

## BOARD OF DIRECTORS

Mary Ann Aldrich  
President  
CONCORD, NH

Alex de Nesnera, MD  
2<sup>nd</sup> Vice President  
CONCORD, NH

Robert Bolton  
Treasurer  
KEENE, NH

James Miller  
Secretary  
MEREDITH, NH

Sam Adams  
Immediate Past President  
CANTERBURY, NH

Nancy Adams  
CANTERBURY, NH

Raymond Barrett  
LACONIA, NH

Lorae Boisvert  
WELLS, ME

Martha Byam  
HAMPTON FALLS, NH

Richard Church  
NELSON, NH

Kathleen Flannery  
MANCHESTER, NH

John Fox  
SANBORNTON, NH

Paul Gorman  
NEW LONDON, NH

William Gunn  
CONCORD, NH

Debora Krider  
STODDARD, NH

Ruth McQuade  
DURHAM, NH

Rick Sherman  
BEDFORD, NH

Peggy Straw  
HOOKSETT, NH

Stanley Szydlo  
PETERBOROUGH, NH

Megan Todd  
CONCORD, NH

Ram Yadati  
BEDFORD, NH

## STAFF

Michael Cohen, MA, CAGS  
EXECUTIVE DIRECTOR

Win Saltmarsh  
OPERATIONS AND DEVELOPMENT DIRECTOR

Tammy Murray  
CHIEF FINANCIAL OFFICER

Elaine de Mello  
TRAINING AND EDUCATION DIRECTOR

Ken Norton  
FRAMEWORKS PROJECT DIRECTOR

Ken Braiterman  
IN OUR OWN VOICE COORDINATOR

Claudia Ferber  
CHILD & FAMILY SERVICES COORDINATOR

Annette Carbonneau  
AFFILIATE VOLUNTEER DEVELOPER,  
WALK MANAGER

Abby Winzeler  
RESEARCH ASSISTANT

Nicole Gage  
OFFICE ADMINISTRATOR

Julie Dunham  
ADMINISTRATIVE CLERK

James Fischer, OFFICE VOLUNTEER

Joyce Simmonds, OFFICE VOLUNTEER



**National Alliance on  
Mental Illness**

15 Green Street  
Concord, NH 03301  
Phone (603) 225-5359  
or 1-800-242-NAMI  
Fax (603) 228-8848  
Email: [info@naminh.org](mailto:info@naminh.org)  
Web: [www.naminh.org](http://www.naminh.org)

## 2005 ANNUAL AWARD WINNERS

- ★ Adult Psychiatrist .....Gwen Barros - West Central Behavioral Health, Claremont
- ★ Adult Therapist .....Carol Copanas - Community Council of Nashua, Nashua
- ★ Educator .....Laurie Belanger - Gilford High School, Gilford
- ★ Mental Health Worker .....Teresa Bryant - New Hampshire Hospital, Concord
- ★ Mental Health Administrator .....Jesse Turner - West Central Behavioral Health, Lebanon
- ★ Family Volunteer .....Rebecca and Steve Lawrence - Volunteers, Cheshire Co.
- ★ Consumer Empowerment Leader.....Dan Bailey - Volunteer, Merrimack County
- ★ Legislative Leader .....Dr. James Pilliod - NH Representative, District 5, Belmont
- ★ Media .....Kristen Proulx Jarvis - Concord Monitor, Concord
- ★ Systems Change .....In Our Own Voice - 20 Presenters throughout the State
- ★ Advocate .....Pam Brown - Volunteer, Hillsborough County
- ★ Legal/Law Enforcement .....Laconia Police Department, Laconia



**National Alliance on  
Mental Illness**

# Annual Report

July 1, 2004 - June 30, 2005

Families Helping Families

## Mission Statement

NAMI NH is a grassroots organization of and for people of all ages and their families coping with mental illness. NAMI NH is dedicated to improving their quality of life through support to consumers, and families; advocacy for non-discriminatory and equitable funding and policies; support of research into causes, symptoms and treatments; and education to eliminate stigma and discrimination against persons with mental illness and emotional disorders.

*\* The NAMI National Board of Directors voted in August, 2005 to change our name to National Alliance on Mental Illness.*

## From the President and Executive Director

### 2005: A Year for Change

Fiscal Year 2005 has seen some dramatic changes in our funding and our Board leadership. This is the first year in NAMI NH's past twenty-four years that the organization has not received funding from the state Bureau of Behavioral Health; the state abruptly terminated its contract with NAMI and shifted the responsibility for family education and support services to the community mental health centers. This represents a dramatic shift in its philosophical and financial orientation toward families affected by mental illness, a shift from its value-oriented position as noted in its 2000 – 5 year plan, and a shift counter to the New Freedom Commission Report on Mental Health (July, 2003) which articulated the goal for the public mental health authority of creating a "consumer and family driven" system. The state's past financial support for NAMI NH was indicative of its belief in supporting families dealing with the burdens associated with a family member, child or adult, with mental illness. With the help of many supporters, funding from local and state foundations for our grant proposals and corporate donations, we were able to end the year with a less than \$43,200 loss after a \$511,000 contract termination. Unfortunately we had to cut staff and deliver limited education and support services to New Hampshire families coping with mental illness.

On the organizational front, as many of you know, Sam Adams, President, resigned this past spring in order to battle his cancer. He continues this fight, and using the skills he learned when advocating for his daughter's mental health services, he now uses these skills to find and get the best services to treat his cancer. Sam's recovery journey is rocky, yet somehow we strongly believe that with his positive attitude, his strength of character and the prayers of many, he will recover. Sam's resignation from the presidency (he still remains on the Board) has been admirably filled by Mary Ann Aldrich. Mary Ann has risen to the occasion; she ably leads the Board, advocates for the organization and its mission and works tirelessly to raise funds necessary to sustain our programs. To her new role as President, Mary Ann brought personal knowledge and experience of mental illness and substance abuse, and a deep understanding of the medical care delivery system. Currently, Mary Ann serves as the Director of Clinical Operations for Dartmouth-Hitchcock, Manchester.

Even with all this dramatic change, volunteers and staff were able to deliver meaningful services throughout the state. This year, NAMI NH volunteers (with the support of staff) delivered over 14,000 hours of services to families, friends and the interested public who are affected by mental illness. It is estimated that the 14,000 hours had an added value of a little over \$210,000. Quite a contribution to the state – think of what we could have done if the state did not cut funding for our programs.

The grassroots volunteer activities and the partnerships with organizations and individuals cannot be underestimated. We will continue to speak of volunteers and our partnerships with pride and invest in their continued growth. Taken all together, they improve the quality of lives of those dealing with mental illness and, in turn, the community at large. Together we make more positive impact than alone, leveraging our skills and resources, impacting communities, supporting democracy and weaving together a social fabric. This is a critical strategy, which NAMI NH has and will continue to promote to meet its mission.

Thanks from this partnership – a volunteer and a staff member – for your continued support and investment in NAMI NH. Do not hesitate to contact either one of us to discuss this annual report or any other idea or issue affecting NAMI NH. We look forward to working with you in the coming year.

Sincerely,

*Mary Ann Aldrich* *Michael J. Cohen*

Mary Ann Aldrich President Michael J. Cohen, MA, CAGS Executive Director



(Development, continued)

corporations, large and small, throughout New Hampshire. The goal is to increase awareness of NAMI NH, mental illness, treatment options and recovery within a corporate setting.

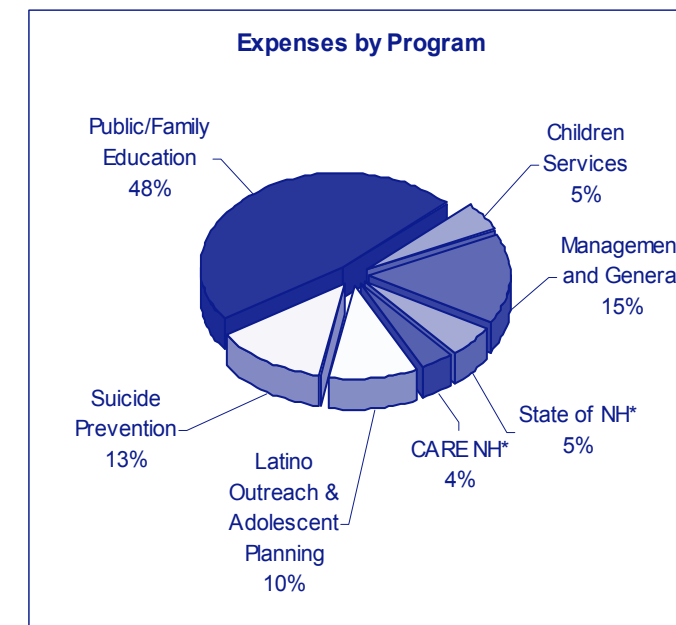
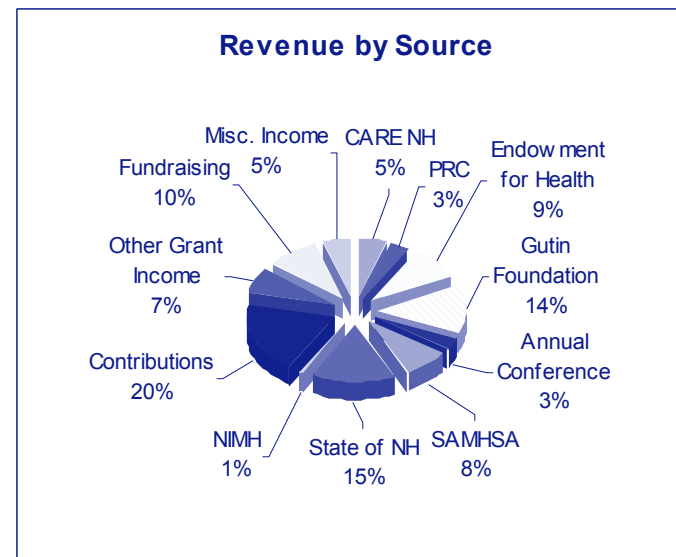
We plan to nurture and grow these development activities to help fund NAMI NH core education programs, increase awareness, and fight the stigma that surrounds mental illness.

### NAMI NH Annual Meeting and Awards

NAMI NH held its Annual Meeting and Awards ceremony at the Bedford Village Inn in Bedford. Honored were individuals and organizations who made outstanding contributions to the mental health community, persons and groups who have gone the extra mile to reach out, advocate, or provide an exemplary service for or on behalf of people affected by mental illness. *For a list of 2005 Award Winners, please see back cover.*

## Financial Summary Report

### Financial Summary Fiscal Year 2005



#### Revenue and Support:

Grant Income (63%)	\$411,702
Other Public Support (37%)	238,729
<b>Total Revenues</b>	<b>650,431</b>

#### Expenses:

Payroll	\$386,652
Employee Benefits	32,310
Payroll Taxes	29,169
Accounting	3,714
Audit Fees	3,477
Legal Fees	3,896
Contracted Labor	52,238
Staff Development	10,289
Client Service/training	29,275
Occupancy	41,693
Office Supplies	9,556
Food Supplies	4,352
Fundraising	22,366
Depreciation	6,084
Equipment Rental	3,825
Equipment Maintenance	4,811
Advertising	1,238
Printing	8,336
Telephone and Communications	15,113
Postage and Shipping	7,239
Staff Transportation	10,686
Insurance	6,382
In-Kind	950
Other Expenditures	(19)
<b>Total Expenses</b>	<b>693,632</b>

#### Change in Net Assets:

	\$(43,201)
Net Assets-Beginning of Year	\$303,115
Net Assets End of Year	<u>\$259,914</u>

\* State of New Hampshire and CARE NH Revenue and related expenses were limited to the first quarter of the fiscal year as a result of an unexpected contract elimination.

## Program Highlights

### Information and Referral

This service provides access to up-to-date information through a variety of sources. These services are available to consumers, family members, providers and the public.

- ★ **Information and Referral Line** (1-800-242-6264) Callers are connected with trained individuals who will answer questions; help persons access information about severe mental illness, treatments and services; connect persons with local support groups; and provide referrals to appropriate organizations.
- ★ **Website:** The NAMI NH website ([www.naminh.org](http://www.naminh.org)) offers the latest news and events schedule, information on support group meetings (including times and locations), links to state and national service organizations, mental illness fact sheets, and treatment information.
- ★ **On-Site Library** specializing in mental illness and mental health topics is open to the public and members. A computer is also available to the public to assist in accessing mental health websites.

### Child and Family Services

In FY 2005, Child and Family Services staff diligently worked on a state level with other agencies and family service organizations to represent and advocate for supports and services for children and adolescents with serious emotional disorders and their families. Some highlights were:

- ★ Awarded a three year SAMSHA grant to support the development of a statewide family network in New Hampshire. Through partnering with the Alliance for Community Supports and the Granite State Federation of Families, we have been able to provide support group facilitation training and expanded the "Parents Meeting the Challenge" support groups for young families, education and leadership training for families and youth.
- ★ Participated in the Cornerstone Project by serving on the Family Sub-committee that developed the outcome measures that will be used in NH to demonstrate the effectiveness of services and programs that serve young children with disabilities (birth to 5) and their families under IDEA Part C and Part B (Preschool Special Education).
- ★ Working on the Family Law and Mental Health Coalition, we assisted in the development of a protocol that will be used by the courts to ensure that parents who are temporarily incapacitated are able to be fairly represented related to guardianship procedures for their minor children.
- ★ Served on the Crisis Prevention Task Force that developed a guiding document on the

use of physical restraints in NH school settings that has been accepted by the Dept. of Education

- ★ Provided 4-one day trainings "Working with Families with Mental Health Issues" for child protection workers through Division of Children, Youth and Families
- ★ Active member of the Oversight Committee for the New Hampshire Youth Transition Alignment Project which is to develop a clear strategy to successfully transition from high school to adult life youth aged 14-24, with a focus on youth with disabilities and the critical systems improvements needed for them to succeed.
- ★ Presented several workshops to school staff and students on various topics related to mental illness and stigma
- ★ Child and Family Services Advisory Committee comprised of community partners, families and youth met monthly and addressed such issues as transition, health insurance and how they can begin to address gaps in supports and services.



*Sam Adams, with wife Nancy, accepts the NAMI NH First Annual Award for Excellence in Community Leadership.*

### Development

NAMI NH Development initiatives began in FY 2005. State funding, which ended in October 2004, provided funding for NAMI NH core educational programs (Family to Family, Visions for Tomorrow, Support Groups, Information and Referral). It was imperative that NAMI NH seek other sources of revenue.

NAMI NH's Super Raffle began in January 2005 – the grand prize of \$10,000 was awarded in April during our volunteer appreciation open house. Also in April, the First Annual Excellence in Community Leadership Award was held. This Award and event recognizes individuals who exhibit exemplary leadership skills. The 2005 Award was presented to Sam Adams at the Mountain Club on Loon in Lincoln. Our WALK, usually held in May was postponed to October to kickoff Mental Illness Awareness Week.

A Corporate Membership and Corporate Underwriting Program is being developed. NAMI NH will broaden its reach into

### In Our Own Voice

In FY 2005, In Our Own Voice's (IOOV) second year, consumer speakers did 66 presentations to groups in the community, to approximately 2,000 individuals, about 10 percent more than last year. About half of these presentations were to student groups or NAMI groups, also reflecting last year's pattern. Behind these numbers are some important new developments:

- ★ We continue to reach out to groups. We've accepted an invitation to join a new effort by the Dartmouth Psychiatric Research Center and the NH Council of Churches to reach out to faith communities. The purpose of this outreach is to teach ministers and church members to be more aware of the signs of depression, to help their friends and congregants who need help to get the help they need.
- ★ NAMI NH's effort to reach out to business and community leaders -- the new Community Leadership Council -- includes a presentation by an IOOV speaker.
- ★ In December, NAMI NH's IOOV Coordinator Ken Braiterman presented to employees of the state Department of Employment Security.
- ★ IOOV spoke to two Rotary Clubs this year, in Henniker and New London.

Possibly the most important development in 2005 is a new evaluation tool and tracking system overseen by our Research Assistant, Abby Winzeler. With this tool, we are able to collect quantitative data from audience participants, as well as qualitative comments about what was most effective, least effective and most surprising about each presentation. These summaries can be easily shared with the speakers who can use them to improve their presentations. Most exciting, however, is that this new evaluation tool asks audience members for their contact information, and whether they would like further contact from or involvement with NAMI NH. The contact information will permit us to do an outcome study to gauge the effect of a presentation 3 or 6 months after the event. We believe this new evaluation tool will be a gift that keeps on giving to IOOV speakers and to NAMI NH as a whole.

We continue to train new speakers to replace those who move on in their lives. The number of speakers on our roster has held steady at about 20 since we began last year. As we look forward to another training in January, we're pleased to note that we need speakers because some of our most reliable speakers are becoming less available because they are doing so WELL in their recovery, not because they are experiencing setbacks, and they are moving onto other endeavors.

### NAMI On Campus

With our enhanced linkages with colleges, NAMI NH has increased visibility on campuses throughout New Hampshire this year. During Mental Illness Awareness Week, several colleges, including UNH, PSU, NHTI and St. Anselm's conducted educational forums involving speakers from In Our Own Voice, and educational displays about mental health and mental illness utilizing NAMI educational materials. Many of these campuses became actively involved in the NAMI Walk, with student volunteers and teams led by students. Throughout the year, NAMI staff interfaced with professors and counseling departments to bring information in to campuses about mental health awareness, suicide prevention, and NAMI NH supports and resources. Students continue to remain involved with NAMI NH with requests to volunteer, develop internships, establish support groups on campus, and access NAMI resources for their community.



*In Our Own Voice presents to students at New England College in Henniker.*

### Advocacy and Public Policy

Working in collaboration with other advocacy groups and consumers, we educate the New Hampshire Legislature and other policy makers on the need for adequate resources to be provided for an effective mental health service system. This past year NAMI NH was present at many hearings, offering information to legislators for adequate funding to the Bureau of Behavioral Health for community mental health center services. NAMI NH also fought to assure that psychiatric medications were not denied to children and fought to restore the cuts to NAMI funds. \$210,000 was included in the state 2006 budget, but not distributed or contracted to NAMI NH. We won the battle, but still lost the war.

## Program Highlights

## Program Highlights

# Frameworks Youth Suicide Prevention Project

## Promoting Early Recognition and Treatment of Mental Illness

NAMI NH has made great gains in promoting the early recognition and treatment of mental illness through the Frameworks Youth Suicide Prevention project. Frameworks strives to reduce youth suicide and the risk of suicide events and improve access to behavioral health care by implementing a community-based approach that changes attitudes and behaviors, improves skills, clarifies coalition and service provider roles and responsibilities and fosters collaborative problem solving. The project teaches participants how to:

- ★ **Recognize** youth at risk
- ★ **Connect** with them
- ★ **Connect** them to a professional who can assess their risk, and
- ★ **Connect** the community on working together to prevent youth suicide.

Our community based model is unique and is drawing a lot of attention in New Hampshire and beyond. Highlights of this include:

- ★ NAMI NH was invited by the N. Ireland Ministry of Health to present the Frameworks model at a conference in Belfast as part of the country's initiative to develop a national suicide prevention strategy.
- ★ Frameworks staff were invited to present the project at conferences in Colorado, Connecticut and Massachusetts. We have also presented to numerous New Hampshire audiences.
- ★ The project will be featured in the Fall issue of *The Advocate*, the magazine from NAMI national that reaches over 100,000 NAMI members.

Project activities this year focused on converting the protocols (developed in conjunction with over 125 workgroup participants from around the state) to training modules and then implementing them in the pilot communities (Caanan, Dorchester, Enfield, Grafton and Orange). Under the direction of NAMI NH, Mascoma Valley Health Initiative has lead the implementation effort with very positive results. Results thus far include:

- ★ Over 20 individuals representing: law enforcement, social service agencies, mental health providers, emergency medical services, gatekeepers, primary care providers, and educators have been trained as trainers.
- ★ These trainers have in turn trained over 100 of their colleagues and coworkers
- ★ Preliminary evaluation results gathered by UNH from our pilot site indicate significant

positive shifts in attitude and knowledge for individuals who have participated in the Frameworks Training.

This was the third year of our three year contract with the Suicide Prevention Partnership who has provided funding and technical assistance to the project. Identifying new funding sources to sustain the project was a critical goal for this year. We have been very successful in this effort:

- ★ The Endowment for Health awarded NAMI NH a one year grant to remove social and cultural barriers to health care by developing messages to reduce stigma and increase help-seeking behavior. These messages will be incorporated into the Frameworks project.
- ★ Pleased with the accomplishments thus far, the Suicide Prevention Partnership will continue to fund and collaborate with NAMI NH on the Frameworks project.

Evaluation continues to be a critical component of the project and we are fortunate we will be able to continue our work with the UNH Center On Adolescence and Dr. Kristine Baber as the project evaluator. Other project activities include:

- ★ Development of messages to reduce stigma and increase help seeking behavior and incorporate these messages into project materials.
- ★ Collaborate with public and private agencies to standardize training and develop policies and procedures for suicide prevention and intervention.
- ★ Continue implementation of the Frameworks project with Mascoma Valley Health Initiative.



*Executive Director and Board Members of NAMI NH at Volunteer Recognition Day. From left to right: Mike Cohen, Alex de Nesnera, Bob Bolton and Sam Adams.*

## Public Education

- ★ **NH Public Defenders Conference:** NAMI NH presented at the New Hampshire Public Defenders annual conference on "Working With Clients With Bipolar Disorder." Topics covered during this educational presentation were: tips on how to understand symptoms and behavior; how to respond; how to deal with challenging issues; understanding implications of competency from a legal vs. mental health perspective; and how to engage family, supports and treatment systems for the best outcomes.
- ★ **Alton Parenting Forum:** NAMI NH co-presented to parents a forum called "Understanding Your Teen's Mental Health" along with staff from Genesis Behavioral Health. Topics covered were: teen mental health; when to be concerned; how to help teens take care of their mental health; and when and where to ask for help.
- ★ **AAS Conference:** NAMI NH presented at the national AAS (American Association of Suicidology) conference in Colorado on the Frameworks Project, the process, implementation and concepts and results to date.
- ★ **DCYF Conference:** NAMI NH presented at annual statewide DCYF conference (Division for Children, Youth and Families) on the Frameworks Youth Suicide Prevention Project. Topics covered included how to identify youth at risk; how to respond; and how to engage systems and supports to ensure a safety net for youth at risk.



*Dr. Bartels presents at the 2004 Annual Conference on the topic of medical issues, costs, and integrated care for persons with mental illness.*

## Annual Education Conference

The second Integration Summit "Strengthening the Continuum of Care: Focusing on Adults with Co-Occurring Behavioral Health and Medical Disorders" was held in Concord on November 11, 2004. This summit was well attended. Drs. Charles Peek, Mac Baird and Stephen Bartels' keynote presentation and program facilitation helped participants develop a greater understanding of the challenges involved in integrating care for adults with mental illness and co-occurring medical disorders. A series of workshops and panels were held to learn ideas for improving communication between medical care providers, mental health care providers, consumers and families. Other issues covered included breaking down barriers and how to create a more integrated system of care.



*Elaine South, volunteer State Trainer, trains new Family to Family teachers.*

## Family To Family

Six *Family to Family* classes were held around the state of New Hampshire in FY 2005, with 66 family members participating in the course. This 12 week course for family and friends of adult individuals with serious mental illness is taught by NAMI NH trained family members who volunteer their time. Scientific evaluation shows that course participants gain a greater understanding of mental illness, cope better, worry less, and feel newly-empowered to navigate both the health care and mental health care systems to get better treatment and services for the person with an illness.

## Support Groups and Facilitator Training

NAMI NH support groups, held across the state, provide a safe place for families to share their concerns and learn from their common experiences. Families find these meetings to be of tremendous value and their usefulness carries positively into their work and community life. The NAMI NH message in these groups to families affected by mental illness is "You are not alone!"

NAMI NH trains family members to lead support groups effectively. Trained family facilitators understand the challenges and opportunities facing those who have a loved one with mental illness. Facilitators learn to manage the group process, address conflicts and problems which might arise, and encourage effective communication among all participants.

## Visions for Tomorrow

Six *Visions for Tomorrow* classes were held around the state of New Hampshire in FY 2005 with 45 participants. This 8 week educational program for parents and caregivers of children and adolescents with severe emotional disorders is provided by trained NAMI NH volunteer teachers. It allows family members to share mutual experiences and learn valuable lessons on day-today care giving skills. The program provides educational materials, parenting suggestions, emotional and self care skills. Through a 24 hour structured training program, parents learn about group process and methodology for teaching the course to others.

## Program Highlights