A Year of Hope, Opportunity, and Change

NAMI New Hampshire is grateful to the families, volunteers, affiliates, board members, staff, donors, and partners who made it possible in FY2018 to provide support, education, and advocacy to 21,000 Granite Staters. Thank you for joining in our mission to improve the lives of individuals, and their families, affected by mental illness and suicide.

Each day with caring and compassion, dedication and diligence, advocates across the state show up to #Act4MentalHealth. Hearts and minds are opened, and stigma is shut down, when advocates share their personal stories and lived experience with mental illness and suicide loss. Challenges become more manageable when they connect others to information, resources, and support. Playing fields become more level when they advocate for parity and an improved mental health delivery system.

To address the growing needs of our neighbors navigating a mental health delivery system in crisis, NAMI New Hampshire expanded programming and support in 2018. These focused expansions were part of the newly adopted strategic plan, which provides a blueprint for NAMI NH’s future: advocating for public policy and change, sustaining our education support programming, and increasing NAMI NH’s organizational capacity.

The need remains great – on August 21, 2017, the Emergency Department boarding crisis reached a new high since NAMI New Hampshire began reporting –72 individuals in mental health crisis were waiting in EDs across New Hampshire for treatment and beds. While wait times vary, delays in treatment for people with mental illness should be no longer than those experiencing other health crises.

More than 52,000 Granite Staters rely on expanded Medicaid to access affordable health care, including mental health services. Reauthorization of Medicaid Expansion (#MedEx) was NAMI New Hampshire’s top legislative priority in 2018. Thanks to phone calls, testimony, rally appearances, emails, and letters from mental health advocates, reauthorization of Medicaid Expansion (SB 313) was signed into law on June 29, 2018.

In other hopeful news, NAMI NH’s Connect Suicide Prevention Program celebrated their 15 year anniversary in 2018. This nationally recognized best practice model program for comprehensive suicide prevention has reached 40 states, 5 countries, and close to 40 tribes across the U.S. over the past decade and a half. We are proud of the positive ways in which Connect staff, trainers, and training attendees have impacted individuals, and communities, around the globe.

NAMI New Hampshire is inspired by the example, and heartened by the service, of our mental health and suicide prevention partners. Across the Granite State, they show us every day, unequivocally, that Hope Rocks!

Kenneth Norton, LICSW
Executive Director

Richard Chevréfils
President
Reauthorization of Medicaid Expansion (#MedEx)

NAMI New Hampshire’s top legislative priority in 2018 was the reauthorization of Medicaid expansion (New Hampshire Health Protection Program).

NAMI New Hampshire was thankful to all of the mental health advocates who submitted written testimony, and appeared in person, at legislative hearings on the reauthorization of Medicaid Expansion (HB 1811 – Relative to the New Hampshire Health Protection Program).

At one #MedEx hearing, Susan Stearns, Deputy Director of NAMI New Hampshire, shared how Medicaid Expansion has impacted her family:

“My child was first diagnosed with an emotional disorder at age 5, a serious one by age 8, and a serious mental illness by the age of 14...

1 in 5 children in our state has a mental health disorder. I know I am not the only mother to live with such concerns. I am certainly not the only mother to lose sleep many nights fearing for her child’s future access to health care.

My child turned 26 this past fall - during what was his last semester at college before receiving his degree. (The path to obtaining that degree was long and winding, but he made it.) As he approached his birthday, he and I sat down to apply for the NH Health Protection Program for him. It was a relatively painless process - as much as such things can be. Just a few weeks later the letter arrived saying he was covered. As I read it, I wept.”

Thanks to testimony, letters, emails, and calls, reauthorization of Medicaid Expansion (SB 313) passed the NH Senate (17-7) on a bipartisan vote. On May 2, 2018, mental health advocates rallied at the NH State House in support of #MedEx reauthorization.

On May 3, 2018, the NH House of Representatives passed the reauthorization of Medicaid expansion on a voice vote. SB 313 was signed into law by Governor Sununu on June 29, 2018, reauthorizing Medicaid Expansion for 5 years.

Thank you to all of the mental health advocates who stepped up to #Act4MentalHealth with your phone calls, testimony, rally appearances, emails, and letters! More than 52,000 Granite Staters now have continued access to affordable health care, including mental health services.
Thanks for a record-breaking NAMIWalks NH!

NAMI NH is very grateful for the 1,200 participants who stepped up to make the 15th Annual NAMIWalks NH: A World of Hope! our largest Walk in the event’s 15-year history.

#hopestartswithyou

Thank you to all of our Walkers, Donors, Volunteers, and Sponsors who took part in the largest mental health awareness and suicide prevention event in NH. More than $100,000 was raised in support of Granite Staters affected by mental illness and suicide.
Strategic Plan

With the assistance of Patrick Miller of Pero Consulting, NAMI New Hampshire gathered great feedback and ideas, and identified top priorities, with input from volunteers, affiliates, staff, board, and constituents in the process of developing the newly updated strategic plan finalized in spring 2018. In response to identified needs, NAMI NH added staff to build capacity in support of volunteers, affiliates, communications, and development.

Governor’s School Safety Task Force

In March 2018, NAMI NH Executive Director Ken Norton was selected by Governor Chris Sununu to serve on his School Safety Task Force. NAMI NH also participated on the mental health subcommittee.

Party with a Purpose

One in five children has a mental health disorder. Yet, many families find themselves alone, navigating a fragmented system - with far too many unable to access the services and treatment their child needs.

On May 30, 2018, former NAMI NH Executive Director Michael Cohen and Bobbie Erskine, a parent and advocate, shared their unique perspectives on NH’s behavioral health system, the progress made, and how we can all work together to create better outcomes for Granite State children affected by serious emotional and substance use disorders.

Thank you to Michele Grennon for graciously hosting Party with a Purpose, to Mike and Bobbie for sharing their perspectives, to our attendees for joining the conversation, and to the evening’s sponsors, for steadfastly supporting NAMI NH’s efforts to improve the lives of Granite Staters affected by mental illness and suicide.

2018 Annual Meeting

Thanks for joining us on June 20 at NAMI NH’s 2018 Annual Meeting! We’re moving onward, together, to make #stigmafreeinthe603 a reality in NH.
Governor Chris Sununu recognized NAMI NH Executive Director Ken Norton, along with Senator Jeb Bradley, Representative David Danielson, Speaker Shawn Jasper and Senate President Chuck Morse for their work on the passage of House Bill 400*. The recognition took place at the 2017 Governor’s Accessibility Awards on September 12, 2017 at the Executive Council Chamber of the State House. The awards are hosted annually by the NH Governor’s Commission on Disability.

*NH NG 400 focused on a 10 year plan for mental health, development of a plan for due process rights of people waiting in Emergency Departments, and the development of a plan for alternatives to placing children at the Philbrook Unit at New Hampshire Hospital.

NAMI NH now has an online suicide prevention training available. This interactive program provides best practices and protocols for personnel in schools, mental health systems and health care settings.

During FY2018, the Connect Program rolled out across the U.S in the following locations: North Dakota, Georgia, Oregon, Alaska, Nebraska, and California.

In NH during 2018, the Connect program trained 181 trainers and 1,012 participants from schools, mental health settings, law enforcement, health care and social service agencies. An extensive training was done with NH Hospital, including clinicians and mental health workers. Connect also conducted suicide postvention training and provided consultation and support to families, communities and schools affected by suicide.

At the Police Standards and Training Academy, NAMI NH staff trained hundreds of recruits in mental health and suicide prevention and postvention, as well as self-care. A full day training for all NH state troopers was also scheduled where NAMI NH staff presented on recognizing mental health issues and suicide risk among law enforcement; a similar workshop was offered for NH Chiefs of Police. Specialized training was offered for officers on how to help loss survivors in the aftermath of a suicide.

NAMI NH was honored to take part in the NH National Guard’s (NHNG) 5K run to kick off Suicide Prevention Week in September 2017. In recognition of Suicide Prevention Week, NAMI NH’s Connect Suicide Prevention Program conducted a full day training with the NHNG on reducing risk and promoting healing after a suicide. We recognize and celebrate the work of the NHNG, VA and community partners in their efforts to reduce suicide for service members, veterans, and their families.

Congratulations to Ken and all of 2017’s award winners! You help make NH a better place by making it accessible for all Granite Staters.

On Sunday, September 24, 2017, the first-ever All Night Thing – A Tribute to the Music of Chris Cornell was held in Hampton, NH. Rock 101’s Adam Furious was instrumental in planning and hosting the event, which benefitted NAMI New Hampshire and Child & Family Services while bringing awareness to suicide prevention.

*NB 400 focused on a 10 year plan for mental health, development of a plan for due process rights of people waiting in Emergency Departments, and the development of a plan for alternatives to placing children at the Philbrook Unit at New Hampshire Hospital.
2nd Annual Summit Salute

Service members, veterans, and military families came together on August 5, 2017 at the base of Mount Washington for the 2nd Annual Summit Salute. They shared stories, enjoyed the outdoors, ate great food, and connected with resources. The free event featured hiking and biking trails, games, children’s activities, and live music. NAMI NH was thrilled to be a partner in this important event.

Proclamation for Mental Illness Awareness Week

Thank you to Governor Chris Sununu for proclaiming October 1 - 7, 2017 as Mental Illness Awareness Week in NH. NAMI NH Executive Director Ken Norton poses with the official proclamation at the New Hampshire State House.

Zero Suicide Academy

NAMI NH extends a giant thank you to Exeter Hospital for bringing the Zero Suicide Academy to NH in December 2017. Four-person teams from around the state including mental health centers, hospitals, the VA, NH Departments of Safety, Corrections and Health and Human Services, and the NH National Guard participated in the 2-day training. Elaine de Mello and Ken Norton from NAMI NH served as table facilitators.

6th Annual Memorial Tree Lighting

September 10, 2017 was World Suicide Prevention Day. On September 8, 2017, Governor Sununu signed a proclamation designating September 10th through September 16th as NH Suicide Prevention Week.

Shirley Smith, loss survivor, founder of the If You Care Share Foundation, and creator of the “Inside Out” campaign, a movement started to get people to start the conversation and talk about suicide, recently visited NAMI NH. Shirley is from England and won a Winston Churchill fellowship to come to the US and visit places of interest for suicide prevention and witness the work that is being done in NH for Suicide Prevention. NAMI NH was one of 4 stops that she made, as she had heard of the great work we do for suicide prevention and the loss survivor network.

Elaine de Mello and Debbie Baird honored Shirley’s work at the 6th Annual Memorial Tree Lighting Ceremony, presented by loss survivors Jennifer Klember and Debbie Baird each year to benefit NAMI NH’s suicide prevention efforts.

Thank you to Shirley for bringing the message of reducing stigma for mental illness and suicide – we loved having you in the Granite State!

It’s Your Move Trains Advocates to to #Act4MentalHealth

Congratulations to all of the mental health advocates who completed It’s Your Move training in FY2018, including these 43 advocates who took part on February 24, 2018! These advocates represent a broad array of communities from throughout the Granite State, including the deaf and hard of hearing community. Thank you to all attendees for taking the time to attend this NAMI NH advocacy training, and for helping improve the lives of individuals, and families, affected by mental illness and suicide.
Highlights

Delegation from India Visits NH

It was an honor for NAMI NH to participate in a September 2017 delegation hosted by Nashua Mayor Donchess and Representative Latha Mangipudi to welcome Dr. Nagendra who is the Chancellor of S-VYASA University in Bangalore, India and the personal Yoga Guru for Indian Prime Minister Modi, and Dr. Manjunath who is the Director of Research and Grants at S-VYASA University. Other delegates included representatives of the Arts, Business, Higher Education, Religion and Economic Development. Dr. Nagendra and Dr. Manjunath have been engaged in research over a twenty-year period showing improved outcomes for people with schizophrenia and major depression and other serious medical conditions like cancer and hypertension through a regular yoga practice. This is not strenuous athletic yoga, but yoga that focuses on improving circulation, breathing and mindfulness. They are now engaging in similar research for individuals with substance misuse/addiction. They were visiting NH with an interest in possibly establishing a yoga research center in the Granite State. NAMI NH believes there are many pathways to recovery from mental illness and addiction, and supports a yoga research center in NH.

NAMI NH Recognized at State of the State

In his February 2018 State of the State address, Governor Chris Sununu recognized the work of NAMI New Hampshire, and Executive Director Ken Norton, on behalf of Granite Staters affected by mental illness.

“...In times of economic prosperity, we cannot forget that there are still those struggling. We have a mental health crisis, and as I have often said - it is the unspoken crisis of our state...

Throughout all of this, there is one individual who I would like to publicly thank, and to who I would like to express my deep gratitude on behalf of the entire State of New Hampshire.

Ken Norton, the Director of New Hampshire’s chapter of the National Alliance on Mental Illness, led my working group on mental health, and met with my administration immediately upon taking office to help identify the crisis that we were in.

One year ago, addressing our mental health system might just have been considered a potential option. I disagreed, and so did Ken Norton, and we cannot thank you enough for your efforts.

This is not to say our job is done. Far from it.”

Healthcare Update from Washington, DC

In July 2017, NAMI NH Executive Director Ken Norton was among the featured speakers when Riverbend Community Mental Health welcomed Senator Maggie Hassan and Congresswoman Ann McLane Kuster. The delegation discussed their efforts in the fight to ensure any healthcare bill passed by Congress would include treatment for mental illness as well as substance use disorders. Special thanks to Maria Marini and the other folks who offered their personal stories of how access to mental health and/or substance misuse treatment and Medicaid had a positive impact on themselves or their family.

2018 Annual Conference

NAMI New Hampshire’s 2018 Annual Conference was a tremendous success, for which we are very grateful. Thank you to all of the attendees who shared a gorgeous Saturday with us. Thanks to Governor Chris Sununu, Randy Pierce of 2020 Vision Quest, Hannah Wesolowski, Director of Field Advocacy for NAMI, and NAMI NH’s Executive Director Ken Norton for sharing updates and inspiration, research and stories, ideas and hope. Our gratitude to all workshop presenters and moderators, to our sponsors and exhibitors, and to NAMI NH’s Conference Coordinator, Liz Hodgkins, and the entire Conference Committee!
SurvivorVoices Young Adult Speakers

In October 2017, NAMI NH launched the first SurvivorVoices Young Adult Speakers training with six new participants, ages 16-22. This program is designed for both youth 14-18 years of age and young adults ages 18-25. New speakers are trained to safely share their stories from the heart – they are powerful and will help raise awareness for suicide prevention, reduce stigma around mental illness, and promote healing for all loss survivors. Increasingly all over New Hampshire, youth and young adults want to stand up and talk about suicide to help others. One huge way is by sharing their personal story of suicide loss.

Children’s Department Team Certification

In October 2017, the Children’s Department Team at NAMI New Hampshire was certified by the National Family Support Network for Standards of Quality for Family Strengthening & Support.

Congratulations to Kim Kamieniecki, Laurie Foster, Heidi Cantin, Trish Mernin, Brian Huckins, and Heidi Toursie!

Family-to-Family

Participants statewide took part in the Family-to-Family (F2F) program throughout FY2018. The pictured attendees in Derry completed their final class in early Spring 2018, where participants and family members shared how F2F has impacted their life and family. Thank you to our fantastic volunteer teachers, to our host locations, and to all of the participants who took the time to attend.

Cycle Against Suicide

NAMI New Hampshire’s Executive Director Ken Norton was very excited to ride in the Cycle Against Suicide through Ireland during spring 2018. He rode shoulder-to-shoulder to break the cycle of suicide - covering 450 miles over 10 days, with presentations at schools and communities along the way.

Ken has presented on suicide prevention in Ireland before - in 2005 at the invitation of Barry McGale, when Northern Ireland was developing their Protect Life Strategy (Barry serves on the Board of Cycle Against Suicide) and in 2010 for Contact Lifeline in Belfast.

Side by Side

Side by Side workshops provide practical and helpful information on critical topics for those caring for older adults. The goal is to help participants better understand and support their loved ones and cope with issues related to aging.

These workshops empower caregivers and help them feel more comfortable in their role. Caregivers include family members or close friends, whether or not they reside with the older adult, as well as paraprofessionals.

In April 2018, the groups pictured covered Module 3 of Side by Side: “Understanding Depression and Anxiety in Older Adults.”
Highlights

Acorns to Oaks

Because of an Acorn!

For months, Michelle Thompson, joined by her family and planning committee, had been hard at work on a new event to raise awareness about suicide prevention, to honor her father, Timothy M. Daigneault, who died by suicide, and to support the work of NAMI New Hampshire.

On October 6, 2017, Acorns to Oaks debuted at The Common Man Inn & Spa Plymouth - the evening was a smashing success! More than 160 attendees enjoyed dinner, dancing and auctions, while honoring Timothy M. Daigneault, a well-loved and respected community member.

NAMI NH’s Deb Baird and Elaine de Mello were on hand to share suicide prevention and postvention resources from NAMI NH’s The Connect Program. They were incredibly moved to hear Michelle’s beautiful tribute to her dad.

Thank you, Michelle, for your hard work, determination, and passion to help others by highlighting suicide prevention!

Congratulations, Annual Award Winners!

The 2018 Annual Awards were presented at the NAMI NH Annual Conference on April 21, 2018. Congratulations to all of the remarkable folks who were honored, and thank you for working hard to improve the lives of Granite Staters affected by mental illness and suicide.

Mental Health Provider
Marshall B. Hatch, III,
Lakes Region Mental Health Center

Educator
Meredith Freeman-Caple, Oyster River High School

Volunteer of the Year
Janyce Demers

Peer Support
Jude Grophear,
Monadnock Area Peer Support Agency

Legislative Leader
Representative Renny Cushing

Media
Leah Willingham, Concord Monitor

Systems Change
Trooper Seth Gahr, NH State Police

Unsung Hero
Grace Emily Smith

Happy 15th Anniversary to NAMI NH’s Connect Program!

This nationally recognized best practice model program for comprehensive suicide prevention has reached 40 states, 5 countries, and close to 40 tribes across the U.S., as well as Alaskan Natives and Pacific Islanders, over the past decade and a half. Connect training materials have been translated into Navajo, Bhutanese, and American Sign Language.

The Connect training was developed 15 years ago by a core team of staff at NAMI NH with input from key stakeholders in NH and national experts in suicide prevention. We are proud of the positive ways in which Connect staff, trainers, and training attendees have impacted individuals, and communities, around the globe.

(Pictured L to R: Patrick Roberts, Elaine de Mello, Ann Duckless, Ken Norton. Connect team member Deb Baird is not pictured, but integral in her role as Community Educator & Support Specialist.)
Emergency Department Boarding Crisis

On August 21, 2017, the Emergency Department boarding crisis reached a new high since NAMI New Hampshire began reporting ~72 individuals in mental health crisis were waiting in EDs across New Hampshire for treatment and beds. That high would be matched twice more in FY2018. On an average day, 46 adults and 3 children were waiting for beds. NAMI New Hampshire continues to advocate for timely access to essential healthcare for Granite Staters experiencing a psychiatric crisis. While wait times vary, delays in treatment for people with mental illness should be no longer than those experiencing other health crises. The Emergency Department Boarding Crisis is wrong medically, legally, ethically, morally, and economically.

Young Adult Prevention Training

There are 13 Public Health Networks across the state of NH with initiatives focusing on young adults (YA), ages 18-25. Through the federal Partnership for Success grant, the Bureau of Drug and Alcohol Services (BDAS) partnered with the NAMI NH Connect Program in training young adults in awareness of mental health, substance use, and suicide risk issues with strategies and resources to most effectively use when dealing with a peer at risk. This two-year grant runs from 2017-2019. In the first year, a total of 120 total participants were trained in the YA prevention training curriculum. A total of 65 young adults were trained as trainers, with 15 participating as YA trainers in at least one other training. All Connect trainings were co-facilitated by young adults with their own peers for greater efficacy and cultural sensitivity.

"I can’t wait to use these skills in trainings and continue to spread awareness to end stigma!"

"Enjoyed everything such as learning information and hearing people’s stories. Loved the amount of resources given to us."

NAMI NEW HAMPSHIRE – FY2018 ANNUAL REPORT

NHH Waiting List
July 1, 2017 - June 30, 2018
Data compiled by NAMI NH
## By the numbers

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

<table>
<thead>
<tr>
<th>Category</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Families who received individual support &amp; education</td>
<td>365+</td>
</tr>
<tr>
<td>Unique Information &amp; Resource Line responses</td>
<td>1,014+</td>
</tr>
<tr>
<td>Support groups through the state</td>
<td>23</td>
</tr>
<tr>
<td>People who attended advocacy training</td>
<td>49</td>
</tr>
<tr>
<td>Public presentation attendees</td>
<td>1,509+</td>
</tr>
<tr>
<td>NAMIWalks NH participants</td>
<td>1,200+</td>
</tr>
<tr>
<td>Website Unique Visitors – naminh.org</td>
<td>29,930</td>
</tr>
<tr>
<td>Website Unique Visitors – theconnectprogram.org</td>
<td>23,076</td>
</tr>
<tr>
<td>Average Page Views/Visit – naminh.org</td>
<td>2.53</td>
</tr>
<tr>
<td>Average Page Views/Visit – theconnectprogram.org</td>
<td>1.93</td>
</tr>
<tr>
<td>Average Time on Site – naminh.org</td>
<td>2 min 19 sec</td>
</tr>
<tr>
<td>Average Time on Site – theconnectprogram.org</td>
<td>1 min 29 sec</td>
</tr>
</tbody>
</table>

### NAMI NH Volunteers

<table>
<thead>
<tr>
<th>Category</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Volunteers$^2$</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>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Readiness and Awareness Presentations</td>
<td>5 presentations (NH = 5, Other states = 0)</td>
</tr>
<tr>
<td>Suicide Prevention and/or Postvention Trainings</td>
<td>67 (NH = 53, Other states = 14)</td>
</tr>
<tr>
<td>People trained in Connect Suicide Prevention</td>
<td>1,094 (NH = 940 from 51 trainings, Other states 154 from 7 trainings)</td>
</tr>
<tr>
<td>People trained in Connect Suicide Postvention</td>
<td>251 (NH = 72 from 3 trainings, Other states = 179 from 7 trainings)</td>
</tr>
<tr>
<td>Suicide Prevention Trainers trained</td>
<td>69 (NH = 25 from 2 training, Other states = 44 from 3 trainings)</td>
</tr>
<tr>
<td>Postvention Trainers trained</td>
<td>43 (NH = 0 from 0 training, Other states = 43 from 3 trainings)</td>
</tr>
<tr>
<td>Youth Trainers trained</td>
<td>188 (NH = 156 from 15 trainings, Other states = 32 from 2 training)</td>
</tr>
<tr>
<td>Hours spent responding to suicide incidents</td>
<td>67+</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>32+</td>
</tr>
<tr>
<td>NH Survivor of Suicide Loss Resource Folders distributed</td>
<td>200</td>
</tr>
<tr>
<td>Survivors of Suicide Loss newsletters distributed</td>
<td>5,200+</td>
</tr>
</tbody>
</table>

### Family/Caregiver Education Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Participants</th>
<th>Classes</th>
<th>Communities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family to Family</td>
<td>115</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td>Parents Meeting the Challenge</td>
<td>30</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Side by Side</td>
<td>160</td>
<td>14</td>
<td>6</td>
</tr>
</tbody>
</table>

### Speakers’ Bureau Presentations

<table>
<thead>
<tr>
<th>Program</th>
<th>Presentations</th>
<th>Audience Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>SurvivorVoices</td>
<td>32</td>
<td>320+</td>
</tr>
<tr>
<td>Life Interrupted</td>
<td>17</td>
<td>426</td>
</tr>
<tr>
<td>In Our Own Voice</td>
<td>62</td>
<td>1,641</td>
</tr>
</tbody>
</table>

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1 Total # of individuals served is approximately 21,000, 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 2018
Total $2,492,344

57%  
Public Support: Government Grants and Contracts $1,411,071

15%  
Private Support: Individual and Corporate Grants $370,405

29%  
Earned Income Interest, Fees, Contracts and Miscellaneous $710,868

Expenses - Fiscal Year 2018
Total $2,477,468

62%  
Public Education $1,527,340

11%  
Suicide Prevention Education and Training $268,531

9%  
Supporting Services: Fundraising $229,766

13%  
Supporting Services: Management $316,021

5%  
Community and Public Policy Relations $135,810
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.
Thomas McCue
Arthur J. Gallagher Foundation
Debra Ashby
JoAnn Barbuto
Bill and Susan Berry
Alyssa Boss
William Brewster
Frank Canotas
James and Linda Carta
Ronald Ciotti
Michael J. and Saundra Cohen
Dartmouth College
Vasilike Demopoulos
Karen Dimartino
Margaret Donovan
Jennie Duval
Thomas Duval
Eric Erickson
Cary Fleisher
Benjamin and Carol Gayman
Nathalie Gignac
Alan P. and Pamela P. Goode
Charles and Jaye Goodwin
Zachary Greene
Tim and Kathy Gunter
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Helms & Company, Inc.
Chris D. and Helen Kehas
Eve Kingsbury
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Little
Jacqueline MacLellan
Mary MacLellan
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Walter Maroney and Karen Rosenberg
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Jane McKeon
Patrick and Susan McKeown
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Sharon Mitsopoulos
Elizabeth Mokas
Christine Nassikas
New Futures, Inc.
New Hampshire Health Plan
New London Hospital
Beth O'Connor
Sharon E. Oikelmus
James Pappas
Nicholas and Evangeline Pappas
Arthur and Dawn Pappas
Linda S. Paquette
Polaris Direct
Richard Rege
RiverWoods at Exeter
Paula Rogers
RPM Capital Management
Thomas Shell
John and Roxann Stergiou
Madeline Verity
Liz Verity
Marguerite L. Wageling
Christine Welch
David Wollin
Peggy McNeil
Ann Desjardins
Hedwige Murphy
Alice Mullen
Lester Nicholson
Amy Costa
Thomas Nary
Joshua Noble
Catherine Gruette
Dan Pivarunas
Agamatrix, Inc.
Anne Meredith Porter
Anne S. Howells Charitable Fund
Abby Renkert
Dawn Smith
Erin Rogers
William C. and Marilyn J. Rogers
Janet Rogers
Erin Murphy
Patrice Sieler
Peter Shaer
Jim and Paula Kessien
Dick Steward
John and Susan Davies
Peggy Straw
Richard D. Wilson
George Tilton
Anne Callahan
Lea Cunningham
Cristina Dolcino
Barbara K. Galle
Barry and Tara Gendron
Richard Gilston and Julie Brindley
Gilston
Ted and Lisa Leatherbee
Kristen LeRoy
Byl and Clara Short
Geraine A. Sieg
James Thornton
Stuart and Gisela Wemple
John Trickett
Dwight and Carolyn Taylor
Paul Trickett
Alec White
Anonymous
Allenstown Police Department
Linda Baggen
Jennifer Becker
Sandra Blanchard
Stephen M. Colcord
Julie Constant
David M. and Mrs. Donna J. Cooley
Laura Culp
Everett M. and Mrs. Phyllis J. Davis
Douglas Davis
Robert A. and Doris C. Dawksins
Hunter Edwards
Helen Fitzgibbon
Annette O. Francis
Nancy Franklin
Rebecca Holske
Jonathan Hurtig
Lisa Jones
Janinne Karahalios
Tracy Koufos
Cecile Merrill
Andrew Morse
Donna Newcomb
NH Roller Derby
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Legacy Circle
“NAMI NH is an important resource for support and accurate information to NH families and policymakers. We believe the quality of life for all of NH’s citizens has been vastly improved as the result of NAMI NH’s efforts. My husband and I decided to join the founding members of the Legacy Circle to reaffirm our lifelong commitment to access to mental health support services for all NH families.”

~ FRANCES BELCHER AND RICHARD TYLER

Please contact Kristen Welch, CFRE, Director of Development, at kwelch@NAMINH.org or 603.225.5359 x350 to learn how you can leave a legacy with NAMI New Hampshire.

Honoring the Lives of Muriel and Edward Broad
Founding Members of NAMI NH

Muriel Broad, (nee’ Muriel Yvette Rooff), a retired educator, died September 30, 2017, at the age of 91 in Dedham, Massachusetts, where she and her husband, Edward Margoles Broad, had lived since 2012. Edward M. Broad, retired Vice President of Hitchiner Manufacturing Company, died in February 2018 at the age of 96.

The Broads previously lived in Manchester, New Hampshire for over 60 years, where they were long active in city and state non-profit organizations.

In 2004, the Manchester Regional Community Foundation of The New Hampshire Charitable Foundation awarded Muriel and Edward the Lifetime of Service Award for influencing community life in Manchester for more than 50 years.

Muriel and Edward were founding members of NAMI New Hampshire (National Alliance on Mental Illness) and founding members of the Manchester region of NAMI NH. Muriel was a long-time editor of the NAMI NH monthly newsletter. In 1992, NAMI NH named Edward Businessman of the Year. In October 2010, the Mental Health Center of Greater Manchester awarded Muriel and Edward its Community Leadership Award.
Improving lives affected by mental illness and suicide.

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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