

A photograph of a man and a woman smiling and embracing each other outdoors. The man is on the left, wearing a white t-shirt, and the woman is on the right, wearing a yellow top. They are both looking towards the camera with warm expressions. The background is a soft-focus green landscape.

#stigmafreeinthe603



nami
National Alliance on Mental Illness

New Hampshire

2017 ANNUAL REPORT
July 1, 2016 – June 30, 2017

“All This from My Kitchen Table!”

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.



Peggy Straw Founder, Family, Friend

NAMI New Hampshire was born at Peggy Straw’s kitchen table in 1978, to help six hurting families. Out of this mother’s power to transform, an organization was created that last year provided education, support, and advocacy to over 15,000 individuals.

Our hearts broke with the news of Peggy’s unexpected passing on March 9, 2017. Peggy was a trailblazer, a visionary, a leader - and, first and foremost, a mother who loved her child so much that she set out to transform a system.

In 2015, Peggy gave us this charge: “We must push as hard as we can to return to the good mental health delivery system that New Hampshire was known for in the past.” We hear you, Peggy, and will carry you in our hearts as we push onward.



Kenneth Norton, LICSW
Executive Director

Richard Chevréfil
President



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.



14th Annual NAMIWalks NH



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.)

Highlights

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 Sargent 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.



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.



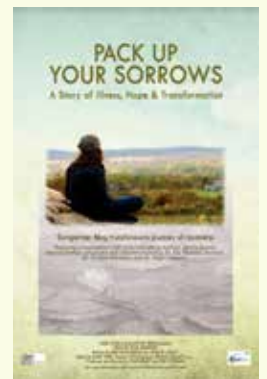
Suicide Prevention Week

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.



“ 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.



“ I am finding NAMI NH training sessions life changing! Help others while helping myself. (Rod)

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)

Highlights



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.



NAMI NH's Deb Baird with Shirley Smith of If U Care Share

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.

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.



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.



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. de Nesnera 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!

(Photo courtesy of Lakes Region Partnership for Public Health)

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.



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.

“ *This 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)

Highlights

NAMI NH's 2017 Annual Meeting & 35th Anniversary Celebration

Thank you to all who joined us at NAMI NH's 2017 Annual Meeting and 35th Anniversary Celebration, with a special remembrance of NAMI NH Founder, Peggy Straw.

A special thank you to the evening's speakers, including:

Rona Purdy, NAMI National & NAMI NH Former Board President

Richard Chevréfiles, President

Donald Shumway, Interim CEO of New Hampshire Hospital

Paul Gorman, Nominating Committee Chair

Kenneth Norton, Executive Director

NAMI NH Legislator of the Year Award - Senator Jeb Bradley

Cara Wry, Office of Senator Jeanne Shaheen

Meredith Shevitz, Office of Senator Maggie Hassan

Amy E. Slattery, Office of Representative Ann McLane Kuster

Frances Belcher, Advancement Committee
Congratulations to the newest members of NAMI NH's Board of Directors, elected at the Annual Meeting:

Rebecca Bennett (Concord)

Chuck Eastman, Sr. (Penacook)

Andrew J. Hosmer (Laconia)

Elizabeth Sanders (Hopkinton)

Karen M. Trudel (Penacook)

Elizabeth White (Peterborough)

Thank you to those Board members who've completed their terms on the NAMI NH Board – we're so grateful for your service!

Frances Belcher

Suellen Griffin

Linda Saunders-Paquette

Cheers to NAMI NH's next 35 years!

Partnering with First Responders

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.



NAMI NH Legacy Circle

The NAMI New Hampshire Legacy Circle, launched at the 2017 Annual Meeting, offers opportunities for donors at every level to help ensure our neighbors receive the support, education and advocacy they deserve - long into the future.

"Our life's message, and work, 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!

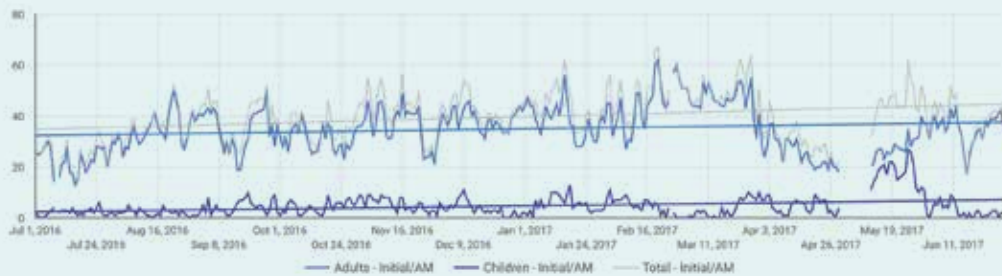
Emergency Department Boarding Crisis

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

FY2017

July 1, 2016
through
June 30, 2017

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	208+
Unique Information & Resource Line responses	963+
Support groups through the state	19
People who attended advocacy training	38
Public presentation attendees	1820+
NAMIWalks NH participants	850+
Website Unique Visitors – naminh.org	34,998
Website Unique Visitors – theconnectprogram.org	21,045
Average Page Views/Visit – naminh.org	2.56
Average Page Views/Visit – theconnectprogram.org	1.96
Average Time on Site – naminh.org	1 min 55 sec
Average Time on Site – theconnectprogram.org	1 min 33 sec

Suicide Prevention/Postvention & Survivor Support

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

Family/Caregiver Education Programs

<i>Family to Family</i>	83 participants 5 classes 4 communities
<i>Parents Meeting the Challenge</i>	13 participants 2 classes 2 communities
<i>Side by Side</i>	142 participants 14 classes 6 communities

Speakers' Bureau Presentations

<i>SurvivorVoices</i>	30 presentations 300+ audience members
<i>Life Interrupted</i>	22 presentations 346 audience members
<i>In Our Own Voice</i>	49 presentations 1838 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.

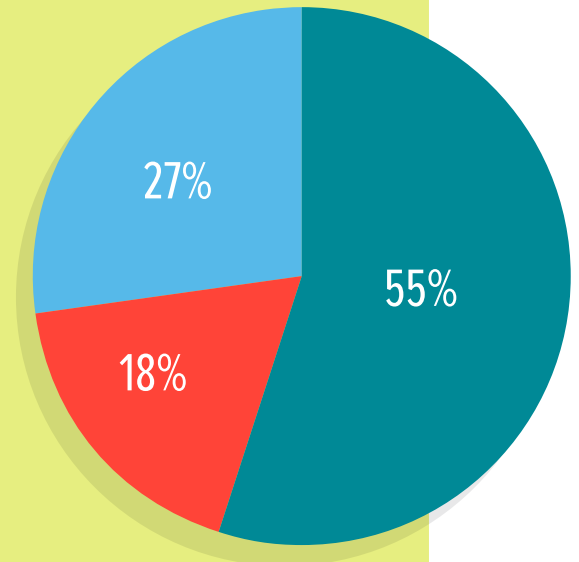
Revenue Sources - Fiscal Year 2017

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

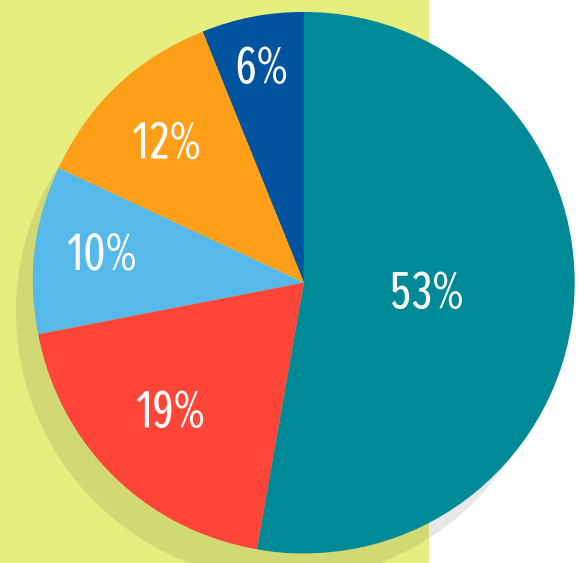
53% Public Education **\$1,044,581**

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**



Contributors

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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Office of County Commissioners
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and Education Program
Endowment For Health
New Hampshire Charitable
Foundation
State of New Hampshire
Merrimack County Savings Bank
Queen City Rotary Club Foundation

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David E. and Laurie A. Aspinwall

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Kyle Clark

Jillian Burris

Brian Burris

Michael Canniff

Robert Canniff

Hannah Cimon

James Aberg
Robert Bear
Joseph Bishop
Jon D. Guignard and
Virginia A. Blackmer
Randall W. and Lucille A. Cook
Zeke and Mary Ettelson
Robert J. and Cheryl A. Evans
Glenn and Sara Fusonie
Leigh Huml
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Improving lives affected by mental illness.

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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