



#stigmafreeinthe603

Holding on to Hope

On a sunny summer night in June 2019, mental health advocates gathered for NAMI New Hampshire's Annual Meeting – sharing dinner and cupcakes, handshakes and hugs. It was a crisp fall morning in October 2019 when more than 2,000 Walkers stood shoulder to shoulder for the countdown to a record-breaking NAMIWalks NH. By February 2020, NAMI NH's Connect Suicide Prevention Program had crisscrossed the country, training communities from Florida to Wyoming, California to Wisconsin in suicide prevention and postvention.

We know now that these were the before times. Before the coronavirus dealt profound losses to so many here in New Hampshire, and around the globe. The pandemic and efforts to prevent COVID-19's spread through social distancing and other mitigation measures have significantly impacted the mental health of Granite Staters of all ages. The effects of the coronavirus pandemic will be felt for a long time to come.

Thanks to the dedication and hard work of NAMI NH's volunteers and staff, we were able to transition quickly to working in the virtual world necessitated by COVID-19. Our volunteers are facilitating support groups, teaching education programs, and offering presentations via Zoom. Our education programs are in more demand than ever before. Participation in trainings, now offered virtually, has increased. We hear from folks all the time who are able to access programming only because it is virtual.

While our nation was learning to navigate the coronavirus pandemic, the murder of George Floyd in May 2020 proved a tragic reminder that systemic racism perpetuates. The reality that racism is a public health crisis became more widely and urgently recognized. Communities of color have far too long borne the brunt of systemic racism and its impact on mental health.

NAMI New Hampshire, along with NAMI at the national level, committed to a deeper and more intentional journey into Diversity, Equity and Inclusion. In June 2020, NAMI NH Executive Director Ken Norton was appointed to the New Hampshire Commission on Law Enforcement Accountability, Community, and Transparency (LEACT) and NAMI NH's Black, Indigenous, and People of Color (BIPOC)/Asian American and Pacific Islander (AAPI) Mental Health Resources webpage was seeing a surge in visitors.

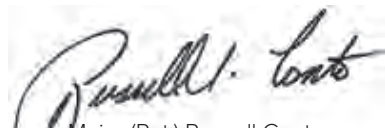
In the latter part of FY2020, it often felt like the world was being simultaneously pulled apart and stitched together. Losses and anguish tore at the fabric of our communities, while individual and collective acts of hope served to hold the pieces together.

We know that our work will be needed more than ever before in the coming months to ensure that Granite Staters affected by mental illness and suicide have the education, support, and advocacy they need to navigate these difficult times. We are so grateful to all who have come together to help each other, and individuals and families across our state.

While struggles and hardship endure, we encourage you to hold on to hope – for yourself, and each other.



Kenneth Norton, LICSW
Executive Director



Major (Ret.) Russell Conte
President



Thank You, Peter Janelle!

NAMI New Hampshire is extremely grateful to Peter Janelle for his skillful leadership as Board President during a period of significant growth for the organization. Peter has dedicated his career to improving the lives of Granite Staters impacted by mental illness. For more than 30 years, he was with The Mental Health Center of Greater Manchester, starting as an Adult Outpatient Clinical Coordinator and eventually retiring as President and CEO. Post-retirement, Peter took on the role of Executive Director of Network4Health, a 43-partner integrated delivery network. NAMI NH is thankful to Peter for sharing his decades of knowledge and experience in the role of Board President, and for his willingness to stay on as an ex-officio officer for FY21.

Welcome, Russ Conte!

Incoming Board President NHSP Major (Ret.) Russell Conte has done exceptional work to shine a light on the intersection of mental health and first responders. He leads the New Hampshire State Police Mental Health and Wellness program. Russ has been deeply involved in bringing Crisis Intervention Team (CIT) Mental Health Awareness & De-escalation Training for Police/Fire/EMS to New Hampshire as part of a 3-year grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). He is also a tireless champion of mental health and suicide prevention efforts that support first responders in the Granite State and currently serves as the Chair of the NH Suicide Prevention Council.



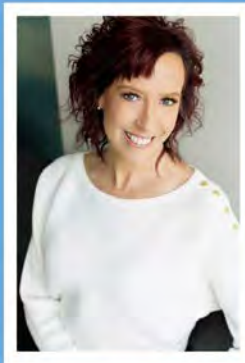
April ONLINE Speakers

In Our Own Voice

Kim LaMontagne

Thursday, April 23rd, 7 pm

In Our Own Voice is a NAMI NH recovery education presentation given by trained presenters who themselves have struggled with mental illness and are in recovery.



RSVP to receive Zoom meeting links:

tinyurl.com/NAMINHAprilPresentations

NAMINHAprilPresentations

Life Interrupted

Shelly Lathrop

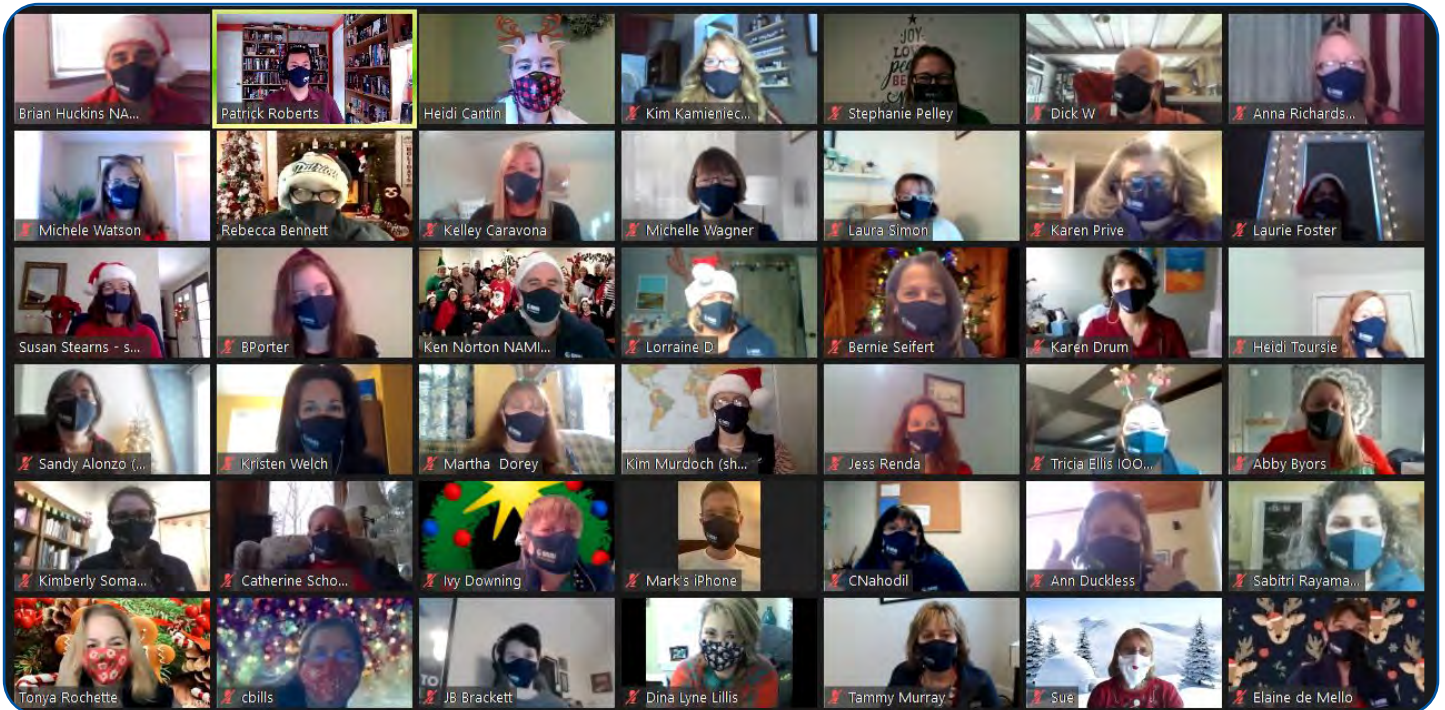
Thursday, April 30th, 7 pm

Life Interrupted presentations are made by trained family members who have a loved one affected by mental illness.



NAMI NH Goes Virtual

Like many organizations, NAMI New Hampshire transitioned on a dime to working remotely during the COVID-19 pandemic. The abrupt shift to all virtual supports was challenging for NAMI NH's staff, volunteers, and the individuals and families with whom we work. Despite these challenges, the team rose to the occasion to ensure programs, services, and critical supports were provided without interruption. Indeed, we found that families with children were able to more readily access family peer support and education; our presentations had significantly increased attendance; we had octogenarian support group participants who were amazed by the wonders of meeting via Zoom; and we had individuals who previously were not able to access programs and now were able to do so only because they were offered virtually.



ONLINE YOGA & MEDITATION

Mondays & Wednesdays, 12 pm - 12:45 pm

RSVP for Zoom link: tinyurl.com/YogaWithNAMINH



Instructor: Lauren Noether



In a year of unimaginable challenges, you were a beacon of hope. The dedicated and caring volunteers of NAMI NH quickly pivoted to provide support groups and programs virtually. Generous and compassionate donors and sponsors embraced virtual events, shattering records for NAMIWalks NH Your Way. Our community came together in countless ways to help each other and individuals and families across the Granite State. As we reflect on FY20, please know we could not have navigated this difficult year without you.

17th Annual NAMIWalks NH



Thanks for a record-breaking NAMIWalks NH!

NAMI NH is very grateful for the 2,000+ participants and 115 teams who stepped up to make the **17th Annual NAMIWalks NH** our largest Walk in the event's 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 \$170,000 was raised in support of Granite Staters affected by mental illness and suicide.

Register and learn more at NAMIWalksNH.org
Text WALK to 1-855-205-5906 for the latest updates and important information!

Highlights

NAMI New Hampshire Awarded SAMHSA Grant for Youth Suicide Prevention

The Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health & Human Services announced on January 13, 2020 that NAMI New Hampshire was awarded the Garrett Lee Smith Grant for Youth Suicide Prevention. The 5-year, \$3.6 million grant will enable NAMI NH and its project partners to deploy a cross-systems, collaborative approach to reduce suicide incidents among youth by improving pathways to care and offering comprehensive training to identify, screen, refer, and treat at-risk youth. Objectives for the 5-year Garrett Lee Smith Grant for Youth Suicide Prevention include:

- Develop a Care Liaison role in each region to facilitate pathways to care for high-risk youth/young adults.

- Leverage technology to advance screening and assessment and improve care coordination and cross-systems communication.

- Convene and train regional implementation teams comprised of providers serving high-risk youth in suicide prevention/intervention/postvention.

- Engage regional teams in planning to build infrastructure around best practices for suicide prevention/postvention.

- Develop youth/young adult leadership in regional youth suicide prevention efforts.

- Engage statewide organizations that interface with at-risk youth/young adults in suicide prevention/postvention training and planning.

- Promote safe messaging in accordance with the National Action Alliance for Suicide Prevention (NAASP) framework.

- Enhance and expand National Suicide Prevention Lifeline (NSPL) follow up calls.

The grant project will focus on youth/young adults ages 10-24 in the Capital Region and North Country/Carroll County, as recent rates of suicide in those regions were higher than in other areas of the state.



NH GIVES SPARKS RECORD BREAKING PHILANTHROPY

NAMI NH was so proud to be part of a movement that raised over \$3 MILLION for nearly 500 nonprofits throughout the Granite State on June 9th and 10th, 2020!

Thank you to the 50+ caring and compassionate donors who raised over \$7,000 to support the programs and services provided by NAMI New Hampshire. We are honored and grateful for your support!

Pied for a Cause

Post-Walk fundraising was a delicious success in 2019, as NAMI NH team members (and good sports!) offered to get pied on Facebook Live to incentivize donations. Tremendous thanks to Brittany, Patrick, Kristen, Tammy, and to all who have donated in support of Granite Staters affected by mental illness and suicide.



2020 Annual Meeting and Annual Awards

We were truly humbled by the response to the 2020 Annual Meeting, especially after spending much of our days online. While there was no replacement for an in-person event, the true spirit of NAMI New Hampshire was evident in the hopeful messages offered by our staff and volunteers, and the exceptional and inspiring accomplishments of our phenomenal Annual Award and NAMI National Award recipients. We were pleased to welcome Ward Bennett, Healthcare Policy and Advocacy Director at Janssen/Johnson & Johnson, for opening remarks from the evening's sponsor.

Thank you to Peter Janelle, who ended his two-year term as President of the Board of Directors. Peter's leadership and wisdom have been invaluable to our success, and we are thrilled he will continue to serve on the board. Major (Ret.) Russell Conte will serve as President for 2020 to 2021, and we are excited to have his energy and expertise as we face new and unique challenges. We were sorry to say goodbye to board members Karen Trudel and Andrew Hosmer, both of whom served with purpose and passion. They will be missed!

We are grateful to our teachers, leaders, volunteers, affiliates, board members, staff, donors, and partners (all of YOU!) for making the work we do possible and collectively improving the lives of Granite Staters affected by mental illness and suicide.

2020 Award Recipients

Congratulations to the 2020 Annual Award and NAMI National Award Winners! Your collective accomplishments are inspiring and we are honored to work alongside you to improve the lives of Granite Staters affected by mental illness and suicide.



Educators of the Year - The Keene Paraprofessionals Association

For their work to support students and families, reduce stigma, and raise awareness of mental health.

Law Enforcement - Chief David Goldstein, Franklin Police Department

For his passionate leadership, expertise, and advocacy for improved access to mental health services and training for first responders.

Volunteers of the Year - The Eastman Family (April, Kelsey, and Chuck)

For their passion and dedication as champions for mental health and suicide prevention.

Mental Health Professional - Dr. Linda Call, Concord Behavioral Health

For her skill, compassion, and commitment to providing evidence-based treatment.

Unsung Hero - Kelsey Eastman

For supporting those who are struggling and lifting others through her actions.

NAMI National Exemplary Psychiatrist - Dr. Ram Yadati

For his leadership, advocacy, compassion, expertise, and commitment to improving the lives of individuals and families affected by mental illness and suicide.

Media - Adam Furious, Rock 101

For sharing his story and the stories of others to reduce stigma and raise awareness and funds for mental health and suicide prevention.

Peer Support - Melissa Danen

For her dedication, passion, and empathy.

NAMI National Young Leader Award - Patrick Dowling

For his courage and tenacity in advocating for new options to minimize the use of restraints during transport to New Hampshire Hospital.

Legislator of the Year - Representative Mark Proulx

For his advocacy and leadership in promoting mental health, peer support, and training for first responders.

Leadership Appreciation

“Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.” ~Voltaire

We set sail on a beautiful September evening to say “thank you” to our wonderful volunteers, donors, and community partners. The Wolfeboro Inn generously donated the use of the Winnepesaukee Belle for a sunset cruise, and Michele Grennon was our gracious host for the night. Guests enjoyed a stunning sunset, wonderful company, delectable food, and much laughter and joy.



Congratulations CIT Grads!

Congratulations to all of the first responders who completed CIT Training. NAMI NH is grateful to CIT Coordinator Susan Allen-Samuel, along with all of the staff, volunteers, speakers, and family members who stepped up to make the training a success.

Training to law enforcement and first responders in NH as part of a 3-year grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

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 are training 435 NH State Police (NHSP) and Fire/Emergency Medical Services personnel (Fire/EMS) over a three-year period 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).

May is Mental Health Month

During May, NAMI NH joined the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public, and advocate for policies that support people with mental illness and their families.

Here are some of the (virtual!) places NAMI NH and our partners were found during 2020 Mental Health Month:

May 20th - Heads Up: Coping Through COVID-19 Webinar
May 20th - Resilience Documentary Screening
May 21st - Ken Norton on Facebook Live with Senator Hassan
May 27th - Ken Norton as featured panelist at Mental Health Round Table
May 28th - NAMI NH's Children & Youth Team on Groundhog Day Anxiety & Self-Care
May 30th - NAMI NH Day of Hope & Virtual PWP

During this period of physical distancing, the NAMI NH team worked hard to stay socially connected to Granite Staters affected by mental illness and suicide.



Children's Mental Health Awareness Week

NAMI New Hampshire's Children & Youth Programs Team marked the recent Children's Mental Health Awareness Week by donning green, sharing resources, and doing what they do best - supporting kids and their families.

Our team is currently assisting over 350 kids, and their families, across the Granite State. Thanks to the generosity of a kind donor, NAMI NH's Children & Youth Programs folks had the privilege of delivering personalized care packages to several families with whom we work. To learn more, message info@NAMINH.org or call 1-800-242-6264.

Thank You, NAMI NH Volunteers!

Throughout National Volunteer Week (April 19th - 25th), NAMI NH took the opportunity to share how much we appreciate all of our volunteers. These generous folks give NAMI NH statewide reach - bringing messages of hope and reassurance that people aren't alone to every corner of the Granite State.

From teachers, support group facilitators, board members, NAMIWalks NH volunteers, and speakers, to folks who testify at legislative hearings, participate in committees, and cover resource tables at events around the state - THANK YOU!

All NAMI NH volunteers are valued and serve integral roles in the NAMI NH family. Thank you to each and every volunteer for joining us in our mission to improve the lives of Granite Staters affected by mental illness and suicide.



NAMI NH Celebrates Pride Month

NAMI NH honored Pride Month in June with offerings from Storytime with NAMI NH featuring a wonderful cast of LGBTQ+ characters to a documentary screening and roundtable discussion featuring voices from NH's LGBTQ+ communities.

NAMI New Hampshire stands with the LGBTQ+ community year-round and will continue to examine how we can best offer support and advocacy within families, schools, government, workplaces, and larger communities.

Our community members who identify as LGBTQ+ are at a higher risk for mental health issues. Support from family members, friends, colleagues, and community members is critical.



Highlights

SAVE THE DATE - DETAILS COMING SOON!
TUESDAY, JUNE 30TH, 5:30 PM



Pride Month Youth & Young Adult Zoom

DOCUMENTARY SCREENING & ROUNDTABLE CONVO WITH VOICES FROM NEW HAMPSHIRE'S LGBTQ+ COMMUNITIES.

PRESENTED BY:
NEW HAMPSHIRE FAMILY NETWORK NAMI New Hampshire

NAMI In Our Own Voice Zoom Speaker Series

Jace Troie
Thursday, June 4th, 7 pm

Jace serves on NAMI NH's Board & is the coalition coordinator for a substance misuse prevention organization. He has been diagnosed with a number of mental illnesses & believes our stories can be truly impactful in ending stigma.

(A NAMI NH Pride Month Event)

Save the Dates:
Wed. 6/10, 7 pm - Rosie Muise
Th. 6/26, 5 pm - Alyssa Freedman

New Hampshire



RSVP to receive Zoom meeting links:

tinyurl.com/NAMINHMayJunPresentations

Ryan Hicks Foundation Charity Golf Tournament

The 10th Annual Ryan Hicks Foundation Charity Golf Tournament was held on September 6th to benefit the Ryan Hicks Depression Awareness Foundation, a nonprofit that provides education, advocacy, support and seeks to break the silence and stigma for people affected by depression or suicide. NAMI NH is honored to have been a recipient of funds from this event for ten years, resulting in a cumulative donation of \$25,000 from the Foundation.



Thank You, MIASP!

In September 2019, NAMI NH received a generous donation from MIASP (Mental Illness Awareness and Suicide Prevention), a group of young adults dedicated to educating others about mental illness and suicide, bringing awareness to the community, and allocating donations to help suffering adolescents and their families in NH. Their fundraising projects include a 5K and set a goal of having every student in NH wearing one of their signature awareness bracelets in five years. Out of the tragedy of losing one of their closest friends to suicide, this group of young adults are committed to raising awareness and making a difference in their communities.

Highlights



Life Under Construction Celebrates Kindness for Mental Health Month

NAMI NH's Life Under Construction (LUC) social media is a place for youth and young adults whose lives are affected by mental health challenges to share ideas, concerns, and questions they have about planning their future. To celebrate Mental Health Awareness Month, LUC encouraged Granite Staters to do small acts of kindness for one another and pass them on. Ideas included writing letters, dropping off flowers at someone's doorstep, helping out around the house, sending a nice text, or anything that brightened someone's day.

Be sure to visit Life Under Construction (LUC) on Facebook, Instagram, or TikTok to learn more!

At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”
(Albert Schweitzer)

Thank you to the NAMI NH supporters who joined us for our virtual Party with a Purpose: A Day of Hope on May 30th. While we missed seeing you, hearing from you, and listening to you in person, we were grateful for the many ways in which you continue to support the mission of NAMI New Hampshire.

Together with other compassionate and committed donors, you raised over \$14,000 to help provide support, education, and advocacy to Granite Staters affected by mental illness and suicide. Thank you to those who contributed to our Challenge Pledge (which we exceeded, thanks to you!), bid on or donated an item in the Day of Hope Online Auction sponsored by AmeriHealth Caritas, and shared our posts far and wide on social media. Your gifts will impact many lives in the months to come, and we are grateful.

Thank you to our presenting sponsor, Janssen, for making this event possible.



Presenting Sponsor:



PARTY WITH A
PURPOSE
05/30/2020
JOIN US VIRTUALLY FOR A DAY OF HOPE

Auction Sponsor:



Statements On Recent Racist Incidents May 29, 2020

NAMI National

The National Alliance on Mental Illness (NAMI National) today released the following statement from CEO Daniel H. Gillison, Jr., regarding recent racist incidents across the country and their impact on mental health:

“The effect of racism and racial trauma on mental health is real and cannot be ignored. The disparity in access to mental health care in communities of color cannot be ignored. The inequality and lack of cultural competency in mental health treatment cannot be ignored.

“Our nation’s African American community is going through an extremely painful experience, pain that has been inflicted upon this community repeatedly throughout history and is magnified by mass media and repeated deaths. We stand with all the families, friends and communities who have lost loved ones senselessly due to racism. And, with more than 100,000 lives lost to the coronavirus pandemic - disproportionately from minority communities - these recent deaths add gasoline to the fire of injustice.

“While there is much we need to do to address racism in our country, we must not forget the importance of mental health as we do so. Racism is a public health crisis.

“As the nation’s largest grassroots mental health organization, it is our responsibility to serve all. While as an organization we are still early in our intentional Diversity, Equity and Inclusion journey and have much to do, we have renewed our commitment to our values. We continue to strive to deliver help and hope to all who need it.

“NAMI stands in solidarity with everyone impacted across the country. You are not alone.”

NAMI New Hampshire

NAMI New Hampshire released the following statement from Executive Director Kenneth Norton:

“NAMI New Hampshire condemns the unnecessary and violent death of George Floyd. We grieve for Mr. Floyd, his family, and our communities of color who for too long have borne the brunt of systemic racism and its impact upon mental health.

For quite some time, NAMI NH has been engaged in productive conversations with Commissioner Quinn of the New Hampshire Department of Safety (DOS), Attorney General MacDonald, and other law enforcement officials regarding officer-involved shootings, the use of deadly force, and expanded training for law enforcement and first responders regarding mental health and de-escalation techniques. With 50% of officer-involved shootings in New Hampshire involving an individual with mental illness, the need to address these issues is a critical one - that requires cross-system collaboration.

We are fortunate to partner with DOS in implementing the 40-hour Crisis Intervention Team (CIT) training for first responders and with NH Police Standards and Training to provide training to all cadets on responding to individuals experiencing a psychiatric crisis. Yet, there is still more work to be done to address injustice in our state.

NAMI New Hampshire applauds the comments made by Governor Sununu at today’s (May 29, 2020) press conference acknowledging racial inequities in our state and the need to address them, including access to health care. We remain in close contact with our colleagues at NAMI Minnesota and stand in solidarity with them during this difficult time for their communities and state. You are not alone.”

NAMI Resolution Against Racism

BE IT RESOLVED that NAMI strongly denounces racism, in all its forms, for its negative psychological, social, educational, economic effects and supports public policy to eliminate the mental health disparities perpetuated by racism and racial discrimination.

Visit NAMI NH’s website for resources curated in support of community members who are Black, Indigenous, and People of Color/Asian American and Pacific Islander – and to forward the cause of anti-racism.

“Mental health conditions don’t discriminate, and neither should our mental health system. We are calling for systematic change and improved access to culturally competent care, so no one feels alone in their journey.”
(Daniel H. Gillison, Jr., CEO of NAMI National)



US Senate Passes National Suicide Prevention Designation Hotline Act

In May 2020, the US Senate passed the National Suicide Prevention Designation Hotline Act. Sponsored by Senators Cory Gardner and Tammy Baldwin, the bill officially designates a three-digit phone number (988) for the National Suicide Prevention Lifeline and the Veterans Crisis Line.

This bill has the potential to transform mental health care and allows the opportunity to connect mobile crisis response and other community-based crisis services, resulting in an increased workforce including peer specialists to deliver these services. As a recognized leader in the field, NAMI NH expects to see an increase in suicide prevention training needs and crisis response.

NAMI NH Executive Director Ken Norton Appointed to LEACT Commission

On June 16, 2020, Governor Christopher T. Sununu established the Commission on Law Enforcement Accountability, Community and Transparency (LEACT) by Executive Order. NAMI NH Executive Director Ken Norton was named to this Commission, which was specifically charged with examining law enforcement training curriculum, procedures and policies throughout the State; procedures related to the reporting and investigation of police misconduct; the current state of relationships between law enforcement and the communities they serve; and any other subject matter the Commission deemed relevant, including transparency, accountability, and community relations in law enforcement and mental health and well-being.

Over the course of 10 weeks, the Commission met 26 times and heard testimony from 24 subject matter experts, including Commission members, and 25 members of the public. Many individuals who testified before the Commission also submitted written testimony. Additionally, the Commission received more than 50 written submissions from a variety of individuals who did not testify. The Commission ended their work with 48 recommendations, 10 of which were from NAMI NH.

NAMI New Hampshire Identifies 2020 Legislative Priorities

In addition to advocating for mental health priorities at the national level, NAMI NH's 2020 legislative priorities in the Granite State included:

Pharmaceuticals & Pricing

Addressing rising prescription prices in NH, to ensure pharmaceutical treatment options are available to all.

Suicide Prevention Measures

Extreme Risk protective orders (temporary removal of firearms for individuals who are dangerous - especially as a suicide prevention measure).

Waiting period between the purchase and delivery of a firearm.

Children & Families

Medicaid to schools.

Funding relative to multi-tiered systems of support.

Coverage for children's early intervention services.

Provision of special education services for older students.

First Responders

Death benefits in instances of suicide loss.

Psychological exams.

Public review of officer-involved shootings.

Medicaid Block Grant

Opposing the Medicaid Block Grant proposal in favor of a more effective multi-tiered approach for the statewide mental health system.



Suicide Prevention Bill (SB 282) Becomes Law



SB 282, signed into law in August 2019, is an act relative to suicide prevention education in schools, and promotes training in suicide prevention for: school teachers, staff, administrators, volunteers, and students, as well as promoting preparedness for responding to a suicide death. This has been a high priority for NAMI NH, the NH Suicide Prevention Council, and other advocates for many years now, but previous efforts on similar legislation were not successful.



SB 59 Signed Into Law

The signing of SB 59, which included adding PTSD to the definition of injury for first responders in workers compensation claims, marked an important milestone and years of work by NAMI NH and many others to increase awareness of the high rates of depression, trauma, and suicide among law enforcement, firefighters, Emergency Medical Services, and dispatchers. This legislation supported the shared goals of changing the culture of silence and encouraging help-seeking and support for our first responders.



Restraints Bill (SB 177) Becomes Law

For years NAMI NH, legislators, community mental health centers, and other advocates worked to end the use of restraints when transporting to New Hampshire Hospital or another designated receiving facility. In 2018, Dr. Tom Sherman was elected to the NH Senate and vowed to make this issue a legislative priority. The NH Community Behavioral Health Association brought forward SB 177 and worked closely with NAMI NH, Disability Rights Center - NH, and New Hampshire Hospital Association to successfully pass the bill. It won't completely eliminate the use of restraints, but will be a big step in the right direction.



Suicide Prevention Awareness Month

On September 10, 2019, the NH Suicide Prevention Council marked #WorldSuicidePreventionDay with a press conference with Governor Sununu in the Executive Council Chambers at the New Hampshire State House. NAMI NH Executive Director Ken Norton addressed attendees, as did NAMI NH Board Member Robbie Millward.

By the Numbers

FY2020

July 1, 2019
through
June 30, 2020

NAMI NH Volunteers

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

NAMI NH General Support, Education & Advocacy Statistics¹

Families who received individual support & education	555+
Unique Information & Resource Line responses (I&R)	1,036+
Support groups throughout the state	22 (2 virtual)
People who attended advocacy training	80
Public presentation attendees	2,978+
NAMIWalks NH participants	2,000+
Website Unique Visitors – naminh.org	48,149
Website Unique Visitors – theconnectprogram.org	15,792
Average Page Views/Visit – naminh.org	2.11
Average Page Views/Visit – theconnectprogram.org	1.72
Average Time on Site – naminh.org	1 min 42 sec
Average Time on Site – theconnectprogram.org	1 min 16 sec

Suicide Prevention/Postvention & Survivor Support

Community Readiness and Awareness Presentations	10 presentations (NH = 8, Other states = 2) 1,079 individuals
Suicide Prevention and/or Postvention Trainings	67 (NH = 46, Other states = 21)
People trained in Connect Suicide Prevention	1,587 (NH = 1,529 from 39 trainings, Other states 58 from 4 trainings)
People trained in Connect Suicide Postvention	567 (NH = 132 from 5 trainings, Other states = 435 from 13 trainings)
Suicide Prevention Trainers trained	55 (NH = 13 from 2 trainings, Other states = 15 from 2 trainings)
Postvention Trainers trained	99 (NH = 0 from 0 training, Other states = 99 from 5 trainings)
Young Adults Trainers trained	67 (NH = 67 from 2 trainings, Other states = 0 from 0 training)
Hours spent responding to suicide incidents	73+
Support groups for Survivors of Suicide in NH	9
Time/events NH Lifekeeper Quilt was displayed	15+
NH Survivor of Suicide Loss Resource Folders distributed	200+
Survivors of Suicide Loss newsletters distributed	4,452+

Family/Caregiver Education Programs

<i>Family to Family</i>	182 participants 11 classes	8 communities 2 statewide online
<i>Parents Meeting the Challenge</i>	39 participants 3 classes	1 community 2 statewide online
<i>Side by Side</i>	139 participants 4 classes	2 communities 2 statewide online

Speakers' Bureau Presentations

<i>SurvivorVoices</i>	12 presentations 120+ audience members
<i>Life Interrupted</i>	6 presentations 50 audience members
<i>In Our Own Voice</i>	35 presentations 1,032 audience members

- 1 Total # of individuals served is approximately 33,000, 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.

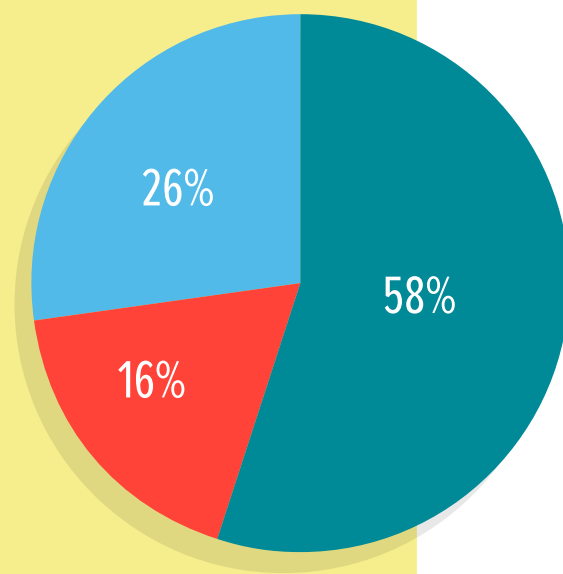
Revenue Sources - Fiscal Year 2020

Total \$3,730,917

58% Public Support: Government Grants and Contracts **\$2,152,786**

16% Private Support: Individual and Corporate Grants **\$614,542**

26% Earned Income Interest, Fees, Contracts and Miscellaneous **\$963,589**



Expenses - Fiscal Year 2020

Total \$3,474,627

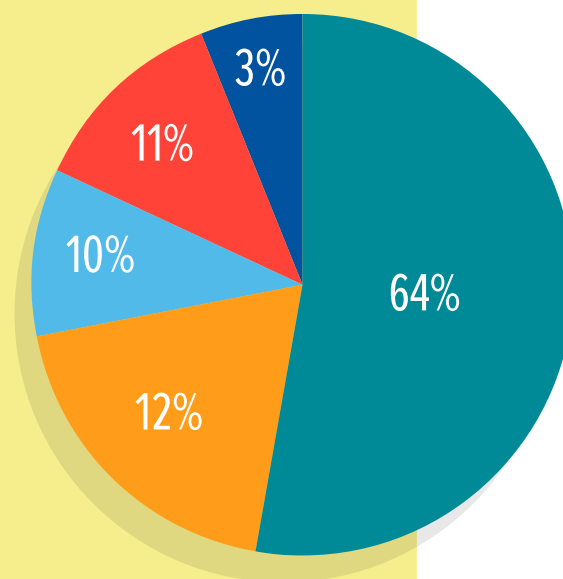
64% Public Education **\$2,212,321**

11% Suicide Prevention Education and Training **\$366,906**

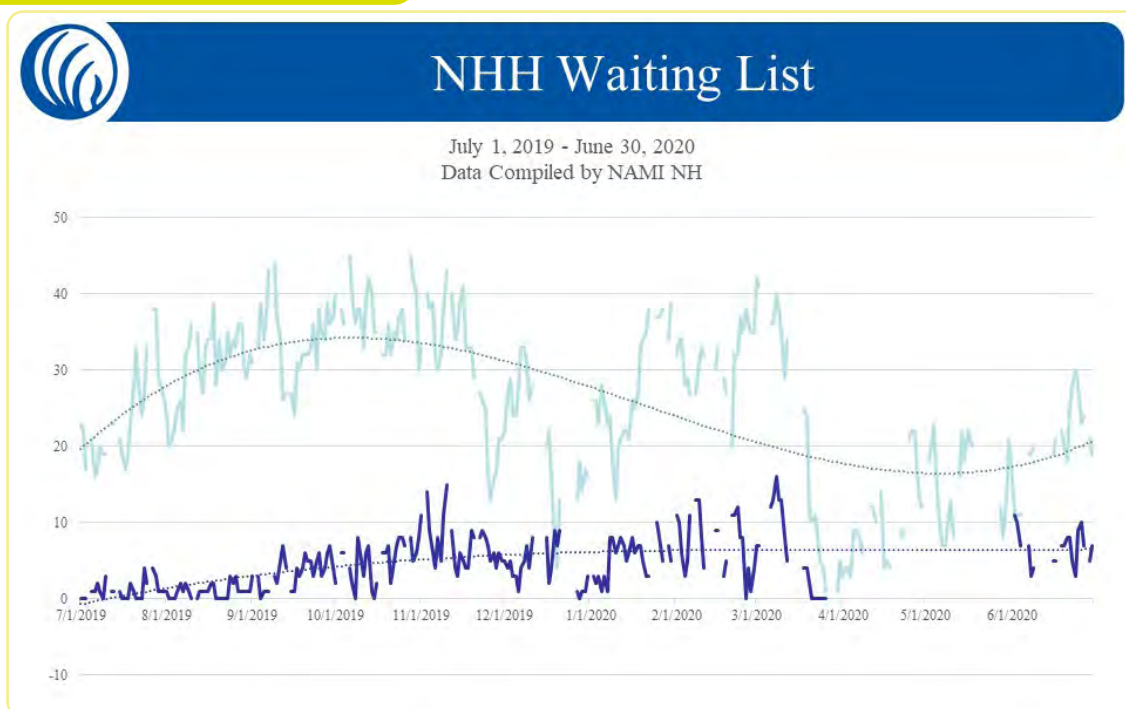
10% Supporting Services: Fundraising **\$335,956**

12% Supporting Services: Management **\$453,443**

3% Community and Public Policy Relations **\$106,001**



ED Boarding Crisis



On November 10, 2019, there were 57 adults and children in mental health crisis being board-ed in Emergency Departments across New Hampshire, waiting for in-patient treatment and beds. While this is a decrease from last year's high of 66 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.

ED Boarding Hits Zero



For the first time in more than eight years, at the end of March 2020 Emergency Department boarding briefly hit zero, with no one in a mental health crisis boarded in a New Hampshire emergency department while awaiting an inpatient psychiatric bed. A number of factors contributed to this but key among them were the transfer of the Children's unit to Hampstead Hospital in mid-March and the state of emergency declared as a result of COVID-19. NAMI NH celebrated this important milestone - a return to humane practice with immediate access to timely and effective treatment.



Highlights

Onward NH Early serious mental illness – a detour, not a destination.

The Onward NH public awareness campaign's mission is to help Granite Staters: recognize the signs of early serious mental illness, care about our neighbors – check in on one another, and connect quickly to support and resources before a crisis develops. NAMI New Hampshire crafted the campaign in close coordination with stakeholders statewide and with major support from the Substance Abuse and Mental Health Services Administration (SAMHSA) and the NH Department of Health & Human Services Bureau of Mental Health Services.

The campaign's target audiences are schools (middle through post-secondary), practitioners (especially primary care and emergency departments), and the general population. The key messages of this campaign are to recognize first episode psychosis (FEP)/early serious mental illness (ESMI), understand that early intervention is critical, and convey hope, as FEP/ESMI is treatable and recovery is the expectation.

Folks who visit OnwardNH.org will find information, resources, videos, and personal experiences from the perspectives of individuals with lived experience, family members, providers, and educators. This website will also play host to continually updated educational resources including a regular webinar series on FEP/ESMI.

Activating Hope

Thank you to the Peers, Providers, and Leadership from NH's Mental Health System who participated in the 2-day Activating Hope workshop led by Eduardo Vega, focused on developing and incorporating peer leadership across all levels of NH's mental health system.

Activating Hope re-examined our medical model approach to suicide prevention efforts and introduced strategies for engaging people with lived experience with suicide, in suicide prevention efforts. The training also looked broadly at some of the cultural and infrastructure changes which need to take place to better engage people with lived experience in suicide prevention efforts, and in leadership positions throughout the mental health system.



Thank you to the General Federation of Women's Clubs - New Hampshire for hosting a wonderful virtual Evening of Unity on April 24, 2020 to benefit NAMI NH. We are so grateful for this simply amazing group of women. Their first Evening of Unity had to go virtual, but still raised over \$3,700 for programs and services to benefit Granite Staters affected by mental illness and suicide. In addition to being fabulous fundraisers, they are passionate advocates and have gone above and beyond to raise awareness of mental illness and suicide. As President Anne Engelhardt said during the event, "We care and we do something about it." It is this spirit upon which NAMI NH was founded, by Peggy Straw and other hurting families who were determined to raise awareness and bring hope to others. It has been a joy working with the GFWC-NH over the past two years, and we are grateful for their generous and steadfast support.

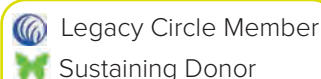
Growing Through

NAMI New Hampshire hosted a 5-day skill-based training which included peers working for Peer Support Agencies, Peer Respite Programs, Mobile Crisis teams, Assertive Community Treatment teams and others. Many of the participants indicated they had previously attempted suicide or had thoughts of suicide.

Led by Eduardo Vega, Growing Through utilized presentations, discussion and role plays in taking an innovative, strengths-based approach to working with individuals who are experiencing challenging life events. The training was uplifting and transformative, and NH is only the second state to sponsor Growing Through.



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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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Remembering Patti Szydlo

NAMI New Hampshire was saddened to hear of the passing of Patricia (Patti) Szydlo on 6/4/20. Patti was one of the founding board members for AMI, the Alliance for the Mentally Ill of NH that later became NAMI as it expanded across the nation. She ran the Peterborough AMI as president for many years, taught Family to Family programs to educate families dealing with mental illness. She was an "on call" contact for families in crisis to provide resources and guidance. Patti was also on the board of Monadnock Family Services. She will be dearly missed by the NAMI New Hampshire Family.

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Events changed drastically during the course of FY20. We dearly missed seeing our NAMI New Hampshire Family in person at Party with a Purpose and the Annual Meeting, sharing laughter and learning the latest in each other's lives. Despite the fact that we were not able to gather in person, we were fortunate to have the generous and steadfast support of two sponsors for these events. Thank you to AmeriHealth Caritas and Janssen for supporting our events in a virtual world. We are grateful for your partnership and commitment to Granite Staters affected by mental illness and suicide.



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NH Community Behavioral Health
Association

Start/Finish Line

Anthem Blue Cross Blue Shield
Harvard Pilgrim Healthcare
Foundation
In Memory of Tommy
Team Tommy #5

Bronze

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Michele Grennon, Michaela Phaneuf
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In Memory of Dan Johnson - Stephen
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Janssen
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Merrimack County Savings Bank
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Otsuka
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Victor Topo
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Round-It-Up a Resounding Success!

We're so grateful for the generosity of the Concord Food Co-op, and their customers, in supporting Granite Staters affected by mental illness and suicide.

Special thanks to Karen Trudel (former NAMI NH Board member, Concord Food Co-op team member, and mental health champion) for helping to make this partnership possible!

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.



Producer's Dinner at the Wolfeboro Inn

Thank you to the Wolfeboro Inn for hosting an important night of delectable dining on 7/28/19 to honor the life and legacy of Anthony Bourdain while promoting suicide prevention awareness.

Parts Unknown director and producer Morgan Fallon and his family joined in the three course, family-style dinner to honor the legacy of Bourdain. While guests enjoyed a delicious meal featuring Bourdain's favorite foods, the Fallons shared stories from the many years they spent working and traveling with their friend.

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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