

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

# Annual Report

July 1, 2008 ~ June 30, 2009



# NAMI

**National Alliance on Mental Illness  
NEW HAMPSHIRE**

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## *Mission Statement*

*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 Statement*

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.

## Letter from the President

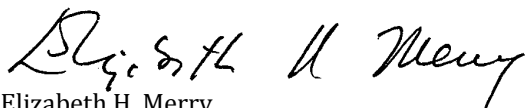
Dear NAMI Friends and Members,

The NAMI NH fiscal year 2009 will be remembered as a significant transitional year for the organization. The strategic plan which had been worked on in prior years provided guidance to the organization to focus on increasing support to its affiliates, strengthening and diversifying its funding sources and expanding its programmatic efforts to provide more education on mental illness to consumers, veterans and their families, schools and children, and other institutions. But no one ever imagined we would be doing all of this during such stressful economic conditions.

The NAMI NH staff personally took on increased workloads to ensure continuation of service to our communities in need. Our NAMI NH Standing Committees, comprised of Staff and Board Members provided significant leadership. The Finance Committee helped steer us through the year so that we would not run a deficit, which was a challenge. The Public Policy Committee helped formulate policy statements on important mental health issues in the State. Our Advancement Committee was engaged with the Staff on repositioning our marketing efforts so that we could communicate more clearly with people coming to our events and on our website to get the assistance they need. Our fund raising volunteers organized a successful NAMI Walk and held other friend/fund raising events around the State. Our Program Committee assessed all programs and identified new areas for potential programs. The NAMI NH Connect Team, which runs our community based Suicide Prevention program strengthened its protocols and expanded its reach well beyond the borders of the State. It was a year of achievement.

On behalf of our Board, I would like to acknowledge the efforts of Mike Cohen, our Executive Director and all the excellent, committed staff of NAMI NH. The alignment and effectiveness of our governance system, combined with this great team, has helped us to continue our efforts *"improving the quality of life of persons of all ages affected by mental illness and/or serious emotional disorders through education, support and advocacy."*

Sincerely,



Elizabeth H. Merry  
President of the Board  
NAMI NH



NAMI NH receives the 2008 Dunfee Award for Excellence in Non Profit Management: Liz Merry, NAMI NH Board President, Governor John Lynch and Mike Cohen, NAMI NH Executive Director.



## Letter from the Executive Director

Quite a year, in more ways than one; national parity legislation passed after 16 years of advocacy efforts; all branches of the Federal Government are under Democratic control with a directive from the President to pass a health care reform bill by the end of the year that covers most Americans and bends the cost curve for health care (including mental healthcare) downward over a ten year period; all branches of NH Government are also controlled by a Democratic majority; the nation and NH continue to face a “great recession” which has taken a toll on the delivery of health and human services; with significant impact on both the public and private mental health systems. Health and mental health advocacy organizations, including NAMI NH, have worked to reduce the impact on the system of care, yet serious cuts have been made to balance the state budget which impact on service access and coverage.

NAMI NH was not immune to the recession and in the late winter of the fiscal year we had to eliminate staff positions and reduce staff hours. Staff and volunteers, however, did not skip a beat. I want to thank all the staff, Board members, volunteers, and affiliate and support group leaders for their enduring commitment and for making 2009 a year, although filled with adversity, one that we can say “we did well”. We continued to deliver services to families and the public and met or exceeded our contractual obligations; we continued to write grants of which, over 90% were funded; we created a new NAMI NH brand by developing marketing materials and a website (in production) to help the public understand what we do and the benefits we provide to improve the quality of life for all persons affected by mental illness. The marketing program will be fully implemented over the first 6 months of the new fiscal year; we have advocated for and negotiated a contract with the Bureau of Behavioral Health that sustains our family and support programs, our leadership training programs and public education and awareness programs. In addition, for the first time, the Bureau, in the coming year, will fund our **Connect** (formerly Frameworks) suicide prevention services to train community providers and develop support programs for survivors of suicide. Finally, we implemented two new program initiatives: 1) Life Interrupted - a presentation program given by trained family members who use their experiences with mental illness, to influence the attitudes, open the minds of their communities, and to spread the message that everyone can help promote recovery; and 2) Side-by-Side – an 8 workshop program providing education and support for family members and caregivers of older adults with mental illness.

As you will see from our financial statement we finished the year with a positive revenue picture but in reality the revenues that led to this position are restricted funds for specific programs, which are to be used next fiscal year. From a program operations perspective we experienced a slight loss. Given the financial condition in the state and economy, in general, it could have been much worse for us.

Our financial viability is based, in large part, on controlling expenses and our diverse funding sources, which include state and federal contracts, private and corporate donations and especially contracts for training services to law enforcement, court personnel, state social service and protective workers, the NH National Guard as well as other state public health systems. Our training initiatives are an outgrowth of the skills we have developed over many years which we now have turned into revenue producing ventures. I call this “social entrepreneurship”, which is, getting paid for our work that does long lasting, social good. All of our training services are designed to promote our mission by providing service providers with skills and knowledge to promote an environment that improves effectiveness to treat and support individuals with mental illness and their families, including those affected by suicide.

NAMI NH is building bridges and a positive reputation throughout the state for expertise in mental health matters. Its name is becoming more and more recognized. The public is seeing NAMI NH as the “go to” organization for information and advocacy on mental health issues. We are being asked to join multiple health and mental health campaigns to improve health care coverage, access to care and quality of treatment; the NH House mental health caucus, established this year after years of work by NAMI NH is now headed up by Representative Liz Merry, our President. We are engaged at all levels. The state has a better understanding, through our work, that mental health is part of overall health. Our advocacy work, combined with all of our programs and training activities, many of which are delivered in a partnership between highly qualified staff and volunteers, the lifeblood of our organization is well respected.

All of these accomplishments could not have happened without the continued support and leadership from the Board of Directors. Each member has shared their skills, knowledge and interest in NAMI NH and worked in partnership with me to establish an organization with a clear mission, strategic purpose, meaningful programs, strong infrastructure and stable, even in these times, resources. Combining leadership, with strong internal and external relationships, with sound financial management and competent staff and volunteers makes us well positioned to meet the ever changing environment and to assure our mission is met. In the coming year, I am convinced, we will make an even greater positive impact on the lives of all those affected by mental illness.

Sincerely,



Michael J. Cohen, MA, CAGS  
Executive Director

# 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 trained family members who have experience living with mental illness.

**Parents Meeting the Challenge** is an 8 session program for parents and caregivers of children and adolescents with serious emotional disorders.

- ❖ 8 Parents Meeting the Challenge Classes were held/80 Participants
  - ◆ 3 Classes in the fall: Manchester, Rochester, Nashua
  - ◆ 5 Classes in spring: Nashua, Manchester, Rochester, Concord, Plymouth
- ❖ 4 Parents Meeting the Challenge Teachers Trained - June 2009



Parents Meeting the Challenge training in June 2009. Teacher graduates: Denise Elswick, Lisa Fiescher, Amy Taylor, Jennifer Richard and Claudia Ferber, NAMI NH Director of Child and Family Programs.

**Family to Family** is a 12 session program for family and friends who have an adult in their life with a mental illness.

- ❖ 9 Family to Family Classes were held/167 Participants
  - ◆ 3 Classes in the fall: Greenland, Goffstown and Nashua
  - ◆ 6 Classes in spring: Nashua, Manchester-Veterans Administration, Portsmouth, Peterborough, Conway, Concord
- ❖ 7 Family to Family Teachers Trained - November 2008

**Side by Side** is a series of 8 workshops for families and caregivers of older adults diagnosed with a mental illness.

- ❖ 30 Workshops were held/182 Participants
- ❖ Workshops held in Bedford, Hudson, Lebanon, Manchester, and Nashua

## Meet Rebecca Ladd

*My name is Rebecca Ladd. I am a mother, a gardener, a crafter, a 4H leader and an educational advocate. I also volunteer with NAMI NH. I am one of over 131 volunteers, who provide education and support to NH residents affected by mental illness.*

*I facilitate a parent's support group and teach an 8 week class called Parents Meeting the Challenge. Few people know that I am also a runner.*

*When I say I am a runner, I don't mean I run a mile every day. I run from situations, problems, and people that I am not comfortable with. But when mental illness entered my world, through my oldest son, I couldn't run, this was my child; I couldn't pretend this was not happening.*



*Four years ago our son Johnny, then age 10, began a downward spiral into a world of anger, depression, and anxiety. He was diagnosed with ADHD, (Attention Hyper Activity Disorder). One year later, after he was involved with lighting a fire in the forest, and numerous uncontrollable rages, our son's diagnosis changed. It now includes adolescent bipolar disorder, oppositional defiance disorder, and major depressive disorder.*

*Though the titles are daunting, Johnny's behaviors were terrifying. During manic rages Johnny would throw furniture, and anything else he could lay his hands on. Rages would begin and when they subsided the tears would flow and the guilt would mount.*

*One day I did run - literally. Johnny was raging and I was not able to get him under control, the house was not safe. I took the younger children and dropped them off with my mom. My dad and I went back to Johnny. Our basement looked like a tornado had hit. Several hours later Johnny calmed down, my husband got home from work, my Dad went home, and my younger children returned. But 5 hours later Johnny began to rage again. New to this episode were Johnny's screams that he was*

going to kill himself and others. Robbie, my husband, and I took Johnny to the hospital emergency room. The next day Johnny was hospitalized in the Adolescent Psychiatric Ward for the second time that summer.

I was full of anger, grief, pain, and hate. So I began to run, towards something, towards NAMI NH trainings and support. I needed information and skills; I needed to know that we were not alone. I got all that. I met others who were facing the same struggles, fears, and guilt. I was given the strength to believe that we would make it through this and that Johnny would grow into a fine adult.

Four years ago I was thrown into a world of mental illness, IEP's and Special Education law. Now, I am educating others, teaching classes, advocating, organizing workshops and lectures and helping people through the maze that I have already traveled. Families need to be supported and educated about mental illness, not be blamed; they do that enough on their own. They need to feel safe to come out of the shadows and live life to the fullest.

Yes, I am a runner. I run my children to counselors, to the people that can offer them support. I run from one child to another giving comfort and love. And I run to support group and classes and the people who understand where I have been, where I am, and where I might be going. I am a runner. And this is one race I don't intend to lose.

## 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.

**Support Groups** provide education and hope for families and friends.

- ❖ NAMI NH offers 17 Support Groups
  - ◆ 5 for parents/caregivers of a child or adolescent with serious emotional disorders: Concord, Haverhill, Manchester, Nashua, Rochester
  - ◆ 12 for family members/friends of an adult with mental illness: Berlin, Concord, Lebanon, Littleton, Manchester, Nashua, Peterborough, Portsmouth, Rochester (2), Salem, Wolfeboro
- ❖ 335 Meetings were held (groups meet once or twice each month)
- ❖ 213 People attended a Support Group Meeting for the first time during fiscal year 2009
- ❖ 8 Support Group Facilitators Trained – April 2009

**Life Interrupted** presentations are given by trained family members who have a loved one with mental illness. These presentations give the audience greater insight into mental illness while focusing on hope and

recovery.

- ❖ 15 Total Active Volunteer Presenters
- ❖ 25 Life Interrupted Presentations
- ❖ 356 people attended Life Interrupted Presentations
- ❖ 6 Life Interrupted Presenters Trained - January 2009

**In Our Own Voice** presentations are given by trained individuals who are in recovery from mental illness. These personal stories put a face to mental illness and help to reduce stigma.

- ❖ 19 Total Active Volunteer Presenters
- ❖ 56 In Our Own Voice Presentations
- ❖ 1569 people attended In Our Own Voice Presentations
- ❖ 14 In Our Own Voice Presenters Trained – September 2008

### Meet David Sawyer

My name is David Sawyer. I want to share with you how NAMI NH, in particular the NAMI NH "In Our Own Voice" program, has helped with my recovery.

I have been a consumer (person who receives mental health treatment) of services for over 30 years when I was first introduced to NAMI NH. I had a number of successes in my life as a recovering consumer and I no longer wanted to "go it alone". I tend to be outgoing and relish receiving positive feedback. When Deborah Karr, the Coordinator of the NAMI NH In Our Own Voice (IOOV) program, asked if I would be interested in becoming a trained IOOV presenter, I was a little hesitant to make the commitment. I am very glad that I did.

In 2008 I attended a 3-day training held by NAMI NH. Soon after graduation I was asked to give my first presentation to a Family to Family class in Greenland, NH. I learned a great deal about the difficulty family members experience in their efforts to understand a son, daughter or other relative with a mental health condition. Their feedback was great and they seemed surprised that a person could truly recover from the effects of being diagnosed with a mental illness (my definition of recovery).

Since then I have given three more presentations. Each presentation has exponentially increased my feeling of recovery.



*I presented to the Rochester NH Police Department. The feeling of self-worth was very powerful. If my IOOV presentation could help the officers to understand mental illness better, their response might be different when encountering a person in a mental health crisis.*

*My most recent presentation proved invaluable to me in terms of enhancing and empowering me to understand that my voice can be, and is, a force of positive effect in the community. I was exceptionally honored to present to the graduating class of the New Hampshire Police Standards and Training Council in Concord, NH. They heard about my dark days, coping skills, hopes, dreams, and successes. I was absolutely thrilled when they gave me an Academy "thank you", and an endless list of positive evaluations. This was one of the high points of my life.*

*Through the feedback of "In Our Own Voice" I am experiencing the rewards of a series of life decisions that, up until now, I wasn't sure were the best for me and my situation!*

*All consumers are told, or encouraged, to return to their community if they are not a threat to themselves or others. From such a point forward it is with deep feeling that I have found the NAMI NH community to be a voice well established within my concept of community.*

*From my first connection with NAMI NH, being invited to participate on the NH Mental Health Planning and Advisory Council by Chair Rick Sherman, each and every person working for NAMI NH has been caring and committed.*

## advocacy

Fundamental to our mission are our advocacy efforts to improve access to and the quality of mental health and health services for our family members and persons with mental illness regardless of their age. Using the power of personal stories combined with hard evidence NAMI NH advocates make their points in many forums. This year, working in many arenas and on many issues NAMI NH continues to be recognized as the "go to" organization for mental health matters.

### Public Policy Training

NAMI NH's training program provides family members and consumers the leadership and facilitation skills needed to become an effective advocate on both a local and statewide level. Participants learn strategies for communicating and working collaboratively with others to promote change in programs, government policies and public perceptions

of mental illness.

- ❖ Public Policy Training- November 2008 – 24 Advocates Trained

### Advocacy Highlights

- ❖ NAMI NH's active Public Policy Committee
  - ♦ monitors NH mental health and health policy issues,
  - ♦ develops public policy information and position statements on mental health and related issues, and
  - ♦ published our Public Policy Platform "Where We Stand" which is available on our website.
- ❖ This year we held a mental health summit with support from the Council on State Governments. After a three year initiative this was the final step in which a NH Legislative Mental Health Caucus was finally up and active. Chaired by Representative Liz Merry (also President of NAMI NH) this group is in its organizational phase developing its membership, identifying priority public policy issues and getting ready to submit potential bills. We are working closely with the Mental Health Council to assure that the Caucus has the technical assistance, and where possible, the administrative support it needs to help its mission go forward.
- ❖ NAMI NH members and Public Policy graduates participated in the Listening Sessions hosted by the NH Community Behavioral Health Association, the NH Mental Health Council, NAMI NH, and the Bureau of Behavioral Health. These sessions and subsequent report followed the State's 10 year plan report.
- ❖ Published "Mental Health Matters" to provide current information on the status of mental health services and supports in New Hampshire, and distributed to all legislators, community mental health centers, and local NAMI NH affiliates. Also available on our website.
- ❖ A NAMI NH staff member Chairs the NH State Mental Health Planning and Advisory Council that advises the Bureau of Behavioral Health on the Federal Block Grant, and advocates for supports and services, policies, rules and regulations
- ❖ Published "Reclaiming our Future: A Pathway For Treating Co-occurring Mental Health and Substance Use Disorders in NH's Adolescents and Young Adults." A position paper to improve treatment for adolescent and young adults. The paper is also available on our



Mental Health Summit 2008



website.

- ❖ Participated in the Mental Health Services for Children and Their Families: Planning to Improve Access and Outcomes Report
- ❖ Attended the National Children's Mental Health Awareness Day: congressional briefing and visit to the Hill with representatives.
- ❖ Participated in the Every Child Matters: Stepping Up for Kids event held at the State House lawn.

### Volunteers

Volunteers are the heart of NAMI NH – helping us carry out our mission.

- ❖ 131 regular, active, volunteers delivered programs, services and information in their local communities.
- ❖ 10,000 hours of volunteer time were logged.
- ❖ Using a national dollar value provided by the Independent Research Sector, these hours equate to a value of \$200,000 in donated time.

# suicide prevention

**Connect** Suicide Prevention Project is a designated National Best Practice training program that has been shown to increase the competence and confidence of professionals and communities to respond to suicide events. Participants learn early recognition and response to suicide, substance use and risk factors for suicide. They learn to improve communication and connect with the person at risk, and enhance existing

relationships between individuals and providers. Community problem solving is promoted and the safety net for persons at risk is strengthened.

As a result of the project's successful outcomes, **Connect** has gained national attention. During the past year we changed our name from Frameworks to **Connect** and developed a new identity system based on our model "It Takes A Community To Prevent Suicide." Our new name and identity has been very well received both locally and nationally. **Connect** has been highlighted in recent federal Armed Services legislation and **Connect** Project Director, Ken Norton, has been actively involved in committees, trainings and presentations on the national scene. These have included the following:

- ❖ Member of the National Suicide Prevention Line (NSPL) Steering Committee
- ❖ Member of the National Action Alliance, a workgroup to prepare for updating the National Suicide Prevention Strategy
- ❖ Keynote presentation at Suicide Prevention Conferences in Connecticut and Iowa
- ❖ Attendance and presentation at SAMHSA (Substance Abuse and Mental Health Services Administration) New Media Summit by special invitation
- ❖ Presentation to American Association of Suicidology (AAS) on new media and suicide prevention
- ❖ Presentations on multiple topics at the Annual Garrett Lee Smith Grantee Meeting
- ❖ Presentation at Joint Department of Defense and Veteran's Administration Conference on Suicide Prevention
- ❖ Recognition before Senate Armed Services



Connect Staff, Survivor Speaker Bureau member, Michael Whitman, civilian service providers and members of the National Guard from New Hampshire, Rhode Island and South Carolina and the National Guard Bureau during a Connect training in November 2008 to *Reduce Risk and Promote Healing After a Suicide*.

Committee, Personnel Subcommittee, of **Connect's** work with the NH National Guard as a model program

- ❖ Legislation introduced by Representative Hodes and Senator Shaheen to support the expansion of **Connect** Postvention (individual and community healing after a death by suicide) training services to all National Guard members and reservists throughout the country

In addition to significant involvement on a national level, **Connect** continues to focus on suicide prevention efforts in NH. Suicide is an important issue in New Hampshire it is the second leading cause of death for NH residents between the ages of 10 and 34, and the fourth leading cause of death for ages 35-54. According to the Center for Disease Control 90% of all people who die by suicide have either a mental illness or substance use disorder.

### **Connect Highlights**

**Connect** staff conducted 63 suicide prevention trainings to 1,000 participants

- ❖ 13 Trainings sponsored by the NH Department of Education in multiple communities
- ❖ 5 Trainings to NH National Guard
- ❖ 1 presentation with members of the State Suicide Prevention Council to advanced journalism students on responsible reporting around suicide
- ❖ 5 presentations under a contract with SAMHSA in NH target communities (Berlin/Gorham and Raymond)
- ❖ 15 Suicide Awareness Presentations in NH
- ❖ 16 Trainings held under a contract with Massachusetts Department of Public Health, for law enforcement, educators, and primary care providers

### **Survivors of Suicide**

Until very recently individuals and families in NH who lost a loved one to suicide (survivors) have been isolated with limited and/or fragmented supports. During the past three years substantial inroads have been made in identifying and developing a network of support for NH survivors. **Connect** staff coordinates and supports Survivors of Suicide Support Groups, a Survivor's Speakers Bureau, a Survivors Newsletter, individual survivor support, the Lifekeeper Quilt, the Annual AFSP National Survivor's of Suicide Day Teleconference, and together with the Youth Suicide Prevention Assembly, Bureau of Behavioral Health and State Medical Examiner's office provides an educational resource folders to next of kin survivors.

### **Survivor Highlights**

- ❖ There are now 8 Survivors of Suicide (SOS) Support

Groups in NH

**Connect** helped start and provides ongoing support to 4 groups that held a total of 48 meetings

**Connect** provides technical assistance and resources as needed to the other 4 groups that held a total of 100 meetings

- ❖ The NH SOS Speakers Bureau made 12 presentations reaching 180 people
- ❖ The NH Lifekeeper Quilt was exhibited with resources at 26 locations for a total of 67 days
- ❖ 8,000 newsletters were published and distributed at over 250 locations around the state including libraries and Community Mental Health Centers
- ❖ 175 Survivor Resource Folders were updated and prepared for the Office of Chief Medical Examiner to send to next of kin for every suicide death in NH
- ❖ In collaboration with American Foundation for Suicide Prevention (AFSP), Seacoast Hospice, BBH, and Samaritans, **Connect** organized and facilitated the Annual AFSP National Suicide Survivor Teleconference at 6 sites around NH
- ❖ **Connect** staff facilitated a survivor workshop at the Annual NH Suicide Prevention Conference

### *Meet Lisa MacNaughton Survivor of Suicide*

*As a child growing up, I had a parent that suffered from mental illness who made several non-lethal attempts at suicide. It was not that long ago, but in our culture mental illness and particularly suicide was not something you talked about with anyone, ever, including family. There were no supports in school, no one to explain, no one to talk about it with, and no one ever did talk about it. I carried those secrets into my adult life as a young professional.*

*In my early 20's, I felt called to the field of mental health. Concord had a community mental health center and with secretarial skills, I worked there as support staff. I learned of NAMI NH in the early 80's, their programs and assistance for people with mental health issues and how they collaborated with the agency I worked for; always striving to champion people with mental health issues as still being capable, competent members with full rights to a supportive community.*

*Countless times over the years, whenever I knew someone who was struggling with a possible mental health issue, I would suggest they call NAMI NH or search the NAMI NH website as a place to start.*



*Fast forward another twenty years, and on the morning of May 10<sup>th</sup>, 2005 the phone rang—it was a family member in Connecticut. That call changed my life. She said state police had found my sister, Linda, in a public location, dead of an apparent suicide. My life has not been – and will never be - the same.*

*For about a week I went through the motions of taking charge of the situation; telling my other sister in NH, my parents, and my own son and pre-teen daughter; then coordinating arrangements for my sister's services in Connecticut. I returned home from Connecticut and tried to resume a normal life. I didn't tell anyone for months that I was dealing with, what I know now was, compounded traumatic grief. Life was not resuming as 'normal' at all - even though five months had passed since my sister's death. I thought there had to be some help somewhere.*

*As I had suggested to so many others over the years, I went to the NAMI NH website and found Survivors of Suicide group meeting information there. The connections made and the supports provided through NAMI NH helped me through that time and help me still today. I made a call, talked with someone and began attending a NAMI NH Survivors of Suicide Group once a month. I recall saying at a group, and I've heard many others say since, it's one of the few places you can go after you've experienced such a devastating loss, and pardon the expression, "feel like you're not going crazy"; survivors understand each other in ways that many others cannot. I also heard said that you either deal with the grief, or the grief deals with you and I agree. Those groups were – and still are – a lifeline.*

*I also signed up for a NAMI NH **Connect** Suicide Prevention Training, with the theme of Recognize and Connect. I wanted to learn about the warning signs of suicide and help bring a message of awareness to others, and to allay my fears and guilt of having missed something, a feeling that seemed to take*

*forever to subside to at least a tolerable level after my sister's death.*

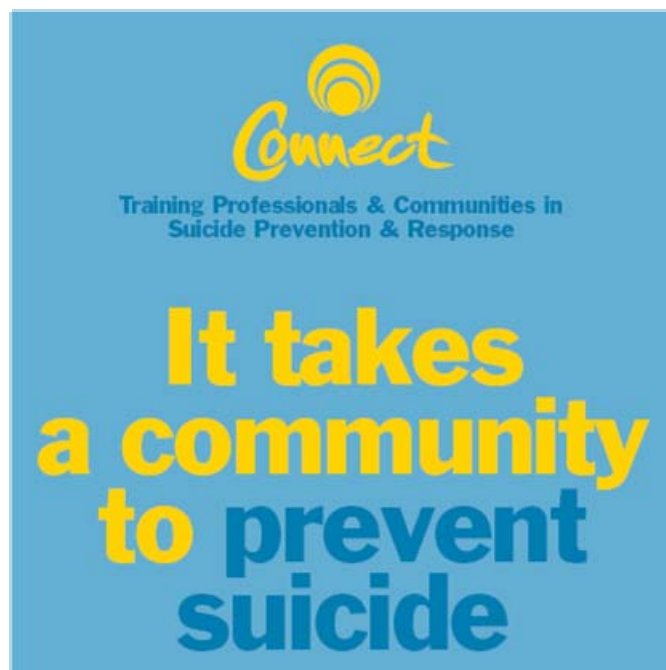
*I did not identify myself at the training as being a survivor as I was still somewhat uncomfortable with that designation. I felt that somehow people look at you differently, that others there would think there must have been something you could have done. The **Connect** Suicide Prevention training was one of the best programs I've attended – thoughtful, informative and empowering. In my opinion it should be mandatory training for school personnel in the state, and for anyone who works with young people on a regular basis.*

*I also attended the NAMI NH Survivor of Suicide public speaking training. As presenters, survivors can help reduce stigma regarding mental illness and suicide and get the message out that mental health is an integral part of our whole health and well-being. There are panels of speakers available through NAMI NH to talk to groups who are interested in learning more.*

*Finally, I am also extremely grateful to NAMI for sending me to the American Foundation for Suicide Prevention's Facilitator's Training for Survivor's of Suicide Loss Support Groups this past year. I now facilitate the peer group for the Greater Concord Area Survivor's of Suicide Loss Support Group once a month. I know these groups were a vital support for me in grieving the loss of my sister among a safe, respectful and confidential group. Suicide is a life-changing experience for survivors, and NAMI NH recognizes that.*

*Without NAMI NH's support, none of these programs would have occurred; none of these essential programs would be available as well as all of the other support groups and resources they provide around other mental health issues.*

*So much has been accomplished, and yet there is still much work to do.*



# events

## 2008 Events

### September 13:

**Life Under Construction** – a one day conference on the Transition Planning Process held at SNHU, Manchester was attended by 125 transition age youth and their families. Keynote presenter was Lizzie Simon, author and advocate.

### **Mental Illness Awareness Week 2008**

### October 5:

**NAMI NH's 6<sup>th</sup> NAMIWalks for the Mind of America** – 500 walkers turned out to help reduce the stigma of mental illness and raise funds for family support programs.



Peggy Straw, founder of NAMI NH, speaks at the NAMIWalks NH 2008 Kickoff Luncheon.

### October 6:

**Internet Radio Show on Suicide Prevention** – Ken Norton, Director of NAMI NH's **Connect** Program, discussed the importance of suicide prevention and MIAW on the One Hour at a Time internet radio program hosted by Mary Woods, CEO of WestBridge Community Services.

### October 7:

**National Day of Prayer for Mental Illness Recovery and Understanding** – Faith communities from Exeter, Rochester, Rye and Concord joined with NAMI NH to raise awareness about mental illness and fight stigma by holding prayer services and providing resources to parishioners.

### October 7:

**Juvenile Justice Mental Health Conference** – 200 participants attended the conference held at the

Grappone Conference Center in Concord. The Honorable Edwin W. Kelly, Administrative Judge, NH District Court and Judicial Family Division, and William W. Fenniman, Jr., Director, Division of Juvenile Justice Services provided the introduction and opening remarks. Keynote "*Mental Health and Juvenile Justice: A National Overview of Issues, Trends and Needed Directions*" presented by Joseph J. Cocozza, PhD, Vice President for Research with Policy Research Associates, Inc.

### October 9:

Screening of the film *Canvas* at the Red River Theatre in Concord, with Joe Pantoliano, producer and star of the film, providing remarks following the movie.

### October and November:

**Book Discussion Program** for elementary school students. The book *Cories Stories* by Jeanne Kraus was presented in 20 schools to help dispel any myths and misconceptions about mental illness and how to ask for help.

## 2009 Events

### March 14:

**March Masquerade** – over 100 people attended this fundraiser and friend-raiser event held in Portsmouth.

### April 18:

**All Together Now!** NAMI NH's Annual Conference held at NHTI, Concord was attended by 126 consumers, family members, providers and others interested in learning more about mental illness. There was a special presentation *Humor Us: A Prescription for Tickling the Funny Bone* by Carol Ann Small, humortarian and motivational speaker and the keynote *Helping to Move Science to Service to Improve the Lives of People Living with Mental Illness* was delivered by Darcy Gruttadaro, JD, Director, Child and Adolescent Action Center at NAMI National.



Mental Illness Awareness reception prior to the screening of the movie *Canvas*: Win Saltmarsh, NAMI NH Director of Development, Joe Pantoliano, producer and star of *Canvas* and Mike Cohen, NAMI NH Executive Director.

### May 7:

**Children's Mental Health Awareness Day 2009** – 60 parents and a wide range of child and family serving providers attended the program *Resiliency: Building a Sense of Competency in Children* delivered by Jackie Cowell, Executive Director, Early Learning NH.

**May 22:**

NAMI NH presented the **Samuel S. Adams Excellence in Community Leadership Award** to Alex Ray, founder of the Common Man restaurants, for his leadership in the state and the development of Webster Place, a recovery center for people with substance abuse and alcohol addiction.

**June 11:**

**NAMI NH Annual Meeting** took place in Nashua this year. The business meeting was held and new board members were elected for fiscal year 2010.



Pictured Left: Children's Mental Health Awareness Event in Washington, DC: Claudia Ferber, NAMI NH Director of Child and Family Programs, Goldie Hawn, Actress and children's mental health advocate and Dr. Howard Muscott, Director, CEBIS.

**Annual Awards**

On April 18, during the Annual Conference, a ceremony was held to honor outstanding individuals; someone who has 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 2009:**

- ◆ Gary Bisson, Outstanding Educator Award
- ◆ Mario Brodeur-Fossa, Outstanding Mental Health Administrator Award
- ◆ Jean Durgin, Outstanding Therapist Award
- ◆ Ed Kirby, Unsung Hero Award
- ◆ Raymond Coalition for Youth, Systems Change Award
- ◆ Al Wright, Outstanding Law Enforcement Award

*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.*

# *you have helped*

## *Donors*

### **Iris Circle**

Peggy Straw

### **Caring Partners**

Rona and Ken Purdy

### **Recovery Promoters**

Elizabeth Merry  
River Valley Club  
Katherine Stebbins

### **Resiliency Builders**

Nancy Adams  
George and Harriet Baldwin  
Nancy Preisendorfer  
Richardson's Realty  
Deborah Tasker  
Liz and Robert Valway

### **Hope Contributors**

James Barrett  
Raymond Barrett  
Mary Linda Bent  
Ruth and Peter Bleyler  
Muriel and Ed Broad  
James Campbell  
Mr. and Mrs. Charles D. Carpenter  
Richard Church  
Michael Cohen  
Kathleen and Bradford E. Cook

### **Hope Contributors (cont.)**

Mr. and Mrs. John D. Davies  
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Linda and John Kearney  
Ed and Mary Kirby  
Judith Kolada  
Dr. Leonard Korn  
Sharon Laferriere

### **Hope Contributors (cont.)**

Robin Lambert  
Daniel Lottero  
Frankie McCracken  
William McGonagle  
Agnes and Edward L. Miner  
Shelley Moffatt  
Donald Moore  
Carol Moore  
Dr. Kim T. Mueser  
Kathleen Murphy  
Dr. Howard Muscott  
Dr. Rebecca Neal  
New England College  
Denise Nies  
Mr. and Mrs. Bob C. Nilson  
Earl Palmer  
Pemi-Baker Regional School District  
Deborah Pike  
Mr. and Mrs. Jack Pollock  
Barbara Powley  
David Rogers  
Richard Stuart  
Stan and Patti Szydlo  
Thomas Timmons  
Unitarian Universalist Church  
of Manchester  
Knights of Columbus,  
West Keene Council 5414  
Scott Workman

## *Event Sponsors*

### **Children's Mental Health Conference**

Child and Family Services  
Genesis Behavioral Health  
Granite State Federation of Families  
New Hampshire Family Voices  
NH Association for Infant Mental Health  
NH Coalition for Citizens with Disabilities, Inc  
State of New Hampshire  
The Mental Health Center of Greater Manchester

### **eNews**

NH Community Behavioral Health Assoc.  
Seacoast Mental Health Center  
Mental Health Council

### **Leadership Award**

Daniel R. Perkins  
Davis, Towle, Morrill & Everett  
EnergyNorth Propane  
General Linen Service  
John G. Knowles

### **March Masquerade**

E & S Insurance Services LLC  
Elliot Hospital  
Granite Springs Foundation  
Hampstead Hospital  
Katie and Doug Wheeler  
NAI Norwood Group

### **Mental Illness Awareness Week**

Lincoln Financial Group  
Pharmaceutical Research and Manufacturers of America



March Masquerade 2009!



Nick Toumpas, Commissioner of the NH Department of Health and Human Services speaks to Walk participants at NAMIWalks NH 2008.

## *NAMIWalks NH Sponsors*

### **Presenting Sponsor**

NH Community Behavioral  
Health Assoc.

### **Gold Sponsor**

Bristol-Myers Squibb Company

### **Silver Sponsor**

Bristol-Myers Squibb Company  
Janssen Pharmaceutica  
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All Metals Industries, Inc.

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### **Supporters**

Dartmouth Medical School,  
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AstraZeneca  
Dartmouth College  
Endowment for Health  
GlaxoSmithKline  
Lilly  
Lincoln Financial Foundation, Inc.  
NAMI National  
NH Charitable Foundation  
State of New Hampshire

## *In Honor of*

Nancy and Mindy Adams  
Dannie Barrett  
Frankie McCracken  
Rick Sherman

## *In Memory of*

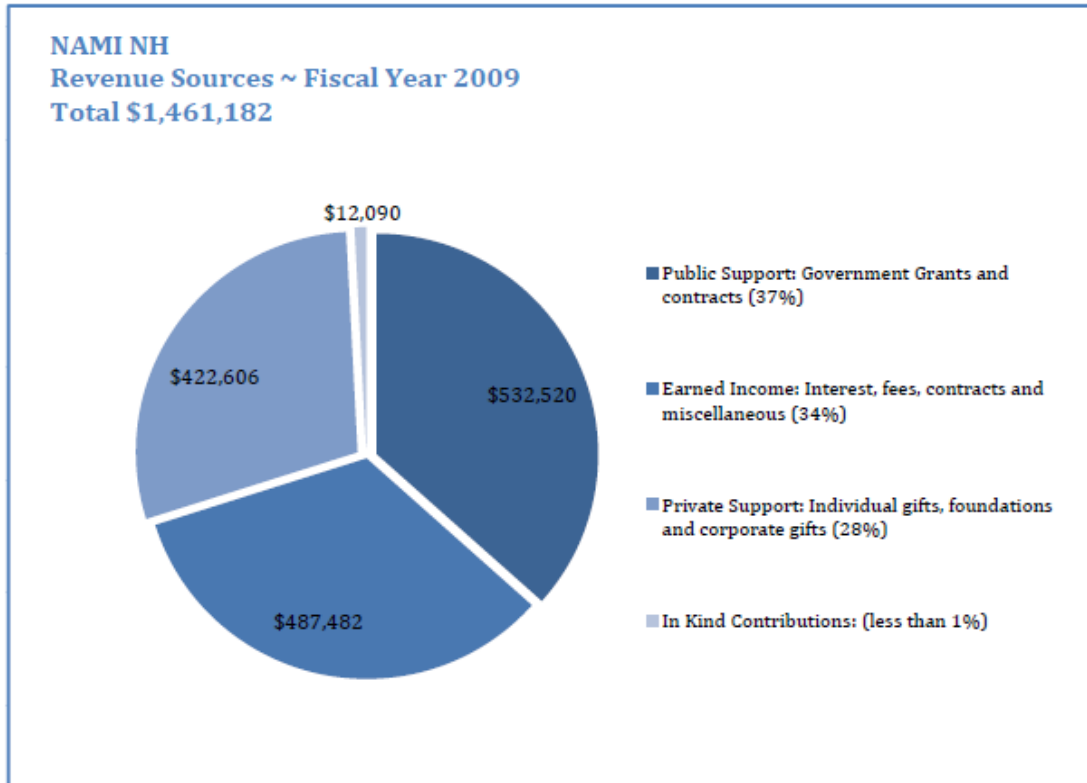
Bailey M. Anderson  
Shane L. Bavis  
Karen Cotton  
Joey Gagnon  
Dr. Robert Nace  
Christina Perry  
Mary Patch Robertson  
Joseph L. Tardif

*thank you for your  
financial support!*

# financials ~ fiscal year 2009

NAMI NH  
Statement of Activities  
from 7/1/2008 to 6/30/2009  
(in whole numbers)

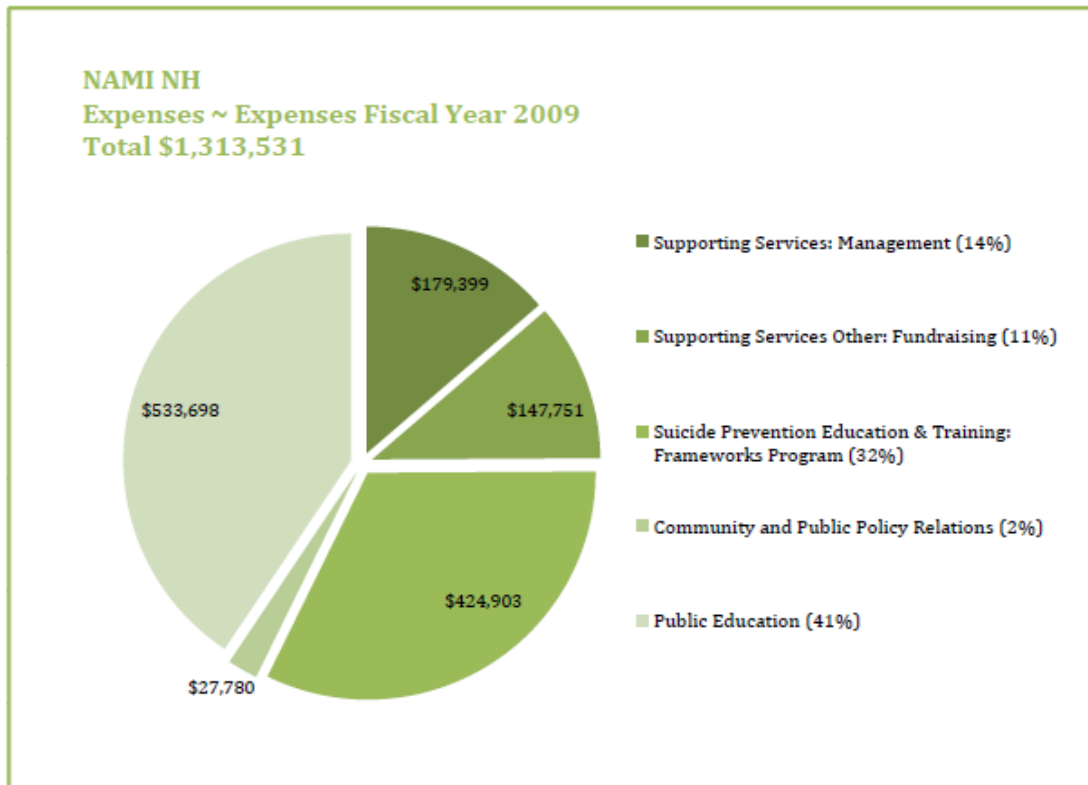
	Current Year Actual	Prior Year Actual
<b>Revenue and Support</b>		
Government Grants and Contracts	532,520	686,137
Contributions	563,343	509,525
Member Dues	6,650	7,598
Fundraising	128,814	157,162
Interest and Dividend Income	1,852	16,322
Training Services	191,593	75,023
Other	<u>29,927</u>	<u>9,416</u>
<b>Total Revenue and Support</b>	<u>1,454,698</u>	<u>1,461,182</u>





**NAMI NH**  
**Statement of Activities**  
 from 7/1/2008 to 6/30/2009  
 (in whole numbers)

	<b>Current Year Actual</b>	<b>Prior Year Actual</b>
<b>Expenses</b>		
Employee Related Expense	873,697	827,948
Contractual Labor	189,975	284,690
Occupancy	91,149	92,141
Fundraising	22,531	41,601
Educational Materials & Supplies	81,103	89,317
Other	<u>55,078</u>	<u>63,625</u>
<b>Total Expenses</b>	<u><b>1,313,532</b></u>	<u><b>1,399,324</b></u>
<b>Change in Net Assets</b>	<u><b>141,166</b></u>	<u><b>61,858</b></u>



# *financials ~ fiscal year 2009*

NAMI NH  
Balance Sheet  
as of 6/30/2009

	<b>Current Year</b>	<b>Prior Year</b>
<b>Assets</b>		
<b>Current Assets</b>		
Cash & Cash Equivalents	729,114.97	589,363.18
Accounts Receivable	<u>62,726.44</u>	<u>134,294.10</u>
<b>Total Current Assets</b>	791,841.41	723,657.28
<b>Long-term Assets</b>		
Property & Equipment	14,059.53	18,019.92
Long-term Investments	<u>64,279.26</u>	<u>75,886.04</u>
<b>Total Long-term Assets</b>	<u>78,338.79</u>	<u>93,905.96</u>
<b>Total Assets</b>	<u>870,180.20</u>	<u>817,563.24</u>
<b>Liabilities</b>		
<b>Short-term Liabilities</b>		
Accounts Payable & Accrued Expenses	<u>128,256.83</u>	<u>216,805.54</u>
<b>Total Liabilities</b>	128,256.83	216,805.54
<b>Net Assets</b>		
Net Assets - Beginning of Year	600,757.70	538,899.52
Change in Net Assets	<u>141,165.67</u>	<u>61,858.18</u>
<b>Net Assets - End of Year</b>	<u>741,923.37</u>	<u>600,757.70</u>
<b>Total Liabilities and Net Assets</b>	<u>870,180.20</u>	<u>817,563.24</u>

# *nami nh staff*

Michael Cohen, MA, CAGS  
*Executive Director*

Tammy Murray  
*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*

Sue Farris  
*Administrative Assistant*

Diane Gedney  
*Office Manager*

Lynette Gorman  
*Walk Coordinator*

Deborah Karr  
*In Our Own Voice 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*

# *board of directors*

\*Elizabeth Merry, President  
*Concord, NH*

\*Paul Gorman, 1st Vice President  
*New London, NH*

\*John Fox, Treasurer  
*Sanbornton, NH*

\*James Miller, Secretary  
*Meredith, NH*

Valerie Acres  
*Concord, NH*

Nancy Adams  
*Canterbury, NH*

Raymond Barrett  
*Laconia, NH*

Andrea Daly  
*Portsmouth, NH*

Alex de Nesnera, MD  
*Concord, NH*

Bob Elder  
*Hampstead, NH*

Jackie Ellis  
*Portsmouth, NH*

Mary Ellen Forrestall-Nicholls  
*Bow, NH*

Geri Foucher  
*Bedford, NH*

Carol Furlong  
*Merrimack, NH*

Marcia Goodnow  
*Madbury, NH*

William Manseau  
*Tewksbury, MA*

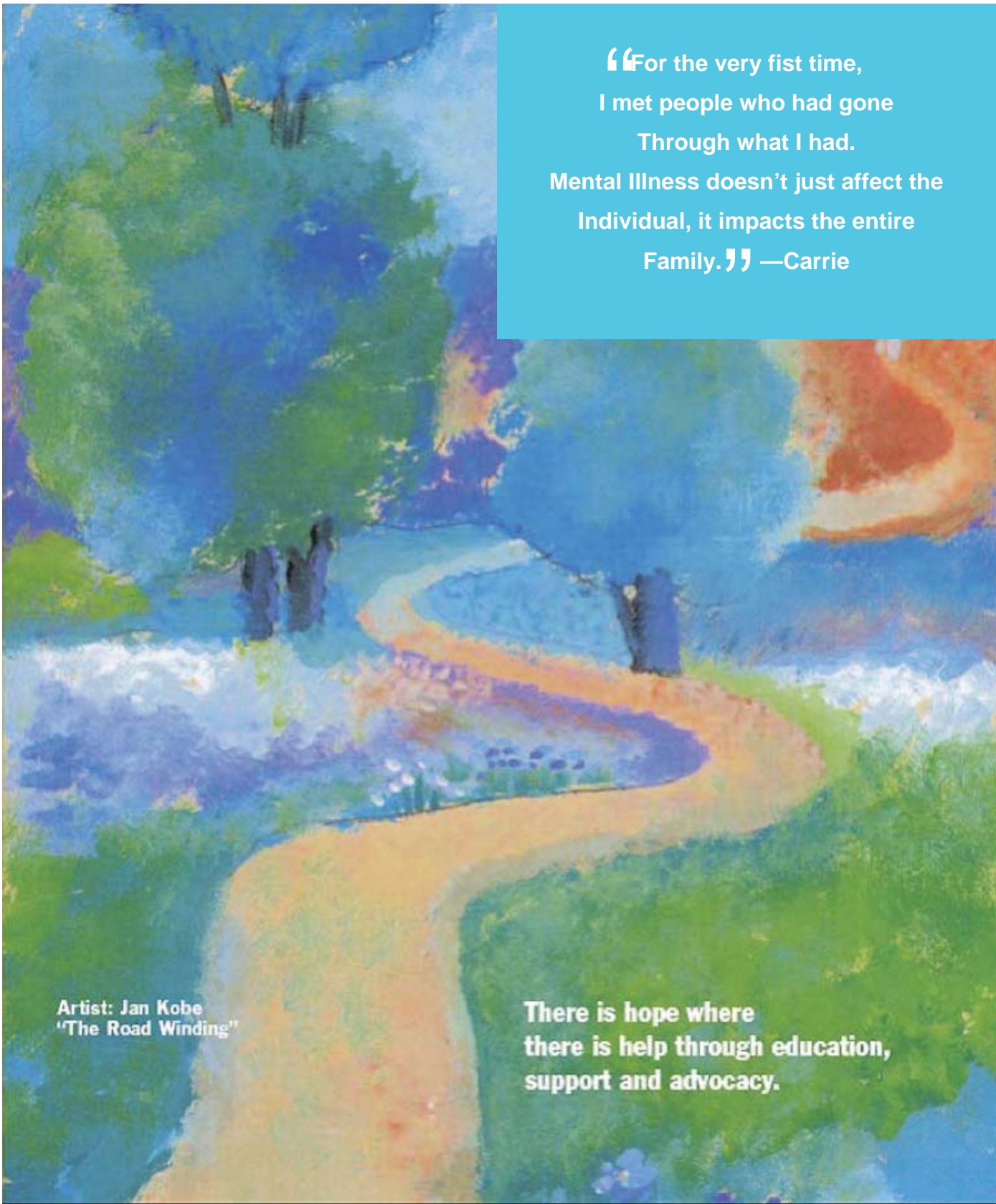
Anthony Matarazzo  
*Nashua, NH*

Ruth Morgan  
*Mont Vernon, NH*

Jonathan Routhier  
*Dunbarton, NH*

Rick Sherman  
*Bedford, 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.**