#stigmasfreeinthe603
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 NAMIWalks 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.”
Expanding Services

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.

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.
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.

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.
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.

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.

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
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.

**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.”

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)
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)*

“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)*

“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.)*

**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.
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.
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.

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.

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

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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.
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.

Thank you to our wonderful NAMI NH Volunteers!

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!

NAMI NH Volunteers Honored with Spirit of NH Awards

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NAMI NH Volunteers Honored with Spirit of NH Awards

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

<table>
<thead>
<tr>
<th>Category</th>
<th>FY2019 Statistics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Families who received individual support &amp; education</td>
<td>507+</td>
</tr>
<tr>
<td>Unique Information &amp; Resource Line responses (I&amp;R)</td>
<td>1,032+</td>
</tr>
<tr>
<td>Support groups throughout the state</td>
<td>22</td>
</tr>
<tr>
<td>People who attended advocacy training</td>
<td>37</td>
</tr>
<tr>
<td>Public presentation attendees</td>
<td>1,714+</td>
</tr>
<tr>
<td>NAMIWalks NH participants</td>
<td>2,000+</td>
</tr>
<tr>
<td>Website Unique Visitors – naminh.org</td>
<td>49,170</td>
</tr>
<tr>
<td>Website Unique Visitors – theconnectprogram.org</td>
<td>13,534</td>
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<tr>
<td>Average Page Views/Visit – naminh.org</td>
<td>2.32</td>
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<tr>
<td>Average Page Views/Visit – theconnectprogram.org</td>
<td>1.85</td>
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<tr>
<td>Average Time on Site – naminh.org</td>
<td>1 min 46 sec</td>
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<tr>
<td>Average Time on Site – theconnectprogram.org</td>
<td>1 min 24 sec</td>
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### Suicide Prevention/Postvention & Survivor Support

<table>
<thead>
<tr>
<th>Category</th>
<th>FY2019 Statistics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Readiness and Awareness Presentations</td>
<td>16 presentations (NH = 14, Other states = 2)</td>
</tr>
<tr>
<td>Suicide Prevention and/or Postvention Trainings</td>
<td>45 (NH = 29, Other states = 16)</td>
</tr>
<tr>
<td>People trained in Connect Suicide Prevention</td>
<td>796 (NH = 735 from 26 trainings, Other states = 71 from 3 trainings)</td>
</tr>
<tr>
<td>People trained in Connect Suicide Postvention</td>
<td>439 (NH = 97 from 3 trainings, Other states = 342 from 13 trainings)</td>
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<tr>
<td>Suicide Prevention Trainers trained</td>
<td>73 (NH = 49 from 5 training, Other states = 24 from 2 trainings)</td>
</tr>
<tr>
<td>Postvention Trainers trained</td>
<td>96 (NH = 0 from 0 training, Other states = 96 from 9 trainings)</td>
</tr>
<tr>
<td>Young Adults Trainers trained</td>
<td>320 (NH = 283 from 17 trainings, Other states = 37 from 1 training)</td>
</tr>
<tr>
<td>Hours spent responding to suicide incidents</td>
<td>82+</td>
</tr>
<tr>
<td>Support groups for Survivors of Suicide in NH</td>
<td>15</td>
</tr>
<tr>
<td>Time/events NH Lifekeeper Quilt was displayed</td>
<td>31+</td>
</tr>
<tr>
<td>NH Survivor of Suicide Loss Resource Folders distributed</td>
<td>200+</td>
</tr>
<tr>
<td>Survivors of Suicide Loss newsletters distributed</td>
<td>3,849+</td>
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### Family/Caregiver Education Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Participants</th>
<th>Classes</th>
<th>Communities</th>
</tr>
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<tbody>
<tr>
<td>Family to Family</td>
<td>104</td>
<td>7</td>
<td>5</td>
</tr>
<tr>
<td>Parents Meeting the Challenge</td>
<td>93</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Side by Side</td>
<td>227</td>
<td>13</td>
<td>6</td>
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### Speakers’ Bureau Presentations

<table>
<thead>
<tr>
<th>Program</th>
<th>Presentations</th>
<th>Audience Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>SurvivorVoices</td>
<td>27</td>
<td>270+</td>
</tr>
<tr>
<td>Life Interrupted</td>
<td>19</td>
<td>383</td>
</tr>
<tr>
<td>In Our Own Voice</td>
<td>42</td>
<td>1,274</td>
</tr>
</tbody>
</table>
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
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.
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.
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 so we may update our records.

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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. We are honored to do this work alongside you, and are grateful for your steadfast support.
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Legacy Circle

“NAMI NH is an important resource for support and accurate information to NH families and policymakers. We believe the quality of life for all of NH’s citizens has been vastly improved as the result of NAMI NH’s efforts. My husband and I decided to join the founding members of the Legacy Circle to reaffirm our lifelong commitment to access to mental health support services for all NH families.”

~ FRANCES BELCHER AND RICHARD TYLER

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

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 NAMIWalks 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.

To learn more about corporate sponsorship opportunities, contact Kristen Welch, CFRE, Director of Development, at 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.

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