



Hope. Starts with you.



nami
National Alliance on Mental Illness

New Hampshire

2016 ANNUAL REPORT
July 1, 2015 – June 30, 2016

Stronger together.

In moments large and small, public and private, across all corners of our state, NAMI New Hampshire grows stronger when we all step up, and speak out, for individuals and families impacted by mental illness. In 2016, our passionate and diverse Staff brought a variety of lived experience to their work – serving more than 15,000 individuals and families in NH. A dedicated, knowledgeable group of NAMI NH volunteers provided life-saving peer and family support. Communities throughout New Hampshire were strengthened by the presence of NAMI NH educational programs, speakers' bureaus, and support groups.



More than 75% of NAMI NH's Board of Directors have lived experience with mental illness – their dedication, leadership and commitment to our organization's mission are personal. In 2016, the reach of our Connect Suicide Prevention Program, a nationally recognized best practice program, expanded beyond New Hampshire to include Canada, England, and many states and tribal nations.

The year had many highlights for NAMI NH. The Veterans and Military Family Initiative, deployed in conjunction with the NH Department of Health and Human Services, NH Care Path, and other providers, gained national attention. NAMI NH expanded online support groups, and tested the waters of e-learning. Our social media presence was active, engaged, and saw steady growth.

In 2016, NAMI NH's Family Network Grant application was successful. Advancement and fundraising efforts continued to grow in key areas – including sponsorship of NAMIWalks NH. Our audit was flawless, and the organization is poised for future Medicaid billing of family support services.

NAMI NH was busy on the advocacy front over the year, in the areas of Medicaid expansion, Children's System of Care, and prior authorization extension for Community Mental Health Centers. We collaborated with partners in the substance misuse prevention and recovery movement, in a joint effort to combat the opioid epidemic. NAMI NH advocated for parity, supported the Stepping Up initiative, and served on the Steering Committee for Change Direction's *Know the Signs* campaign. Media outlets continue looking to NAMI NH as an expert voice on mental health in our state, and beyond.



These accomplishments are tempered by the harsh daily realities faced by families and individuals seeking mental health services. On Memorial Day, 36 adults and 25 children in mental health crisis were waiting in emergency departments across New Hampshire, waiting for beds and treatment. Mental Health Centers in our state are working without a contract, and there are 140 vacancies across the system. Individuals in need of care face long waits for intakes and services, or are outright unable to secure a provider. The in-patient Behavioral Health Unit at Cheshire Medical Center closed, NH Hospital is in the midst of a contract dispute, and NH received another failing report from the independent expert reviewer assigned to monitor the Mental Health Settlement Agreement.

While challenges abound, there are hopeful signs as we move forward, particularly from the Division of Mental Health Services, Bureau of Children's Behavioral Health, and Section 1115 Medicaid Transformation Waiver, which will promote integrated behavioral health care, statewide.

NAMI New Hampshire will continue to meet challenges with hope, work to create positive change for mental health, and recognize we'll always be stronger together.

A handwritten signature in black ink, appearing to read 'Kenneth Norton'.

Kenneth Norton, LICSW
Executive Director

A handwritten signature in black ink, appearing to read 'Michele Grennon'.

Michele Grennon
President

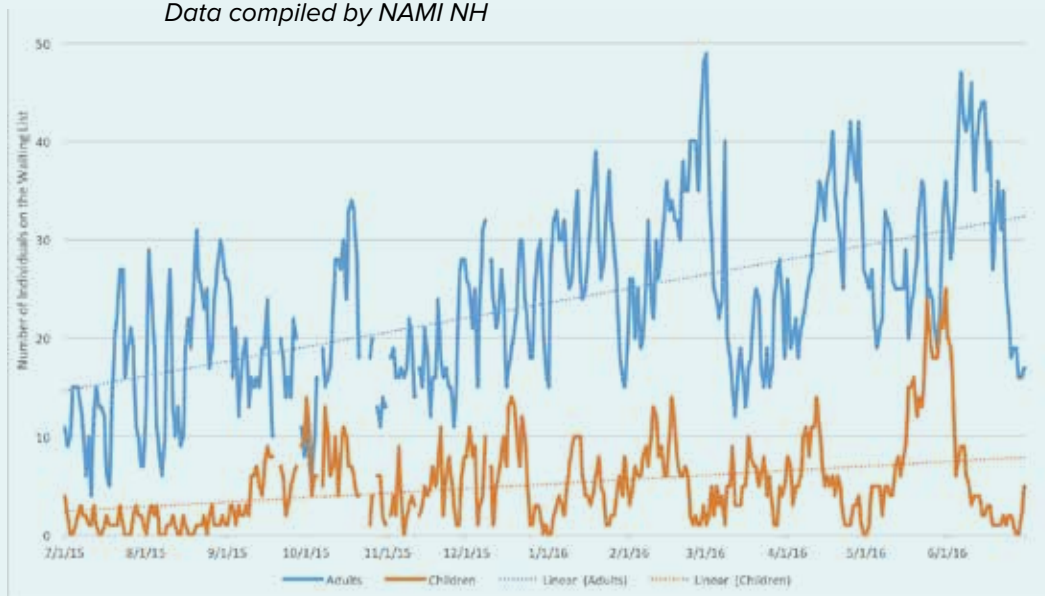
Emergency Department Boarding Crisis

On May 31, 2016, 36 adults and 25 children in mental health crisis were waiting in Emergency Departments across New Hampshire – 61 individuals waiting for treatment and beds. An average day in 2016 saw nearly 30 individuals waiting. NAMI New Hampshire is leading the charge to coordinate messaging to policy leaders, local, state and federal elected officials, and the media that emergency department boarding is medically, legally, ethically, morally and economically wrong.



NHH Waiting List

July 1, 2015 - June 3, 2016
Data compiled by NAMI NH



13th Annual NAMIWalks NH

Over 750 Granite Staters walked in the 13th Annual NAMIWalks New Hampshire



“

I walk to increase awareness and promote hope!



“

I walk to improve mental health treatment in New Hampshire, and for my husband.





“
I walk in solidarity with all of the courageous people who have survived mental illness and suicide risk and/or loss. They are the inspiration and strength that gives hope to others.

Highlights

Medicaid 2 Year Expansion

After advocating extensively for Medicaid expansion, NAMI NH joined others in celebrating the signing of HB1696 by Governor Hassan, making the Medicaid 2 Year Expansion initiative official.

An excerpt of NAMI NH's testimony in favor of HB1696 follows:

NH's mental health system currently faces significant challenges. Since going into effect in August of 2014, the New Hampshire Health Protection Program has been an important component to steps NH has been taking to improve the behavioral health service delivery system.

The National Institute on Health (NIH) estimates that one in five people have mental illness. Yet despite the availability of effective treatment, only about 50% of people with mental illness ever seek help. Like other medical illnesses, delays in treatment mean progression of the seriousness of the illness and more difficulty and cost when the person does seek treatment. Providing over 47,000 Granite Staters with health insurance through the NH Health Protection Program has

encouraged early detection and treatment of mental as well as physical disorders such as heart disease, diabetes and cancer where there are high rates of co-occurring depression. Without access to timely mental health treatment through the New Hampshire Health Protection Program, the current crisis we face of people in psychiatric emergencies being boarded in Emergency Departments would undoubtedly be worse than it is now.

The state also faces a serious opioid and substance misuse crisis which is having a profound negative impact on residents of all ages. Addiction disrupts the entire family and puts huge pressure on courts, corrections, child protective services, and other economically and socially costly services. By offering substance abuse treatment services, the New Hampshire Health Protection Program is a front line in our efforts to stem the current drug crisis. Offering a substance use disorder benefit is especially critical for individuals who have both a mental illness and co-occurring substance use disorder. These individuals have poorer outcomes, including increased rates of hospitalization, incarceration, homelessness, complicated medical conditions, suicide and drug overdoses. Providing a treatment benefit for substance use disorders will greatly improve the outcomes for these individuals as well as help reduce medical costs.

Nothing puts families under duress like serious medical conditions. Continuing to provide health insurance to 47,000 Granite Staters will promote early detection and treatment of all medical conditions, and in doing so, will help strengthen New Hampshire families.





Military Culture Training

NAMI NH hosted free Military Culture Training on November 23, 2015. Presented by Dare Mighty Things, the statewide military culture training initiative was designed to increase understanding of the military population through education and training, strengthen the overall service structure in NH across military and civilian providers, and improve access to, and quality of care for Veterans, Service Members, and their Families. NAMI NH's Veterans and Family Military Initiative was a year-long project generously funded through the NH Department of Health and Human Services, in partnership with NH Care Path.

Connect Training In Nebraska

Members of the Lincoln Nebraska community participate in a Connect Suicide Prevention Training and Planning session in July 2015.



NEW HAMPSHIRE: Working with the Press

August 05, 2016



News Type: From the Field
State: New Hampshire

The April 2016 CDC data brief on the climbing suicide rate in the United States prompted Laconia Daily Sun reporter Adam Drapcho to wonder if the suicide rate in New Hampshire was also increasing. A colleague suggested that he contact the Laconia Police Department, which was working with a local suicide prevention initiative. This connection led to Drapcho's participation in a media and safe messaging training led by Elaine de Mello of the National Alliance on Mental Illness New Hampshire (NAMI NH). Drapcho said that the workshop and subsequent conversations provided him with a valuable framework for accurately reporting on the rising rate of suicide while educating his readers about recognizing and responding to the warning signs of suicide in family members, friends, colleagues, and classmates. His article, "Suicide Prevention is a Matter of Public Health," also explored how New Hampshire's public health officials and organizations like NAMI NH are working to prevent suicide and encouraging people and families to get help for suicidal thoughts and mental illness.

Connect Youth Leaders

With grant support, NAMI NH worked closely with, and trained, adult mentors working with youth, including school personnel. Supplemental resources enabled NAMI NH to train youth in the Connect Youth Leader program. As a result, some of the students subsequently reported identifying and referring peers who were at risk for suicide. The youth made effective interventions with their peers, and were able to articulate their understanding of best practices, and their role in suicide prevention. One group of Connect Youth Leaders created a PSA that illustrates knowledge gained from the Connect Youth Leader training, and benefits to their school. These youth



were among several groups from high schools and campuses in NH, who delivered the closing plenary for the annual suicide prevention conference in 2016.

“ I am so lucky to have been connected with NAMI NH... it has been a life changer for me and my family. Thank you :) ”

Highlights

#ZeroSuicide Academy

NAMI NH participated in a #ZeroSuicide Academy in Colorado, where 100 mental health, behavioral health and other healthcare leaders attended a 2-day summit guiding work teams through the process of implementing the philosophy, and set of practices, of www.ZeroSuicide.com.



Survivors Of Suicide Loss Day

NAMI NH staff and friends marked International Survivors of Suicide Loss Day on November 21, 2015.



Convention SFO

The city of San Francisco hosted NAMI Annual Convention in July 2016. The NH contingent included (pictured, left to right; Teresa Moler, Michele Grennon, Ken Norton, Victoria Gonzalez, and Tricia Ellis).



Children's Mental Health Awareness Day

To kick off Mental Health Month, NAMI NH hosted Children's Mental Health Awareness Day festivities in Manchester's Derryfield Park. The weather wasn't ideal, but attendees still had an opportunity to enjoy games, crafts, music, dancing, photo booth, face painting, soccer, food, free giveaways, wellness information, and more!



“

I thank NAMI NH every day of my life for helping me to understand and cope better with my loved one. Since being a part of NAMI NH, our lives have drastically changed for the better. Thank you for all that you do.



Change Direction NH Kickoff

NAMI NH staff and friends headed to NH State House in support of Change Direction NH's official kickoff – the event was a tremendous success, and the organization's 5 Signs campaign has spread far and wide across our state.



Mental Health & Schools Conference

NAMI NH presented the “Mental Health and Schools Conference: Addressing Challenges, Fostering Hope” on October 9, 2015, featuring Keynote Speaker Cassie Yackley, PsyD, Psychologist/Research Scientist at Dartmouth Trauma Interventions Research Center. Dr. Yackley presented “Understanding Challenging Behavior: What Trauma Theory and Social Neuroscience Have to Tell Us.” Conference attendees selected from eight workshop sessions, and all attended “Maintaining Hope in the Face of Challenges: How Vulnerability, Reflection and Compassion Change Lives.” Networking opportunities at the Mental Health and Schools Conference allowed for educators, school personnel and family members to connect, and also to visit with exhibitors.



Life Interrupted Speaker Training

Several new speakers attended the Life Interrupted speakers’ training in May 2016 at NAMI NH. Life Interrupted was developed to provide families with a way to educate their communities about mental illness recovery. Presentations are made by trained family members who have a loved one impacted by mental illness. These families speak about their own recovery, how they learned about, coped with, and promoted their own health, the health of their family, and that of their loved one with mental illness.

“ I am so grateful NAMI NH exists. The resources are must-haves. Thank you!

“ I would be lost without my NAMI NH support group. Having support has been invaluable in my self-care as my family journeys through our experience with mental illness.



Military Access Summit

NAMI NH participated in the Military Access Summit in July 2015. NAMI NH Executive Director, Ken Norton, serves on NH’s Commission on PTSD and TBI, which was involved in presenting the summit.

Highlights



Suicide Bereavement Conference – England

In September 2015, Ken Norton was invited to cross the Atlantic, in order to present at the University of Manchester’s 4th Annual Suicide Bereavement Conference in Manchester, England.

NAMI NH Annual Conference

NAMI NH’s 2016 Annual Conference included networking and workshops, shared wisdom, plenty of expertise, presentations by Governor Hassan and Representative Guinta, food, togetherness, mindfulness with coloring mandalas, recognition of volunteers and Annual Awards winners, learning, sharing and advocacy. Whew! Most importantly, the 2016 Annual Conference included HOPE.



2016 NAMI NH Annual Award Winners

The 2016 NAMI NH Annual Awards were presented during our Annual Conference on April 16, 2016.

The Annual Awards were created to highlight the extraordinary work of individuals and organizations who go above and beyond to improve the lives of people affected by mental illness.

Award winners included:

Mental Health Professional

Mary Buckley

Law Enforcement and Criminal Justice

Jill O’Neill

Volunteer of the Year

Tricia Ellis

Peer Recovery

Marla Steffle

Youth Organization Stamping Out Stigma

Paige Young, Karleigh O’Brien and Meredith Nicosia

Legislator

Senator Chuck Morse

Media

Rick Jurgens

The Hiller “Mac” McCartin Community Integration Award

Tracy Bachert

Unsung Hero

Mark Feigl

A special thank you to our volunteer Annual Awards Committee, who carefully and thoughtfully selected these category winners from among many deserving nominees.

“NAMI NH has helped my family to navigate the complexities of mental illness, and work toward recovery.”

Presidential Transition

A Message from Outgoing President Michele Grennon

In reflecting on the last few years of my presidency, I recognize how fortunate I have been to work with NAMI New Hampshire's exceptional Staff and Board of Directors.

It has been a great time to serve as President of NAMI NH, and I appreciate all of the hard work done by those before me, to build the foundation of this presidency. It's been a joy to see together, how far we have come, in such a short period of time.



It was a lifetime remembrance to be able to join Ken Norton at the Attorney General's office, and Governor Hassan's office, on her very first day in office.

It's also been a lifetime remembrance to watch NAMI New Hampshire take our place at the table as one of the recognized leaders in the state, and nation, for mental health.

We aren't outliers anymore. I encourage all of us to act like the leaders we are recognized to be. While it was a miraculous place to begin the NAMI NH story, no more kitchen tables for us and ours. Doors, windows, buildings, and gardens for meditation and hope because we deserve it. The individuals we represent deserve a beautiful space to support their lives and health.

So, thank you. It has been a very deep honor to get to know each and every one of you, and to work on such a personally worthy cause together. I'm humbled and touched to have been given this opportunity to learn and serve.

A handwritten signature in cursive script that reads "Michele Grennon".

Michele Grennon
Outgoing Board President

A Message from Incoming President Richard Chevréfilis

NAMI New Hampshire has a profound impact on the lives of those we serve – more than 15,000 individuals and families in 2016. The organization makes a positive difference in our neighbors' lives each and every day –

HOPE is a major product of our intervention and impact.



NAMI New Hampshire plants the seeds of HOPE with families and individuals. These seeds help to make a difference in addressing mental health challenges.

We have a critical responsibility to be the VOICE of mental health in our state, to advocate on behalf of people and the systems that support individuals and families.

YOU have the power to be a VOICE, and a Change Agent. Never underestimate the power each of us has to make a difference.

Positive change is a product of HOPE and YOU – I look forward to working together in this new role.

A handwritten signature in cursive script that reads "Richard A. Chevréfilis".

Richard Chevréfilis
Incoming Board President

By the numbers

FY2016

July 1, 2015
thru
June 30, 2016

NAMI NH Volunteers

Number of Volunteers ²	220+
Volunteer hours	10,800+
Total Volunteer Value	\$255,000+

NAMI NH General Support, Education & Advocacy Statistics¹

Families who received individual support & education	188+
Unique Information & Resource Line responses	939+
Support groups through the state	19
People who attended advocacy training	29
Public presentation attendees	1603+
NAMIWalks NH participants	750+
Website Unique Visitors – naminh.org	32,147
Website Unique Visitors – theconnectprogram.org	14,526
Average Page Views/Visit – naminh.org	2.65
Average Page Views/Visit – theconnectprogram.org	2.10
Average Time on Site – naminh.org	1 min 59 sec
Average Time on Site – theconnectprogram.org	1 min 37 sec

Suicide Prevention/Postvention & Survivor Support

Community Readiness and Awareness Presentations	13 presentations (NH = 7, Other states = 6)
Suicide Prevention and/or Postvention Trainings	77 (NH = 56, Other states = 21)
People trained in Connect Suicide Prevention	1144 (NH = 950 from 38 trainings, Other states 194 from 7 trainings)
People trained in Connect Suicide Postvention	615 (NH = 269 from 13 trainings, Other states = 346 from 16 trainings)
Suicide Prevention Trainers trained	104 (NH = 104 from 12 trainings)
Postvention Trainers trained	200 (NH = 40 from 5 trainings, Other states = 160 from 10 trainings)
Youth Trainers trained	256 (NH = 176 from 5 trainings, Other states = 80 from 1 training)
Hours spent responding to suicide incidents	60+
Support groups for Survivors of Suicide in NH	13
Time/events NH Lifekeeper Quilt was displayed	31+
NH Survivor of Suicide Loss Resource Folders distributed	200
Survivors of Suicide Loss newsletters distributed	3000+

Family/Caregiver Education Programs

<i>Family to Family</i>	110 participants 7 classes 6 communities
<i>Parents Meeting the Challenge</i>	9 participants 2 classes 2 communities
<i>Side by Side</i>	147 participants 13 classes 5 communities

Speakers' Bureau Presentations

<i>SurvivorVoices</i>	25 presentations 750 audience members
<i>Life Interrupted</i>	15 presentations 425 audience members
<i>In Our Own Voice</i>	55 presentations 1938 audience members

1 Total # of individuals served is approximately 15,000, although it should be noted that it is unlikely that these are all unique individuals

2 Volunteer roles include: speakers' bureaus, support group leaders, teachers, board of directors, committee work, office volunteers, walk volunteers, special projects, etc.

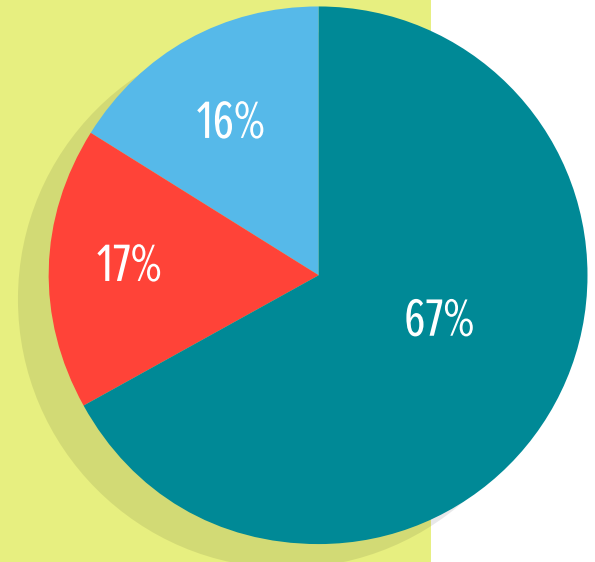
Revenue Sources - Fiscal Year 2016

Total \$1,926,666

67% Public Support: Government Grants and Contracts **\$1,296,647**

17% Private Support: Individual and Corporate Grants **\$315,569**

16% Earned Income Interest, Fees, Contracts and Miscellaneous **\$314,450**



Expenses - Fiscal Year 2016

Total \$1,912,179

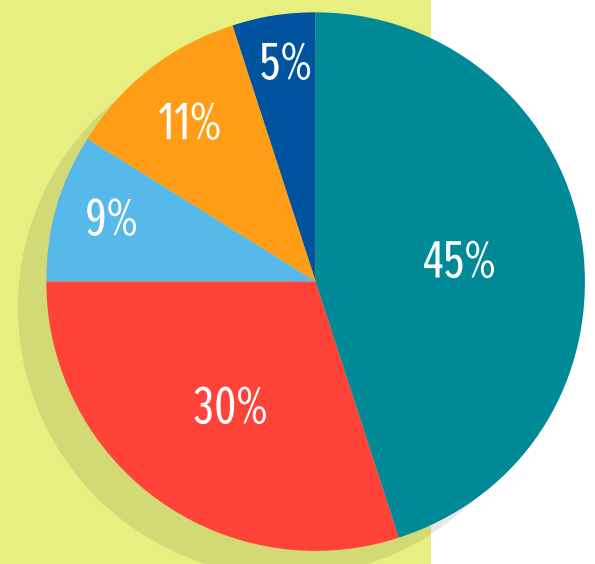
45% Public Education **\$845,463**

30% Suicide Prevention Education and Training **\$574,894**

9% Supporting Services: Fundraising **\$175,438**

11% Supporting Services: Management **\$214,387**

5% Community and Public Policy Relations **\$101,998**



Contributors

Grant Funders

Trustees of Dartmouth College
NIMH Constituency Outreach
and Education Program
Endowment For Health
New Hampshire Charitable
Foundation
State of New Hampshire
US DHHS - Substance Abuse &
Mental Health Services Administration

In Memory Of

Connor Ball

Tara Ball

Christopher Bond

Patricia Asadoorian

Gregory Bride

Jay Reed
Ted and Christine Rivera
John and Sue Rogers
Roy and Sara Smith

Joseph DeKorne

Florence Celluci
June Childs
Kenneth D. and Terrice L. Driscoll
Gail Flamand
Kathleen Hardin
Catie Hoyt
Donna Krause
David and Normie Limbert
David and Julianne Smith

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Stephen Doherty

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Improving lives
affected by
mental illness.

Our Mission

NAMI New Hampshire is a grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness.

Our Vision

We envision a future where people affected by mental illness have hope, help, and health, and are able to:

- access the supports and evidence-based treatment necessary for recovery,
- have a lifespan that is not cut short by their mental illness or co-morbid conditions, and
- reach their full potential, living in their communities free from discrimination and stigma.



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