggie Hassan and Flash Mob performance to highlight the importance of children’s mental health and the NH Children’s Behavioral Health Plan.
“I walk to thank God for my son… one of the most beautiful people that I know. He has a generous heart, a beautiful soul and is the joy of my life. Jon suffers from the illness of Bipolar...”
Mental Health and Schools Conference

Over 150 educators, school psychologists, guidance counselors, medical professionals, mental health providers, and family members attended the October conference.

NAMI New Hampshire Annual Conference & Awards

Nearly 150 Family members, consumers and friends and allies from across the state attended the Annual Conference and Awards in March.

Family to Family & Parents Meeting the Challenge

NAMI NH offered Family to Family Teacher Training in Coos County and its first Family to Family and Parents Meeting the Challenge classes in Lancaster through a grant from the Tillotson Fund.

2013 NAMI National Exemplary Psychiatry Award

Dr. Steven Cauble, NAMI NH Board member, was recognized for receiving the 2013 NAMI National Exemplary Psychiatry Award.

Family Support Group Training for New Hampshire’s National Guard

“The face of mental illness is not the face of a stranger. It is the face of our neighbors, coworkers, family and friends and sometimes us.”

Mike Fitzpatrick
Past Executive Director, NAMI National
Suicide Prevention: Connect

NAMI New Hampshire’s Connect Program provided suicide prevention and postvention training in 28 states across the country. Here in New Hampshire, staff worked extensively with communities, schools and organizations.

After the Bhutanese Community experienced several tragic suicide events, Connect Program staff provided outreach and training. The National Suicide Lifeline information card was also translated into Nepalese.

Party with a Purpose

NAMI New Hampshire friends and supporters listen to Board Member and In Our Own Voice speaker Monique Jevne share her personal recovery story at the Annual Party with a Purpose. Michele Grennon and Joffree Barnett once again opened their New Castle home for this great awareness raising event.

“Thank you for doing this. I lost my sister in the spring after a life long struggle with bipolar disease. The work that this agency does is incredibly important.”

~ Family Member
### By the Numbers

July 1, 2012 – June 30, 2013

**NAMI NH General Support, Education & Advocacy Statistics**

<table>
<thead>
<tr>
<th>Service Provided</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Families who received individual support &amp; education</td>
<td>228</td>
</tr>
<tr>
<td>Unique Information &amp; Resource Line responses</td>
<td>1132</td>
</tr>
<tr>
<td>Support groups through the state</td>
<td>20 (18 + 2 online)</td>
</tr>
<tr>
<td>People who attended advocacy training</td>
<td>30</td>
</tr>
<tr>
<td>Public presentation attendees</td>
<td>3,356</td>
</tr>
<tr>
<td>NAMIWalks NH participants</td>
<td>650+</td>
</tr>
<tr>
<td>Website Unique Visitors</td>
<td>22,278</td>
</tr>
<tr>
<td>Average Page Views/Visit</td>
<td>3+</td>
</tr>
<tr>
<td>Average Time on Site</td>
<td>2.5 minutes</td>
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</tbody>
</table>

**NAMI NH Volunteers**

<table>
<thead>
<tr>
<th>Category</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Volunteers</td>
<td>190</td>
</tr>
<tr>
<td>Volunteer hours</td>
<td>10846+</td>
</tr>
<tr>
<td>Total Volunteer Value</td>
<td>$245,273+</td>
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</tbody>
</table>

**Suicide Prevention/Postvention & Survivor Support**

<table>
<thead>
<tr>
<th>Service Provided</th>
<th>Count and Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Readiness and Awareness Presentations</td>
<td>10 (NH = 8, Other states = 2)</td>
</tr>
<tr>
<td>Suicide Prevention and/or Postvention Trainings</td>
<td>105 (NH =34, Other states = 71)</td>
</tr>
<tr>
<td>People trained in Connect Suicide Prevention</td>
<td>949 (NH = 596 from 23 trainings, Other states = 353 from 20 trainings)</td>
</tr>
<tr>
<td>People trained in Connect Suicide Postvention</td>
<td>684 (NH = 120 from 5 trainings, Other states = 564 from 37 trainings)</td>
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<tr>
<td>Suicide Prevention Trainers trained</td>
<td>124 (NH = 54 from 5 trainings, Other states = 70 from 8 trainings)</td>
</tr>
<tr>
<td>Postvention Trainers trained</td>
<td>91 (NH = 11 from 1 training, Other states = 80 from 8 trainings)</td>
</tr>
<tr>
<td>Youth Trainers trained</td>
<td>185 (NH = 73 from 2 trainings, Other states = 112 from 6 trainings)</td>
</tr>
<tr>
<td>Hours spent responding to suicide incidents</td>
<td>64+</td>
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<tr>
<td>Support groups for Survivors of Suicide in NH</td>
<td>11</td>
</tr>
<tr>
<td>Time/events NH Lifekeeper Quit was displayed</td>
<td>22</td>
</tr>
<tr>
<td>NH Survivor of Suicide Loss Resource Folders distributed</td>
<td>275</td>
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<tr>
<td>Survivors of Suicide Loss newsletters distributed</td>
<td>8000</td>
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**Family/Caregiver Education Programs**

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<tr>
<th>Program</th>
<th>Participants</th>
<th>Classes</th>
<th>Communities</th>
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<tbody>
<tr>
<td>Family to Family</td>
<td>159</td>
<td>11</td>
<td>8</td>
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<tr>
<td>Parents Meeting the Challenge</td>
<td>41</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Side by Side</td>
<td>174</td>
<td>25</td>
<td>5</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>24</td>
<td>476</td>
</tr>
<tr>
<td>Life Interrupted</td>
<td>26</td>
<td>494</td>
</tr>
<tr>
<td>In Our Own Voice</td>
<td>41</td>
<td>1466</td>
</tr>
</tbody>
</table>

1 Total # of individuals served is approximately 12,000, 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.
NAMI NH
Revenue Sources ~ Fiscal Year 2013
Total $1,696,925

- Public Support: Government Grants and contracts (39%)
- Earned Income: Interest, fees, contracts and miscellaneous (29%)
- Private Support: Individual Gifts, foundations and corporate gifts (32%)

NAMI NH
Expenses ~ Fiscal Year 2013
Total $1,636,050

- Supporting Services: Management (12%)
- Supporting Services Other: Fundraising (5%)
- Suicide Prevention Education & Training (40%)
- Community and Public Policy Relations (3%)
- Public Education (40%)
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improving lives affected by mental illness
NAMI New Hampshire, a grassroots organization of families, consumers, professionals and other members, is dedicated to improving the quality of life of persons of all ages affected by mental illness and/or serious emotional disorders through education, support and advocacy.

Our Vision

People of all ages with mental illness or serious emotional disorders 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.

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