



National Alliance on Mental Illness NH



Annual Report

July 1, 2007 - June 30, 2008

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 must speak with one voice so that we do not lose our credibility and we must advocate for better services for our community of people throughout the state."

~PEGGY STRAW

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I want to thank all the staff, Board members, volunteers, affiliates and support group leaders across New Hampshire for making 2008 an excellent year for NAMI NH. We have developed and introduced several new programs:

- **Side by Side**, a family education program for families supporting older adults with mental illness
- **Life Interrupted**, a program designed to train family members to tell their inspiring stories of recovery
- The **Transition Education Program**, whose goal is to support young adults, hospitalized with mental illness, develop a career and/or educational plan and return to their community with supports in place to maximize the chances of the plan's success
- Our **Legislator Education Program** which engages affiliate members with their local legislators in informal dialogue about the issues facing NH's mental health care system and the possible solutions.

We have continued to broaden the reach of our **Frameworks Suicide Prevention Project**, which we have implemented in NH and in new markets beyond our state. Under a contract with the state Department of Public Health, we have begun to deliver suicide prevention services to residents in Massachusetts. Frameworks has received national designation as a "Best Practice" by the National Best Practice Registry.

We have engaged in many more activities: police training, training for protective workers and Disaster Behavioral Health Response Teams, working with courts to create diversion programs for those with mental illness, working as active members of planning groups addressing Veterans' mental health, and as members of state committees addressing juvenile justice and mental health services.

NAMI NH is building bridges throughout the state and its work is becoming much more recognizable. To further this effort the Board initiated, this year, a marketing campaign designed to enhance the NAMI NH brand, improve the referrals to our programs by developing new marketing materials, and improve our website by making it more interactive and user-friendly.

This year we were awarded a contract with the state Bureau of Behavioral Health to deliver family education and support services, to provide public education about mental illness recovery and to implement an anti-stigma program. These programs, combined with the new programs we've developed now make up a broad range of products and services, many of which are delivered by affiliate volunteers, the lifeblood of our organization, with support from our highly qualified staff. A number of NAMI NH members played key roles as advocates in helping to develop and publish the Mental Health Commission report "Fulfilling the Promise," a blueprint to improve the mental

health service system in New Hampshire. This document lays the foundation for mental health system transformation in the state. NAMI NH members should feel proud of this work: it truly captures the values, principles and action steps necessary to promote a family- and consumer-centered system beneficial for recovery from mental illness.

On the internal organizational front this year the Board worked diligently to revise, vet and approve our bylaws. These new bylaws hold onto the key elements of our grassroots organization, while strengthening our governance and providing clarity to our leaders and members. Like the first, I believe this set of bylaws will last another generation before it needs revision.

All of these accomplishments could not have happened without the continued support and leadership from the **Board of Directors**. Each member has shared his or her skills, knowledge and interest in NAMI NH, and worked in partnership with me to establish an organization with a clear mission and strategic purpose, meaningful programs, strong infrastructure and stable resources. These volunteers put into practice what they have learned and experienced to help all those affected by mental illness in their family or their workplace and/or their communities to promote NAMI NH as the organization that can help them help others.

As you know, NAMI NH's work is not done in isolation; often we work with many individuals, coalitions, and advocacy groups in our community. Through these associations we have gained greater respect for what we do from public and private funders, providers and other advocacy organizations. In the coming year, with strong leadership, competent staff, dedicated grassroots volunteers and high quality programs, 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

“A number of NAMI NH members played key roles as advocates in helping to develop and publish the Mental Health Commission report ‘Fulfilling the Promise,’ a blueprint to improve the mental health service system in New Hampshire.”

~Michael J. Cohen

From the President of the Board

It is hard to believe that another fiscal year has gone by. I want to start by acknowledging the wonderful contribution and dedication of the NAMI NH staff to the mission, the members, the affiliates and the Board. With this professional team behind him, Mike Cohen has provided the leadership and guidance to help NAMI NH become well recognized as a “go-to” organization when there are questions and policy issues regarding mental illness in the state.

During fiscal year 2008, the Board changed the way it operates to better align its efforts with the spirit, intent and goals of the NAMI NH strategic plan. We held our meetings in various locations across the state to show our commitment to our affiliates and support groups; we revised our bylaws; we have new working committees on Advancement (formerly, communications and fundraising), Public Policy, and Programs; we completed a core capacity assessment of the organization to help identify areas in which NAMI NH could improve; and we invited outside experts to our meetings to keep the Board current on critical health and mental health issues affecting recovery. This active governance model has helped position NAMI NH as an engaged, proactive and creative organization which we believe will help it through the difficult economic times ahead.

I am proud and pleased to be part of this team which works tirelessly on behalf of those many families and communities dealing with mental illness. As you will read in the following pages of this annual report, our programs are impressive: we have a new program for the National Guard and for families of veterans, a new transition program for adolescents and young adults with SED, a police training program, and a program for families and caregivers of older adults with mental illness. We are continually looking at how we can provide support to the various health agencies, physicians and hospitals that interface with persons with mental illnesses.

Now that it seems evident that mental health parity legislation will pass and the stigma associated with mental illness will be broken, we no longer need to dream about the possibilities of widespread help for those coping with mental illness in need of services and support. We know with certainty that help is on the way and that NAMI NH will continue to play an important role in that evolution.

Sincerely,



Elizabeth Merry,
President, Board of Directors
NAMI NH

NAMI NH Annual Meeting and Awards Dinner

Our Annual Meeting and Awards Dinner was held in Plymouth this year. Rebecca Ladd captivated the audience with a moving Life Interrupted presentation that provided a personal view into the impact of mental illness on her family—and their process of recovery.

NAMI NH congratulates all of the 2008 Annual Award Recipients and applauds their extraordinary efforts on behalf of people of all ages affected by mental illness. These awards honor exemplary people—those that take more risk, work harder, are caring and thoughtful, and give more of themselves for families and those with mental illness.



2008 ANNUAL AWARD WINNERS

- ★Consumer Empowerment Leader.....Janine Lapete, Alternative Life Center, Conway, NH
- ★Legislative Leader of the Year.....Rep. James MacKay, District 11, Concord, NH
- ★Family Volunteer.....Nancy Adams, Family Member
- ★Mental Health Worker.....Deborah Green, State of NH, Department of Corrections
- ★Unsung HeroEllen Malloy, Family Member
- ★Outstanding Psychiatrist.....Dr. Edward Drummond, Seacoast Mental Health Center, Portsmouth, NH



Pictured left to right: Janine Lapete, Rep. James MacKay, Nancy Adams, Deborah Green, Ellen Malloy, Dr. Edward Drummond

Mental Illness Awareness Week (MIAW)

“Building Community, Taking Action” was the theme of Mental Illness Awareness Week, observed the first week of October 2007. NAMI NH participated in this annual national effort to raise awareness about mental illness and to eliminate stigma. This year’s events included the 5th annual “WALK for the Minds of New Hampshire;” an Arts and Recovery exhibit; a conference on Mental Illness and the Criminal Justice System; a book discussion group for elementary school students; and In Our Own Voice presentations in several different venues. Affiliates held a range of activities at the local level, and several colleges and universities held information sessions and offered resource tables.



NAMI Walks 2007

The week kicked off with the annual “WALK for the Minds of New Hampshire,” which raises awareness about mental

illness, brings the NAMI NH family together to celebrate hope, and helps to provide needed dollars to fund our family support and education programs.

A day-long “Arts and Recovery” exhibit was held on the lawn of the NH State House. The work of 26 artists who have used their arts to help them recover from mental illness was displayed. 100 guests visited the exhibition, which included various media of visual arts (sculpture, painting, sketches, jewelry and photography) and performing arts, which were represented by a puppet show

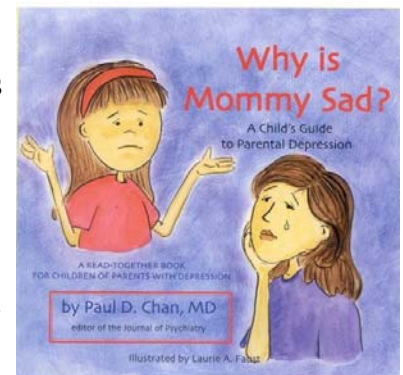


Arts and Recovery

and a musical production. The artists, who ranged in age from the very young to the very mature, also shared their personal recovery journeys. A highlight of the exhibit was the creation of the Collaborative Painting which is on display at the NAMI NH office in Concord.

The *Mental Illness and the Criminal Justice System* conference was held at the Radisson Hotel/Center of New Hampshire in Manchester and was attended by 215 participants from diverse disciplines in the mental health and criminal justice fields. This conference was made possible by the collaborative work and financial support of NAMI NH, the NH Attorney General’s office, the NH Department of Corrections, the NH Bureau of Behavioral Health, and the Disabilities Rights Center. Chief Justice John Broderick provided the opening remarks by sharing his personal journey as a family member whose life was impacted by mental illness. Pete Early, advocate and nationally recognized author of the book *Crazy: A Father’s Search through America’s Mental Health Madness* was the keynote presenter and was followed by a panel discussion facilitated by Michael Skibbie of the Disabilities Rights Center. As a result of this conference, the Mental Illness and Criminal Justice Network was established.

The children’s book *Why is Mommy Sad?* was used to develop a book discussion project that was offered to elementary schools at no cost. The book is intended to help children understand depression, stigma and the importance of community acceptance.



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

Over 350 students from twelve schools participated in this activity, and the evaluations indicated the program was well received. The book is available through the NAMI NH Resource Center.

In Our Own Voice presenters spoke to college students, community organizations and to the general public. The presentation evaluations indicated that attendees left with a new understanding of mental illness and its



impact on the individual, the family and the community. Over the past three years, NAMI NH has worked to “build community and take action” by reaching out to new partners to raise awareness of mental illness and to help eliminate stigma. These events could not be possible without the efforts of volunteers, NAMI NH staff, families, and our community partners.

Information and Referral Services

This year NAMI NH Information and Referral services were provided by volunteers and staff through the I & R (800) line, our website, the Resource Center, office walk-ins and contact with local support group community volunteers. These supports were provided to about 2,300 individuals. One caller shared “The support I received when I called the 800 number provided me with hope when I was so near giving up.” The I&R line is often a family member’s first contact with NAMI NH and it is through this service that many families are connected to NAMI NH support groups and educational programs.

The family members, people with mental illness and providers who contact NAMI NH have varied needs, such as seeking support and information about support group locations and NAMI NH educational programs. Some have questions about public policy or how to navigate the system of care. They want to know how to get help for a family member who doesn’t feel he or she needs it, or have requests for information about housing, work programs, educational issues and transportation. We have also provided mental health information through health fairs, resource tables at conferences, and through community cable television shows.

Our on-site Resource Center is open to the public. Books, publications and periodicals on mental health/mental illness are available for loan to members. This year we added a wide range of new publications, including books for children. NAMI NH is the designated distribution center for materials from the National Institute on Mental Health (NIMH). We received numerous requests for educational packets on various topics related to mental health/mental illness, which were sent out free of charge.

The NAMI NH website has 24-hour-a-day access to accurate mental health information, links to other sources of information and opportunities for individuals to request information and referrals. During fiscal year 2008 our website received over 6,000 unique visitors each month with a monthly average of 150,000 hits.

In order to meet the diverse interests of members and supporters NAMI NH has developed the bi-monthly e-News. This electronic newsletter serves as a vehicle to inform our constituents and provide them access to additional information on topics ranging from stigma and discrimination, to updates on treatments for mental illnesses and local NH policy issues and NAMI NH goings-on. To be added to our e-News distribution list, please contact the NAMI NH office.

Child and Family Programs

This year was one of expansion for the Child and Family Programs department. A Family Support and Community Specialist position was created and has offered to families across the life span time-limited support and one-to-one education about self care, mental illness, effective advocacy and other areas in which families identified a need to have more knowledge. Families are also provided resource information and connected to other NAMI NH support and education programs.

We added several programs to address the transition of adolescents and their families: the Transition Mentor program, *Life After High School*, and *Life Under Construction*. The Transition Mentor program is designed for adolescents and young adults with mental illness at NH Hospital to develop a future plan, with the support of their families.

NAMI NH partnered with the Parent Information Center to offer the *Life After High School* program, which provides training on the future planning process to adolescents, their parents and community providers/school personnel.

Life Under Construction, a one-day conference on transition for adolescents/young adults with mental illness and their families became a reality because of the partnerships with other family organizations, financial support through the Bureau of Behavioral Health and the hard work of the NAMI NH Child and Adolescent Network membership.

We were fortunate to have three interns this year who, because of their involvement with NAMI NH, are now more aware of the impact mental illness has on the family and

community, have an understanding of the mission and work of NAMI NH, and they helped us by sharing their time and talent working on many projects and activities of the department.

The work on the Adolescent Co-occurring Disorders Project continues to move forward with thanks to funding through the NH Charitable Foundation and the time and effort of our many community partners. The project's anticipated outcome is to improve access to treatment for adolescents and

young adults with co-occurring mental health and substance use disorders. A white paper was written and will be published in the fall of 2008.

NAMI NH continues to focus on transforming the children's mental health system through participation on various committees, workgroups, advisory boards and leadership initiatives such as MAST (Mental Health and Schools Together) NH; the Medicaid Improvement Grant—Transition Workgroup; the Juvenile Justice/Mental Health/Substance Abuse Workgroup; Individual Recovery and Resiliency Oriented Services and Children's Evidence-Based

Practices Workgroup; the Advisory Board of NH Connections; the Board of Directors of the NH Infant Mental Health Association; the Community of Practice for Transition; the NH Mental Health State Planning Council; and the legislative group on Prevention. NAMI NH has also been invited to participate in forums and focus groups.

NAMI NH staff members have had the opportunity to provide education to the general community and to providers around the state. We continue to provide



Child and Family Programs (cont'd)

quarterly training, “Working with Families with Mental Illness” to staff of the Division of Children, Youth and Families. We are a member of the training team for the Guardian ad Litem certification program and presented a workshop on “Mental Illness and the Family” in addition to a workshop on community resources.

We also had the opportunity to present the “Children’s Mental Health” workshop at the Police Standards and Training Academy. This year we contracted with the Division for Juvenile Justice to provide two workshops to their staff, entitled “Engaging Families of Youth with Mental Illness.”

LIFE



The NAMI NH Child and Adolescent Network, whose membership is comprised of family members, youth, and community partners, took on the responsibility of planning the *Life Under Construction*

one-day conference. This is an open group and all families, youth and community partners are encouraged to join the Network.

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

Side By Side for Independent Living

Side by Side for Independent Living is an eight-module curriculum based on the NAMI NH guidebook “A New Hampshire Guide to Mental Health and Healthy Aging for Older Adults and Caregivers.” The course provides information and guidance for family members and caregivers of older adults with mental illness so that they may better understand and support their loved ones in managing their illness and coping with other issues related to aging. The series addresses a variety of topics geared toward families and caregivers, including a general overview of caregiver issues, information about mental illnesses, tips on helping to manage a loved one’s medical care, and information on other topics such as older adults and legal concerns, and managing changing and challenging behaviors. The goal is to have this curriculum available in all regions of the

state, presented by teams consisting of service providers and family members or caregivers.

A New Hampshire Guide to Mental Health and Healthy Aging for Older Adults and Caregivers



NAMI New Hampshire
National Alliance on Mental Illness
April 2006

Frameworks Suicide Prevention Project

NAMI NH's Frameworks program continued to make important gains for suicide prevention with individuals, families, organizations, communities and at a statewide systems level. As a result of this work, our reputation as a leader in suicide prevention efforts continued to grow both in NH and nationally during the past year. With continued financial support from both the public and private sector, significant achievements were made in a number of areas. These include providing training and education, efforts to reduce stigma and increase help seeking, supports to survivors and legislative and policy accomplishments.

As we entered our third and final year of suicide prevention funding through a grant from the Substance Abuse Mental Health Services Administration (SAMHSA) we continued to build on the momentum and activity in implementation of the Frameworks Community-Based Suicide Prevention Program in the Berlin/Gorham area with the Family Resource Center, and in Raymond with the Raymond Coalition for Youth. 53 prevention/intervention and/or postvention trainings were held in the two regions for youth and key service providers with over 900 people trained. Many of these trainings were conducted by or with the assistance of key service providers in the community who have been trained as Frameworks trainers.

We were also very fortunate to have DHHS sponsor a series of Frameworks trainings for faith leaders. Six Frameworks trainings were held around the state to assist faith leaders in suicide prevention and intervention efforts as well as reducing risk and promoting individual and community healing (postvention) following a suicide death.

The Department of Education offered school districts grants for suicide prevention training resulting in NAMI NH working with twelve school districts to provide Frameworks training. A number of these schools scheduled three-day trainings to have



The Lifekeeper Quilt on display

their staff trained as Frameworks trainers so they in turn can train other staff in the future.

NAMI NH has done a lot of work with soldiers and veterans during the past year. In September, Frameworks participated in a suicide prevention expo at the Veterans Administration, and provided training to over 200 NH National Guard (NHNG) officers. Frameworks staff has continued to provide consultation and technical assistance to the NHNG as it develops its suicide prevention program, and more training took place in the fall of 2008.

With ongoing evaluation conducted by Dr. Kristine Baber and Gretchen Bean from the UNH Center on Adolescence, it was noteworthy to discover that many evaluation results were replicated almost identically in all of the communities where Frameworks was implemented. Of note is that participants demonstrate a statistically significant reduction in stigmatizing attitudes as a result of the training.

Following our prevention and intervention materials and training being designated as a National Best Practice Program, Frameworks prepared and submitted our postvention training for review and this has been officially designated as a National Best Practice Program in that area as well.

Frameworks Suicide Prevention Project (cont'd)

Systemic Suicide Prevention Efforts

Frameworks staff has provided ongoing technical assistance, consultation and leadership to both the Youth Suicide Prevention Assembly (YSPA) and the state Suicide Prevention Council (SPC) and their various committees.

Frameworks, YSPA, and the SPC held an educational session for legislators on suicide prevention. Through collective efforts and sponsorship by Senator Kathleen Sgambati, a bill was passed which legislatively established the Suicide Prevention Council. The Council provides oversight and accountability on implementation of the state suicide prevention plan. Another bill was successfully amended to require suicide prevention be included as part of the curriculum of high school health education classes.

Frameworks also continued to focus on improving supports for survivors of suicide. Frameworks assisted in setting up and facilitating the annual American Foundation for Suicide Prevention 2007 Survivor Teleconference at locations in Littleton, Nashua, Concord, Portsmouth, and Moultonborough.

A curriculum was developed and six individuals who lost a loved one to suicide (survivors) were trained to speak publicly about their experience. Having family members talk about their loss puts a personal face to the



Newest members of the Survivors of Suicide Speakers Bureau

tragedy of suicide. Expanding on a collaborative plan between the YSPA and the Medical Examiner's office to send out information packets to the next of kin following a suicide death, sample packets were provided to all of the Funeral Directors in the state as well as being available for

download on the NAMI NH website. Frameworks staff also worked with survivors to publish an annual newsletter.

Frameworks Suicide Prevention: Regionally and Nationally

Frameworks has been well-received at a number of state and national conferences from coast to coast over the past year, including the Department of Defense Suicide Prevention Conference in San Diego, the

State and Tribal Injury Prevention Directors Association conference in Oklahoma, the NAMI National Conference



Discussion at the AAS conference in Boston

in Orlando, Florida and the American Association of Suicidology conference in Boston, where Frameworks staff were joined by members of the Raymond Coalition For Youth for a very dynamic presentation. Frameworks was also invited to present at statewide suicide prevention conferences in Massachusetts and Texas. We were thrilled to enter into a contract with the Northeast Suicide Prevention Coalition and begin providing Frameworks Community Based Suicide Prevention services and training in the Haverhill, MA area.

Frameworks is fortunate to have a dedicated and energetic staff. Assisted by NAMI NH administrative and support staff and with the ongoing contribution of both public and private funders, we continue to promote the early recognition and treatment of mental illness through our suicide prevention efforts.

Support Groups, Family to Family, Volunteers

Support Groups

During the past year, NAMI NH support group meetings were held in seventeen communities around the state. These support groups, which are led by family members who have lived the experience of having a loved one with a mental illness, provide education and support to families. There are twelve family support groups which focus on those with an adult in their life with a mental illness, and five Parents Meeting the Challenge groups that provide support for parents/caregivers of children and adolescents with emotional disorders.

The support group meetings provide family members the opportunity to talk about their concerns and gain productive insight from other group members. For the educational meetings, invited speakers present topics such as Individualized Education Plans (IEPs), Schizophrenia, Dual Diagnosis, Advocacy, Autism, Case Management, Assertive Community Treatment (ACT), Social Security benefits, and Medications. Six NAMI NH family support groups hosted Legislative Forums with their local representatives and other invited community leaders and Community Mental Health Representatives.

Family to Family



New and veteran Family to Family teachers

This twelve-week course for family and friends of adult individuals with mental illness is taught by trained, illness-experienced family volunteers. Scientific analysis

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. In November, nine family members participated in a weekend Family to Family

Teacher Training. New teachers graduating from the training were Patricia Whitney, Helen Harrison, Susan Smith, Deb Clark, Sue Barry and Betty Nitchie. Veteran teachers Diane Cyr, Geri Foucher and Rebecca Lawrence took the training as a refresher course. Seven Family to Family classes were taught this year, with a total of 108 family members participating, in six different communities.

As part of the evaluation process, NAMI NH contacts participants three months after they complete Family to Family to ask how the course has continued to affect their lives. One participant wrote, "The course educated me about the many facets of mental illness, created a greater understanding of the challenges and treatments, renewed my empathy for all involved in this struggle." Another wrote, "I am now able to see how this illness (bipolar disorder) impacts my family member from their perspective. It opened my eyes. I get it now!"

Volunteers

NAMI NH is a grassroots organization made up of many volunteers, who serve in many roles: Family to Family and Parents Meeting the Challenge teachers, support group facilitators, NAMI NH committee members, Walk team captains, In Our Own Voice (IOOV) and Life Interrupted (LI) speakers, New Hampshire Hospital Advisory Committee members, and as local community representatives of NAMI NH.

Volunteers annually donate over 11,000 hours to the support, education and advocacy efforts of NAMI NH. Using a national dollar value provided by the Independent Research Sector, these hours equate to over \$200,000 in donated time. Family members who have been helped through educational classes and/or support groups find that "giving back" by volunteering for NAMI NH helps with their own healing and recovery process.

Public Policy Training and Alerts, Legislative Luncheon, Life Interrupted

Public Policy Leadership Training

NAMI NH has developed a Public Policy Leadership Training Program to train family volunteers to organize legislative forums in their communities. These local forums provide an opportunity for families to educate their representatives about the need for quality and accessible mental health services. Hearing this message from the constituents in their own community provides a more personal experience and connection for the legislators, and the training provides volunteers with the knowledge and confidence they need to speak publicly, engage legislators and organize a forum. The first training was held in November 2007 with 27 volunteers participating. In the first part of 2008, a total of eight legislative forums were held in seven communities around NH.

Public Policy Alerts

At the heart of NAMI NH's mission is its advocacy work to assure our loved ones are able to access high quality, comprehensive mental and physical healthcare services and supports. Speaking out on where we stand can happen only if advocates are informed on the issues in a timely manner and are helped to direct their advocacy messages toward key decision makers who often hold power to affect decisions for persons affected by mental illness. Public Policy Alerts are sent via email to strengthen the work of our advocates and to assure that a campaign to promote or defend a policy position is done consistently and effectively. NAMI NH supporters can easily reach their representatives and senators to share their position or experience with mental illness. Alerts can help. To sign up, please contact the NAMI NH office.

Legislative Luncheon

For the second year in a row, NAMI NH held a luncheon specifically for legislators. This year's program focused on suicide

prevention and included a moving presentation by Mike Hill, a father who lost his son to suicide. Legislators were provided with an opportunity to ask questions and make comments. In addition to the luncheon, NAMI NH created a legislative informational brochure, "Mental Health Matters," that was distributed to all NH legislators and Community Mental Health Centers in the state. "Mental Health Matters" provides the most current mental health statistics and research data to help inform and educate our public officials.

Life Interrupted Family Speakers Program

The *Life Interrupted* Family Speakers Program was developed to provide families a way to educate their relatives, friends and communities about mental illness recovery. NAMI NH has spent thousands of hours educating community leaders, municipalities, families, medical professionals and political leaders. The conclusion drawn from these presentations has been that although the facts about mental illness were important, the part of the educational program that made the biggest impact on addressing stigma and brought the "facts" to life was the personal family stories. Families deal daily with the stigma and misconceptions that surround their loved one's illness; this program enables families to use their experiences to change the attitudes and open the minds of all members of their community, and to spread the message that everyone has the ability to help promote recovery, resiliency and wellness for those diagnosed with a mental illness. The first training for *Life Interrupted* speakers was held in January 2008 with eleven family members participating. Between February and June 2008, fourteen presentations have been made in public forums and to groups such as the Community Mental Health Center Board of Directors, churches, and Kiwanis Clubs.

Education and Training Programs

Highlights in Education and Training include the expansion of education for older adults and their caregivers, training for law enforcement, local police department trainings, NH Hospital Grand Rounds, and DCYF trainings.

Bernie Seifert, with her extensive mental health experience working with older adults, was hired by NAMI NH and has been focused on two primary projects: translating NAMI NH's *Older Adult Guidebook* into a curriculum that can be led by trained individuals, and working with primary care providers.

Having provided several extensive training programs in mental health and suicide prevention through the Police Standards and Training Council, NAMI NH was also offered the opportunity to present half-day trainings for new recruits around interacting with persons with mental illness. As of June 2008, NAMI NH staff had conducted at least six trainings at the Council in the past year for new recruits and seasoned officers, and was awarded a contract for similar trainings in the next fiscal year. These trainings reviewed skills around crisis techniques, paired with an

understanding of the experience of persons with mental illness, through the first-hand testimony of NAMI NH's *In Our Own Voice* presenters.

We have received multiple calls from police departments around NH requesting local trainings and resources. Meeting these various needs included helping to write grant proposals for training, disseminating mental illness crisis cards, and developing an educational videotape for roll call that could be replayed for each shift in a large police department.

NAMI NH continued to be represented on the NH Hospital Grand Rounds Committee and helped to bring in presenters to speak on national and state mental health systems issues, such as the Mental Health Commission Report and NAMI National's *Grading the States*.

NAMI NH staff also continued to serve as trainers for DCYF, providing workshops in their core staff training programs, as well as specialized training throughout the year to bring information about mental health from a family perspective as well as developing a clinical understanding.

In Our Own Voice

In Our Own Voice (IOOV) is a recovery education program, given by trained presenters who have struggled with mental illness and are in recovery. IOOV helps to break down the walls of stigma that surround mental illness as the presenters tell their personal stories.

During fiscal year 2008, IOOV speakers provided over 140 presentations, addressing a total audience of approximately 4,000.

Some of the venues where IOOV presentations were given include Hesser College in Manchester, the Supreme Court in Concord, the FDIC, Derry Medical Center, the State Police Standards and Training Council, Plymouth State University and the University of New Hampshire in Durham.

Evidence from our audiences and national studies agrees 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 can live satisfying and productive lives even after surviving the most severe of mental illnesses.

To arrange an IOOV presentation for your organization, or if you are interested in becoming an IOOV speaker, please contact the NAMI NH office.

Development Fiscal Year 2008

NAMI NH Walks for the Mind of America

NAMI NH's Fifth Annual Walk was held on Sunday, October 7, 2007. The Walk is our largest fundraising event, but more than that, it is our opportunity to promote awareness of mental illness and recovery. Over 500 people attended Walk 2007—all taking steps together to reduce stigma. Held on the grounds of the NH State Hospital, the Walk attracts people with mental illness and their family members, policy makers, advocates, health professionals, and others interested in making a difference. Our Honorary Chair, Tom Raffio, CEO/President of Northeast Delta Dental and 2007 Leadership Award recipient, spoke to the audience about the importance of mental health care.

The Samuel S. Adams Excellence in Community Leadership Award

On June 26, 2008, a reception ceremony was held to present the Award to Mike Hill, President/CEO of NH Hospital Association. Mike is a leading advocate for better health and health care for all. He has helped shape 21st century health care as we know it through three decades of work with the Hospital Association, and years of service as a legislative leader and volunteer. He is one of the creators of the Foundation for Healthy Communities, which works to improve access to health care and the quality of care in communities throughout the state.

Mike leads by example in his personal life as well. Following his son Jim's death by suicide in 2002, Mike has been in the forefront of efforts to prevent suicide, help survivors heal, and support individuals and organizations engaged in those pursuits.

This award was established in 2004 to recognize exemplary leaders and subsequently named in honor of the late Sam Adams, NAMI NH President 2002-2005. He was the inspiration for this award and the first recipient.

Mardi Gras in Portsmouth!

Our Second Annual Mardi Gras in Portsmouth! was held on February 1, 2008. Attended by over 100 people, it was an evening to remember. There were wonderful items at the silent auction, great food, music, and dancing.

Ways to Give

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

Donate online at 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 or United Way donations by writing "NAMI NH" in as the recipient. Contact your Benefits Manager.

Honor a Loved One. Make a donation *In Honor of* or *In Memory* of a 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. As your designated beneficiary, NAMI NH will receive the designated assets upon your death.

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Award honoring Mike
Hill**

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Mardi Gras in Portsmouth! Sponsors

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We have attempted to list all of our financial supporters on this list. We apologize if your name or the name of your organization is not on the list. Please let us know and we will correct the omission. Thank you for your kind and generous support.

Financials FY 2008**NAMINH****Balance Sheet**

As of 6/30/2008

(In Whole Numbers)

	<u>Current Year</u>	<u>Prior Year</u>
Assets		
Current Assets		
Cash & Cash Equivalents	589,363	343,613
Accounts Receivable	134,294	177,036
Prepaid Expenses	0	266
Total Current Assets	<u>723,657</u>	<u>520,915</u>
Long-term Assets		
Property & Equipment	18,020	19,650
Long-term Investments	75,886	81,973
Total Long-term Assets	<u>93,906</u>	<u>101,623</u>
Total Assets	<u><u>817,563</u></u>	<u><u>622,538</u></u>
Liabilities		
Short-term Liabilities		
Accounts Payable and Accrued Expenses	216,806	83,639
Total Liabilities	<u>216,806</u>	<u>83,639</u>
Net Assets		
Beginning Net Assets		
Net Assets	538,900	537,459
Current YTD Net Income	61,858	1,441
Total Net Assets	<u>600,757</u>	<u>538,900</u>
Total Liabilities and Net Assets	<u><u>817,563</u></u>	<u><u>622,538</u></u>

Financials FY 2008

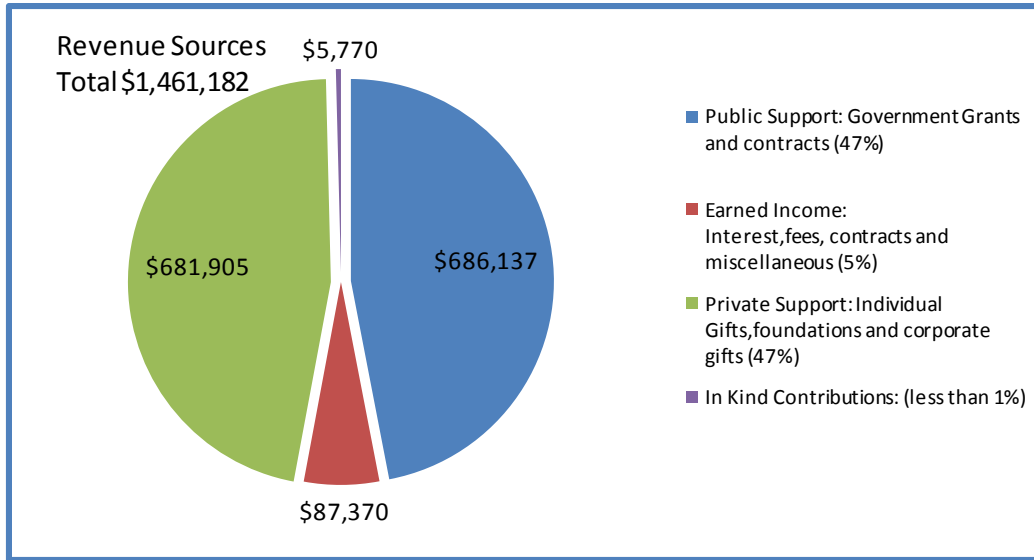
NAMINH

Statement of Activities
From 7/1/2007 Through 6/30/2008
(In Whole Numbers)

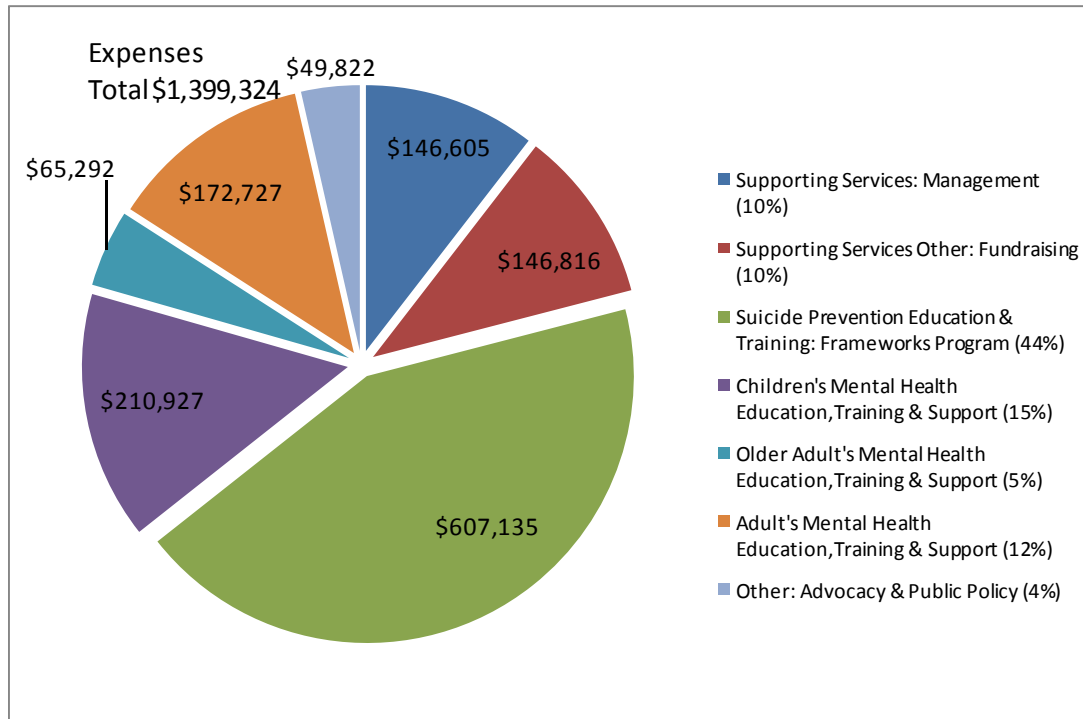
	<u>Current Year Actual</u>	<u>Prior Year Actual</u>
Revenue and Support		
Government Grants and Contracts	686,137	433,310
Contributions	509,525	507,369
Member Dues	7,598	5,237
Fundraising	157,162	143,398
Interest and Dividend Income	16,322	30,753
Training Services	75,023	11,331
Other	9,416	3,445
Total Revenue and Support	<u>1,461,182</u>	<u>1,134,843</u>
Expenses		
Employee Related Expense	827,948	669,105
Contractual Labor	284,690	214,305
Occupancy	92,142	79,156
Fundraising	41,601	32,719
Educational Materials and Supplies	89,317	80,473
Other	63,625	57,644
Total Expenses	<u>1,399,324</u>	<u>1,133,402</u>
Change in Net Assets	<u>61,858</u>	<u>1,441</u>

Financials Fiscal Year 2008

Revenue by Source



Expenses by Program



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Director, Child and Family Programs

Tammy Murray
Chief Financial Officer

Ken Norton
Frameworks Project Director

Win Saltmarsh
Development Director

Susan Allen
Family and Community Support Specialist

Annette Carbonneau
Community and Volunteer Developer

Elaine de Mello
Training and Education Director

Ann Duckless
Community Developer/Educator

Julie Dunham
Administrative Clerk/Receptionist

Sue Farris
Administrative Assistant

Diane Gedney
Office Manager

Lynette Gorman
Walk Coordinator

Deborah Karr
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Becky McEnany
Community Developer/Educator

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