



#stigmafreeinthe603



## Power of Community

The power of community in action was evident throughout FY2019, as families, teachers, leaders, volunteers, affiliates, board members, staff, donors, and partners came together to offer support, education, and advocacy for 21,000 Granite Staters. We are grateful to do the work of improving lives affected by mental illness and suicide in this community which truly believes that mental health matters.

That belief was put into action throughout the year. NAMI NH welcomed the draft 10-Year Mental Health Plan as a blueprint for transforming New Hampshire's mental health delivery system, and invited our community to join us at a myriad of public information sessions during planning and funding phases. Our community showed up again and again, sharing their personal experiences with state and elected officials and advocating fiercely in support of strengthening New Hampshire's mental health system. Those voices led directly to a stronger and more robust 10-Year Mental Health Plan.

While public hearings were underway, the NAMI NH community worked hard to make a positive difference in the daily lives of Granite Staters. Our growing team of Family Peer Support Specialists helped kids, and their families, across New Hampshire. Our staff and volunteers offered statewide support and trainings for adult individuals and family members affected by mental illness and suicide.

NAMI NH's Connect Program traveled throughout the country during this time, training diverse communities nationwide in suicide prevention and postvention. The farthest journey was made by Ken Norton, who presented in Sydney, Australia, at the invitation of "Building Hope," the 6th Australian Suicide Postvention Conference.

Our NAMI NH community tackled important initiatives in FY2019, while also connecting in the spirit of fun. We were thrilled to roll out Crisis Intervention Team (CIT) Mental Health Awareness and De-escalation Training for Police, Fire, and Emergency Medical Services in New Hampshire, and also delighted to help host Children's Mental Health Awareness Day with the NH Fisher Cats.

There is important mental health awareness and suicide prevention work happening daily in NH – across kitchen tables, in classrooms, at workplaces, and online. Our community consistently steps up to offer hope, support, resources, and connection. We were honored to recognize some of the folks doing this work with NAMI NH Annual Awards – you'll learn more about them in the coming pages. On behalf of our community's collective efforts, NAMI NH was grateful to accept the Nonprofit Impact Award from the NH Center for Nonprofits.

We do our best work as a community when everyone is invited to the table, all experiences are valued, and all voices heard. We look forward to rolling up our collective sleeves in the coming year, and unleashing the power of our community to continue improving lives affected by mental illness and suicide.

  
Kenneth Norton, LICSW  
Executive Director

  
Peter Janelle, LCMHC  
President



### The General Federation of Women's Clubs - New Hampshire

The General Federation of Women's Clubs – New Hampshire (GFWC-NH) generously supported NAMI NH this year as part of President Anne Engelhardt's Project to Nurture Good Mental Health Through Awareness. From 2018 to 2020, clubs throughout the state are working with NAMI NH to raise awareness and funds for mental health and suicide prevention. In April, the Candia Community Woman's Club hosted their annual "In the Bag" fundraising event and raised \$10,000, which they donated to NAMI NH's advocacy efforts. In addition, the GFWC-NH provided a \$5,000 sponsorship for NAMI Walks NH 2019 at the Kick-Off Luncheon.

On her decision to focus on mental health, President Anne noted, "...my President's Project for the next two years is 'Nurturing Good Mental Health Through Awareness.' One in five adults and children has a mental health disorder. Personally my family has been touched by mental illness and suicide. I know what it feels like to have no hope and no will to live but I also am a testament to show you that you can get through the darkness of depression and lead a happy and successful life. Life is stressful and we all face hard times but with the right help there is hope and a light at the end of the tunnel of darkness for all."





In August of 2018, NAMI New Hampshire opened the doors to its new home for suicide prevention and early intervention services. Serendipitously located next door to the existing office, this new facility at 87 North State Street offers a welcoming, comforting space for the children, families, and individuals we serve.

With the generous support of foundations and donors, NAMI New Hampshire raised over \$184,000 during a six-month period to expand early intervention and suicide prevention programs for children, youth, and their families. A generous \$50,000 gift received from Jane's Trust provided the resources for energy efficient and cost-savings upgrades, which led to a 65% reduction in energy expenses. A grant and a challenge pledge from the Samuel P. Hunt Foundation helped encourage new donors to contribute to the campaign. The original campaign goal identified by the NAMI NH Board of Directors was \$125,000. This goal was exceeded within a short timeframe.

In August of 2018, NAMI NH's Children and Youth programs were serving 137 children and over 400 family members with 15 staff. As a result of program expansion, NAMI NH is currently serving 203 children and over 700 family members with 22 staff. This number will likely rise as we continue to add capacity and connect children and their families to services. With the funding received from our caring and compassionate donors, NAMI NH successfully expanded programming for at-risk children, youth, and their families. The new facility also includes space for NAMI NH's suicide prevention, intervention, and loss survivor programs, which are essential given the Granite State had a 48.3% increase in suicides between 1999 and 2016 – the third highest increase in the nation.



## Expanding Services



The purchase of 87 North State Street represents a new era in NAMI NH's responsiveness to the growing needs for support, education, and advocacy – especially for children and youth. An open house and ribbon cutting was held for donors and families in December 2018. Many families in attendance remarked on the warm, welcoming nature of the new building, and expressed their gratitude for its existence. We were honored to welcome special guest Colby Barilone from NAMIWalks NH Team Colby & The Bow Tie Challenge. While he is quite dapper in his bow ties, NAMI NH is very impressed by Colby's commitment to advocacy at such a young age. Riley Cullen, a NAMI NH volunteer and National Miss NH Teen, joined us for the ribbon cutting. We are beyond grateful to the many generous foundations and donors who helped bring the program expansion to fruition, and to those we serve, who inspire us every day.



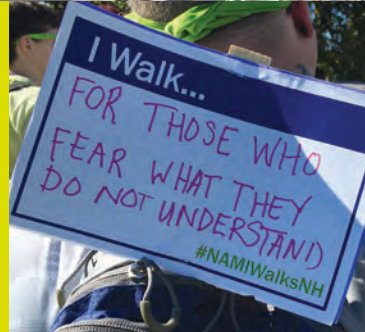


# 16th Annual NAMIWalks NH



## Thanks for a record-breaking NAMIWalks NH!

NAMI NH is very grateful for the 2,000+ participants who stepped up to make the **16th Annual NAMIWalks NH: A World of Hope!** our largest Walk in the event's 16-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 \$140,000 was raised in support of Granite Staters affected by mental illness and suicide.



## Highlights



### NAMI NH Receives Nonprofit Impact Award from NH Center for Nonprofits

NAMI NH was honored and humbled to receive the Nonprofit Impact Award from the NH Center for Nonprofits. The dedication and tireless work of our board, staff, and hundreds of volunteers throughout the Granite State made this achievement possible, and we are so grateful for all you do to improve the lives of individuals and families affected by mental illness and suicide.



### Congratulations, Annual Award Winners!

Each year NAMI New Hampshire recognizes individuals, groups or organizations that have made outstanding contributions to improving the lives of Granite Staters affected by mental illness and suicide. Congratulations to 2019's Annual Award winners, pictured at the NAMI NH Annual Conference. [#hopestartswithyou](#)

#### 2019 AWARD WINNERS

**PEER SUPPORT**  
Scott Watson

**UNSUNG HERO**  
Todd Donovan

**VOLUNTEER OF THE YEAR**  
Pam Brazeau

**MENTAL HEALTH PROFESSIONAL**  
Jeff Davis

**COMMUNITY INTEGRATION AWARD IN HONOR OF "MAC" MCCARTIN**  
Kelley Gaspa

**LEGISLATOR OF THE YEAR**  
Representative Dave Danielson

**YOUTH LEADERSHIP**  
Seth Noyes | Aidan Rupp | Evan Young



### NAMI NH Hosted Governor Sununu for Bill Signing

On May 21, 2019, NAMI New Hampshire hosted Governor Sununu for the signing of Senate Bill 11 (SB 11).

SB11 is a comprehensive bill with strong bipartisan support, specifically designed to address Emergency Department Boarding. It will encourage hospitals to establish new inpatient psychiatric capacity, adds funding for an additional mobile crisis response team, and provides funding for housing.

### NAMI NH Served Record 29,000 Individuals!

An increase in trainings, family peer supports, expanded social media presence, growing team, and vitally important volunteers all combined to help NAMI New Hampshire serve a record high of 29,000 individuals in 2019. Thank you to all who help improve the lives of Granite Staters affected by mental illness and suicide.





# Highlights



## Family-to-Family

Congratulations to this terrific crew who completed the Family-to-Family program! Much gratitude to teachers Cynthia Green, Kim LaMontagne, and Nancy Hollinshead for bringing Family-to-Family to Derry.



## Congrats, NAMI NH Support Group Facilitators!

Huge thanks to the fifteen fine folks who spent their weekend with NAMI New Hampshire to complete NAMI NH Support Group Facilitator Training.



## Welcome to IOOV!

Welcome to our new young adult *In Our Own Voice* Speakers! This great group of speakers are eager to share their stories!

Trainers - Tricia Ellis (NAMI NH) and Kristy Hommel (VT State Trainer).  
(From left to right - top to bottom - Jace Troie, Riley Cullen, Kristy Hommel, Alex Atkinson, Casey Rhoades, Rose Muise, Alisha Finneran)



## Congrats IOOV Speakers!

Congratulations and thank you to NAMI NH's newly trained class of *In Our Own Voice* (IOOV) speakers! Pictured left to right: Amanda Fontaine, Lisa Morgan, Angela Thomas Jones, Melissa Kimball, Buddy Carchide, Robbie Millward, Tricia Ellis (Trainer), Mitzi Bockmann (Trainer), Jennifer Hoffman, Mathew Albrecht, and Carol Young.



## Play Ball!

NAMI New Hampshire and our partners had a blast at the New Hampshire Fisher Cats Children's Mental Health Awareness Day!

Collectively, we shared resources with families to bring attention to the importance of prevention and early intervention. Volunteers who covered resource tables were impressed by the number of families who reached out for information and support.

NAMI NH's Children & Youth Programs Team supports families across the Granite State.

## NAMI NH Welcomes ACLU-NH Filing of Federal Class Action Suit

*Focus of suit is on due process  
rights for people held  
involuntarily in  
NH Emergency Departments*

NAMI New Hampshire welcomed the filing of a class action suit in the Federal District Court in Concord, NH by ACLU of New Hampshire (American Civil Liberties Union) as a necessary step to ending the systemic discrimination against people with mental illness in regards to their constitutional right to due process as provided by the New Hampshire and US Constitutions.

NAMI NH Executive Director Ken Norton stated, "Neither NAMI NH, nor anyone involved, want to see individuals in a mental health crisis who are being involuntarily detained released on a legal technicality. However, the failure to provide them with their constitutional right to due process is a striking example of the discrimination which our state and society perpetuate against people with serious mental illness. It is our sincere hope that this federal class action suit will immediately bring together all involved parties to identify a sustainable solution to remedy this injustice."

NAMI NH, joined by fifteen organizations, convened a press conference in January 2013 to address the rapidly escalating crisis of Granite Staters in mental health crisis being "boarded" in emergency departments, waiting for access to inpatient psychiatric treatment. During that press conference and continuously since then, NAMI NH Executive Director Ken Norton has maintained, "this practice is wrong medically, legally, ethically, morally and economically."



## NH Suicide Prevention Conference



Thank you to the amazing young adult presenters from the *Lived, Lost, Loved : A Look at Suicide from a Global to a Very Local Scale* workshop at the recent NH Suicide Prevention Conference - they spoke their hearts out. Hearing these inspirational stories helps raise awareness and convey a strong message of hope. (Pictured L to R: Amanda Fontaine, Erica Sherman, Dennis Gillan, Seth Noyes and Debbie Baird)

The NH Suicide Prevention Conference was a great success, with more than 325 attendees dedicated to suicide prevention in NH.



## Kudos to NH's #SuicidePrevention Youth Leaders

A shoutout to the amazing group of young people who are leaders in #suicideprevention here in the Granite State - including these folks at the recent *Suicide: The Ripple Effect* event in Concord presented by the NH Suicide Prevention Conference with support from NAMI New Hampshire. #hopestartswithyou #bethe1to

## In Our Own Voice (IOOV) at NH Suicide Prevention Conference

Speakers from NAMI New Hampshire's *In Our Own Voice* (IOOV) program presented at the *Across the Lifespan with Lived Experience* workshop during the NH Suicide Prevention Conference.

(Pictured L to R: Morgan Mason, Buddy Carchide, and Kitty O'Leary)





## Congrats, IYM 2.0 Crew!

Congratulations to the participants who completed It's Your Move 2.0 - Advanced Advocacy Training on February 16, 2019 at NAMI NH. These folks have become stronger, more effective advocates with a deep understanding of the NH legislative process. They've practiced testifying and writing to legislators, and now have a solid plan to make a difference.



## Congrats, Connection Facilitators!

Congratulations to this terrific group of newly trained volunteer Connection facilitators!

NAMI Connection is a recovery support group exclusively for those who experience mental illness conditions. It is led by trained facilitators who are individuals in recovery. The purpose of the group is to bring folks together to learn from and support one another in their recovery journey.

NAMI Connection offers a casual and relaxed approach to sharing the challenges and successes of coping with mental illness.



## Congratulations, Ken!

NAMI New Hampshire Executive Director Ken Norton was chosen as the recipient of the Mental Health Center of Greater Manchester's Wheelock-Nardi Advocacy Award. This prestigious award recognizes people whose advocacy and community service have benefited persons affected by mental illness. Ken received the award at MHCGM's Annual Celebration for Mental Health on October 22, 2018.

On behalf of the NAMI NH staff, Deputy Director Susan Stearns shared, "We can think of no one more deserving of this award. Your leadership inspires us all to strive each day to help improve the lives of individuals and families affected by mental illness and suicide. Thank you for your tireless advocacy for Granite Staters, each of us, and our loved ones. We are grateful to work under your guidance and by your side every day."



## Proclamation for Mental Illness Awareness Week

Thank you to Governor Chris Sununu for officially proclaiming October 7-13, 2018 as Mental Illness Awareness Week in the Granite State!

## NAMI NH Addresses PTSD in First Responders

Major Russell Conte of NAMI New Hampshire's Board of Directors and Todd Donovan, an In Our Own Voice presenter/Board member with NAMI NH appeared as guests on New Hampshire Public Radio's The Exchange for an important conversation on recognizing, treating, and managing post-traumatic stress in first responders.



# Highlights

## NAMI NH's Tammy Murray Receives 2019 Business Excellence Award

Tammy Murray, Chief Financial Officer at NAMI New Hampshire, was awarded NH Business Review's 2019 Business Excellence Award in the non-profit category. Congratulations to Tammy on this wonderful and well-deserved honor!

"During Tammy's 17-year tenure with NAMI NH, the organization has grown from fewer than 5 full time staff and a budget of less than \$200,000, to a thriving statewide organization with a diversified revenue stream, budget of \$2.9 million, and more than 35 staff members. Tammy's skills, knowledge and work ethic have been instrumental in successfully managing this growth.

Tammy has role modeled that the flexibility we provide in employees knowing they can put their children and family first and feel supported by us as their employer is paid back 10 times over in the loyalty and dedication which our staff devote to NAMI NH's mission to improve the lives of Granite Staters affected by mental illness and suicide."

*(Ken Norton, Executive Director, NAMI New Hampshire)*

"Tammy leads by example and has helped many of her coworkers literally change and enrich their lives by participating in the wellness initiatives she has brought to NAMI NH."

*(Christine Cook, Positive Energy)*

"Tammy's role in the growth of NAMI New Hampshire, expanding its services to so many individuals and families in communities throughout the state, is exemplary."

*(Claudia Walker, Premiere Properties, Inc.)*

"Her passion and commitment to NAMI NH - its mission and constituency - is ever present and an inspiration to others. She is a model for hard work and is an inspiration."

*(Peter Janelle, President, NAMI New Hampshire Board of Directors)*

"Tammy's education, skills and intelligence make her an effective CFO. Her sense of humor, wisdom, courage, and heart make her a strong leader."

*(Susan Stearns, Deputy Director, NAMI New Hampshire)*



## NAMI New Hampshire Appreciation Reception

Over 80 NAMI New Hampshire volunteer leaders, giving partners, and Board members attended the Appreciation Reception held at the Bedford Village Inn. Generously hosted by past Board President Michele Grennon, the reception provided an opportunity to thank our volunteers and donors for all they do for NAMI New Hampshire and those affected by mental illness and suicide. We are beyond fortunate to have such a wonderful network of people helping to advance our mission.





# Highlights



## Crisis Intervention Team (CIT) Mental Health Awareness & De-escalation Training for Police/Fire/EMS

Throughout this year, NAMI NH's Susan Allen-Samuel has coordinated the Granite State's Crisis Intervention Team (CIT) Training for law enforcement and first responders.

The 40-hour CIT program originated in 1988 in Memphis, TN after an officer-involved shooting of an individual with mental illness. CIT highlights best practices, improves community partnerships, and helps communities develop processes to serve people affected by mental illness with respect and dignity.

Through the Crisis Intervention Training for New Hampshire's First Responders Project, NAMI New Hampshire and its partners will train 435 NH State Police (NHSP) and Fire/Emergency Medical Services personnel (Fire/EMS) to recognize signs and symptoms of mental illness, provide them with the skills to effectively de-escalate situations, and make appropriate referrals to community mental health services in order to ensure the safety of individuals with mental illness, first responders and the general public.

This training is made possible through a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

## NAMI NH in Australia!

NAMI NH Executive Director Ken Norton was invited to present at the 6th Australian Suicide Postvention Conference, "Building Hope Together," in Sydney, Australia. Billed as the largest conference in the world for "postvention," the conference included people bereaved by suicide, researchers, and those who respond to, and provide services after, a suicide death. Participants included many aboriginal people and providers working in those communities.

The morning of the preconference, Ken was interviewed by Sky-Australia's morning news program, then presented two half day workshops: one specifically for faith leaders and one on engaging communities in effective response to a suicide. In subsequent days, Ken provided a plenary presentation on NAMI NH's Connect Postvention Program and a workshop for providers who have lost a client, loved one, or colleague to suicide.



## Congratulations, Alyssa!

Congratulations to Alyssa Nickerson, recipient of the Community Ambassador for Change Award, presented at the inaugural NH Children's Behavioral Health Collaborative Symposium. In addition to her role as NAMIWalks NH Team Captain for Team Tommy #5, Alyssa also serves on the NAMI NH Family Network Grant Oversight Board.

*Pictured with Alyssa (seated), L to R: her husband Tom, and NAMI NH's Michele Watson, Susan Stearns, Ken Norton, and Brian Huckins.*



## 2019 Annual Meeting

NAMI New Hampshire welcomed nearly 100 guests to its 2019 Annual Meeting, held on the grounds of our new home for early intervention and prevention services at 87 North State Street. Guests had an opportunity to tour the building, enjoy a delicious dinner and delectable desserts, hear about the accomplishments of the past year, and welcome new board members.

We were thrilled to celebrate Elaine de Mello's 20th anniversary with NAMI NH at the Annual Meeting. As Deputy Director Susan Stearns said, "Elaine's leadership in the areas of family education, law enforcement training, suicide prevention and postvention, and lethal means restriction has helped save lives and improved the lives of countless people in New Hampshire and across the country. Her efforts have increased access to treatment, offered the promise of recovery, connected people with NAMI NH and spread hope and healing even at what are some of life's darkest times. She has consistently been a role model for NAMI NH's ability to collaborate and for being a positive force for change."



### World Suicide Prevention Day Press Conference

Governor Sununu joined the NH Suicide Prevention Council's World Suicide Prevention Day Press Conference on September 10, 2018 at the NH State House's Executive Council Chambers. Tricia Ellis, NAMI NH's In Our Own Voice and Connections Coordinator, shared her powerful story. Also speaking was Major Russell Conte, NH State Police Mental Health & Wellness Coordinator, who serves on NAMI NH's Board of Directors.



### Governor's Challenge to Prevent Suicide Among Service Members, Veterans and Their Families

NAMI New Hampshire is grateful for the opportunity to continue working with the NH team dedicated to preventing suicide among service members, veterans and their families. The entire 53-member state team includes representatives from the military, state departments, nonprofits, the VA, community mental health centers, and healthcare providers.



### Legislative Luncheon on Mental Health

NAMI New Hampshire hosted a legislative luncheon where members of the New Hampshire House of Representatives received the latest information on mental health and suicide prevention happenings in the Granite State, a message on hope from NAMI NH Executive Director Ken Norton, and a powerful presentation by Robbie Millward with NAMI NH's In Our Own Voice speakers bureau.

NAMI NH's Deputy Director, Susan Stearns, traveled to Washington, DC to serve as part of the New Hampshire team at the Governor's Challenge to Prevent Suicide Among Service Members, Veterans and their Families Implementation Academy. She was inspired by the veterans who share their stories and those who carry the names of veterans/service members lost to suicide as the team has done this work.



# NAMI NH Welcomes 10-Year Mental Health Plan as Blueprint for Transforming NH's Mental Health System

Plan lays out immediate steps & priorities for addressing Emergency Department Boarding Crisis

NAMI Hampshire welcomed NH Department of Health and Human Services' release of the final 10-Year Mental Health Plan. The plan will bring NH's mental health service delivery system into the 21st century by laying out a vision and clear priorities for developing a continuum of community-based services that are sustainable. Executive Director Ken Norton stated, "NAMI NH is grateful to all of the courageous individuals who shared their personal experiences and those of their loved ones at the public hearings. Clearly, those heartfelt stories helped inform Commissioner Meyers and the Department of Health and Human Services staff in establishing the priorities and recommendations which are the heart of this comprehensive plan to address mental health needs across the lifespan from children to older adults."

NAMI NH believes it is imperative that we as a state take immediate action to address the Emergency Department boarding crisis where an average of 40 individuals each day, in a mental health crisis, are held in emergency departments waiting for access to inpatient care. Toward that end, NAMI NH is pleased to see the final plan includes specific recommendations and timeframes to address this including: expanding mobile crisis response, which is effective in diverting people from hospitalization, increasing inpatient psychiatric bed capacity at local hospitals, where people can be treated near their homes and natural supports, use of peer respite beds and looking at establishing a new inpatient facility for children and/or forensic patients which will open up more admission capacity at New Hampshire Hospital. The plan also prioritizes addressing the "back door" of New Hampshire Hospital by establishing a continuum of comprehensive community housing and supports to ensure that when people are ready to leave the hospital, there is a safe and appropriate setting for discharge.

The 2019 legislative session will be critical to successful implementation of the 10-Year Mental Health Plan, and as such, the plan lays out specific budget priorities for the next biennium. NAMI NH is optimistic that the political will exists to move the plan forward. "Governor Sununu has shown a strong commitment to addressing the mental health crisis and stated in his 2019 inaugural address that mental health and suicide prevention are among his top priorities for the coming year. There is also very clear bipartisan support in the Legislature with both Democratic and Republican leaders committed to passing legislation to move the 10-Year Mental Health Plan forward," said NAMI NH Executive Director Ken Norton. Looking beyond the key role that the NH Department of Health and Human Services and Legislature play, Norton stated, "Successful implementation of the plan and transformation of the mental health service delivery system in NH will require a public and private partnership including investment, commitment, and collaboration from hospitals, health care providers, insurance carriers, community mental health centers, law enforcement, courts and corrections, and other key stakeholders."

NAMI NH is also pleased to see a focus in the plan on children, including important prevention and early intervention initiatives, and the important role expanding and enhancing peer supports plays. While NH was once an innovator in this area, we have fallen behind the rest of the country in relying on the experience and expertise of people with mental health conditions and/or their families and loved ones in offering hope and help.

Twenty years ago, New Hampshire was rated first in the country for our community mental health services. We are fortunate to have many dedicated and passionate public and private service providers and stakeholders who are committed to ending the discriminatory practices which have led to fewer and fewer treatment options, long waits, and difficulty accessing services for people with mental health conditions as well as those with co-occurring substance use disorders, who are ready to collaborate on moving this plan forward. NAMI NH is optimistic that fully enacting this plan will promote hope, help and recovery and improve the lives of all people impacted by mental illness in NH.







## Thank You, Mental Health Advocates!

Thank you to the many advocates who spoke up (or wrote/called in) for mental health and suicide prevention during the public hearings on the proposed budget. These speakers, impacted by NH's mental health crisis, advocated for fully funding the priority recommendations in the 10-Year Mental Health Plan.

It was critical to have a strong turnout to make sure the recommendations of the 10-Year Mental Health Plan - to improve timely access to mental health care - made it across the finish line.

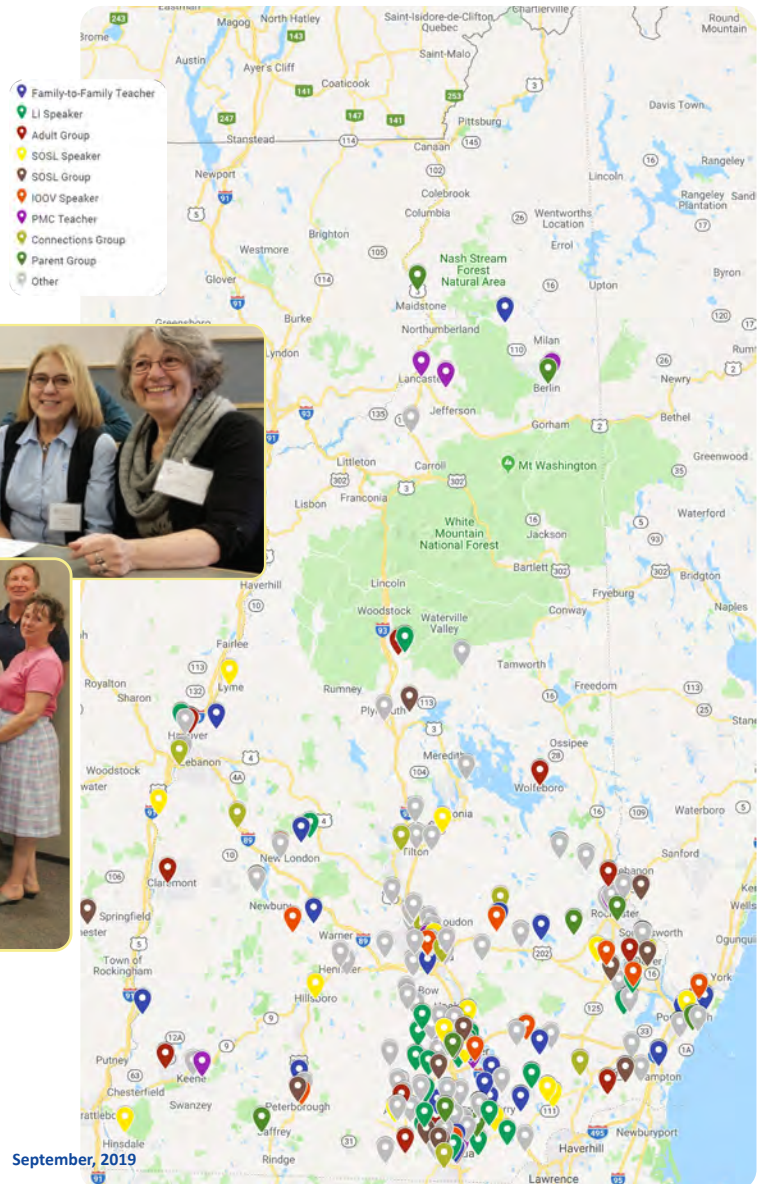
NAMI New Hampshire is so grateful for all of the folks who shared how mental illness has impacted their families, and who underscored the need for full funding for the priority recommendations. Lawmakers needed to hear from Granite Staters affected by mental illness and suicide to understand why 100% funding of the 10-Year Mental Health Plan is critical.

## NAMI NH Volunteers Honored with Spirit of NH Awards

Dedicated NAMI NH volunteers Donna Stamper and Marj & Jim Matthews were recognized at the Spirit of NH Awards for their tireless contributions to improving the lives of Granite Staters affected by mental illness and suicide. Congratulations to Donna, Marj and Jim on this exceptionally well-deserved honor!



## Thank you to our wonderful NAMI NH Volunteers!





# By the numbers

**FY2019**

July 1, 2018  
through  
June 30, 2019

## NAMI NH Volunteers

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

## NAMI NH General Support, Education & Advocacy Statistics<sup>1</sup>

Families who received individual support & education	507+
Unique Information & Resource Line responses (I&R)	1,032+
Support groups throughout the state	22
People who attended advocacy training	37
Public presentation attendees	1,714+
NAMIWalks NH participants	2,000+
Website Unique Visitors – naminh.org	49,170
Website Unique Visitors – theconnectprogram.org	13,534
Average Page Views/Visit – naminh.org	2.32
Average Page Views/Visit – theconnectprogram.org	1.85
Average Time on Site – naminh.org	1 min 46 sec
Average Time on Site – theconnectprogram.org	1 min 24 sec

## Suicide Prevention/Postvention & Survivor Support

Community Readiness and Awareness Presentations	16 presentations (NH = 14, Other states = 2)
Suicide Prevention and/or Postvention Trainings	45 (NH = 29, Other states = 16)
People trained in Connect Suicide Prevention	796 (NH = 735 from 26 trainings, Other states 71 from 3 trainings)
People trained in Connect Suicide Postvention	439 (NH = 97 from 3 trainings, Other states = 342 from 13 trainings)
Suicide Prevention Trainers trained	73 (NH = 49 from 5 training, Other states = 24 from 2 trainings)
Postvention Trainers trained	96 (NH = 0 from 0 training, Other states = 96 from 9 trainings)
Young Adults Trainers trained	320 (NH = 283 from 17 trainings, Other states = 37 from 1 training)
Hours spent responding to suicide incidents	82+
Support groups for Survivors of Suicide in NH	15
Time/events NH Lifekeeper Quilt was displayed	31+
NH Survivor of Suicide Loss Resource Folders distributed	200+
Survivors of Suicide Loss newsletters distributed	3,849+

## Family/Caregiver Education Programs

<i>Family to Family</i>	104 participants 7 classes 5 communities
<i>Parents Meeting the Challenge</i>	93 participants 8 classes 8 communities
<i>Side by Side</i>	227 participants 13 classes 6 communities

## Speakers' Bureau Presentations

<i>SurvivorVoices</i>	27 presentations 270+ audience members
<i>Life Interrupted</i>	19 presentations 383 audience members
<i>In Our Own Voice</i>	42 presentations 1,274 audience members

- 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.



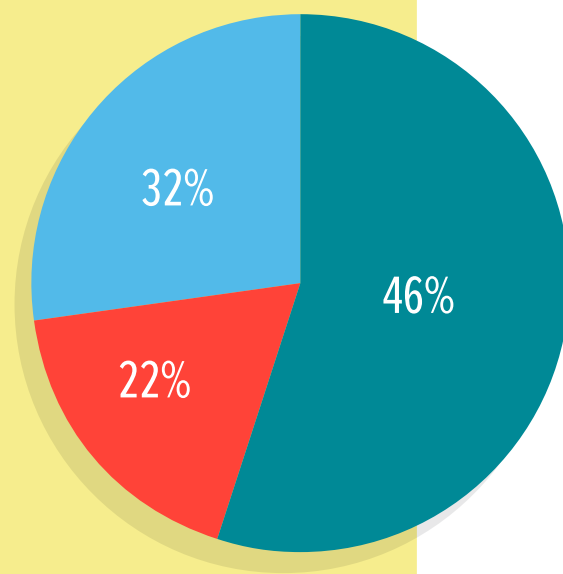
## Revenue Sources - Fiscal Year 2019

Total \$3,343,807

**46%** Public Support: Government Grants and Contracts **\$1,528,669**

**22%** Private Support: Individual and Corporate Grants **\$722,470**

**32%** Earned Income Interest, Fees, Contracts and Miscellaneous **\$1,092,668**



## Expenses - Fiscal Year 2019

Total \$3,106,616

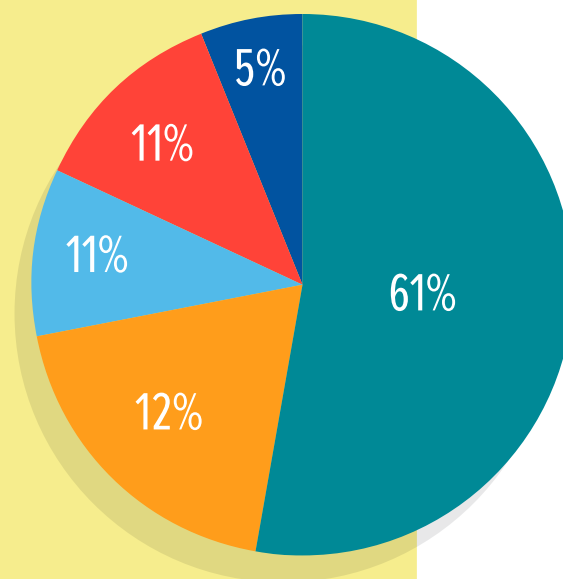
**61%** Public Education **\$1,879,874**

**11%** Suicide Prevention Education and Training **\$333,397**

**11%** Supporting Services: Fundraising **\$354,280**

**12%** Supporting Services: Management **\$397,548**

**5%** Community and Public Policy Relations **\$141,517**





# ED Boarding Crisis



## NHH Waiting List July 1, 2018 - June 30, 2019

Data compiled by NAMI NH

The Emergency Department Boarding Crisis is wrong medically, legally, ethically, morally, and economically.

On July 16, 2018, there were 66 individuals in mental health crisis being boarded in Emergency Departments across New Hampshire, waiting for in-patient treatment and beds. While this is a decrease from last year's high of 72 individuals waiting, it remains clear there is much work to be done. NAMI New Hampshire continues to advocate for timely access to essential health care for Granite Staters experiencing a psychiatric crisis, and we are grateful to all who joined us in elevating the issue of ED boarding at the 10-Year Mental Health Plan hearings. While wait times vary, delays in treatment for people with mental illness should be no longer than those experiencing other health crises.

## Thank You for a Wonderful Party with a Purpose!

Over 80 NAMI NH donors and supporters braved the rain and wind to attend the 2019 Party with a Purpose, hosted at the home of Michele Grennon. Guests heard about best practices in treatment for First Episode Psychosis (FEP) from our wonderful speaker, David Lynde, and learned more about NAMI NH's partnership with Dartmouth-Hitchcock to develop a statewide education initiative regarding the importance and availability of early intervention services to individuals experiencing early serious mental illness (ESMI) and/or FEP and to recommend an evidence-based model of treatment for New Hampshire.

NAMI New Hampshire was delighted to recognize Dr. William C. Torrey at the event. Torrey, a professor of psychiatry at the Geisel School of Medicine and Vice Chair for clinical services for the Department of Psychiatry at Dartmouth-Hitchcock, is committed to improving care for adults with severe mental illness and integrating psychiatric care into primary care. Congratulations to Dr. Torrey on this well-deserved honor!

With the generosity of our donors and sponsors, Party with a Purpose raised over \$20,000 for programs and services for Granite Staters affected by mental illness and suicide.

### Thank You to Our Sponsors

**Presenting Sponsor**  
Michele Grennon

**Sustainers**  
Dartmouth-Hitchcock Health  
Janssen

**Advocates**  
AmeriHealth Caritas  
Jumpin' Jay's Fish Café  
NH Healthy Families  
Parkland Medical Center  
Portsmouth Regional Hospital  
Well Sense Health Plan  
Wentworth-Douglass Hospital  
Katie & Doug Wheeler

**Partners**  
Kennebunk Savings - Newburyport Bank  
Shaheen & Gordon, P.A. - WestBridge

**Supporters**  
Alan Cantor Consulting - Michael & Sandra Cohen  
Major Russ Conte (Ret.) & Mrs. Carol Conte  
Northway Bank  
Ken Norton & Lauren Noether - New Futures  
Partners Bank - Susan L. Stearns

### William C. Torrey, MD



**NAMI's 2019 Exemplary Psychiatrist**  
William C. Torrey, MD is Professor and Vice Chair for Clinical Services for the Department of Psychiatry at Dartmouth's Geisel School of Medicine and Dartmouth-Hitchcock. He has devoted much of his career to improving the care of adults with severe mental illnesses and integrating psychiatric care into primary care. His work has included clinical care, administration, teaching, and research. He cares for adults with severe mental illnesses, trains medical students, psychiatric trainees, and the public on these topics, leads clinical care systems that aim to offer evidence-based, measurement-informed care, and contributes to services research. His research, writing, and teaching have focused on supported employment, integrated services for adults with co-occurring substance use disorders and severe mental illnesses, evidence-based practice implementation, collaborative care in primary care, and shared decision making in medication management for adults with psychiatric and addictive illnesses.

In an excerpt from his nomination for Dr. Torrey, Ken Norton, NAMI NH Executive Director, writes:

Will and his wife Becky are family members, active members of our Upper Valley Affiliate, and longtime NAMI NH members and supporters. Individually and together they have worked both at the local and state level to promote their local support groups, teach Family-to-Family classes, and other educational offerings. Their active participation has helped to educate other families and the broader community, and their knowledge and expertise have helped others access appropriate and timely care. Will has been a strong proponent of the voice of people with mental illness and the importance of educating and empowering family members and people with mental illness.

Will uses his position as a professor to teach a model of psychiatry that honors and values the voice of people with lived experience and works collaboratively to improve the lives of all people impacted by mental illness.

**Congratulations, Dr. Torrey!**  
We are honored to recognize your achievement at Party with a Purpose.





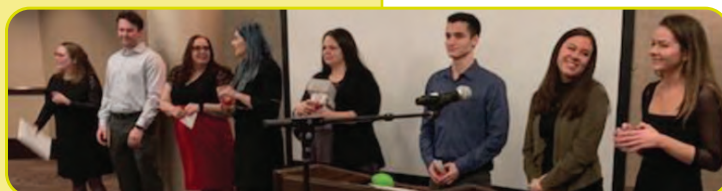
## Philanthropic Youth and Young Adults

NAMI New Hampshire was humbled and inspired to be the recipient of several fundraisers organized by youth in our community. It was a joy to watch as these youth and young adults raised both awareness of, and funds for, mental health and suicide prevention. They are all making a lasting difference for good in their communities and the Granite State.



1. Riley Cullen, a longtime NAMI NH volunteer, advocated for NAMI NH to be the beneficiary of 2019 Central Runs, an annual 5K hosted by Central High School in Manchester. The run raised \$755 for NAMI NH's programs and services, and the sight of over 60 students and teachers running through the streets of Manchester helped raise awareness of mental health and suicide prevention.

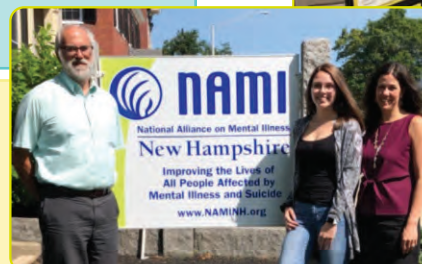
2. Kappa Beta Delta from Great Bay Community College hosted a gala to benefit NAMI NH on March 2nd at the Sheraton Portsmouth Harborside Hotel. The event was coordinated by Kali Barron and raised over \$3,500. Young Adult (YA) trainers, Lindsey Messina and Kendall Dapprich, presented brief awareness of how to recognize and respond to mental health/substance use/suicide risk issues. *In Our Own Voice (IOOV)* speaker Rosie Muise shared her inspiring and hopeful story of mental illness and overcoming stigma.



3. When Madi Hendrick lost her brother, Seth, to suicide in July 2017, her world crumbled, never thinking life would be the same again. Since Seth's death, Madi has become a NAMI NH SurvivorVoices Speaker and a Young Adult Suicide Prevention Trainer, helping to educate about suicide prevention and reduce the stigma of mental illness. She shares her voice and her brother through her story and training. Madi and her family put together an event in September at a local orchard to benefit NAMI NH's suicide prevention programs.



4. Jessica Grant, a high school senior in Litchfield, coordinated the "Walk for Hope 5K" on May 5th as her senior project. Jessica began this project to raise awareness of suicide and promote suicide prevention among her classmates and in her town of Litchfield. Over 50 people came out for the event, and they raised nearly \$2,000 for NAMI NH.



### Thank You, White Mountain Jeeps!

NAMI New Hampshire is grateful to White Mountain Jeeps for their donation of \$2,045 from "Go Topless Day 2019" - the donation will be matched with a \$500 donation from Extreme Terrain.

### Team Tommy #5 Comedy Night a Smashing Success!

Congrats and huge thanks to Alyssa Nickerson, Team Captain of Team Tommy #5, on another successful Comedy Night Fundraiser for NAMIWalks NH! Alyssa's passion is about spreading the word that mental health is just as important as physical health; she is passionate about the work that NAMI NH does in support of this. Alyssa has taken Parents Meeting the Challenge, Support Group Facilitator training, Mental



Health First Aid and Youth Mental Health First Aid, in addition to serving on the Grant Oversight Board for NH Family Network.



# Contributors



Legacy Circle Founding Member



87 North State Donor

We are deeply grateful to our donors for their generosity and commitment to NAMI New Hampshire. If your name was omitted or listed incorrectly, please contact our Development Office at [development@NAMINH.org](mailto:development@NAMINH.org) so we may update our records.

## Grant Funders

Antioch University New England  
Berlin Public Schools  
Claremont School District  
Concord Hospital  
County of Cheshire, Office of County Commissioners  
Dartmouth Trustees of Dartmouth College  
Endowment For Health  
NFI North, Inc.  
NH Charitable Foundation  
NIMH Constituency Outreach and Education Program  
Queen City Rotary Club Foundation  
Southern NH Medical Center  
State of New Hampshire  
White Mountains Regional High School  
White Mountains School District SAU 36

## In Memory Of

### Jason Allard

Robin Allard  
Shannon Duclos

### Jeremy Allard

Wal-Mart Store - Hooksett 1698

### Paul Allmendinger

Bruce and Nancy Walker

### Donald Anderson

Philip Blanchard  
Kerry Daley  
Bobbie Jean Kerekes  
Robert and Eleanor Oberg  
Patrick and Tracy O'Neill

### Thomas Beglinger

James Beglinger  
Kevin Desjardins  
Debra Ford  
Frank and Charlene Foss  
Peter and Linda Foss  
Steve and Sarah Foss  
Kimberley Richards Harvey  
Douglas S. and Judith I. Hatfield  
Kingswood Regional High School  
Kingswood Regional High School - Custodial Staff  
Katherine Locke  
Kimberly Meyer  
Janine Kava and Karen Roach  
Kenneth Parsons  
Peter and Nancy Simpson  
Winifred Smith  
Erik Stomberg  
Helene Wong

### Mitchell Bertowski

Anonymous  
Patrick D. and Anna M. Conlon  
Ronald and Betty Sarao

### Shawn Boldebook

Peter J. and Barbara E. McArdle

### Collin Bowden

Pat and Linda Decker

### Sean Brown

Danielle Anctil

### Michael Canniff

Anonymous

### Peter Caraway

Anonymous  
Holly Cedarstrom  
Mary Coleman  
Charlene L. Desrochers  
Department of Administrative Services  
David Doherty and Corinne Foreman-Doherty  
Todd R. and Marlene E. Hammond  
Cecile Merrill  
Lisa Merrill  
Elise L. Patrick  
John Petrin  
Eric T. and Louise M. Schultz  
Andre and Claire St. Germain  
The Tiddes Family  
Jennifer Venne  
Woodrow and Susanne Whitbeck

### Patricia Carle

George A. Biron  
Michelle Bobrow  
Raymond Carle  
Jim and Kitty Dorsey  
Kathryn I. Gross  
Donald and Darcy Hamlin  
William A. and Judith D. Kennedy  
Marjorie S. McGowan  
Kathleen Paulsen  
Susan B. Peterson  
Sheila Plaskon  
Elaine T. Rendo  
Jean Rose  
Lori Rowe  
Dianne Tajima

### David Chalmers

Matthew Real

### Austin Colligan

Lacey Colligan

### Adren Cooper

Daniel J. and Ann E. Cummins

### Seth Decato

Anonymous (9)  
Catherine V. Anair  
Holly Andrews  
Stephanie Burnor  
Anita Campbell  
Robert and Cindy Charest  
Kristen L. Colburn  
Tracy Ann Duhamel  
Deborah L. Grant

Russell and Theodora Hahn

Christine M. LaRocque  
Susannah J. Perron  
George Roberts  
Michelle L. Robinson  
Carole Stankatis  
Danielle J. Wakefield

### Riley Dicks

Lori Andrews  
Lindsay Bruno

### Suzanne Eastman

June B. Croissant

### Kelly Fiero

Kerrie-Ann Briguglio  
Jeff and Carolyn Cline  
Robert and Eileen Gosselin  
Ron Greenwood, Jr.  
Humane Society for Greater Nashua  
Lisa Klasman  
William Lavoie  
Life Coping, Inc.  
Joseph and Dawn Messina  
Cheryl Puerling

### Shane Patrick Golden

Gregory J. and Kathryn J. Thesing

### Laurie Guay

Peter Daigle  
Gerald M. Eaton

### Frank Hanchett

Stanley and Patricia Szydlo

### Paul Hayes

Jay Couture  
Casey Jenkins  
Shirley Varney

### Evander "Bing" Hawes

Raymond D. and Carole A. Sweeney

### Ryan Hicks

Donald and June Hicks

### Guy Horgan

Ken and Rona Purdy

### Jennifer Johnson

Rebecca Kinhan

### David Larochelle

Tina Larochelle

### Ryan Lavoie

Anonymous  
Anheuser-Busch  
Jamie Bolduc  
Robert Bosley  
David and Mary Campbell  
Francois Carrier  
Sally Cashel  
Dennis Charles  
Rick Daigneault  
Sharon Foreman

Brandon Germain

John Heaney III and Phyllis Heaney  
Carol Hopfensperger  
Gus and Allison Immel  
Heidi Immel  
John Immel  
Nancy Immel  
Tim Jakubowski  
Edward and Elaine Lecius  
Charles E. McCaffery  
Jack and Sara McGee  
Phil McRoberts  
D'Arcy Mello  
Merrimack Village District  
Jean Miller  
Edward and Karen Quintero  
Don Roche  
Victor and Gloria Sabalauskas  
Lois Seegert  
Donna Senopoulos  
Mary Ann Sharnowski  
Diana Teague  
Lorraine Wheeler  
Jan White  
Lindsay Wright

### Gabriel MacConaill

Anonymous  
Nicholas Aeschliman  
Jeff and Monica Bjork   
Stephen Blakney  
William and Janet Caddle  
Chipman Brown Cicero & Cole, LLP  
Jo Duerr  
Nathan Emeritz  
William J. and Jean T. Irvine  
Kim Monica  
Thomas L. Southworth

### Raymond Matott

Jeanne M. Whitcomb

### Stephen Maurier

Irene Dumas-Maurier

### Thomas McCue

Karen Dimartino  
F. Thomas Driscoll  
Mark S. McCue and Vasiliki M. Canotas  
Richard Rege

### Patricia Nelson

Deborah F. Tasker

### Mathieu Nichols

Edward J. Nichols, Jr.

### Thomas Nickerson IV

Elizabeth Palardy

### Robin Nuse

James W. and Marjorie N. Matthews

### Marie Parnass

Paul Parnass



**Raymond “Ry” Perry**

Anonymous  
 Madeline Irving Bartemus  
 James F. and Sandra F. Carter  
 Wayne and Donna Casey  
 Community Partners  
 Gerald M. Eaton  
 Joni N. Esperian  
 Steve Lavoie  
 Leslie K. Melby  
 Anne E. Mulligan  
 Susan Paris  
 Marshall and Rachel Rowe  
 Robert D. and Sylvia Weber Russell  
 Joyce Sawicki  
 Gordon A. and Kathryn G. Singer  
 Susan L. Stearns  
 Doug Wheeler and Katherine Wells  
 Wheeler

**Rick Pillsbury**

Grappone Management Co., Inc.

**Alex Price**

Pierre and Pam Brazeau  
 Diane T. Coughenour  
 Nancy Gilmore  
 Carol Jodoin  
 Julie Laruffa  
 Priscilla E. LeBlanc  
 Veronica McNerney  
 Elissa Moore  
 Virginia Nossiff  
 Mark E. and Jeanne M. Pierce  
 Michele Sanner  
 Mark Sullan

**David Rapa**

Victoria Boone

**John Ricci**

Jessie Hanlon

**Erin Rogers**

William C. and Marilyn J. Rogers

**Janet Rogers**

Diane Gray  
 Deana Tanguay

**Dakota Sawtelle**

Elissa Moore

**Tyler Shepard**

Robert M. Snover and Darcey E. Davidson

**Geoffrey Sneider**

Patricia L. Frisella  
 Allison Gillaspie-Williams  
 Jennifer Kun  
 IATSE Local  
 Jasna Kun  
 Stevan Kun  
 Melvin E. Liston and Cathi E.  
 Cherry-Liston  
 Richard McCrillis  
 Steven Santos  
 Gerald and Cynthia Sneider   
 Janet G. Wall

**Peggy Straw**

Elizabeth Hiden

**Maria Styk**

Lynn Kisselbach

**George Tilton**

Kristen LeRoy

**Brian Vaccaro**

Jacqueline Ellis 

**Robin Wentworth**

Barbara De Angelis  
 Heidi Huckins  
 Catherine Provencher

**Alec White**

Everett M. and Phyllis J. Davis  
 Mapletree Farm, LLC

**Daniel Zocchi**

Paul and Cathy Zocchi

**In Honor Of****Rosemary J. Affeldt**

Judith Passmore

**Patricia Bermudez**

Network for Good

**Andrew Bunker**

Suzanne Bunker

**Peter Desnoyers**

Anonymous

**Gary Goodnough**

Alan and Patricia Cantor

**Monique Jevne**

The Reverend Lucretia Jevne

**Sean Lyon**

Peter Clerc

**Merrimack Valley Learning Center**

Stephanie Wheeler

**Teresa L. Moler**

Andrew Horton

**Justin Page**

Marc Garland and Susan Whelan

**Kayla Rae**

Tina Larochelle

**Claudette Schmidt**

Jennifer Arendt

**Susan L. Stearns**

Judith Abbott

**Jennifer Walsh**

Bernadette Henry



**Richard Wilson**

Rose M. Dalphin

**Joshua Wood**

Lori Wood

**Recovery Promoters**

Anonymous (3)  
 The Agnes M. Lindsay Trust   
 Amy Allard  
 Ann de Nicola Trust 

Perry and Pam Banks

Benjamin Couch Trust 

Jeff and Monica Bjork

Molly Bonhag

John Bunker and Jennifer Kinsey 

The Jack and Dorothy Byrne   
 Foundation

Candia Community Woman's Club

Chartwell Management, LLC

Geoffrey E. Clark and 

Senator Martha Fuller Clark

Michael and Sandra Cohen 

Russell and Carol Conte

Charles M. and Maureen L. Cook

D.F. Pray

Dr. Robert Drake

Drum Center of Portsmouth

The Eastman Family

Robert and Diane Gedney 

General Federation of Women's


Clubs - New Hampshire

Gertrude Couch Trust 

Granite United Way

Grappone Family Foundation

Great NH Restaurants Charitable Trust


Michele A. Grennon 

Normand A. Houle

Jane's Trust

Nora Janeway

Johnson & Johnson Corp.

Gayle Kimball 

Lakes Region Partnership for Public  
 Health

Levi Strauss Foundation

Stacy Matseas

Peter H. McLaughlin and Jane Kitchel  
 McLaughlin

Candace McLaughlin

Morse Hill Trust

Michael T. Murphy

Network for Good

NH Mutual Bancorp

NH Tomorrow Heron Foundation

Grant Match Fund

Ken Norton and Lauren Noether 

PayPal Giving Fund

Phillip's Ride

Proto Labs Foundation

Rona and Ken Purdy 

Rock 101

Saint John Neumann Youth Ministry

Samuel P. Hunt Foundation 

Elizabeth Sanders, MD 

Jennifer Sekula

South Church

Elizabeth Stikeman

UTS of Massachusetts, Inc.

Walmart - Raymond 6030

White Birch Communications Group,  
 LLC


Michael Wright and   
 Margaret Pritchard

**Resiliency Builders**

Robin M. Alvanos

AmazonSmile Foundation

Brian and Mary Baxter

Ward and Peg Bennett 

John and Heidi Cantin 

Steven L. and Anne Cauble

Richard and Francine Chevréfiles

Chilton's Quiver LLC

Michael DailyDellbrook JKS

Jacqueline Ellis

Federal Savings Bank

Adam Greene

Suellen Griffin

Marcia A. Hanaway

Harvard Pilgrim Healthcare Foundation 

James Holmes

Starr Hope 

Andrew and Dana Hosmer 

Charles and Ann Hotchkiss

Peter and Maureen Janelle 

Kiwanis Club of Salem

James W. and Marjorie N. Matthews

Patrick Miller and 

Pamela Andruszkiewicz

The Murray Family 

NH Charitable Foundation

Thomas and Alyssa Nickerson

Richard and Elaine Petersen 

Jeremy Rhodes

Rudolph Charitable Match Program

Salem High School

Jeffrey and Bernie Seifert

Springer's Jewlers

Susan L. Stearns 


The Mental Health Center of Greater   
 Manchester

Bill Thomson

Victor Topo

Vivien Treacy

WaypointKLA, Inc.

Michael and Kristen Welch 

Wrigley Company

Donald Wyman

**Hope Contributors**

Anonymous (13)

Nancy M. Adams

Rosemary Affeldt

Daniel D. Affeldt

Donna Albertelli Collins

Mary Ann Aldrich

Robert Allister

Richard and Heather Ames

Webster and Sylvia Anderson

Lisa Armes

Michael and Marsha Ashman

Gert and Jan Assmus

The Rev. Kate Atkinson

Jay Bachelder

John and Debbie Baird 

Lisa Baker

Dawn Barker

Megan Beaulieu

Bedford High School

Wendy Beikman

Alfred Bellerose

Ashley Bellerose

Katherine W. Bernier

Beata Bertowski

Jillian Beverstock 

Melissa Bianchi

Sheena Bice

Erica Bickford

Keely Billingsley

M. John Billingsley









Robert and Phoebe Bischoff








Peter and Ruth Bleyler 





Hugh Blumenfeld







Susan E. Bobbin

# Contributors

Sonya B. Bomster  
 Gary Bond and Karen Lindig  
 Louis Bookoff  
 Stephanie Boone  
 Patricia Bottomley   
 Erin Bourgoine  
 LeeAnn Bowen  
 Pierre and Pam Brazeau  
 N.S. Briggs-White  
 Alexandria Brocato  
 David and Pamela Brown  
 Donna Brown   
 Suzanna Brown  
 Kermit Brunelle  
 William Burke  
 Kathleen Kennedy Burke  
 Kate Burns  
 Linda Burrowes  
 Jennifer Burstein  
 Ann N. Butenhof, Esquire  
 David and Kathy Canedy  
 Ben Canter  
 Rachel Carpenter  
 Chip Cater  
 Celebrations By Heidi   
 Carrie Chandler  
 Maggie Chandonnais  
 Christopher Chapin  
 Bruce R. Chartier  
 Daniel Chess  
 Richard P. Church   
 Sybil Cineas  
 Naomi Clark  
 Jennifer Cloutier  
 Collective Soul  
 Brian J. Collins and Diane O'Hara  
 Community Health Charities  
 Sandra Comstock  
 Lisa Conant  
 Ellen Constant  
 David Coursin and Grace Mattern  
 Diane Cooper  
 Cooper's Hill Public House  
 Richard Corbi  
 Nigel and Elizabeth Cotton  
 Christophe Courchesne  
 Jay Couture  
 James and Kimberly Cronin  
 Alex Crosby  
 Carissa Curran  
 Leslie Currie  
 Jeanne Cusson  
 Erika Dade  
 John and Susan Davies  
 Christina Davis  
 Elaine de Mello and Michael Folsom   
 Alex and Susan de Nesnera   
 Jamie Deaton  
 Susan Decato   
 Erika Desena   
 Kathy Dickey  
 Francis DiDonato  
 Barbara Dieckman  
 Gary R. DiMartino  
 Kathleen Diramio








Paula A. Dorr  
 John and Virginia Dover   
 George Dowdy  
 Lawrence Drake, Jr.   
 Paige Duarte  
 Kim Dubois  
 Ed and Ann Duckless   
 Ed Duer  
 Julie C. Dunham   
 J. Scott Dunn  
 Tienna Durant  
 Sylvia Durette  
 Bradley Durr  
 Andrea Dyer  
 Deb Eastman-Proulx  
 Gerald M. Eaton  
 Theresa Eichhorn  
 Catherine Ellis  
 Alan Evans  
 Exchange Club of Salem NH Inc.  
 Mary Fairweather  
 Dennis Fallon  
 Kevin Fallon  
 Robert A. Finney  
 Richard Floreani  
 Susan Flynn  
 Mary Forgione  
 Brent Forman  
 Robin Foss  
 Steve and Laurie Foster   
 Heather Francoeur  
 Carter Franklin  
 Eileen Freedman  
 Paul E. Friedrichs  
 Carol Frost  
 Robert Fuchs  
 Jennifer Gagnon  
 Mindy Gagnon  
 Sara Gagnon  
 Ken and Sharon Gallagher  
 Arthur Gardiner, Jr.  
 Paula Garvey  
 Kimberly Gatchell  
 Trudy Gendron  
 Connie George  
 Clarissa Gervasio  
 Erika Gillette  
 Matthew Gillette  
 Susan Gillette  
 Senator Peggy Gilmour  
 Valeria Frisbey  
 Luca Giordano  
 Joan Glutting, Ph.D  
 Peggie Goddard   
 Jo Golden  
 Gwen Golden  
 Herb Goodrich  
 Beth Graf  
 Karen Graf  
 Grappone Automotive Group  
 Randall Gregg  
 Susan Grennon  
 Alicia Grimaldi  
 Stephen Gronberg and Carol Houde  
 Edward Gross  
 Grove Street Fiduciary, Inc.  
 Virginia Guinta  
 William B. Gunn, Jr.  
 Edward Guyot  
 Dennis Hancock  
 Karen Hanser 

Joseph Hanson  
 Nicole Hanson  
 Tatum Hartford  
 Eric Hasse  
 Shawn Hassell  
 Marshall B. Hatch, III  
 Thomas Heald  
 Karen Heaton  
 Marta Heline  
 Dianna Hendrick  
 Laura Henry  
 Henry S. Maxfield Real Estate  
 Kevin Hilbrunner  
 Joan Hirst  
 Carolyn Hodges  
 Paula Holigan  
 Nancy Hollinshead  
 Nichole Hollis  
 Brian and Mindy Huckins  
 Peter Huckins  
 Anne Huff  
 Patricia A. Immen  
 Injury Law Center  
 Arthur and Sandra Jackson   
 Carrie James  
 Stephanie Jefferson  
 Catherine Jellison  
 Caleb Jenks  
 Wendy S. Jones  
 Ann Jutras  
 Robert F. and Francisca V. Kan  
 Karen Kasper  
 Pamela Kaul  
 Jennifer and Kim Kaupp  
 Catherine Keane  
 Peter Kelleher  
 Ben and Karina Kelley  
 Penelope R. King  
 Edward and Mary Kirby   
 Mary Klein  
 Knights of Columbus  
 Tammy Knowles  
 Emily Krueger  
 Julie Kuhn  
 Rose Kundanis and John B. Bordenet   
 Jone LaBombard  
 Peter Labrie  
 Carol LaChance  
 Shawn V. Lafrance   
 Lynn Lamy  
 Sandy J. Lang  
 Trevor Lang  
 Traci Laplante  
 Nancy Largy  
 Tina Larochele  
 Paul Lassins  
 Sam Laughy  
 Lesli Laychak-Rendall  
 Jennifer LeBow

Theodore Lebow  
 Thomas Lehman  
 Jeffrey S. Leonard  
 Karen Lessard  
 Diane Lewis  
 Dina Lyne Lillis   
 Noel Linback  
 Curtis Little, Jr. and Alice DeSouza   
 Little  
 Chet G. Littlefield  
 Kristi Littleton  
 John and Jean Longa  
 Susan A. Lord  
 UNH Social Work  
 Dean MacKinnon  
 Heather MacNeil  
 Leslie B. MacNeil  
 Nancy L. Mahony  
 Clancy Main  
 Effie Malley and Gerald Duffy   
 Shana Mango  
 Ruth A. Martin  
 Paula Maschmeier  
 Mass Mutual  
 Nicole Maus  
 Marianne McCall  
 Michael McCann  
 Lori McCormick  
 Scott and Katrina McCurley   
 Joann McDeed  
 John Meaney  
 MEMIC  
 Suzan Messina  
 Metzger Family Trust of 2010  
 Nancy Micozzi  
 Charles A. Miller and Barbara  
 P. Brennan  
 Jess Mione  
 Linda Mitchell  
 Deborah Moore  
 Geoffrey Moore  
 Charles Moran  
 Maria Moran  
 Michele Moran  
 Caroline Mosley   
 Michele Moulton  
 John Muffler  
 Corey Murphy  
 Marilyn Murphy  
 Carol Napoli  
 Rebecca R. Neal, MD  
 Belinda and John Nerl  
 New Age Heating and  
 Air Conditioning LLC  
 NH Coalition Against Domestic and  
 Sexual Violence  
 NH Hospital Association  
 Christopher Nitchie  
 Deborah Nolen  
 David Norton  
 John O'Connor  
 Arlene F. O'Connor  
 Julie O'Driscoll  
 Donna Orchard  
 Robyn Orfield  
 Reagan Osborne  
 Jeff and Susan Osburn   
 Parker Family Fund  
 Cheryl Parrott  
 Michael and Elizabeth Pedersen  
 Geoffrey and Lynne R. Pedersen







Ann Pelletier  
 Deborah Pendergast  
 Martha Perricone  
 Joseph Phebus  
 Darrell Philpot  
 Sarah Picard  
 Carol Pierce  
 Nat Pierson  
 Matthew Plouffe  
 Denise Plundier  
 Michael Poirier  
 Kelly Poland  
 Keith Pond  
 Stephanie Prisch  
 Edward R. and Karen J. Privé   
 Justin Rathburn  
 Michael Rauck  
 John and Mary Rauh  
 Carin Reynolds  
 Cathy Reynolds  
 David Richards  
 Martha D. Robb   
 Morton and Josephine Roberts  
 Katherine Roberts  
 Robert Robitaille, Sr. and   
 Joyce Robitaille  
 Rockingham County Law  
 John Rogers  
 Linda Rooks  
 Robin Rubin  
 Chris Russell  
 Heidi S Kogon  
 Richard Schaaf  
 Jeffrey Schenkman  
 Cathie Schofield   
 Kristine Scollin  
 Daniel Seichepine  
 Bernie and Jeff Seifert   
 Steven Seufert  
 Emily Shirlock  
 Dana Shirlock  
 Donald L. and Miriam B. Shumway  
 Cynthia Sloan  
 Scott and Norma Smith  
 Jennifer Smith  
 Gerald and Cynthia Sneirson  
 Nancy Snow  
 Margaret A. Sofio and  
 James E. Zuckerman, MD  
 MaryAnn Somerville  
 Joan H. Sontag  
 Maryanne Spargo  
 Kris Spath  
 Kulvinder Stamper  
 Debbie Stanhope  
 Mark Stanley  
 Mallorie Stanley  
 Carol Stanley  
 Katherine B. Stebbins  
 David Steckler  
 John C. Stergiou   
 Richard Stevens  
 Virginia F. Stillman-Kirschner  
 Patricia Stone  
 Peter and Ann Strachan  
 Beth Ann Strollo  
 Ruth and Richard Stuart  
 Christine Sullivan  
 Deborah Svirtunas  
 Jessie Sweeney   
 Dave Swenson

Stanley and Patricia Szydlo   
 Alan and Felicia Tanenbaum  
 Ryan Taylor  
 Raymond Taylor  
 Toni Tempel Navarro  
 The Fuller Foundation, Inc.  
 Dawn Thibeault  
 Alice Thompson  
 Tita Thompson  
 Katie Thornell  
 William H. and Calista T. Thurlow  
 Susan Tiede  
 William and Rebecca Torrey  
 Sara Treacy  
 Karen Trudel   
 Richard and Anne-Marie Trudel  
 Cheryl Tulley  
 Sharon Turmel  
 Sherri Turowsky  
 Bruce Twyon  
 David Twyon  
 Robert Vachon  
 Anthony Valente  
 Cynthia R. Varney  
 Shirley Varney   
 Benjamin Venator  
 Dorothy A. Walker  
 Chris Wardrop  
 Garry Warren  
 Jordan Weitberg  
 Julie Welch  
 Melissa Westerman  
 Norman and Lorraine Wheeler  
 Matthew Whelan  
 Cynthia Whitaker  
 Jeffrey White  
 Patricia C. Whitney  
 Debra Whitney  
 Elizabeth Widmer  
 Robert Willis  
 Steve Wilson  
 Veronica Wiseman  
 Lori Wood  
 Theresa Wrightsman  
 Wyman Family Fund of the  
 NH Charitable Foundation  
 Elinor Yeaton  
 Helen Zbitnoff

### Friends

Anonymous (22)  
 Kathleen M. Abate  
 Judith Abbott  
 Jeremy Abbott  
 Lisa Abohatab  
 Melissa Ackerson  
 Stephanie C. Acquilano  
 Sandra J. Adams  
 Patrick Akerman  
 Corinne Alami  
 Marisa Albert  
 Chris Alfonso  
 Jennifer Alicea  
 Eleanor Allard  
 Janet Allen  
 Hannah Allen  
 Sue Allen-Samuel   
 Sandy Alonzo   
 Janet Amoroso  
 Linda Amos  
 Michael Andre

John and Sharon Andrews  
 Angela Andrews  
 Angelina's Italian Restaurant  
 Rebecca Antonowicz  
 Ben Apgar  
 Gayle Aponas  
 Valerie Appiani  
 Nancy Arcadipane  
 Brad Arena  
 Mary Arena  
 Kimberly Arena  
 Clayton Arnold  
 Ann Arsenault  
 Ashley Arsenault   
 Peter Arvidson  
 Tom and Judy Astolfi   
 Janet L. Austin   
 Brittany Avola  
 Paris Awalt  
 Rachel Aznive  
 Cynthia Babonis  
 April Bahan  
 Don Bailey  
 Adele Baker  
 Donna Baker  
 Steve and Deb Baker  
 Stanley Balch  
 Lynne Bamford  
 Alice Banks  
 Pamela Bannister-Davis  
 Hannah Bannon  
 Tracey Barber  
 Stacy Barilone  
 Denise Barilone  
 Shannon Barkie  
 Krista Barlow  
 June Barrett  
 Ken Barrett  
 Laura Barrett  
 Rebecca Barrett  
 Richard J. Barrett, Jr.  
 Tyler Barrett  
 Laurie Barry  
 Eileen Bartlett  
 Melissa-Sue Bartolomei  
 Patty Bass  
 Patricia Batchelder  
 Darcey Bates  
 Mikaila Bayers  
 Karen Beals  
 Jana Bean  
 Gretchen Bean  
 Suzy Bean  
 Stephanie Beaton  
 Kimberly Beatty  
 Pamela Beauchamp  
 Audrey Beaudoin  
 Neal Beberman  
 Donald J. Beecy  
 Leslie Behan  
 Jason Beiswenger  
 Diane Beland  
 Heather Bell  
 Yvonne Bell  
 Steven Bellerose  
 Armando Belliard  
 Nelson Bello  
 Paul R. Belyea  
 Brianne Bemis  
 Joan D. Bennett  
 Kelly Berg

Linda Bergstrom  
 Debbie Bernashe  
 Lenore Bernashe  
 Zachary Bernethel  
 Audrey Bethel  
 Kevin Bianchi  
 Avery Bicknell  
 Sheila Bielski  
 Winnifred Bierman  
 Haley Billingsley  
 Cathi Bills   
 Laura Bilodeau  
 Amy Bilodeau  
 Rickey Blais  
 Alaina Blais  
 Justin Blais  
 Judith Blake  
 Lisa Blake  
 Will Blanchette  
 Elizabeth Blanchette  
 Jacquie Blanchette  
 Erika Blank  
 Rhonda Bliss  
 Debra Blouin  
 Andy Blum  
 Ashley Bombicino



The power of social media is incredible, and our supporters demonstrated this beyond a doubt in FY19. We had nearly 500 donors contribute to 68 Facebook fundraisers this year, raising an amazing \$14,503 for NAMI New Hampshire's programs and services. Thank you to everyone who created a birthday or a just because fundraiser this year. Because of you, and the many generous donors who gave in your honor, over 21,000 Granite Staters received help and hope.

It's easy to get in on the Facebook fundraising fun – and, as an added bonus, there are no fees from Facebook to either the donor or to NAMI NH from these fundraisers! If you have questions or need guidance, please contact us at [development@NAMINH.org](mailto:development@NAMINH.org). We are honored to do this work alongside you, and are grateful for your steadfast support.

# Contributors

Joseph Bonan  
Vitali Bondar  
Jennifer Bonsu-Anane  
Nancy Boover  
William E. and Marlene J. Bordy  
Alfred P. and Jan Bouchard  
Travis Boucher  
Caron Bourque  
Cheryl Bourque  
Carol Bovee  
Wanda Bowers  
Amy Bowman  
Jared Boxenbaum  
Marc Boyd  
Mark Boyle  
Chris Brackett  
Patricia Brahm  
Carol Bresaw  
Jennifer Briggs  
Kristen Brinkman  
Christina Brissette  
Sally Brocato  
Sandra Brodowski  
Elaine Brody  
Patricia Brokhoff  
Leah Brokhoff  
Rebekah Brostek  
Mabel Brown  
Natasha Brown  
Diane Browning-Beers  
Marissa Alvanos  
Barb R. Brunelle  
Kimberlie Brunelle  
Jamie Bryant  
Margaret Buckingham  
Lynne Bukovsky  
Catheryn Burchett  
Robert Burford  
Mindee Burke  
Sandy Burke  
Katy Burns  
Arthur Burns  
Deborah Burns  
Steve Burris  
Phillip Burt  
Julie Burton  
Angie Busby  
David Butenhof  
Martha A. Byam  
Alexandra Cable  
Kathleen A. Cahill and  
Joseph Magruder   
Kerri Calabro  
Sarah Calabro  
Greg Call  
Christian Camarena  
Representative Gerri Cannon  
Emily Canzoneri  
Cape Neddick Interiors  
Hope Carazzo  
Cynthia Cargill  
Jamie Carlen  
Kimberly Carnegie  
Raymond Carpenter  
Leonard Carr

Jessica Carrier  
Sam Carrier  
Cheryl Carroll  
Andrea Carta  
Nancy Carta  
Chris Cartier  
Molly Cartier  
Caruso Caruso  
Julie A. Caruso  
Denise Cascio Bolduc  
Marjorie Cassatt  
Barbara Cassidy  
Aaron Cerrato  
Carol Chadwick  
Jack and Dianne Chambers  
Michelle Chapman  
Tom and Mary Anne Chapman  
Rachel Charlton  
Bethany Chase  
Kathleen Chase  
Raymond Chase  
Melinda Chernev  
Melvin E. Liston and Cathi E.  
Cherry-Liston  
Andrew Chevréfilis  
Sheila Chittum  
Carolee Churchill  
Emilie Cilley  
Frances Ciriello  
Amy Clark  
Betsy Clark  
Danielle Clark  
Darryl Clark  
Kelly Clark  
Linda Clark  
Loring E. Clark, Jr.  
Peter Clerc  
Jill Clinton  
Heidi Cloutier  
Tammy Cloutier  
Julie Cluett  
Lynn Cochran  
Fred and Cherie Coco  
Jamie Colby  
William Cole  
Dana Cole-Levesque  
Marie Coleman  
Amy Collins  
Kathie Colont  
Robert A. Colter   
Vicky Wise Colwell  
Karen Comeau  
Sarah Comeau  
James Comrie  
Krista Comrie  
Concord Food Cooperative, Inc.  
Jenny Cone  
Mitchell Conley  
Ellen Connor  
Jennifer Connor  
Catherine Connot  
Laurie Conrad   
Judy Conroy  
Michael Consoli  
Peter Constant  
Carrie Conway  
Ruth Conwell  
Scott and Patricia Cook  
Thomas Cook  
Lynne Cooper  
Charles T. and Paula B. Coppola

Sheena Corbett  
Beth A. Corcoran  
Brandon Corey  
Paula Corey  
Jessica Cormier  
Lisa Cormier  
Lise Corson  
Julie Cosgrove  
Beverly Costa  
Douglas Cote  
Traci Cote  
Kayla Cote  
William Cotter  
Joyce G. Cottrell  
Sandra Courchesne  
David Covey  
Claire Coville-Pforr  
Trish Cox  
William Coyne  
Cathy Craven  
Margaret Cristiano  
Marcia Cronin  
Laura Crosby  
Bruce Cummings  
Darlene Cummings  
Susan Cummings  
Jeannie Cunningham  
Rebecca Cunningham  
Taylor Cunningham  
Donna Curboy  
Richard Curran  
Anna Curry  
Tom Curry  
Magen Curtis  
Tracy Curtis  
Robert R. Cushing  
Laura Czerlonka  
Barrie Daigneault  
Jason Dailey  
Robert Daisy  
Caroline Dakin  
Caitlin Daly  
Lawrence Damour  
Hunter Darling  
Christina Darrington  
Shawn Dasans  
Kathleen Davidson  
Courtney Davis  
Nancy Day  
Riccardo De Pasquale  
Judith Deavers  
Beverly I. Decook  
Renee Decorpo  
Diane Degaspe  
Kathleen Degrassie  
Joan Delage  
Alexandra Dell





Janyce Demers  
Kimberly J. Demo  
Cindy Dempsey  
Susan Denapoli  
Brian Denoncour  
Zach Densmore  
Steven Derderian  
Robin Derosa  
Bruce R. Derr and Blair LaBella  
Deborah Derrick  
Matt Descoteaux  
Erica Deserres  
Helen Desmarais  
Kathleen J. Desmarais  
Wesley Desousa  
Brandon Desrochers  
Dave and Ann Detlefs  
Mary Devolites  
Julia Glidden  
Amanda Diaz  
Vin Dibiasio  
Leona Dickerson  
Deb Dickerson  
Martha Dickey  
Linda Dickey  
Alyssa Dickinson  
Stephanie Diehl  
Susan Diener  
Amanda Dill  
Patti Dill  
Victoria Dingman  
Anna-Marie Dipasquale  
Alessandra Dipietro Pereira  
Jaime Dirck  
Anna Lisa DiSalvo-Johnson  
John Dixon  
Andria Dobberstein  
Glenn Doherty  
Laura Doherty  
Matthew Doherty  
Pat Doherty  
Patti Doherty  
Sean Doherty  
Karen Dolan  
Austin Donald  
Brian Donovan  
Donna Dooley  
Whitney Dorman  
Bonnie Dorsey  
Victoria Doucette  
Barbara Douglass  
Michael Dowe  
Karen Downs  
Kristin Doyle  
Leonetta Doyle  
Jill Drago  
Luke Drake




## Thanks for Giving!

NAMI New Hampshire was honored to be chosen as a recipient of the 2018 Thanks for Giving fundraiser, hosted by FEEDNH.org and Great NH Restaurants.






Dina Dray  
Diane Dube  
Sierra Dube  
Jennifer Duclos  
Joe Dudek  
Debra Dufault  
Aaron Duffy  
Erica Duffy  
Jeanne M. Duford  
Chris Dugan  
Liz Dugan  
April Dunn  
Miriam Dupont  
Jo-Ann Dupuis  
Sylvio L. Dupuis  
Kim Durand  
Shauna Durst  
Nicole Dwyer  
Allison Dyke  
Su Eagan  
Stephanie Edwards  
Merle Eisman  
Alice Eisner  
Anna Elkins  
Katy Elkins  
Kacie Petrin Ellis  
Tricia Ellis   
Hilda Elmstrom  
Douglas Elson  
Tania Emerson  
Elaine Emerson  
Tammy Emery  
McCall Eng  
Epping Middle High School  
Amy Evans  
Mary Evans  
Todd Evans  
Tena M. Ewing  
Christine Facciolo  
Lisa Fahey  
Fahy Construction Inc.  
Paul Famulari  
Patricia Fancy  
Cheri and Jim Farnham  
Linda S. Farnum  
Julie Farrell  
Jessica Farris  
Deborah Fay-Marsh  
Mark Fenlon  
Polly Fennessey  
Sarah Ferguson  
Olivia Ferreira  
Joe and Laurie Ferris   
Nancy A. Ficarra  
Jean Filer   
Kasey Landry Fillion  
Jeffrey Fillion  
Susan Fink  
Michael Fisch  
Elizabeth Fischer  
Michael W. Fisher  
Laina Fitzgerald  
Paul Fitzgerald   
Alex Flanagan  
Lindsey Flanders  
Ellen Fleming  
Pamela Florence  
Joshua Fogg  
Michael Folsom  
Daniel Forbes  
Kathleen Forbush


Christopher Ford  
Michelle Ford  
Julie Forgaard  
Sam Forma  
Danielle Fournier  
Denise Fox  
John E. Fox  
Rianna Frady  
Rachel Franchi  
Annette Francis  
Melanie Francis  
Ryann Frank  
Karen L. Frarie  
Andrew Frechette  
Martha Frechette  
Melanie Freely  
Tammy Freeman  
Lanelle Freeman  
Amy Freeman  
Rita Friedman  
Marlene Friedrich  
Margaret Frostholt  
Michelle Frye  
Alfreda Furnas  
Susan Gabbert  
Nathan Gagne  
Leonie Gagnon  
Brandy Gallagan  
Rachel Garber  
Kathryn Garcia  
Megan Gardiner  
James Garner  
Leslie Garrett  
Mandi Gates  
Christina Gaudet-Pelletier  
Julie Gaudette  
Richard Gauthier  
Michelle Gauvain  
Natalie Gauvain  
GE Foundation  
Jodie Gedeon  
Susan Gelinas  
Jennifer Genco  
Trudy Gendron  
G. Gendron  
Sandra Geoffroy  
Thomas Geoffroy  
Dustin George  
Emma Gerrard  
Celia J. Gibbs  
Martha Gibson  
Marcia Gilbert  
Darlene Cote Gildersleeve   
Laura Gillespie  
Michael Gillespie  
Carol Gilman  
Marie Girouard  
Patricia Girouard  
Courtney Glazier  
Elizabeth Diamond  
Brooke Goedecke  
Shelly Golden  
Leon Goldstein  
Brenda Golia  
Suzanne P. Good  
Jane Goodman  
Robin Goodwin  
Nancy M. Gordon  
Ryan Gould  
Dianne Gouthro  
Laura Gove



Noah Gove  
Lorie Grabowski  
Anne Graham  
Lizbeth Granfield  
Debra Grant  
Sarah Grant  
Dawn Graves  
Michelle Grazewski  
Cynthia Green   
Julie Ann Green  
Julienne Green  
Amanda L. Greenier  
Debbie Greenly  
Janet I. Griffin  
Nancy Grimes  
Kimberley Griswold  
Michelle Grogan  
Anne D. Grossi  
Elliot Grossman  
Jesse Guerra  
Daniel Guttman  
Alicia Guzman  
Mary Ann Haagen  
Sandra Hair  
Lea Ann Hairston  
Joni Haley  
Pauline Halfpenny  
Kelly Halldorson  
Tawny Halloran  
Julie Hamel  
Renee Hamel  
Steven Hamel  
Ian Hancock  
Lindsey Hancock  
George Hanley  
Bailey Hanna  
Erin Hanscom  
Helen Hanscom  
Susan Harding  
Kristi Hardy  
Brooke Hardy  
Kerry Harman  
Norma Harrington  
Paula Harrington  
Karen Harris  
Paula Jo Harris  
Ruth W. Harris  
Nicole Hart  
Dave Hartshorn  
Sara Hartwell  
Diane Harty  
Liesl Hasenfuss  
Elaine Hashem  
Sarah Hashem  
Roy Hasselman  
Ian Hatton  
Kathryn Hatzzenbuhler  
Cynthia Hayes  
Frederick Hayes  
Tina Hayes   
Andrew Heald  
Margaret Heald  
Lindsay Healy  
David Hedge  
Wendy Heineman  
Riley Helsen  
Elizabeth Helton  
Donna Hemphill  
Patricia Hemphill  
Madison Hendrick

Ruth Hendrick  
Scott and Patricia Henne  
Charlotte Henry  
Mary Lynn Hersey  
Brian Hester  
Tamara Hester  
Phyllis Hibbard  
Dawn Higgins  
Julie Higgins  
Maria Higgins  
Joseph Hill  
Lorna Hill  
Andrea Hillier  
Cathy Hinchliffe  
Mark Hinczynski  
Richard Hindersinn  
Melissa Hinebauch  
Kate Hodge  
Leni Hodgins  
Liz Hodgkins  
Stephanie Hofer  
Helen Hoft  
Jedtha Holdeman  
Susan Hollis  
Rebecca Holske  
Helen Honorow  
Margo Houde  
Lindsay Houston  
Andrea Howard  
Evan Howard  
Jacki Howard  
Holly Howes  
Jenn Huard  
Candi Hudson  
Brian Hughes  
Keith Hughes  
Susan Hunter  
Sara Huot  
Olivia Hurley  
Scott Hutchins  
Robert Hynes  
Susan Iadevaia-Jalbert  
Gail Iebba  
Kate Incollingo  
Maureen and Barry Inger  
Lisa Irish  
Thomas Irvine Jr  
Michael Iwanowicz  
Raynold S. Jackson  
Rhonda Jackson  
Sheri Jackson  
Marty Jacobs  
Emma Jacobs  
Patti Jancsy  
Samuel Janson  
Dave Jasinski  
Nancy Jasmin  
Mary Jay  
Pamela Jeffers  
Amy Johnson  
Danielle Johnson  
David Johnson  
Karen Johnson  
Kimberly Johnson  
Sadie Johnson  
Alan Jones  
Ann Jones  
Colin Jones  
Marie E. Jones  
Michelle Jones

# Contributors

Jeanine Jordan  
 Sheelu Flegel  
 Sandra Joslin  
 Tony and Sue Jukosky  
 Natalie Jutras  
 Kim Kamieniecki  
 Kristen Kaufman  
 Clyde Kay  
 Misty Keeler  
 Sofia Keiser  
 Leigh Keleher  
 Nancy Kelly  
 Rosemary Kelly  
 Sarabeth Kelly  
 Scott Kelly  
 June Kelso   
 Adam Kennedy  
 Erin Kennedy  
 Marcia Kennedy  
 Michelle and Rory Kennedy  
 Robert Kennedy  
 Travis Kennedy  
 Kim Keys  
 Paula Kiernan  
 Jean Kilham  
 Alexander Killie  
 Kerry Kiloski  
 Angela Kimball  
 Doreen C. Kimball  
 Lucia H. Kimball  
 Nancy Kimball  
 Ruth Kimball  
 Catherine King  
 Heidi King  
 Kelsy King  
 Steve Kinnal  
 David Kinnier  
 Joy Kline  
 KC Klingensmith  
 Sarah Kluesener  
 Shawna Knapp  
 Catherine Knowles  
 Linda Knowles  
 Norris E. Knowles  
 Courtney Koffink  
 Karen Koffink  
 Arthur and Caroline Kohler   
 Judy Koloski  
 Leonard Korn, MD  
 Marie Kovell  
 Katie Kozikowski  
 Bonnie Krasuski  
 Lucy and Joe Krieger  
 Diana Kroeger  
 Lisa Kucia  
 Patricia Kuiawa  
 Kathy Kus  
 Pamela Kus  
 Rebekah Labell  
 Peter Labombarde  
 Julie Lachance  
 Kelly Lafave  
 Sharon A. Laferriere   
 Chantel Lafond  
 Mike Lafond  
 Sophia Lajeunesse





Claire Lamarche  
 Barbara W. Lambert  
 Mary Lambert  
 Stephanie Lambert  
 Clare Landers  
 Jennifer Lane  
 Lisa Lane  
 Molly Lane  
 Karen Lang  
 Jennifer Lang  
 Aly Lang  
 Tina and John Langley  
 Maureen Langlois  
 Carol LaPlante  
 Raymond Laramie  
 Kristyn Larochelle  
 Bonnie L. LaRose  
 Ericka LaValley  
 Dora Lavigne  
 Eric Lavoie  
 Katie Lavoie  
 Ann Lawrence  
 Tim Lawrence  
 Haley Lawry  
 Nelda Laws  
 Pamela Leathers  
 Andrew Lebovidge  
 Belle LeBow  
 Rebecca Lebow  
 Jessica Lebow  
 Roxann J. LeClaire  
 Cindy Leclaire  
 Susan Leduc  
 Elizabeth Lee  
 Gloria M. Lee  
 Steven Lee  
 Gloria Legere  
 Joanne Legge  
 Laura Leigh  
 Sandra Leith  
 Laura Leslie  
 Melanie Lesmerises  
 Michael Lessard  
 Thomas Lessard  
 John H. Levasseur  
 Laurie Levesque  
 Carla Levesque  
 Marc Levesque  
 Rosa Levesque   
 Sarah Levesque  
 Bette Lewicke  
 Christopher Lewis  
 Kenneth Lewis  
 Tekisha Lewis  
 Erin Libby  
 Shelly Libby  
 Tiffany Liebsch  
 Mary Lilly  
 Lynn Lippitt  
 Catherine Lisk  
 Sigrid Little  
 James Logan  
 Corey Logsdon  
 Diane Longtin  
 Carolyn Lopez  
 Kristy Lopez  
 Thomas Lopez  
 Peter Lord  
 Helen C. and Brian Lounsbury  
 Nancy Lourens  
 Amy Lowe


Joan Lowery  
 Michael Lowery  
 Michele Loyer  
 Elizabeth J. Lu  
 Merle Luber Friedenber  
 Sarah Luman  
 Marc Lussier  
 Susan Lussier  
 Daniel Lyons  
 Karen Macdonald  
 Betty Macduff  
 Stanley Mackinnon  
 Ilene Mack-Zaghloul  
 Mark Maclean  
 Meredith Macmillan   
 Milissa Macneil  
 John MacNeil  
 Heather Magnoli  
 Lenni Maguire  
 Erinn Makary  
 JoAnne Malloy  
 Sara Maloney  
 Louis M. Mancarella  
 Caroline Mann  
 Joseph and Marcie Manning   
 Sarah Mantegari  
 Meghan Marhan  
 Karen Marinaccio  
 Marina Markot  
 James Marotta  
 Lisa Marquis  
 Rose Marte  
 Mary Anne Martel  
 Kaleigh Martell  
 Rebecca Martin  
 Terry Martin  
 Cassandra Mason  
 Amanda Masse  
 P. A. Matera Demers  
 Rebecca Matthews  
 Frederick Matuszewski  
 Lisa Maurice  
 Alexandra Mavris  
 Sandra May  
 Ryan Mayo  
 Lisa Mazur  
 Susan Mazza  
 Peggy McCafferty  
 Ashley McCann  
 Laura McCarty  
 Cailie Mc Cormack  
 Heather McCracken  
 Amanda McCullen  
 Karen McCune  
 Gail McDonald  
 Tina McDonald  
 Matthew McDonald  
 Katherine McEwen  
 Wendy McGonigle  
 Kathleen McGonigle  
 Alexandra McGovern  
 Shawn McGowan  
 Jess McGrath  
 Scott D. McGuffin  
 Patricia McIntyre  
 Christine McKenna  
 Constance McKenna  
 Patrick and Susan McKeown   
 Patricia McKim  
 Jessica McKinney  
 Kathleen McKinney





Susan B. McLane  
 Erin McLaughlin  
 Melissa McMahon  
 Jodie McManmon  
 David McNeil  
 Liam McNicholas  
 Bonnie McNutt  
 Barbara McQueeney  
 Kevin McQueeney  
 Valerie McQueeney  
 Cassie McVey  
 Linda McVey  
 Rachel Mead  
 Ada Medina  
 Mish Megow  
 Polina Melechkina  
 Heather Obara  
 Carl Menard  
 Paula Menard  
 Colleen Mendoza  
 Jennifer Mennis  
 Jen Mercer  
 Kimberly Mercier  
 Meredith Village Savings Bank  
 Sophie B. Merrill  
 Christopher Messier  
 Katherine Messner  
 Donna Meuse  
 Nick Mian  
 Eric Michaelson  
 Norman Michaud  
 Pamela Michno  
 Timothy Mierop  
 Brenda Mikelson  
 Ida and Les Mildenberg  
 Peter and Lorraine Miles  
 Penny Miller  
 Robyn Gettemy  
 Kevin Miller  
 Autumn Miller



Keri Mills  
 Robbie Millward  
 Raymond Miner  
 Jennifer Mirra  
 Chris Mirra  
 Brenda Mitchell  
 Teresa L. Moler   
 Dianne Molineaux  
 Mark Monaghan  
 Craig Monroe  
 Don Monroe  
 Allison Moore  
 Dawn Moore  
 Edmund Moore  
 Jennifer Moore   
 Karen M. Moore  
 Rebecca Moore  
 Robin Moore  
 Theresa Morehouse  
 Lisa Morelli  
 Elizabeth Moreno  
 Theresa Morgan  
 Andreama Moriarty  
 Denise Morin  
 Melissa Morin  
 Aimee Morris  
 Susan L. Morrison  
 Patricia Morrissey  
 W. J. Morrissey  
 Cory Morton  
 Lanna Mosca  
 Monica Mosca  
 Laura Mosconas  
 Mark D. Moses  
 Raymond L. Mosley  
 Angie Moulton  
 Gregory Moyer  
 Michelle Mugford  
 Danielle Muise  
 Jennifer Muise  
 Kathy Muise  
 Roy Muise  
 Melody Mukon  
 Chelsea Mukon  
 Matthew T. Mulkern   
 Heather Mullins  
 Amanda Munoz  
 Kim Munoz  
 Shannon Murano  
 Kim Murdoch and Ed Roy   
 Charlie Murdoch Roy  
 Caitlin Murphy  
 Christine Murphy  
 Daniel Murphy  
 Dennis Murphy  
 Irene Murphy  
 Kathleen Murphy  
 Jenna Mutlick  
 Johanna Naama  
 Patricia Nadeau  
 Steven Nadeau  
 Beth Nagy  
 Cheryl Nahodil  
 Nick Napoli  
 A. E. Nathaniel  
 Mary Nawn  
 Lia Nawn  
 Jennifer Neff  
 Tara Neilsen  
 Elizabeth Nelson  
 Jennifer Nelson

Molly Nelson  
 Josie Nevers  
 Chris Nevins  
 Bethany Newcomb  
 Kristine Newman  
 Melissa Newman  
 NH Mutual Bancorp  
 Betty T. Nitchie  
 Megan Noonan  
 John Noraig  
 Isabel Norian, MD  
 Diane Norton  
 Angela Noto  
 Maxwell Ntseh  
 Michael Nunez  
 Ann Oakes  
 Gregory O'Brien  
 Geraldine A. O'Brien  
 Deirdre O'Brien  
 Sally O'Connell  
 Delia O'Connor  
 Meghan O'Connor  
 Jeff Odea  
 Sharon E. Oikelmus  
 Pam Oliverio  
 Sharon Onorato  
 Jill Orndorff  
 Jennifer Orsini  
 Paul D. Osburn  
 Ronald J. Ostrowski  
 Rob Ouellette  
 Alison Paglia  
 Hailey Paige  
 April Palm  
 Candee Palmer  
 Wendy Palmer  
 Wendy Palmquist  
 Darren Panlaque  
 Chris Paolino  
 Ashley Paquette  
 Deborah Paradis  
 Donna Paradis  
 Brian Parent  
 Elizabeth Parker  
 Matthew Parker  
 Marje Parker  
 Amy Parkinson  
 Victoria Parmele  
 Adam Parmenter  
 Ava Parr  
 Mirissa Parrish  
 David and Jennifer Parrotto  
 Lisa Parsons  
 Rebecca Parton  
 Kalee Passwaiter  
 Robert Patrick  
 Georgia Patterson  
 Elizabeth Peck  
 Lori Pelletier  
 Stephanie Pelley  
 Linda Pendleton  
 Carol A. Penney  
 Sandra J. Perillo  
 Cheryl Perrault  
 Petra Perrault  
 Karen Perry  
 Janet Pessolano   
 Anna Peterson  
 Roy Peterson  
 Toni Philbrick  
 Anna Phillips




Susan Pierce  
 Kathy Pigeon  
 Catherine Pignone  
 Lina Pineda  
 Harold L. and Brenda Pineo   
 Courtney Plamondon  
 Suzanne Plante  
 Martha Plumb  
 Geraldine Plundier-Cobb  
 Plymouth Senior Center  
 Wanda Pockett  
 Kristen Poirier  
 Lynn Poley  
 Tyler Pond  
 Brittany Porter  
 Katherine Porter  
 Ken Powell  
 Rebecca Powell  
 Richard Powell  
 Mary Jo Powelson  
 Vicki Powers  
 Ashley Pratt  
 Sarah Pratt  
 Steve and Trina Press  
 Louise Primmer  
 Ann Prochorenko  
 Sheila A Proulx  
 Steve Puckett  
 Liz Puckett  
 Patti Puglisi  
 Stephen Puopolo  
 Minda Qyrfyci  
 Kathryn Racine  
 Jaclynn Radocckia  
 Alani Ramas  
 Brendan Randell  
 Peggy Randell  
 Alyssa Charron  
 Raz Rasweiler  
 Alicia Rathburn  
 Panela Ratta  
 Frank O. and Betty L. Rauck  
 Mary Raven  
 Sadie Raymond  
 Jen Reardon  
 Jo-Ellen Redmond  
 Paul Reid  
 Catherine Rein  
 John Reiss  
 Scott Remick  
 Jessica Renda  
 Avis Reneau  
 Marcia Ressmeyer Sink  
 Susan Retelle  
 Sharon L. Reynolds  
 Kitty Rhodes  
 Kelly Richards  
 Sarah Richardson  
 Sheryl Rich-Kern  
 Tara Ricker  
 Emily Rider  
 Gerry Riecks  
 Holly Riley  
 Donna Riley  
 Shelley Rill  
 Liz Rivest  
 Sarah Robarge  
 Steve and Deba Robarge  
 Elena Robbins  
 Helen J. Robbins 

Josh Robert  
 Steve Roberts  
 Susan Roberts  
 The Roberts Family  
 Heather Robertson  
 Jen Robichaud  
 Keith Rodenhiser  
 Cheryl Ann Rodgers  
 Austin Rogers  
 George Romanski  
 Ken Root  
 Eileen Rosenberg  
 Kelsey Rossette  
 Cheryl Rossi  
 Debra J Rothberg  
 Elizabeth Rousseau  
 Vickie Routhier  
 Dana Routsis  
 Mom Roveto  
 Toni Rowe  
 Corinne Rowe  
 Rebecca Roy  
 Valarie Roy  
 Benjamin Rule  
 Lee Rush  
 Carol Ruzala  
 Dennis P. Ryan   
 Nancy Ryan  
 Renee Ryan  
 Paul and Peggy Sadler-Gross  
 Karen Safstrom  
 Kristen Saintdon Campbell  
 Juan Salinas  
 Fred W. Salvatoriello  
 Barbara Salzman  
 Robin Sampson  
 Chelsea San Martino  
 Michael Sanborn  
 Jason Sandquist  
 Michele Sanner  
 Kaleigh Santos  
 Linda Santos  
 Sean Santos  
 Shayla Santos  
 Denise Sarao  
 Robert Sarao  
 Pauline Saunders  
 Peter Sawyer  
 David T. Sawyer   
 Jolene Sawyer  
 Monica Sawyer  
 Tina Scanlon and Cindy Fitzsimmons  
 Hannah Scanlon  
 Caitlin Scannell  
 Lynne Scarfo  
 Krista Scarlett  
 Candace Schaefer  
 Laura Schenkman  
 Cameron Schiavone  
 Lyndsey Schlaw  
 Jeanne Schramm  
 Lynn Schreiner  
 Kristina Schroeder  
 Steven Schulman  
 Andrew J. Schuman  
 Lisa Scontsas  
 Nathan Scott  
 Susan Seidler  
 Nancy Seneschal  
 Adam Serene  
 Jennifer Serrano

# Contributors

Joe Settineri  
 Patricia Severance  
 Joanne Sevigny  
 Christine Shaheen  
 Rebecca Shaheen  
 Alyssa Shatford  
 Patricia A. Shatford  
 Martha Shaw  
 Janice Sheen  
 Doris V. Sherman   
 Paul Sherr  
 Dawn Shireman  
 Gary Shirlock  
 Lucy Shonk  
 Sarah Sigel  
 Vanessa Sihombing  
 Judith Silvia  
 Danielle Simard  
 Lisa Simes  
 Linda Simons  
 Regina Singson  
 Mike Slatoff  
 Cathy Small  
 Carrie Smallwood  
 Amanda Smith  
 Curtis C. Smith  
 Deborah Smith  
 Grace Smith  
 Karen L. Smith  
 Kimberly Smith  
 Marion Smith  
 Michael Smith  
 Sharon Smith  
 Sherry Smith  
 Tina Smith  
 Tracy Smith  
 Vanna Smith  
 Alexander Smolen  
 Gary Smolen  
 Sarah Smolen  
 Jill Snook  
 Hydee Soble  
 Jane Soddors  
 Sara Soderberg  
 Nhia Solari  
 Kimberly Somarriba   
 Rhonda Sommer  
 Gail Spargo  
 Paul Spargo  
 John Sparrow  
 Diana Spaulding  
 Heather L. Spear-Ventre  
 Ann Spencer  
 Gene Spirko  
 Kathleen Spohn  
 Heidi St. Hilaire  
 Judith Stafford  
 Charles Stamoulis  
 James and Donna Stamper  
 Paul Staniec  
 Dora Lu Stearns  
 Cameron Steckler  
 Nina Stecko  
 Kathleen Stephan  
 Kristin Stetson

Ryan Stevens  
 Katrina Stevens  
 Stevens Well and Pump LLC  
 Beverly Stewart  
 Erin K. Stewart  
 Amanda Stinnett  
 Kathleen Stocker  
 Claudette Stone   
 James D. and Maribeth L. Stone   
 John Michael Stone  
 Peter Stott  
 Sharon P. Stout  
 Kris Strohbehn and Judith  
 Austin-Strohbehn  
 Andrew Strosahl  
 Laurie Stuart  
 Barbara Stuart  
 Joan T. Stylianos  
 Gabrielle Sullivan  
 Harold Sullivan  
 Lisa Sumner  
 SWBG Operations Group  
 Pamela Sweezy  
 Ashley Swenson  
 Betty Swink  
 Wayne Swink  
 Anna Sykas  
 Jennifer Sypher  
 Liliane Szyner   
 Grace A. Tallarico   
 Paula Tallarico  
 Michele Talwani  
 Brian Tanguay  
 Marge Tanner  
 Phyllis Tanso  
 Justeane Tanso  
 Tanya Tarallo  
 Arlene Taranow  
 Steve Tatham  
 Jordan Taylor  
 Judi Taylor  
 Sandra Taylor  
 TD Employee Charity Choice Account   
 Patricia Tempesta  
 Patricia Tentas Walker  
 Joshua Testa  
 Tiffany Tether  
 Cassandra Tetreault  
 The Counseling Center of Nashua  
 Katelyn Thibeault  
 Dawn Thomas  
 Nancy Thomas  
 Carolyn Thompson  
 Janna Thompson  
 Mark Thornton  
 Faren Thorson  
 Marilyn Thorson  
 Erica Thraikill  
 Priscilla Tiede  
 Rachel Tilney  
 Margaret Tilton   
 Michelle Tinker  
 Shirley Tinker  
 Philip Tirrell  
 Sarah Titus-Smith  
 Amanda Toppin  
 Christopher Toppin  
 Suzanne Toppin  
 Ava Toscano  
 Jean Tower  
 Pia Towle-Kimball

Robert Trader  
 Nancy Trask  
 Linda Tremblay  
 Marissa Tribble  
 Katharine W. Tunney  
 Catherine Tuntland  
 Cathy Tuntland  
 Marylee E. Turcotte  
 Debbie Urbanik  
 Ariel Vaillancourt  
 Amanda Valentin-O'Brien  
 Rich Vallee  
 Amara Vanamburg  
 Vanity Fair Beauty Salon  
 Judith A. Van Kleef  
 Amanda Vassillion  
 Susanne Veal  
 Debra Venner  
 Diane Vermeersch  
 Toni A. Verville  
 Melissa Vetanze  
 Virginia R. Villani  
 Henry G. and Linda L. Vollmer  
 Marissa Volpe  
 Devin Volpe  
 Silvia R. Von Sacken, LICSW  
 John Wade  
 Lynn Wahle  
 Elaine Walczak  
 Lynn Walker  
 Kim M. Walker  
 Shawn Walmsley  
 Levi Wardner  
 Marcia Wark  
 Jason Warner  
 Tracey Warren  
 Peggy Waryasz  
 Jess Watsky  
 Jack and Michele Watson   
 Mary Watson  
 Christine Watts  
 Sharon Wayman  
 Elizabeth M. Weaver  
 Betty Weeden  
 Elliot Weinberg  
 Ma'Ayan Weinberg  
 Tali Weinberg  
 Melanie Weinick  
 Aaron Weinstein  
 Alecia Wellman  
 Sandra Wellman  
 Tanya Wellman  
 Amy Wenrich  
 Hannah Wesolowski  
 Phyllis E. West  
 Rita Whelan  
 Stephanie Whelan  
 Susan Whitby  
 Evelyn White  
 Mathew White  
 Sally White  
 Susan White  
 Sara Whitehouse  
 Richard J. Wiggins   
 Daniel Williams  
 Craig Willis  
 Liane Willis  
 Brandon Wilson  
 John Wilson  
 Richard D. Wilson   
 Jessica Wine

Heather Winer  
 Herb Winters  
 Melissa Wish  
 Cheryl Withka  
 Judy Wolfe  
 Karen Wolk  
 Christine Wood  
 Nancy M. Wood  
 Michelle Woodman  
 Elizabeth Sheehan  
 Jeff Wright  
 Sara Wrightsman  
 Doug Wrye  
 Kathy Yackanin  
 Yvette Yeager  
 Elizabeth York  
 Michael York  
 Theresa Young  
 Misty Zannino  
 Patricia Zappone  
 Ashley Zbyszynski  
 Louise R. Zerba  
 Marian Zickefoose  
 Melissa Zilembo  
 Michael Zukowski

## Event Sponsors

Alan Cantor Consulting  
 AmeriHealth Caritas  
 Beacon Health Strategies, LLC  
 Michael & Sandra Cohen  
 Major Russ (Ret.) & Mrs. Carol Conte  
 Dartmouth-Hitchcock Health  
 Granite Pathways  
 Michele A. Grennon  
 Janssen  
 Jumpin Jay's Fish Café  
 Kennebunk Savings  
 New Futures  
 Newburyport Bank  
 NFI North  
 NH Community Behavioral Health  
 Association  
 NH Healthy Families  
 Northway Bank  
 Ken Norton & Lauren Noether  
 Parkland Medical Center  
 Partners Bank  
 Portsmouth Regional Hospital  
 Shaheen and Gordon, P.A.  
 Susan L. Stearns  
 Well Sense Health Plan  
 Wentworth-Douglass Hospital  
 WestBridge  
 Katie & Doug Wheeler





## NAMI NH Walk Sponsors

### Gold

Alkermes

### Silver

Cross Insurance  
NH Community Behavioral Health Association  
Sunovion

### Start/Finish Line

Anthem  
Carin Reynolds  
Merrimack County Savings Bank  
Otsuka  
WestBridge

### Bronze

All Metals Industries, Inc.  
Averte (FKA Merry Meadow Farm)  
BAE Systems  
Michele Grennon, Michaela Phaneuf & Courtney Wood  
Henniker Septic  
Janssen  
Lakes Region Mental Health Center  
Mr. Green Jeans Handyman Services  
Walmart #1698 (Hooksett) - In Memory of Jeremy Allard  
Well Sense Health Plan  
Wentworth-Douglass Hospital

### Supporter

AmeriHealth Caritas  
BB's Scoops AKA Hot Bites-N-Cool Delights  
Bill & Lorrie Thomson  
Career Sparks  
Dartmouth-Hitchcock Health  
Elliot Health Systems  
Foundation for Healthy Communities  
Globe Manufacturing  
In Memory of Tommy - Kiwanis of Salem  
In Memory of Tommy - Salem High School  
In Memory of Tommy - Team Tommy #5  
M. Patalinjug Tyner, M.D., FAPA  
New Hampshire Hospital Association  
New Hampshire Psychiatric Society  
Northeast Delta Dental  
Riverbend Community Mental Health Center  
Rudolph Technology  
Seacoast Mental Health Center, Inc.  
Smoke Shack BBQ  
St. Joseph Hospital  
Walmart #6030 (Raymond)  
West Central Behavioral Health

### Kilometer

Bar Harbor Bank & Trust  
Butenhof & Bomster, PC  
Center for Life Management  
Community Partners  
The Counseling Center of Nashua  
Edward Jones - Goffstown  
Arthur Gardiner & Robin Nuse  
GOBI Library Solutions (YBP)  
Harbor Homes

In Honor of the NH State Police - Major Russell Conte  
In Loving Memory of Alec White - #resteasyalec  
Irwin Automotive Group  
James & Marjorie Matthews  
Jones LaBombar  
MG Painting & Power Washing  
The Mental Health Center of Greater Manchester  
NFI North  
PC Masters  
Private Label Specialties  
Rockingham County Law  
Rotary Club of Hampton  
Sheehan Phinney Capitol Group  
Strive/VFR Healthcare NH  
Walmart #1749 (Somersworth)



NAMI New Hampshire has a rich history of community partnerships that are critical to our mission. To say we could not accomplish our work without the commitment and support of our many stakeholders is an understatement. Dartmouth-Hitchcock Health (D-H) is a key partner that has been instrumental over the past year. From providing generous support as a corporate sponsor, to collaborating on an innovative grant that will help ensure access to lifesaving treatment for First Episode Psychosis (FEP)/Early Serious Mental Illness (ESMI), to the tremendous staff who provide care of the highest quality to Granite Staters living with and recovering from mental illness, D-H has consistently been at the table offering support.

"No one expects to develop a severe mental illness or to have one occur to someone they love. No one signs up for these illnesses any more than they sign up for colon cancer or a pulmonary embolism. But these are very common illnesses," said Dr. Will Torrey, Professor and Vice Chair for Clinical Services for the Department of Psychiatry at Dartmouth's Geisel School of Medicine and Dartmouth-Hitchcock. "When faced with the shock of the experience you need orienting knowledge and a clear seamless path to care and support. NAMI NH advocates for access to effective, timely, hope-promoting, and patient-friendly care and supports individuals with these illnesses and their families. The work of NAMI, here in New Hampshire and nationally, has a profound impact in the lives of millions of Americans, including me."

D-H is a generous Corporate Partner of NAMI NH, supporting Party with a Purpose as well as NAMI Walks NH. The D-H team held incentives throughout the fall to get employees engaged and excited about the Walk, and had many team members on the field on Walk day. Their commitment to the mental health and wellness of the communities they serve is commendable, and we are proud to partner with them.

## 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](mailto:kwelch@NAMINH.org) or 603.225.5359 x350 to learn how you can leave a legacy with NAMI New Hampshire.

**To learn more about corporate sponsorship opportunities, contact Kristen Welch, CFRE, Director of Development, at [kwelch@NAMINH.org](mailto:kwelch@NAMINH.org) or 603.225.5359 x350.**

# 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.



## Board of Directors 2018- 2019

### President

Peter Janelle,  
Manchester

### 1st Vice President

John Bunker,  
Stratham

### 2nd Vice President

Ross Cunningham,  
Northfield

### Treasurer

Rose Richardson,  
Concord

### Secretary

Major Russell Conte,  
Concord

Rev. Kate Atkinson,  
Concord

Donna Brown,  
Concord

Chuck Eastman,  
Penacook

Arthur Gardiner,  
Hanover

Andrew Hosmer,  
Laconia

Shawn LaFrance,  
Concord

Teresa Moler,  
Nashua

Dr. Isabel Norian,  
Derry

Dr. Elizabeth Sanders,  
Hopkinton

Karen Trudel,  
Penacook

Michael Wright,  
Boscawen

## 2019 Corporate Sponsors



New Hampshire

85 North State Street, Concord, NH 03301 [www.NAMINH.org](http://www.NAMINH.org)  
Office: **603.225.5359** Information and Resource Line: **800.242.6264**