



nami New
Hampshire

National Alliance on Mental Illness NH



Annual Report

July 1, 2006 - June 30, 2007

Mission Statement

The National Alliance on Mental Illness (NAMI) New Hampshire, a grassroots organization of families, consumers 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.

Our Vision

People of all ages with mental illness and/or serious emotional disorders and their families will have access to comprehensive, integrated health care and community-based supports without discrimination or stigma. This means:

- The general public will have an accurate understanding of mental illness and serious emotional disorders and what is helpful and hurtful to those affected by it;
- Mental illness and serious emotional disorders will have parity with other medical conditions in the access to and quality of treatment, support services, and financing available to promote recovery and build resilience;
- People with mental illness and/or serious emotional disorders will be treated with dignity and respect and have the opportunity to build resiliency, recover, achieve their aspirations, and live, learn, work, and play in supportive communities without discrimination or stigma;
- Individuals and families affected by mental illness and/or serious emotional disorders will have the education, information, and support needed to make informed health decisions.

*"We will surely get to our destination
if we join hands."*

Aung San Suu Kyi

TABLE OF CONTENTS

Message from the Executive Director.....	4
NAMI NH Annual Meeting and Annual Awards.....	5
Mental Illness Awareness Week (MIAW)	6
Child and Family Services.....	7
Frameworks Youth Suicide Prevention Project.....	9
Information & Referral Line (I&R).....	10
Support Groups.....	11
Family to Family.....	13
Education and Training Programs.....	13
Volunteers—Who Would We Be Without Them?.....	14
In Our Own Voice (IOOV).....	14
Development.....	15
Donors FY 2007.....	16
Financials FY 2007.....	19

FY 2007: Partners Working for Success

This has been a year of synergy. Everything clicked; working on a number of projects all at once, not sure whether the outcome of each would bear fruit and then, as the year progressed, not only was one a success but all of them have turned out so. What was planned came together making for greater outcome than each by itself. It was a year of volunteers and staff producing positive outcomes: our strategic plan was developed and approved and now serves as a guide for the organization for the next five years; our advocacy efforts at the state legislature helped shape the budget to add funds for family education and support services; the chief justice of the NH supreme court spoke at two NAMI NH events sharing family experience with mental illness and helping to break down the barriers of stigma, NAMI volunteers were actively involved in the work of the NH Mental Health Commission and we have helped shape a document reflective of many of NAMI principles (the results will be available in January, 2008); and our fundraising and grantmaking have borne lots of fruit.

All of this success has been guided by our principles and adherence to our mission. Volunteers and staff, throughout the year, working together giving tirelessly have made for a successful year. Thank you. I believe we are now positioned to become a more effective agent for change - improving the quality of life for all persons affected by mental illness. I look forward to a wonderful year ahead and my continued work with all of you to make every community in our state one that respects persons with mental illness, promotes their recovery, and builds their resilience.

Sincerely,



Michael J. Cohen,
MA, CAGS
Executive Director

"I believe we are now positioned to become a more effective agent for change—improving the quality of life for all persons affected by mental illness."

Michael Cohen

NAMI NH Annual Meeting and Annual Awards

NAMI NH held its Annual Meeting and Awards Ceremony at the Bedford Village Inn in Bedford. This meeting marked the beginning of 25 years of



service in New Hampshire. The meeting focused on founder Peggy Straw, her spirit, energy, and efforts on behalf of all people affected by mental illness. Long time NAMI NH members Muriel Broad, Dot Walker, Paul Gorman, and former Health & Human Services Commissioner Don Shumway all spoke about Peggy's drive and initiative.

The NAMI NH Annual Awards were presented at this time. Honored were individuals and

organizations that 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.



2007 ANNUAL AWARD WINNERS

- ★ Outstanding EducatorRobert Bryant, Second Growth, West Lebanon, NH
- ★ Law Enforcement.....Deputy William Joyce, Coos County Sheriff's Office, Stark, NH
- ★ Outstanding Mental Health Administrator.....Ken Jue, Monadnock Family Services, Keene, NH
- ★ MediaSarah Sullivan, FRANK FM 106.3, Hooksett, NH
- ★ Systems Change.....Peter Kelleher, Harbor Homes Inc., Nashua, NH
- ★ Unsung HeroDiane Cyr, Seacoast Mental Health Center, Portsmouth, NH
- ★ Outstanding Therapist.....Susan Mead, Community Council, Nashua, NH



Mental Illness Awareness Week (MIAW)

Mental Illness Awareness Week was observed the first week of October. NAMI NH participates in this annual national effort to raise awareness about mental illness and to fight stigma. This year the activities for the week were supported in part by a grant from the American Psychiatric Foundation, private donations, and in kind donations from community business partners. The events included the 4th annual “WALK for the Minds of New Hampshire;” an Integrated Health Fair for Older Adults; the Arts and Recovery Exhibit; *Real Men, Real Depression* presentations; a book discussion group for elementary school students; and In Our Own Voice presentations on college campuses.

The week kicked off with the annual “WALK for the Minds of New Hampshire”



and despite the rainy weather hundreds of walkers participated. The event raised needed dollars to fund our family support and educational programs and provided an opportunity for

the NAMI NH Family to come together and celebrate HOPE!

A day-long “Arts and Recovery Exhibit” was held on the NH State House lawn. The work of 32 artists



who have used their arts to help them in their recovery from mental illness was exhibited and we had 125 people walk through our exhibit. The artists ranged in age from the very young to the very mature in years. The exhibit included all different mediums of visual arts (sculptor, quilting, painting, sketches, jewelry, and photography) and the performing arts including music and a puppet show. There were presentations by consumers who shared their personal recovery journey and how their arts helped them. One highlight of the event was the Collaborative Painting that was done under the guidance of Melissa Weeks. This painting is on display at the NAMI NH office in Concord.

The Integrated Health Fair for Older Adults was a one-

day event that focused on the co- occurring mental health and medical disorders experienced by older adults. 65 participants attended this event that offered resource tables and health exhibits from various providers, mini workshops on topics such as yoga, medication, a special performance of “There will be a Tomorrow” by the Senior Moments Theatre Group and door prizes.

Real Men, Real Depression, a program offered through the National Institute on Mental Health was presented in seven different venues around the state and reached an audience of 60 participants. This program raised awareness about depression experienced by men, provided information about warning signs and symptoms and the effectiveness of treatment.

The children’s book *Darcy Daisy and the Firefly Festival* was used to develop a book discussion that was offered to elementary schools for free. The book was intended to help

Mental Illness Awareness Week (MIAW) (cont'd)

children understand what bipolar disorder is, the importance of community acceptance, and address stigma. 482 students from 19 schools participated in this activity. The evaluations indicate the program was well received.

The In Our Own Voice presentations reached 540 students who attend The Derryfield School and on

four college campuses: New England College, NH Community Technical College, Plymouth State University, and the University of New Hampshire. These presentations provided students the opportunity to learn that Recovery is possible, that treatment works, and that mental illness is nothing to be ashamed of.

These events could not have occurred without the efforts of volunteers, staff and community partners. Thank you for helping us spread the message!

Child and Family Services Program

The highlight of this year for the Child and Family Services Program was the publication of the *Guidebook for Parents and Primary Caregivers of Children and Adolescents with Serious Emotional Disorders*. The Guidebook is an integrated health approach to care and will be the text for NAMI NH's *Parents Meeting the Challenge* eight-week educational program for families. NAMI organizations across the country have expressed interest in this innovative guide to parenting children with SED. The publication is available to be viewed by the public on the NAMI NH website or can be purchased in hardcopy or DVD by contacting the main office.

Another high point was the opportunity to conduct statewide family forums, funded by the Endowment for Health, to inform them on family and youth thoughts, and observations and attitudes toward NH's Children's Mental Health Service system, both public and private. The information gathered provided us, as well as the EFH, with a better understanding of needs including education and support of families dealing with a child and/or adolescent with mental illness. The information has and will help NAMI NH's advocacy efforts to shape policies and programs that service children and families. This paper is available on our website.

We continued our work under The Statewide Family Network Grant for the F.A.C.E.S. Network. This is the third and final year of funding under this grant. This Network is a partnership between NAMI NH, the Federation of Families for Children's Mental Health and the Alliance for Community Supports. Through this grant, the *Parents Meeting the Challenge* educational program was offered in Dover, Derry, Nashua and Piermont; the Support Group Facilitation Training was held in February and March; a Young Family Mental Health Leadership series was held in the late spring; and an Advanced Youth Leadership program provided opportunities

Child and Family Services Program (cont'd)

for youth to be encouraged and supported to take leadership roles in their community.

The work on the Adolescent Co-occurring Disorders Project moves forward with thanks to funding through the New Hampshire Charitable Foundation and the time and effort of our many community partners. The project's anticipated outcome is to improve access to treatment for adolescent and young adults with co-occurring mental health and substance use disorders. A scientific advisory board of experts has been convened to recommend best practices for screening, assessment and training.

NAMI NH's work in the area of child and family services continues to focus on transforming the children's mental health system through participation on various committees, workgroups and advisory boards such as MAST NH (Mental Health and Schools Together NH), the Medicaid Improvement Grant-Transition Workgroup, the Juvenile Justice/Mental Health/Substance Abuse Workgroup, IROS and Children's EBP Workgroup, the Advisory Board of NH Connections, the Strategic Prevention Frameworks Advisory Board, the Board of

Directors for the NH Infant Mental Health Association, the Community of Practice for Transition, the NH Mental Health State Planning Council and the Children's Care Management. Through the Statewide Family Network, we received the LINKAGE Grant, which provided funding for NAMI NH staff to participate on the Integrated Children's Management Team that is working toward the integration of the delivery of services to children with intensive needs.

NAMI NH staff members have had the opportunity to go into several schools and present to school personnel and students. We have been invited to be participants at conferences including the CARE NH Summit, the Annual Division for Children, Youth and Families Conference, the NH Special Educational Administrators and the NH School Psychologist Association. We provided consultation and training on the *Family Perspective* to Monadnock Family Services case managers who work with families of children with SED and families of adults with serious mental illness. We continue to provide, four times a year, the training "Working with Families with Mental Illness" to staff of the

Division for Children, Youth and Families. This year we were invited to be part of the training team for the Guardian ad Litem Certification program and presented a workshop on Mental Illness and the Family, as well as one on resources. We also had the opportunity to present at the Police Academy Training Program on Children's Mental Health.

The NAMI NH Child and Adolescent Network, whose membership is comprised of parents, youth, and community partners, completed its work and prepared a paper on the challenges and opportunities for transitioning from children's mental health services to adult mental health services. The paper is available on the website and is being distributed to policy makers.

THANK YOU to the many family members and providers who worked together this year to make it possible for NAMI NH to provide the families of children and adolescents with serious emotional disorders the educational programs, support groups and advocacy activities.

Frameworks Youth Suicide Prevention Project

It has been an exciting year of growth and recognition within the state and nationally for NAMI NH's Frameworks Suicide Prevention Program. Frameworks Community Developer and Educator Ann Duckless led the effort working with new communities Berlin/Gorham and Raymond to get them ready to implement the project. Training began in earnest in both regions during the summer and continued throughout the year. The enthusiasm and energy which individuals, agencies and community coalitions embraced the project was very exciting. Training also continued in the Mascoma Valley Region



and between the three regions Frameworks conducted over 65 trainings with over 1,000 participants trained during the year.

Two new staff people began in the fall. Becky McEnany was hired as a part time Community Educator and Developer to assist with the implementation in Berlin/

Gorham and to work with families who have lost a loved one to suicide (survivors). Becky made great strides with survivors including adding additional survivor support groups in Plymouth and Berlin, developing a survivor newsletter and bringing survivors together to create a memorial quilt which was displayed in Washington DC and around the state. Patrick Roberts was hired as a Research Assistant to help with evaluation of the Frameworks Project and other NAMI NH programs. Patrick has been a great asset in working with the UNH Center on Adolescence in evaluating the program. We were very excited when preliminary evaluation results in our new communities demonstrated continued success improving participants' knowledge and confidence for intervening with youth at risk as well as showing a decrease in stigmatizing attitudes. Patrick's evaluation work has also been instrumental in demonstrating the success of other NAMI NH programs.

We watched anxiously as the calendar year drew to a close with no suicide deaths for anyone 18 and under in 2006 and one suicide of a 19-year old.

With a ten-year average of 12 deaths in the 19-and-under category, advocates from around the state noted this milestone and were inspired to continue working to reduce suicide events. While there is no way to directly correlate these numbers with the suicide prevention efforts occurring in NH, the larger message is that it is not a given that a dozen young people will take their lives in our state every year. On a more somber note, a community of 5,000 people who had six suicide deaths during 2006 requested technical assistance and Frameworks staff were able to help them form a coalition which successfully petitioned for funding from the town and hosted several educational forums.

NAMI NH Director of Education and Training Elaine deMello led the effort to prepare and submit Frameworks materials to the newly established national suicide prevention Best Practice Registry. By early spring we were notified that Frameworks earned designation as a national Best Practice Program! This further propelled New Hampshire, NAMI NH, and Frameworks

Frameworks Youth Suicide Prevention Project (cont'd)

to the forefront of suicide prevention efforts in the country. Frameworks was invited to present at conferences and symposiums in Denver, Washington DC, New Orleans, Georgia and at the NAMI National Conference in San Diego. Back home we presented over 25 awareness and skill based trainings to over 775 people statewide including diverse groups such as the Funeral Directors Association, School Guidance Counselor Association, Foster Parents, School Nurses and many other groups.

Working with the newly established state Suicide

Prevention Council (SPC), Frameworks was able to develop a Memo of Understanding (MOU) regarding participation on the SPC and implementation of the State Suicide Prevention Plan. The MOU has been signed by State Commissioners from Corrections, Health and Human Services, Education, Safety and Justice (Attorney General) as well as over 15 private agencies. We have been working diligently to sustain the project and toward that end received a grant from the Corporate Fund to develop a business and marketing plan. John Gregg from the Executive

Service Corps has been consulting and guiding us in the important process. Our suicide prevention efforts would not be possible without the collaboration and support of many individuals and public and private agencies in the state, and especially all of the different organizations and individuals that fund our efforts. We are very grateful for your ongoing support and we look forward to continuing to promote the early recognition and treatment of mental illness, substance abuse disorders, and other risk factors as a means of preventing suicide.

Information and Referral Line (I & R)

The I & R line continues to provide a source of information and support to families, consumers, and providers. As one young parent shared, “when I called that morning, I was so upset and didn’t know where to turn. I had just learned my son was diagnosed with bipolar disorder and you provided me with information and support.”

The NAMI NH I & R services have provided information and referral to over 1500 callers this year. The requests vary from the need for information about where

to find a support group, questions about how to negotiate the system, where to get help with medication costs, how to apply for benefits, public policy questions, how to get help for a family member who doesn’t feel they need it, and other requests for information about housing, work programs, educational issues, and transportation.

The I & R referral line is covered during the day by volunteers and NAMI NH staff, and there is a trained volunteer who covers calls

that go into the I & R voice mail box. The website also provides an opportunity for individuals to request information and referrals. All contacts are responded to within 48 hours. Another resource is the NAMI NH website that provides a wealth of information and referral sources. It is important to acknowledge the information and support that the local affiliate/support group contact persons provide to their community.

Support Groups

This year over 320 NAMI NH support group meetings were held in 17 communities around the state. A record 19 graduates completed the spring Support Group Facilitator training, which is held over the course of four Saturdays, provides leaders the tools to facilitate NAMI NH support groups to keep them positive, productive, and helpful to families. Training of new leadership for existing groups is essential to the sustainability of the support groups. NAMI NH support groups are led by family members who have lived the experience of having a loved one with a mental illness. The groups provide both education and support to families. The Family Support groups focus on those with an adult loved one with a mental illness, and the Parents Meeting the Challenge groups provide support for parents or caregivers of children and adolescents with emotional disorders.

Plymouth NAMI is a new family group that started meeting in the fall and brought four members to the Support Group Facilitator training in the spring. The group meets once per month primarily for family support but has also hosted several educational presentations, including IOOV and “Communications and the Stages of Contemplation.”
Group Leaders: Aimee Kolomick, Mary Cote, Donna Serina, Rena Hutchins

Concord NAMI held both educational and support meetings, including presentations by Dr. James Sager on naturopathic treatment of mental illness, Riverbend’s residential services, and the Concord Monitor’s coverage of mental health issues. Pat Nelson represented NAMI NH at the Employment Security Health Fair and participated in the NAMI NH Walk.
Group Leaders: Patricia Nelson, Betty Nitche

Seacoast Chapter of NAMI NH has had a very positive year. Attendance at meetings has been consistently strong, with a nice balance of “veterans” and new people just beginning to cope with mental illness in their families. They focused on consistently publicizing the group’s meetings, and their web presence generates a steady flow of inquiries via the web or on the phone. In addition to the regular meetings, speakers and twice-a-summer picnics that we’ve had on New Castle Common for the past few summers, the group has worked behind the scenes on organizational issues. The group’s bylaws have been updated and approved by the membership. They now have a group of designated officers, and are moving toward formalizing membership with local dues and membership cards, as a way of increasing commitment and willingness to go public as an advocacy group. The group feels this is an important step as it expands its mission beyond a strictly support group agenda. The group now holds two business meetings each year, one of which, in December 2006 had

a holiday party theme, to include more people in the planning process for our meetings and programs.
Group Leaders: Jackie Ellis, Don Moore

Nashua NAMI held support and educational meetings. Topics presented included Judge James Leary’s “Community Connections” - Nashua’s new diversion program for people dealing with mental illness and criminal justice issues; dual diagnosis and local services; cognitive behavioral therapy and dialectic behavioral therapy; integrative medicine and acupuncture; and NAMI Old Timers—useful and motivating experiences. Group members testified for the Senate Finance Committee regarding funding NAMI NH family education and support, and were interviewed for a spot on NH Outlook. Two group members went to the NAMI National F2F State Trainer training. The group also participated in the NAMI NH Walk.
Group Leaders: Ed Kirby, Scott Smith, Norma Smith, Robin Alvanos, Debbie Penniman, Jan and Al Bouchard, Rita Moyer

Berlin NAMI hosted several educational presentations including an overview of the mental health system and services by the executive director of the mental health facility; also, conditional discharges, involuntary emergency

Support Groups (cont'd)

admissions, voluntary commitment, local plans in response to the closing of AVH, individual education plans (IEPs) and 504s.

Group Leader: Rose Long

Littleton NAMI held regular educational meetings along with support meetings. Topics included a psychiatrist overview on medications, the closing of the psychiatric unit at AVH, IOOV, and case management and treatment plans. In addition, two social events were held for group members and past participants of Family to Family and Visions for Tomorrow. The group also focused on developing a relationship with local legislators and local police. Two members also have taken on a larger organizational role. The group had a team in the 2006 NAMI NH Walk. In addition, the group raised funds for operations by holding a Yankee Candle Fundraiser in the fall.

Group Leaders: Marie Pineo, Margaret Record, Annette Carbonneau

Upper Valley NAMI met once per month with the focus on family support. The group's leader and another group member both participated in the Support Group Facilitator training. Group Leader Donna Stamper received the Lilla McLane Bradley award for her time and devotion to support of NAMI NH families. This award is given to a person who has helped to advance the mission of West Central Behavioral Health: "To promote, preserve, and strengthen the mental health and quality of life in our

communities." Group members participated in the NAMI NH walk.

Group Leaders: Donna Stamper and Janet Lowell

Salem NAMI meets once per week primarily for family support. The group hosted an educational presentation called "Function and Medication Interaction," and an IOOV presentation. A group member participated in the spring Support Group Facilitator training.

Group Leaders: George Fisher, Rudy Parent, Pat Schwieger

Dover NAMI met once per month except in the summer months. The group meetings are focused on support. They hosted an educational meeting specifically on the legal issues concerning social security.

Group Leaders: Leo Bouthillier, Shirley Varney, Fran Reynolds

Derry NAMI met once per week for family support.

Group Leader: George Fisher

Monadnock NAMI met twice per month for support and education. Presentations on Monadnock Area Pastoral Counseling Services, supported employment, cognitive thinking and research, and by Kim Muesser, author of [The Complete Guide to Schizophrenia for Families](#) were among some of the topics. Group Leader Rebecca Lawrence serves on the Citizens Advisory Committee for NHH. A new group member participated in the Support Group Facilitator training in hopes of getting a parent group started in the area.

The group worked with the local community mental health center to provide feedback on transitions to supported employment. Group members participated in the NAMI NH walk.

Group Leaders: Rebecca and Steve Lawrence

Manchester NAMI has grown this past year and held support and educational meetings each month. Topics included Dick Cohen from the Disabilities Rights Center; Dr. Ram Yadati's "Ask the Doctor;" PTSD; prescriptions; legislative meeting; Granite State Independent Living; and supported employment. The group held a special Legislative Meeting and met with a local representative to provide the family perspective. A group member, Ellen Malloy, provides the Family Awareness Training for NHH, and several group members participate on the Citizens Advisory Committee at NHH. Group member Geri Foucher led the most successful team in the NAMI NH Walk.

Group Leaders: Rick Sherman, Ellen Malloy

Manchester Parents Meeting the Challenge meets twice per month except in the summer, when they utilize the time to share family activities. The group had a NAMI NH Walk team led by the group leader's son, Jonathan.

Group Leaders: Colleen Hayward, Sue Allen

Support Groups (cont'd)

Piermont Parents Meeting the Challenge is a new parent support group that meets once per month. This new group just started up in May 2007 with a community IOOV presentation. Two new leaders participated in the Support Group Facilitator training.

Group Leaders: Lisa Robinson, Rebecca Ladd

Rochester Parents Meeting the Challenge focused on bringing educational presentations to parents. Among the topics were improving communications between parents and adolescents; bringing out the best behaviors in our children; transition planning; and building resiliency

in our children. Two new parent leaders participated in the Spring Support Group Facilitator training, and the group's leader, Laurie Foster, represented NAMI NH at the NAMI National Convention in San Diego, CA.

Group Leaders: Laurie Foster, Rachael Fishbein, Lisa Fieseher

Concord Parents Meeting the Challenge met once per month. Although the group lost a co-facilitator when she moved away in the spring, a new member participated in the SGF training. The group decided to write a mission statement, hosted an IOOV presentation, and the group leader created a resource list of helpful books, along with a review of each, to

share with the membership and other affiliates.

Group Leaders: Helen Harrison, Michelle Rudolph

Nashua Parents Meeting the Challenge met twice per month. Two new group members participated in the Support Group Facilitator Training and are committed to bringing the group educational programs for the Fall of 2007. Group members participated in the NAMI NH Walk.

Group Leaders: Pam Banks, Tena Ewing, Tracy Girouard

Family to Family

This 12-week course for family and friends of adult individuals with mental illness is taught by trained, illness-experienced family volunteers. Scientific evaluation shows that course participants gain a greater understanding of mental illness, cope better, worry less, and feel newly empowered to navigate the mental health care systems.

Five Family to Family classes were taught this year, in four different communities, with a total of 77 family members participating. In the spring of 2007, Scott and Norma Smith of Nashua participated in the three-day NAMI National F2F State Trainer training in St. Louis, MO. Scott and Norma will replace the retiring Elaine

and Brooks South as the official NH F2F state teacher trainers.

Current active teachers include Elaine and Brooks South, Scott and Norma Smith, Geri Foucher, Pat Ciccolo, Kathy Canedy, Diane Cyr, Theresa Melanson, Valerie Acres, Patricia Nelson, and Gerald and Lianne Henry.

Education and Training Programs

NAMI NH has the unique ability to educate audiences with the expertise of on-staff professionals as well as those with personal experience. Through speakers bureaus like In Our Own Voice and A Life Interrupted, NAMI NH is able to reduce stigma by bringing many real-life perspectives of family members and consumers into

presentations tailored for any audience.

In addition to the numerous presentations conducted by NAMI staff for schools and general audiences around the state, there were several target audiences for which NAMI NH staff served as trainers for in-depth trainings that ranged

from one to three days in length. Invited by organizations such as the Division of Children, Youth and Families, and the Police Standards and Training Academy, NAMI NH conducted curriculum designed to advance the skills of law enforcement and social service providers

Education and Training Programs (cont'd)

in working with individuals with mental illness. NAMI NH also co-sponsored and coordinated the state's annual Youth Suicide Prevention Assembly Conference, drawing a diverse audience and national speakers. Staff at NAMI NH participated in NHH's Grand

Round Committee, helping to develop the schedule for the year and solicit speakers from around the US, as well as to be among the speakers at these well-attended workshops.

During this fiscal year, the development of a curriculum

for providers, family members and older adults was in progress, led by Bernie Seifert. This curriculum is based on NAMI NH's Older Adult Guidebook and is planned for implementation early in 2008.

Volunteers—Who Would We Be Without Them?

NAMI NH is a grassroots organization made up of many volunteers who work to support families affected by mental illness. NAMI NH volunteers serve as Board members, teach educational classes, lead support groups, captain NAMI NH Walk teams, testify to the House and Senate, and work within their own communities to support families living with mental illness. NAMI NH volunteers donated over 11,000 hours to the support, education, and advocacy for people affected by mental illness.



In Our Own Voice (IOOV)

In Our Own Voice's (IOOV) consumer presenters provided over 100 presentations, addressing a total audience of approximately 3,000 people.

To highlight a few of our presentations: Riverbend Community Mental Health Center staff, community presentations at Wentworth-Douglass Hospital (Dover) and Frisbie Hospital (Rochester), the Marlborough Coalition on Suicide Prevention, the Youth Suicide Prevention Association's Annual Meeting, the New England Association of Recreational Therapists, and

the New Hampshire Association of Occupational Therapists. In addition, we provided presentations at the State Police Standards and Training Academy, and to newly hired Superior Court Clerks and Security Officers at the NH State Supreme Court.

Evidence from our audiences, and from national studies, agree that people who hear an IOOV presentation leave with more positive attitudes about hope for people affected by mental illness. These presentations help to eliminate stigma by putting a

face on mental illness and showing that people are living satisfying and productive lives even after surviving the most severe of mental illnesses.

Have you heard an In Our Own Voice presentation? We are always interested in providing IOOV presentations to businesses, civic organizations, and places of worship. Please contact the NAMI NH office to schedule a presentation for your group. Presentations are offered free of charge.

Development works closely with the Board of Directors and the Executive Director to implement the Annual Development Plan building stable and sustainable financial support for NAMI NH. To accomplish this goal the Plan utilizes a variety of methods: submission of grants, donor activities, and fundraising events. Below are highlights of our FY 2007 activities.

Our Fifth Annual Walk was held on October 1, 2006 on the grounds of New Hampshire Hospital. Although the rain started early and never let up, over 250 people turned out to walk! NAMI NH Walks for the Minds of NH is our largest

fundraising and awareness event of the year, bringing families, professionals and consumers together.

In February, we added a new event: "Mardi Gras in Portsmouth!" Over 100 people attended an evening of fun and fundraising. Holding events like this one is a great way to introduce NAMI NH programs and services to members of the general public and to promote awareness of mental illness and recovery.

On May 9, the Third Annual Samuel S. Adams Excellence in Community Leadership Award was presented to Thomas Raffio during a ceremony at the

Capitol Center for the Arts. Tom, President and CEO of Northeast Delta Dental, was recognized as an exemplary leader who encourages his colleagues to invest themselves in their communities. Following his example, more than two dozen Northeast Delta Dental employees serve on boards or advisory councils of over 65 community organizations. The event was attended by many business leaders and NAMI NH friends.



Ways You Can Give

Contribute a tax-deductible gift of cash, stock, or appreciated securities.

Donate online (www.NAMINH.org), by mail, or by phone and feel secure that 85 cents of every dollar goes toward NAMI NH programs and services.

Participate in your employer's Charitable Giving Program. Many employers offer charitable giving through payroll deductions. You may direct your Community Health Charities and United Way donations by writing NAMI NH in as the recipient. Contact your Benefits Manager.

Ask your employer to match your gift to NAMI NH. Many companies offer

matching gifts programs to encourage charitable giving. Contact your Benefits Manager.

Become a Member of NAMI NH. Join online (www.NAMINH.org), by mail, or by phone to become an official NAMI NH member. Membership dollars help provide many of our programs and services.

Honor a Loved One. Make a donation *In Honor of* or *In Memory of* a friend or loved one.

Give from your IRA. If you are over the age of 70, you may want to consider making gifts directly from your Individual Retirement Account (IRA). Consult your financial planner or tax consultant.

Leave a Legacy. Providing for NAMI NH in your will is easy. Ask your attorney to include a charitable bequest to NAMI NH in your will.

You may also designate NAMI NH as a beneficiary of your life insurance policy, IRA, retirement plan, or a trust. You retain the option of changing the beneficiary at any time and may designate all or a percentage of your assets to NAMI NH. Consult your financial planner. NAMI NH will receive the designated assets upon your death.

Donors 2007

Iris Circle (\$10,000 and above)

Peggy M. Straw

Caring Partners (\$5,000 to \$9,999)

Muriel & Ed Broad
Rona & Ken Purdy

Family Advocates (\$2,500 to \$4,999)

Anonymous
Tinka & Herbert Stebbins

Recovery Promoters (\$1,000 to \$2,499)

William C. Burke
Elizabeth Merry
Dot & Fred Walker
Katie & Doug Wheeler

Resiliency Builders (\$500 to \$999)

Ruth & Frederick W. Griffin
Nancy Adams
George Baldwin
M.L. Dymski
Pamela C. House
Chris Lorrain
Ervin B. Lyskawa
Liz Valway

Hope Contributors (\$100 to \$499)

Valerie Acres
Nancy Adams
Sarah L. Adams
Mary Ann Aldrich
Robin Alvanos
James Banks
Pamela Banks
Chester R. Barnes
James E. Barrett
Narender S. Bawa
Catherine A. Beigel

Hope Contributors (cont'd)

Frances M. Belcher
Elliott Berry
Berube's Truck Accessories, Inc.
Lynda M. Bigl
Diane Bigl
James Blake
Ruth Bleyler
Bousquet Builders Inc.
Betsy Bower
Lisa Brady
Ken Braiterman
Ronald F. Brender
Linda K. Brennan
Jonathan Brown
Pamela Brown
David J. Burrington
Thomas W. Caldwell
Sally A. Campbell
Kathryn Canedy
Pauline D. Carignan
Charles D. Carpenter
Brad Carson
James M. Cassin
Jack E. Chambers
Richard P. Church
Cobb Hill Construction, Inc.
Michael Cohen
Community Partners
Chris Conard
Kathleen M. Conley
Allison Cook
Nancy J. Cook
Robin L. Cordle
Corriveau Insurance Agency, Inc.
Patricia M. Coviello
Deborah R. Cummings
James A. Currie
Martha K. Cyr
Nicholas Dadoly
Joshua N. Daly

Hope Contributors (cont'd)

Constance K. Danehy
Nina Daniels
Data Electronic Devices, Inc.
John D. Davies
Cheryl L. Davis
Davis, Towle, Morrill & Everett
Alex, Susan & Chris de Nesnera
Brian J. Delfino
Chiara Dolcino
Ann Duckless
Dorothea R. Dudash
Edward C. Dupont
Eames Partnership
Jacqueline Ellis
Steven Erikson
Jane N. Eslinger
Fantasy Entertainment
Eugenia Fayen
Fellowship Housing Opportunities
Claudia Ferber
Morris Finkelstein
Michael J. Fitzpatrick
Rosa Flamingos
Mary-Ann Fleming
Nancy Mary Folsom
Julia L. Forgaard
Robert Foucher
Jay Francis
Erika Fritsch
Franz Fritsch
Joseph Garon
Roberto Gomperts
Brendan Gorman
John Gregg
Griffin Bodi & Krause
Patricia A. Grondin
Greg Gross
William B. Gunn
Amanda Hammond

**Hope Contributors
(cont'd)**

Jack Harkins
Francis Hayes
Norman M. Henderson
Anita Hennessy
George Q. Hilton
Kathy Hoaglin
Holie Donut Vi Inc.
D. R. Hughes
Shelly T. Hunt
Stephen Ippolito
Susan L. Jamison
Andrew Jerry
Johnson & Johnson
Keepers of the Garden
Maureen Kispert
Leonard Korn
William Kuglar
Stanley D. Kushel
Julien J. LaCourse
Ronald J. Lahout
Kevin Leonard
Curtis W. Little, Jr.
Robin Lutcher
Shirley Lyon
Kristie S. Macneil
Brian Maguire
Kevin Maguire
Nancy L. Maguire
John J. Mahoney
Effie Malley
Ellen R. Malloy
Barbara Maloney
Joseph Marcille
MARKEM Corporation
Michelle C. Marrone
Mary N. Masland
Elaine T. Matuszewski
Becky McEnany
Paul J. McGoldrick
Rob McGregor
Patricia Mellon
Mental Health Center of
Greater Manchester

**Hope Contributors
(cont'd)**

Stephen Merrill
James Miamis
James A. Miller
Jeffrey N. Mills
Ann M. Miscio
Jennifer S. Moeckel
Donald Moore
John T. Moore
Nancy C. Morrison
Kim T. Mueser
Donald T. Mulligan
Trish A. Murray
NAMI
NAMI Concord
Rebecca R. Neal
Edward Newman
Bob C. Nilson
Kenneth Norton
Julie Norton
Marie L. Norton
Raymond B. Noyes Jr.
Lillian Oczykowski
May O'Malley
Jacqueline Paquette
Donna Parent
Bonnie Patz
James Patz
Ross Perry
George Pineo
Philip C. Plante
Dorothy A. Rasmussen
Margie S. Record
James H. Record
Shirley R. Reiss
Leigh Roche
Joseph Rockwell
Ralph Ross
Linda Rousseau
Ralph Rudnick
Kathleen M. Sablone
Joseph Saetta
Philip H. See
Leo J. Seman

**Hope Contributors
(cont'd)**

Rick Sherman
Richard G. Sherman II
Coleen Singer
James S. Smith
Russell Stacy
Ellen Stern
Nancy Sycamore
Stanley and Patricia Szydlo
Michael R. Szydlo
Kathy Tangney
Thomas A. Tarpay
Peter Thoma
Megan O. Todd
Maureen K. Toohey
Thomas J. Trainor
Joseph F. Trepanier
Rocco C. Troiano
Robert H. Turcotte
Betty J. Tyler
Kathy-Rae Ulrich
Valerie Vanlandingham
Pamela Vaughn
Caryl Walsh
Patricia Weatherbee
Richard A. Welter
Sandra B. Wells
Carol Williams
Dolly G. Williams
Scott S. Williams
Mildred B. Wolfe

Donors 2007

Corporate and Organization Support

Anthem Blue Cross and Blue Shield
PhRMA
WestBridge Community Services
Sam's Club Foundation
TD Banknorth
Nashua Foundation for Mental Health Inc.
Baker Newman & Noyes
Laconia Savings Bank—
Triangle Park Drive
Shaheen and Gordon, PA
Sheehan Phinney Bass + Green
Beasley & Ferber
Professional Association
Harbor Group, Inc.
Saint-Gobain Igniter Products
Wesley United Methodist Church
Combined Services LLC
Visual Persuasion, LLC
Thompson/Center
Wayn-O's Disposal Service
Michel E. Couret
Whitcomb Real Estate
WIRC Media Tactics
Bently Building Corporation

Grant Funders

AstraZeneca
Bristol-Myers Squibb
Dartmouth PRC
Endowment For Health
French Foundation
Lilly
Merrimack County Savings Bank Foundation
NAMI
NH Charitable Foundation
Pfizer, Inc.

Walk Sponsors

Presenting Sponsors

AstraZeneca
Bristol-Myers Squibb

Silver Sponsors

Dartmouth Hitchcock
Janssen Pharmaceutica
PhRMA
Senecal Beverage, Inc.

Bronze Sponsors

Anthem Blue Cross and Blue Shield
WestBridge
Littleton Coin Company
Peggy M. Straw
All Metals Industries, Inc.
Littleton Coin Company
Monadnock Family Services
NH Psychiatric Society
Wal-mart Store — Concord

Kilometer Sponsors

Harbor Homes, Inc.
Dartmouth Hitchcock—
Concord
NASW NH Chapter
NH Distributors Inc.
NH Hospital Association & FHC
Sport Thoma
St. Joseph Hospital

Crystal Sponsors

Bornstein & Sweatt, PC
Brown Performance Group
Coed Sportswear Inc.
Granite State Chapter of EAPA
Great Bay Hot Tub Co., Inc.
McDevitt Truck Sales
NASW NH Chapter

Nathan Wechsler & Company PA
NH Medical Society
Northeast Delta Dental
Seacoast Mental Health Center
Sherman Financial Services
The Dupont Group

Supporters

E & S Insurance Services, LLC
NH Medical Society
Unitil
Wilton Animal Hospital

In Memory Of

Kathleen Patnaude
Christine Chaplin Gavan
Herbert Lerner
Jeanne Marie Prevost
Miriam Carreker
Cecelia Riley
Sam Adams

In Honor Of

Muriel Broad
Paul & Jane Lawrence
Barbara Walters
Dr. Robert Vidaver

Financials FY 2007

NAMINH

Balance Sheet

As of 6/30/2007

(In Whole Numbers)

	<u>Current Year</u>	<u>Prior Year</u>
Assets		
Current Assets		
Cash & Cash Equivalents	343,613	423,006
Accounts Receivable	177,036	144,172
Prepaid Expenses	266	2,239
Total Current Assets	<u>520,915</u>	<u>569,416</u>
Long-term Assets		
Property & Equipment	19,650	15,174
Long-term Investments	81,973	71,201
Total Long-term Assets	<u>101,623</u>	<u>86,375</u>
Total Assets	<u><u>622,538</u></u>	<u><u>655,791</u></u>
Liabilities		
Short-term Liabilities		
Accounts Payable and Accrued Expenses	83,639	59,114
Deferred Revenue	0	45,601
Total Short-term Liabilities	<u>83,639</u>	<u>104,715</u>
Long-term Liabilities		
Long-term Liabilities	0	13,618
Total Liabilities	<u>83,639</u>	<u>118,333</u>
Net Assets		
Beginning Net Assets		
Net Assets	537,459	259,913
Current YTD Net Income		
	1,441	277,546
Total Net Assets	<u>538,900</u>	<u>537,459</u>
Total Liabilities and Net Assets	<u><u>622,538</u></u>	<u><u>655,791</u></u>

Financials FY 2007

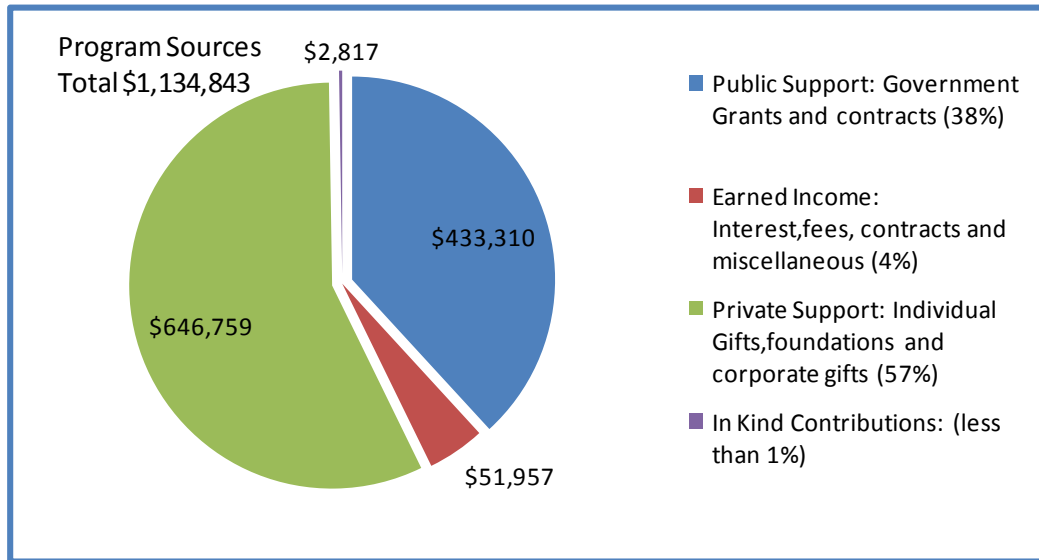
NAMINH

Statement of Activities
From 7/1/2006 Through 6/30/2007
(In Whole Numbers)

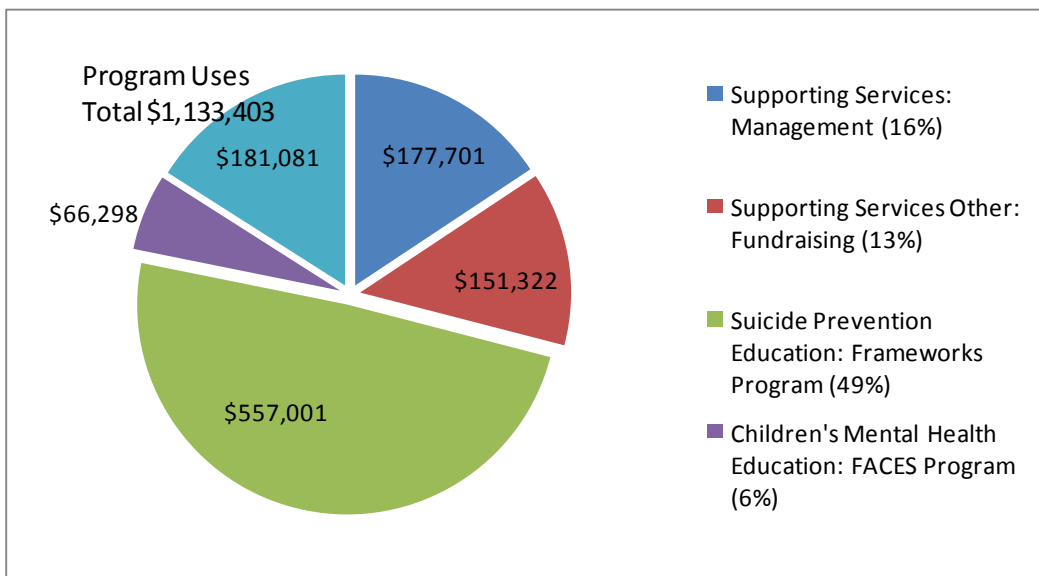
	<u>Current Year Actual</u>	<u>Prior Year Actual</u>
Revenue and Support		
Government Grants and Contracts	433,310	367,914
Contributions	507,369	515,476
Member Dues	5,237	6,821
Fundraising	143,398	177,077
Interest and Dividend Income	30,753	19,579
Other	14,776	18,616
Total Revenue and Support	<u>1,134,843</u>	<u>1,105,483</u>
Expenses		
Employee Related Expense	669,105	548,476
Contractual Labor	214,305	61,081
Occupancy	79,156	80,984
Fundraising	32,719	37,882
Educational Materials and Supplies	80,473	55,749
Other	57,644	43,763
Total Expenses	<u>1,133,402</u>	<u>827,936</u>
Change in Net Assets	<u>1,441</u>	<u>277,546</u>

Financials FY 2007

Revenue by Source



Expenses by Program



BOARD OF DIRECTORS

*Mary Ann Aldrich
President
Concord, NH

*Alex de Nesnera, MD
2nd Vice President
Concord, NH

*Megan Todd
Treasurer
Concord, NH

*James Miller
Secretary
Meredith, NH

Nancy Adams
Canterbury, NH

Raymond Barrett
Laconia, NH

Pamela Brown
Bedford, NH

Martha Byam
Hampton Falls, NH

Andrea Daly
Portsmouth, NH

Lori Dodge
Nashua, NH

John Fox
Sanbornton, NH

Paul Gorman
New London, NH

Ruth McQuade
Durham, NH

Elizabeth Merry
Sanbornton, NH

Ruth Morgan
Mont Vernon, NH

Jane O'Hearn
Nashua, NH

Leigh Roche
Sunapee, NH

Rick Sherman
Bedford, NH

Barbara Walters
Northwood, NH

Mary Ann Wood
Nashua, NH

Ram Yadati
Bedford, NH

* Current Executive
Committee Members

STAFF

Michael Cohen, MA, CAGS
Executive Director

Win Saltmarsh
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 and Family Services Program Coordinator

Annette Carbonneau
Community and Volunteer Developer

Ann Duckless
Community Developer/Educator

Becky McEnany
Community Developer/Educator

Patrick Roberts
Research Assistant

Ellen Troy
Office Manager

Monica Denham
Administrative Assistant

Julie Dunham
Administrative Clerk



National Alliance on Mental Illness NH

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