Peggy Straw was in the business of hope. In 1978, NAMI New Hampshire’s founder gathered six hurting families around her kitchen table to demonstrate they were not alone. To connect with one another, and with community resources. To strengthen their collective voice in advocating for their loved ones living with mental illness. Most of all, to bring hope into the lives of struggling families.

Nearly four decades later, NAMI New Hampshire remains first and foremost in the business of hope. In 2015, when touring the NAMI NH office – her first visit to the building at 85 North State Street – Peggy kept saying “all this from my kitchen table!” She was incredibly proud of the work that we had done to sustain and expand “our NAMI.”

In 2017, NAMI New Hampshire served more than 15,000 Granite Staters – strengthening communities statewide by providing support, education, advocacy, and hope. Over cups of coffee and tears, laughter and stories, learning and shared experiences, attending and testifying at legislative hearings, hope grows.

NAMI NH honors Peggy’s legacy by nurturing hope in the face of adversity, strength in vulnerability, connection in community, recovery in treatment, and justice in action.

There was much cause for hope in 2017. The Veterans and Military Family Initiative, deployed in conjunction with the NH Department of Health and Human Services and NH Care Path, delivered free statewide events throughout the year, culminating in the Military Family Expo. The Connect Program’s trainers provided suicide prevention and postvention training coast to coast. NAMI NH hosted an overflow crowd for the Granite State premiere of God Knows Where I Am.

The Public Policy Committee was busy actively engaging legislative leaders including the Senate President, Speaker of the House, and Governor, each of whom separately toured Emergency Departments to better understand the ED Boarding Crisis. Dozens of mental health advocates wrote letters, made calls, and testified in person at the hearings for House Bill 400. Subsequently, HB 400 cleared the full House and Senate, before being signed into law by Governor Chris Sununu during a ceremony at NAMI NH.

While hope abounds, struggles remain. In late May 2017, 35 adults and 27 children in mental health crisis were waiting in Emergency Departments across New Hampshire – 62 individuals waiting for treatment and beds.

Our work, and Peggy’s legacy, continue. Please join us on this journey of hope as we strive to be #stigmafreeinthe603.
Governor Chris Sununu Signs House Bill 400 at NAMI NH

Governor Chris Sununu, legislative leaders, advocates and stakeholders joined together at NAMI New Hampshire on June 14, 2017 for a ceremonial signing of House Bill 400 (HB 400).

The bill includes provisions to create a new 10-year mental health plan, develop plans for ensuring due process rights of individuals detained in emergency departments, and study alternatives to placing children at New Hampshire Hospital.

HB 400 is a great step in the right direction. Thank you to all who testified in support of mental health, and to all who joined us for the signing of HB 400.
Despite drizzly skies, the 14th Annual NAMIWalks NH was a resounding success! More than 800 Walkers stepped up to take a swing at stigma and show their support for the 1 in 5 adults and children who face mental illness each year.

NAMI New Hampshire is grateful to all Walkers, Donors, Volunteers, and Sponsors who took part in the largest mental health awareness and suicide prevention event in the Granite State. Thank you to our speakers, who included NAMIWalks NH Honorary Co-Chair Don Shumway, Congresswoman Ann McLane Kuster, and Congressman Frank Guinta. It was an honor to have NAMI NH Founder Peggy Straw also serve as an Honorary Co-Chair of the 14th Annual NAMIWalks NH.
Thanks to all who did a great job organizing NAMIWalks NH. Everything was superb from start to finish. 

(Paul F.)
Military Family Expo

The Military Family Expo presented by NAMI NH on September 16, 2016 was a great success – connecting hundreds of military members, veterans and their families. There were crafts, yoga, story time, bouncy houses and dancing for the kids (and young at heart), and a wide variety of resources presented from over 50 exhibitors. Retired Army Staff Sergeant Travis Mills, a quadruple amputee and recalibrated warrior, inspired and delighted with a powerful, and humorous, keynote address. There were also group push-ups, many workshops, and plenty of good food.

Most importantly, our military members, veterans and their families were able to meet and spend time together.

Suicide Prevention Week

Governor Maggie Hassan declared September 4-10, 2016 as Suicide Prevention Week. On September 9th, Tara Ball led a ceremony at Exeter High School.

‘Pack Up Your Sorrows’ Film Screening During Mental Illness Awareness Week

On October 5, 2016, Rebecca Kinhan and her family hosted a packed screening of the documentary Pack Up Your Sorrows at Red River Theatres in Concord, NH. This benefit for NAMI NH helped other families learn more about accessing help and finding hope.

A post-film discussion featured filmmakers Meg Hutchinson and Rob Stegman, along with Riverbend Community Mental Health CEO Peter Evers and NAMI NH Executive Director Ken Norton.

Connect in Alaska

In August 2016, NAMI New Hampshire’s Connect Program flew west to Alaska. Pictured are Connect Postvention Trainers and participants – at the Tanana Chiefs Conference in Fairbanks, Alaska.

I attended my first meeting of Survivors of Suicide Loss. I am so thankful for this opportunity to help heal.  (Joan)
5th Annual Memorial Tree Lighting

In January 2009, organizers of the Memorial Tree lost their son and brother, Matthew Hampton, to suicide. To honor Matthew and all other loved ones lost to any cause, they organize the Memorial Tree Lighting each year. The Memorial Tree remains lit throughout Suicide Prevention Awareness Week, in remembrance of all loved ones.

Connect In California

Turning Point Community Programs in California welcomed NAMI NH’s Connect Program in October 2016 – pictured are newly minted Connect Prevention Trainers who participated in the event.

Thank You For Testifying

Thank you to each and every individual who testified before, or sent messages to, the NH House and Senate Finance Committees during the early 2017 budget hearings. More than 50 mental health advocates stepped up to the microphone to share their stories, and many more sent heartfelt and persuasive letters.

Testifying in Concord on March 13, 2017, Monique Miller shared:

“I’m begging you, the mental health services in New Hampshire have become inhumane - and almost non-existent...When you ignore the mental health problems, they don’t go away, they become part of another crisis, suicide, homelessness, drug addiction.”

Also testifying in Concord, 10-year-old Charlie Murdoch Roy told the Committee:

“You should treat people the exact same way you’d want to be treated. If you needed care for any medical need, would you want to wait 2 weeks for a bed? No! None of those 50 people want to wait days on end, either.”

Very proud to join NAMI NH as a member and look forward to working with them on changing the culture in our state of an overburdened mental health system. (Jack)

Very finding NAMI NH training sessions life changing! Help others while helping myself. (Rod)
2017 NAMI NH Annual Award Winners

The 2017 NAMI NH Annual Awards were presented during our Annual Conference on March 18, 2017. The Annual Awards were created to highlight the extraordinary work of individuals and organizations who go above and beyond to improve the lives of individuals affected by mental illness and suicide.

Congratulations to our 2017 award winners:

MENTAL HEALTH PROFESSIONAL
Elizabeth Meadow, MD, PhD

LAW ENFORCEMENT & CRIMINAL JUSTICE
Lieutenant Frank Harris

VOLUNTEER OF THE YEAR
Pam Burns

PEER RECOVERY
Sandy Lang

YOUTH OR YOUTH PROFESSIONAL
Erica Sherman

LEGISLATOR
Senator Jeb Bradley

SUBSTANCE MISUSE AND MENTAL ILLNESS
Mary Forsythe-Taber

UNSUNG HERO
Dominic Geffken, MD, MPH

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

Visit from UK’s If U Care Share

NAMI NH had the great pleasure in April 2017 to welcome Shirley Smith, Loss Survivor from England. After losing her son Daniel to suicide, she and her family started the If U Care Share Foundation. They have been tirelessly working in suicide prevention and bereavement for survivors ever since. Shirley won a Winston Churchill Fellowship that brought her to the US for study and collaboration.

Children’s Mental Health Week

May 1, 2017 - May 7, 2017

Children’s Mental Health Awareness Week seeks to promote the importance of children’s mental health and reduce stigma. In New Hampshire, activities and events took place statewide to honor the occasion.

At the start of the week, Governor Chris Sununu read a proclamation for Children’s Mental Health Week. Commissioner Meyers from the Department of Health and Human Services, and Commissioner Edelblut from the Department of Education, also participated.

Wentworth by the Sea 5K

Thank you to all who braved chilly temps and exceptionally brisk winds, in order to support NAMI New Hampshire at the Wentworth by the Sea Country Club 5K on April 8, 2017! We’re grateful to Wentworth for selecting NAMI NH as their 5K nonprofit beneficiary again in 2017 – thanks to all of the terrific staff, and generous runners and walkers.
God Knows Where I Am

The sold-out opening night of God Knows Where I Am on April 21, 2017 at Red River Theatres was powerful - featuring important conversation, mental health resources, and a remarkable film. NAMI NH was honored to host the pre-film public reception and post-film discussion.

Thank you to our wonderful panelists:

Filmmakers Jedd Wider & Todd Wider
Joan Bishop (Linda’s sister) & Caitlin Murtagh (Joan’s daughter)
Bill Rider, Pres. & CEO, The Mental Health Center of Greater Manchester
Stephanie Patrick, Exec. Dir., Disability Rights Center - NH
Moderator: Ken Norton, Exec. Dir., NAMI New Hampshire

We’re also grateful to those who brought mental health resources, and to all who attended and joined the conversation.

Party with a Purpose

On May 19, 2017, Party with a Purpose attendees heard from Dr. Alex de Nesnera, Interim Chief Medical Officer at New Hampshire Hospital and a professor at Dartmouth College’s Geisel School of Medicine. Dr. d explained factors impacting the current emergency department boarding crisis, and explored how we can all work together to address the issue.

Michele Grennon, NAMI NH Board 1st Vice President, hosted the evening at her beautiful oceanfront home. NAMI NH is grateful to our sponsors, attendees, and in-kind donors, who made Party with a Purpose a terrific success!

Youth Leaders in Action

Tiffany White and Abigail Thomas, members of the Future Business Leaders of America at Prospect Mountain High School, competed against other NH schools in an FBLA Community Service Project and Presentation. This team presented on the Connect Suicide Prevention Training they received from NAMI NH and the Partnership for Public Health. They took 1st Place in that state completion and will travel to California to compete at Nationals this June! Congratulations to these remarkable students on their suicide prevention efforts!

Zero Suicide Academy

NAMI NH’s Elaine de Mello of The Connect Program participated in the Zero Suicide Academy hosted in Cartersville, GA in June 2017.

“\nThis is a compassionate, caring, loving community of hope and charity. I feel so blessed and honored to be a small part of something so important and greatly needed for so many. (Dymphna)\n
…”
NAMI NH partnered with the NH State Police to provide training on Stress and Fatigue in First Responders: Pledging to Preserve Self to all NH State Troopers.

This is the first time all NH State Troopers were brought together to be trained in awareness, strategies and resources around managing their own mental health issues, and understanding the risk for suicide.

NAMI NH Heads to Capitol Hill to #Act4MentalHealth

NAMI New Hampshire staff and volunteers, in Washington, DC for NAMI National Convention, headed to Capitol Hill on June 29, 2017. They were among the 1,000 #NAMICon17 attendees who spread out to visit with their federal delegations. The NAMI NH team extended thanks to Senator Jeanne Shaheen, Senator Maggie Hassan, Representative Annie Kuster, and Representative Carol Shea-Porter for their advocacy on behalf of mental health.

“...has been about the effect of mental illness on our life, and that of our family. NAMI NH was there for us in our darkest days. We had hoped that within our lifetime the impact of stigma would have been eradicated, but we now know other families will continue to need NAMI NH. We need to know that NAMI NH will be there for them in this difficult journey for a real and fulfilling life for those we love.” (Rona and Ken Purdy)

For more information, contact us at development@NAMINH.org.

NAMI National Convention Leadership Award

Congratulations to NAMI New Hampshire’s Executive Director, Ken Norton, who received the Vicki Cottrell Executive Director Leadership Award at the NAMI 2017 National Convention in Washington, DC. A well-deserved honor for an exceptionally hardworking leader - congratulations, Ken!
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, 2016 - June 30, 2017
Data compiled by NAMI NH
## By the numbers

### NAMI NH General Support, Education & Advocacy Statistics

<table>
<thead>
<tr>
<th>Category</th>
<th>FY2017 Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Families who received individual support &amp; education</td>
<td>208+</td>
</tr>
<tr>
<td>Unique Information &amp; Resource Line responses</td>
<td>963+</td>
</tr>
<tr>
<td>Support groups through the state</td>
<td>19</td>
</tr>
<tr>
<td>People who attended advocacy training</td>
<td>38</td>
</tr>
<tr>
<td>Public presentation attendees</td>
<td>1820+</td>
</tr>
<tr>
<td>NAMIWalks NH participants</td>
<td>850+</td>
</tr>
<tr>
<td>Website Unique Visitors – naminh.org</td>
<td>34,998</td>
</tr>
<tr>
<td>Website Unique Visitors – theconnectprogram.org</td>
<td>21,045</td>
</tr>
<tr>
<td>Average Page Views/Visit – naminh.org</td>
<td>2.56</td>
</tr>
<tr>
<td>Average Page Views/Visit – theconnectprogram.org</td>
<td>1.96</td>
</tr>
<tr>
<td>Average Time on Site – naminh.org</td>
<td>1 min 55 sec</td>
</tr>
<tr>
<td>Average Time on Site – theconnectprogram.org</td>
<td>1 min 33 sec</td>
</tr>
</tbody>
</table>

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.

### NAMI NH Volunteers

<table>
<thead>
<tr>
<th>Category</th>
<th>FY2017 Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Volunteers</td>
<td>220+</td>
</tr>
<tr>
<td>Volunteer hours</td>
<td>10,800+</td>
</tr>
<tr>
<td>Total Volunteer Value</td>
<td>$255,000+</td>
</tr>
</tbody>
</table>

### Suicide Prevention/Postvention & Survivor Support

<table>
<thead>
<tr>
<th>Category</th>
<th>FY2017 Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Readiness and Awareness Presentations</td>
<td>8 presentations (NH = 6, Other states = 2)</td>
</tr>
<tr>
<td>Suicide Prevention and/or Postvention Trainings</td>
<td>71 (NH = 39, Other states = 32)</td>
</tr>
<tr>
<td>People trained in Connect Suicide Prevention</td>
<td>1031 (NH = 900 from 25 trainings, Other states = 131 from 6 trainings)</td>
</tr>
<tr>
<td>People trained in Connect Suicide Postvention</td>
<td>540 (NH = 157 from 7 trainings, Other states = 383 from 20 trainings)</td>
</tr>
<tr>
<td>Suicide Prevention Trainers trained</td>
<td>89 (NH = 10 from 1 training, Other states = 79 from 6 trainings)</td>
</tr>
<tr>
<td>Postvention Trainers trained</td>
<td>89 (NH = 6 from 1 training, Other states = 83 from 8 trainings)</td>
</tr>
<tr>
<td>Youth Trainers trained</td>
<td>125 (NH = 119 from 4 trainings, Other states = 6 from 1 training)</td>
</tr>
<tr>
<td>Hours spent responding to suicide incidents</td>
<td>45+</td>
</tr>
<tr>
<td>Support groups for Survivors of Suicide in NH</td>
<td>16</td>
</tr>
<tr>
<td>Time/events NH Lifekeeper Quilt was displayed</td>
<td>44+</td>
</tr>
<tr>
<td>NH Survivor of Suicide Loss Resource Folders distributed</td>
<td>250</td>
</tr>
<tr>
<td>Survivors of Suicide Loss newsletters distributed</td>
<td>3000+</td>
</tr>
</tbody>
</table>

### Family/Caregiver Education Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>FY2017 Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family to Family</td>
<td>83 participants 5 classes 4 communities</td>
</tr>
<tr>
<td>Parents Meeting the Challenge</td>
<td>13 participants 2 classes 2 communities</td>
</tr>
<tr>
<td>Side by Side</td>
<td>142 participants 14 classes 6 communities</td>
</tr>
</tbody>
</table>

### Speakers’ Bureau Presentations

<table>
<thead>
<tr>
<th>Program</th>
<th>FY2017 Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>SurvivorVoices</td>
<td>30 presentations 300+ audience members</td>
</tr>
<tr>
<td>Life Interrupted</td>
<td>22 presentations 346 audience members</td>
</tr>
<tr>
<td>In Our Own Voice</td>
<td>49 presentations 1838 audience members</td>
</tr>
</tbody>
</table>
Revenue Sources - Fiscal Year 2017
Total $2,018,243

55% Public Support: Government Grants and Contracts $1,110,748
18% Private Support: Individual and Corporate Grants $356,739
27% Earned Income Interest, Fees, Contracts and Miscellaneous $550,756

Expenses - Fiscal Year 2017
Total $1,962,892

53% Public Education $1,044,581
19% Suicide Prevention Education and Training $379,808
10% Supporting Services: Fundraising $188,225
12% Supporting Services: Management $232,241
6% Community and Public Policy Relations $118,037
We are grateful to our donors for their generosity and commitment to NAMI New Hampshire. If your name is missing or listed incorrectly, please contact our Development Office at development@NAMINH.org so we may update our records.

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Endowment For Health
New Hampshire Charitable Foundation
State of New Hampshire Merrimack County Savings Bank Queen City Rotary Club Foundation

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Joseph DeKorne
Rich and Lynn Creedon

Seth Dougherty
Druscilla Scully
Marge Strickland
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Resiliency Builders
Anonymous (4)
Robin M. Alvanos
AmeriHealth Cartas
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Perry Banks
Beacon Health Strategies, LLC
Frances Belcher and Richard Tyler
Community Church of Durham
Community Health Charities
Michelle A. Conner
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Elizabeth Strikeman
Bill Thomson
Marilou Tyner
Walmart - Raymond 6030
Josh Weaver
Well Sense Health Plan
Wentworth by the Sea
Doug and Katie Wheeler
Tom Wilson

Hope Contributors
Anonymous (5)
Lisa A.B.
James D. and Amanda R. Abbott
Julie and Glenn Ackley
Valerie Acres
Nancy M. Adams
Daniel and Rosemary Affeldt
Laura Abel
Maryanne Albert
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David and Kathy Canedy
Robert Canniff
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Howard Carpenter
Jennifer Carr
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William Cater
Christopher and Heather Chabot
Sierra Chabot
Patrick Chaloux
Kathleen A. Chambers
Jeffrey Chang
Lisa Chase
Anthony Chicoyne
Lori Chicoyne
Richard P. Church
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Lisa Clark
Courtney Clark
Jennifer Cloutier
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Joe Collie
Erik Collins
Brian J. Collins
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Ellen Constant
Diane Cooper
Rik Cornell
Angela Correau
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Nigel and Elizabeth Cotton
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Ross Cunningham
Michael Curley
Paul and Barbara Curley
Bryan Curley
Leslie Currie
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Diane Degaspe
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Charlen Desrochers
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Raymond Duhaime
Irene Dumas-Maurier
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Theresa Eichhorn
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Jennifer Gornert
Beth Graf
Karen Graf
Granite State Independent Living
Doug Grant
Michelle Grasso
Julia Green

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Contributors

Alicia Grimaldi
Stephanie Guess
William B. Gunn, Jr.
Edward and Janelle Guyot
James R. and Donna M. Hagen
Patricia Hamm
Marcia A. Hanaway
Harvard Pilgrim Healthcare Foundation
Cynthia Hayes
HBK Wealth Management, LLC
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Bernice Richards
Lisa Richards
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Dave Richardson
Denni Rieger
Theresa Riel
Karen Rigazio
Robyn Rios
RJC Plaza Beauty Salon LLC
Donna S. Robbins
Patrick, Elizaveta, and Zoe Roberts
Caitlin Roberts
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Our Mission
NAMI New Hampshire is a grassroots organization working to improve the lives of all people affected by mental illness and suicide through support, education and advocacy.

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 suicide or co-occurring conditions; and
- Reach their full potential, living in their communities free from discrimination.

Guiding Values
Compassion. We offer compassion and empathy to all who are affected by mental illness and suicide.

Dignity. We believe everyone deserves to be free from judgment, and strive to foster hope always.

Inclusiveness. We respect people, value the voice of individuals with lived experience, and are committed to equality and diversity.

Collaboration. We are committed to a culture of teamwork and collaboration with diverse partners, working toward shared goals.

Integrity. We believe in openness and transparency, stewarding our resources, and being accountable to the individuals and families we serve, our members, and our funders.

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