

2021 ANNUAL REPORT

July 1, 2020 - June 30, 2021



 **nami**
National Alliance on Mental Illness
New Hampshire

#stigmafreeinthe603



Steadfast

A full year of offering support, education, and advocacy under the cloud of a global pandemic was hard. Profound losses, interrupted childhoods, persistent worries, and aching loneliness weighed heavily on volunteers, staff, and the folks we serve. A national reckoning with systemic racism and increasing assaults on the LGBTQIA+ community highlighted the threats against some of the most vulnerable among us. Mental health across New Hampshire, and around the globe, bore the brunt of these compounding weights.

And yet.

Through the steadfastness of a remarkable group of NAMI New Hampshire volunteers, and the dogged determination of a talented staff, we collectively persevered to offer support, education, and advocacy to a record number of Granite Staters – more than 40,000 individuals.

A surprising silver lining of the pandemic has been expanded access via virtual platforms to support and programming for folks of all ages affected by mental illness and suicide. Whether hopping online to catch the latest *StoryTime with NAMI NH*, rolling out a mat for twice weekly free yoga sessions, or finding support in one of many virtual groups – individuals and families are connecting to help and hope at a rate we've not previously seen.

Educational offerings grew to meet this rising demand – including the launch of NAMI Basics and a tremendously successful NAMI NH Annual Conference Virtual Learning Series. Free webinars addressed needs at all stages of the lifespan, from *Community Conversations – Child and Youth Focused Virtual Series* to *Side by Side – Webinar Series for Older Adults, Their Families, and Caregivers*. *The Onward NH* and *603 Stories* initiatives in support of individuals experiencing early serious mental illness gathered steam and increased their impact.

Throughout the year, NAMI NH's Connect team conducted virtual trainings in suicide prevention, intervention, and postvention statewide and nationally. They also offered free webinars and trainings for Granite State communities, including a session focused on COVID-19, depression, and suicide risk in older adults – and another designed to train community members in how they can help to prevent suicide.

In October 2020, after many years of advocacy, the National Suicide Hotline Designation Act became law – establishing a national three-digit 988 suicide prevention and mental health hotline slated for launch in July 2022.

These wins – whether a personal milestone for an individual or family whom NAMI NH was supporting, or a hard-fought national law finally passing – provided sustenance in the midst of a challenging year.

The NAMI NH Board of Directors, in partnership with volunteers and staff, dedicated a great deal of time to planning and developing a new strategic plan that will support and sustain the organization, and its people, in the years to come.


Strategic goals in the new plan include:

- Advocate for Public Policy and Systems Change
- Update Educational and Support Programming
- Incorporate Diversity, Equity and Inclusion (DEI) Principles
- Support Operational Capacity Building

The inclusion of DEI as a strategic goal ensures a perennial focus on incorporating DEI through changes to our governance, programming, and operations, and through awareness, education, inclusion, and engagement.

Much work awaits in the coming year to advance each and every strategic goal, while continuing our daily support, education, and advocacy for Granite Staters affected by mental illness and suicide.

The mental health needs of our communities are growing, but so too is our steadfast NAMI NH Family. We will support each other through the hard times and celebrate the wins on our shared journey to connect Granite Staters to help and hope.

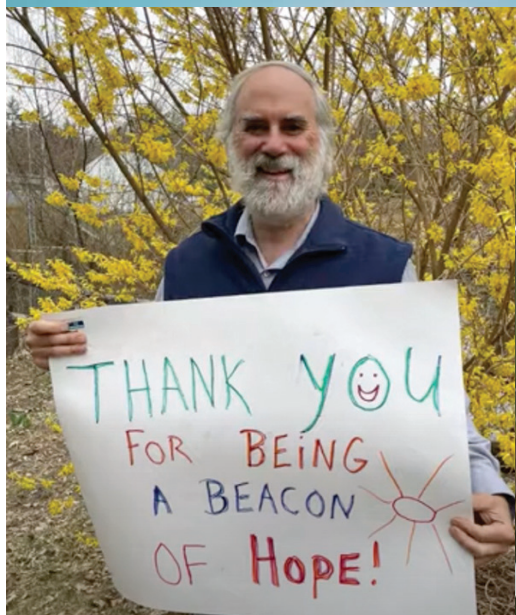

Kenneth Norton, LICSW
Executive Director


Major (Ret.) Russell Conte
President

"IT HAS GIVEN ME MORE HOPE THAT MY
LOVED ONE WILL BE ABLE TO RECOVER."

Thank You, NAMI NH Volunteers!

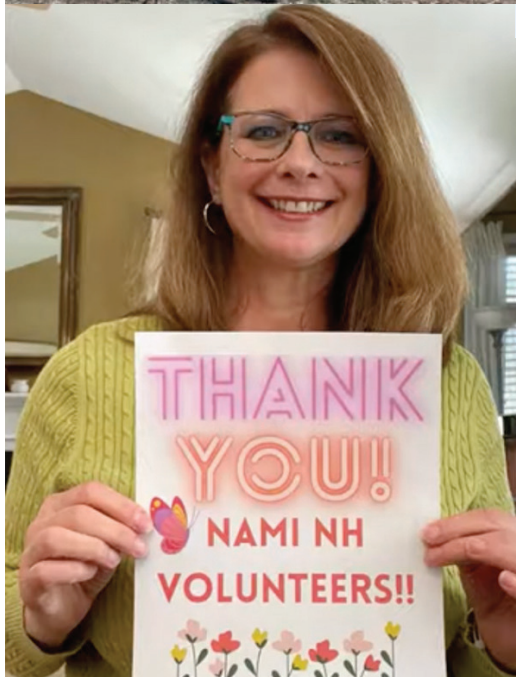
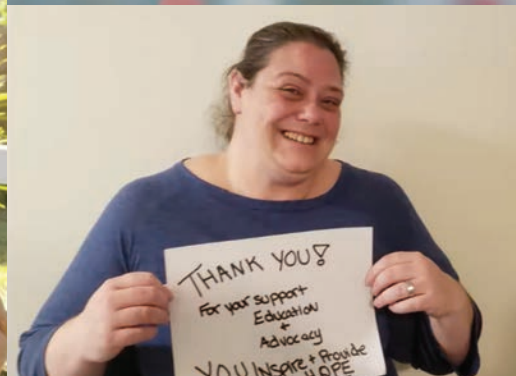
NAMI NH Volunteers make it possible to offer support, education, and advocacy statewide – we are so grateful for their steadfast commitment to improving lives affected by mental illness and suicide.



To our teachers, support group
facilitators, speakers, NAMIWalks NH
volunteers, committee and
board members,

Thank You!

With warmest appreciation,
NAMI NH Staff



LGBTQIA+ Mental Health Resources

Our community members who identify as LGBTQIA+ often face daily discrimination and lack family support – both factors can increase risk for mental health problems, including suicidality. Support from family members, friends, colleagues, and community members is critical.

NAMI NH programs and supports are open to all individuals and families affected by mental illness and suicide. The dedicated LGBTQIA+ Mental Health Resources webpage includes expansive resources that can be especially helpful for folks who identify as LGBTQIA+, and their loved ones – visit NAMI.NH.org/LGBTQIA to learn more.



LGBTQIA+ MENTAL HEALTH RESOURCES



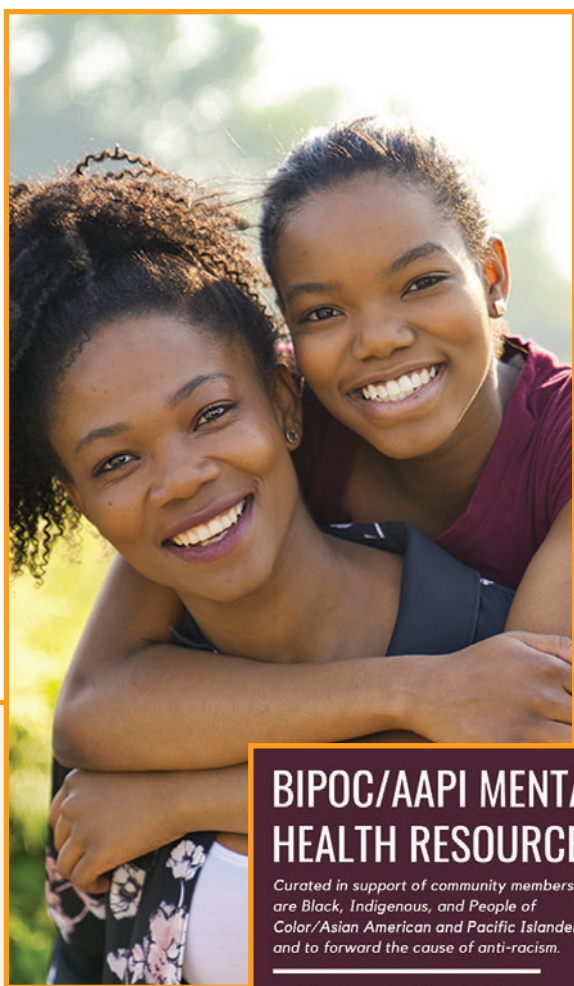
Supporting community members who are Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and Asexual – and their allies.

- TheTrevorProject.org (LGBTQ+ under 25): 1-866-488-7386
- TransLifeline.org (trans peer support): 1-877-565-8860
- For Local and National Support, Resources, and Education:

NAMI.NH.org/LGBTQIA

To connect with free mental health resources & support in the Granite State, contact NAMI NH's Info & Resource Line at 1-800-242-6264 (press 4) or info@NAMI.NH.org.





BIPOC/AAPI MENTAL HEALTH 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.

- Treatment Directories
- Local and National Supports
- Self-Care Resources
- Impact of Racial Inequality on Mental Health
- Actions for Meaningful Allyship

NAMI.NH.org/BIPOC

To connect with free mental health resources & support in the Granite State, contact NAMI NH's Info & Resource Line at 1-800-242-6264 (press 4) or info@NAMI.NH.org.

 **NAMI New Hampshire**
National Alliance on Mental Illness

BIPOC/AAPI Mental Health Resources

The BIPOC/AAPI Mental Health Resources webpage was 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.

NAMI NH programs and supports are open to all individuals and families affected by mental illness and suicide. The mental health resources included on the webpage offer support specifically for our community members who are Black, Indigenous, and People of Color/Asian American and Pacific Islander – information is also available for those working on meaningful BIPOC/AAPI allyship. Visit NAMI.NH.org/BIPOC for more information.

Delivering Support Virtually

The Endowment for Health spotlighted the incredible work undertaken by NAMI NH staff and volunteers to pivot their delivery of support to the virtual realm. A surprising silver lining of the pandemic was expanded access to support and programming for folks of all ages affected by mental illness and suicide.

Technology Enables Wider Access to Family Peer Support and Education



"Like many organizations, NAMI New Hampshire basically transitioned on a dime to working remotely. The abrupt shift to all-virtual support was challenging for our staff, volunteers, and the families with whom we work. I wouldn't say that our work didn't skip a beat, but I will say that our folks

certainly did not. 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. Despite the fact that this has been, and continues to be, a challenging time for us all, our work continues and our folks hold onto hope for themselves and for each other."

-Susan Stearns, Deputy Director, NAMI NH



Looking for mental health resources and support?

NAMI New Hampshire Info. & Resource Line

1-800-242-6264 (press 4)
or info@NAMINH.org

Find Help, Find Hope.

NAMI New Hampshire
#StigmaFreeInThe603



Bebe Moore Campbell National Minority Mental Health Awareness Month

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."

NAMI
National Alliance on Mental Illness
New Hampshire

Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult. National Minority Mental Health Awareness Month was established in 2008 to start changing this.

Taking on the challenges of mental health conditions, health coverage, and the stigma of mental illness requires all of us. In many communities, these problems are increased by less access to care, cultural stigma, and lower quality care.

Now more than ever, the mental health community must come together and show that no one is ever really alone. NAMI supports all diverse backgrounds, cultures, and perspectives, reminding everyone that you are not alone.

America's entire mental health system needs improvement, including when it comes to serving marginalized communities.

Education



Welcome & Congrats to NAMI NH's First Ever NAMI Basics Teachers!

NAMI NH was so excited to welcome the first ever group of NAMI Basics teachers! In an example of a pandemic silver lining, conducting the training virtually allowed us to launch sooner than expected. We are so grateful for all of our new teachers who were able to participate, and also to Teri Brister, the developer of NAMI Basics, who shared her wisdom and insights.

NAMI Basics is a 6-session education program for parents, caregivers, and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others.

Side by Side: Webinar Series for Older Adults, Their Families, and Caregivers

Side by Side uniquely addresses the subject of older adults, their caregivers, and mental health in an educational program developed by NAMI NH. This program gives information and guidance on a wide range of topics relevant to older adults, their families, and caregivers – the webinar series was made available free of charge to participants with support from Dartmouth Health. The series was presented by NAMI NH's Bernie Seifert, LICSW.

What people caring for older adults need to know.

Free Webinar Series for Older Adults, Their Families, & Caregivers

With Opening Remarks from John T. Broderick, Jr. & Dr. Gary S. Mook

TUESDAYS, 10:30 AM - 12:00 PM:

- Anxiety and Older Adults (9/15)
- Depression and Older Adults (9/29)
- What is Dementia? (10/27)
- Coping with Changing & Challenging Behaviors (11/10)
- Medical Care: Who makes the decisions and when? (11/24)
- Caring for the Caregiver (12/1)

Sponsored by: Dartmouth-Hitchcock

Presented by: NAMI New Hampshire

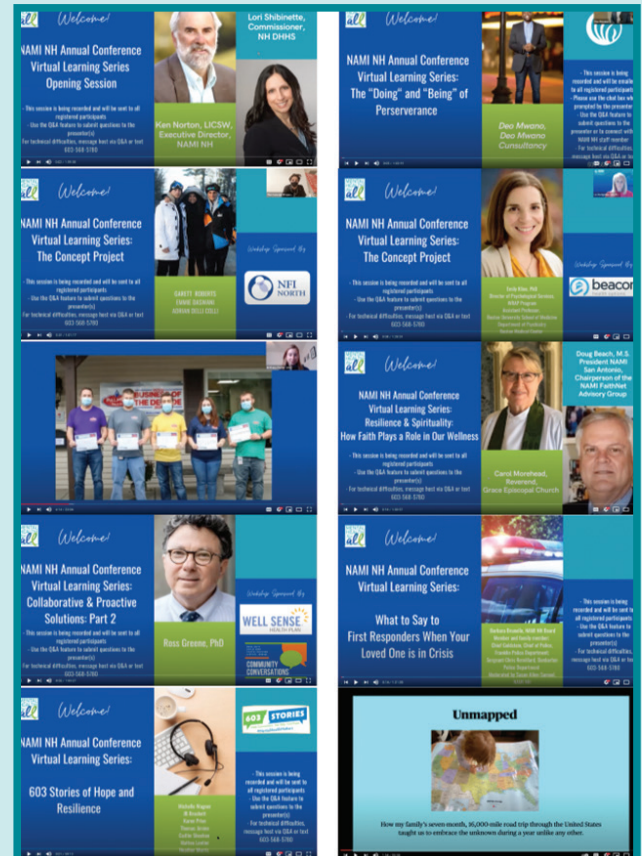
Webinars presented by NAMI NH Staff, with Opening Remarks from Special Guests:

John T. Broderick, Jr.
Chairman of the NH State Board of Mental Health and Substance Abuse Services
Formerly, Director of the New Hampshire Superior Court from 1993 to 2004, serving as chief justice from 2005 to 2008. During his time on the Court, the Broderick family experienced the devastating impacts of mental illness in a very public way.

Gary S. Mook, M.D.
Dr. Gary Mook is Director of the Geriatric Psychiatry Fellowship Program at Dartmouth-Hitchcock Medical Center, Chief of Geriatric Psychiatry and Associate Medical Director of New Hampshire Hospital, and Assistant Professor of Psychiatry at the Geisel Medical School of Dartmouth.

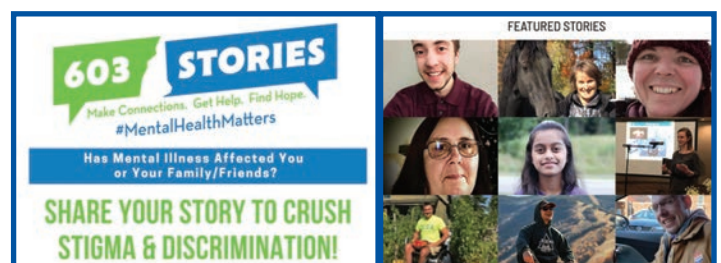
Annual Conference Virtual Learning Series

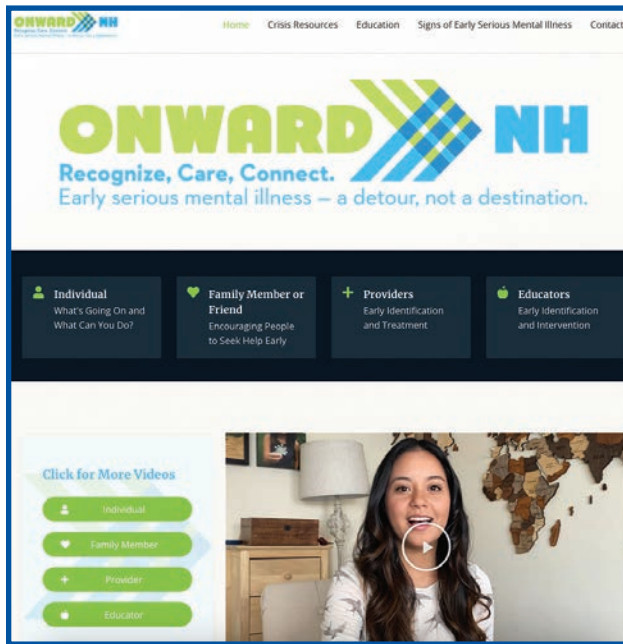
NAMI NH is so grateful to all of the presenters, attendees, volunteers, and organizers who helped to make the 2020 Annual Conference Virtual Learning Series a tremendous success! Session videos are available to watch at [NAMINH.org/2020AnnualConference](https://naminh.org/2020AnnualConference).



603 Stories – Share Your Story to Crush Stigma & Discrimination!

Launched in 2020, the 603 Stories anti-stigma campaign uses story sharing to reduce the stigma around mental illness that can prevent Granite Staters from connecting to support and resources. If you or a family member/loved one have been affected by mental illness or suicide, we encourage you to share your experience to help your neighbors – visit 603Stories.org to get started.





Onward NH: Recognize, Care, Connect.

OnwardNH.org was created to host a wealth of information, videos, resources, and personal stories about First Episode Psychosis (FEP) and Early Serious Mental Illness (ESMI) in the Granite State – from the perspectives of individuals, family members, educators, and practitioners. The website also features an Education page, where videos from the ongoing FEP webinar series are available for viewing.

Community Conversations – Child and Youth Focused Virtual Series

Beginning in November 2020, NAMI NH hosted a very popular four-part child and youth focused virtual series of community conversations. Topic areas included parenting and teaching during a pandemic; anxiety and creative solutions; social media and keeping youth healthy; and the impact of bullying and importance of protective factors for mental health.

NAMI NH'S
CHILD AND
YOUTH FOCUSED
VIRTUAL SERIES
SESSION ONE



COMMUNITY CONVERSATIONS

Parenting & Teaching During a Pandemic

with Dr. Ross Greene

Dr. Greene is the author of *The Explosive Child*, *Lost at School*, *Lost and Found*, and *Raising Human Beings*. A panel discussion will follow focusing on NAMI NH resources available to families and the community.

THURSDAY, NOVEMBER 19TH
6:00-7:15PM
REGISTRATION IS REQUIRED
[HTTPS://TINYURL.COM/ROSSGREENE2020](https://tinyurl.com/ROSSGREENE2020)

NAMI New Hampshire

Wednesday, June 30th, 7 PM
<https://tinyurl.com/CUREDJun30>

CURED Documentary Virtual Screening & Panel Discussion

“Suspenseful” “Striking” “Moving”

Meet the LGBTQ+ Activists Who Refused to Accept Psychiatry's Mental Illness – and Changed History

Trigger warning: Includes material on suicide, lobotomies, conversion therapy, and other traumatic events.

A Film by Patrick Jackson & Bennett Fieger

NAMI

ONWARD NH
Recognize, Care, Connect.
Early serious mental illness – a detour, not a destination.

FREE Webinar Series

Thursday, June 24th
12:00 pm - 1:00 pm

Gaining a Better Understanding of Transgender and Nonbinary Youth Experiencing Early Serious Mental Illness

Register for Zoom link:
tinyurl.com/OnwardNHJune24

For information and resources on early serious mental illness, and to view past webinars, visit OnwardNH.org.

Presented by:

NAMI New Hampshire

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.

Angie Wondol, MSW, LICSW
For the past 10 years, Angie has worked with adults, adolescents and children in settings such as community mental health, hospital, behavioral health, teen grief agency and private practice. As a Gender Specialist, Angie works to facilitate support groups for transgender and gender non-conforming individuals and their families.

Jennifer Miller-McGregor, MSW, LICSW
Jennifer helps sensitive individuals of any gender or sexual identity heal from past trauma and learn to love themselves just as they are by partnering with educators and business leaders to foster a more inclusive and supportive environment through kindness, empathy, and social justice and connect people to the therapy work. A variety of experiences contribute to her clinical style including a degree in education, and her growth through clinical work, mindfulness practice, and a lifetime of creative exploration.

NAMI NH Celebrates Pride Month

NAMI NH stands with the LGBTQIA+ 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 LGBTQIA+ often face daily discrimination and lack family support – both factors can increase risk for mental health problems including suicidality. Support from family members, friends, colleagues, and community members is critical.

LGBTQIA+ Mental Health Resources: NAMI.NH.org/LGBTQIA

Governor Sununu Endorses LEACT Recommendations

The Law Enforcement Accountability, Community and Transparency (LEACT) Commission, on which NAMI NH Executive Director Ken Norton served, made sweeping recommendations in their final report. Governor Sununu endorsed all 48 recommendations in September 2020 – and the work began to put these various priorities into action via legislation, executive orders, changes at the police academy, and local community efforts. The LEACT Commission was formed following the killing of George Floyd.



MAGNIFY VOICES EXPRESSIVE ARTS CONTEST 2021 THIRD ANNUAL

Third Annual Magnify Voices Expressive Arts Contest

Students in 5th – 12th grades were invited to submit their creative pieces focused on mental health for the Third Annual Magnify Voices Expressive Arts Contest. All student artists were celebrated at the hybrid Magnify Voices Celebration in May 2021 – hosted in-person at the Tupelo Drive-In Experience and also livestreamed. The event recording is available to watch at NAMINH.org/MagnifyVoices2021.

The NH Children's System of Care (NH CSOC) started Magnify Voices in 2019 during Children's Mental Health Awareness Month in May to highlight the inadequacies in the system that serves youth and families in NH. Magnify Voices is part of a larger, national effort to recognize the vital importance of positive mental health for a child's healthy development.



National Suicide Hotline Designation Act of 2020

The National Suicide Hotline Designation Act of 2020 became law on October 17, 2020. The Federal Communications Committee had previously recommended and approved this plan. The bill establishes a national three-digit 9-8-8 suicide prevention and mental health hotline with an anticipated start date of July 2022.

For several years, NAMI NH Executive Director Ken Norton was actively involved in the national workgroup of advocates which led efforts for the creation and passage of this important legislation. He also serves on the National Suicide Prevention Lifeline Steering Committee, which will play a critical role in operationalizing this new service.

Regarding passage of the bill, Ken stated, "We are grateful to the many people who contacted members of congress and shared their personal stories and/or advocated for this bill. Providing individuals and families with an alternative to calling 911 or going to the emergency department will dovetail with key recommendations of New Hampshire's 10-Year Mental Health Plan, especially efforts to establish statewide mobile crisis response, and will provide immediate life-saving help, support, and hope to people in a mental health crisis."

NAMI New Hampshire looks forward to collaborating with our partners in the Granite State to assist with this transition.

9-8-8 is not yet active, but help is available now if you or somebody you know is in mental health crisis. Text "NAMI" to 741741 or call the Suicide Prevention Lifeline at 1-800-273-8255.

Youth in grades 5 - 12 are invited to submit creative pieces about their experiences with mental health in New Hampshire. Winners will be chosen by a panel of judges with varied expertise according to their grade (5-8th and 9-12th). All creative pieces will be showcased to help raise awareness, erase stigma and effectuate change! To participate:

- Create a short film (2 minutes or less)
- Write an essay or poem (1000 words or less)
- Design another medium of expression such as a painting, song, or sculpture

Mental Illness Awareness Week

The theme of 2020's Mental Illness Awareness Week was, "What People with Mental Illness Want You to Know." Throughout the week, the voices of those with lived experience were spotlighted as they talked about some of the conditions and symptoms that are most misunderstood.

Each year, during the first week of October, NAMI NH and participants across the country raise awareness of mental illness. Each year, we educate our communities, fight stigma, and provide support. And each year, our movement grows stronger.

While mental health conditions are important to discuss year-round, highlighting them during Mental Illness Awareness Week provides a dedicated time for mental health advocates across the country to come together as one unified voice.



*The State of New Hampshire
By His Excellency
Christopher T. Sununu, Governor*

A Proclamation

In the year of our Lord Two Thousand and Twenty

MENTAL ILLNESS AWARENESS WEEK OCTOBER 4-10, 2020

WHEREAS, one in five adults and children experiences a mental health condition in any given year, and people of color often experience pain, trauma and disrespect at the hands of our nation's health care, criminal justice and other systems; and

WHEREAS, individuals with serious mental illness die 25 years earlier than the general population, predominately due to lack of access to quality healthcare; and

WHEREAS, there is a high correlation between mental illness and substance misuse, and timely access to treatment can save lives; and

WHEREAS, first responders, the Community Mental Health Centers, New Hampshire Hospital and inpatient psychiatric treatment programs, and emergency departments work tirelessly to assess and treat individuals in mental health crisis, and respond to the challenges presented to all our communities by COVID-19; and

WHEREAS, NAMI New Hampshire (National Alliance on Mental Illness) plays an important role in providing support, education, and advocacy to all families and communities in New Hampshire affected by mental illness and suicide; and

WHEREAS, public education and civic activities like NAMI Walks NH Your Way can decrease stigma, encourage mental health and help improve the lives of individuals and families affected by mental illness and suicide;

NOW, THEREFORE, I, CHRISTOPHER T. SUNUNU, GOVERNOR of the State of New Hampshire, do hereby proclaim **OCTOBER 4-10, 2020** as **MENTAL ILLNESS AWARENESS WEEK** in the State of New Hampshire to shine a light on mental illness and suicide, and to fight stigma, provide support, educate the public, and advocate for equal care.



IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Seal of the State of New Hampshire to be affixed this 24th day of September, 2020.

Christ T. Sununu
Christopher T. Sununu
Governor

PLEASE JOIN US VIRTUALLY...
WEDNESDAY, SEPTEMBER 30TH
1:00 - 2:30 PM



YOUR INPUT NEEDED! **NH Lived Experience Workforce Advancement Blueprint**

The NH Bureau of Mental Health Services and NAMI New Hampshire invite stakeholders to provide input on development of the NH Lived Experience Workforce Advancement Blueprint. Attendees will be introduced to the blueprint which includes a focus on policy and integration into key aspects of the 10-Year Mental Health Plan.

***Attendees are encouraged to provide
feedback on the blueprint.***



Presented by NAMI New Hampshire, with support from the NH Department of Health and Human Services Bureau of Mental Health Services.

NH Lived Experience Workforce Advancement Blueprint

NAMI NH convened stakeholders to provide critical input on the NH Lived Experience Workforce Advancement Blueprint, with four virtual feedback sessions in late 2020 attended by representatives from Peer Support Agencies, Community Mental Health Centers, Community Advocates, Leadership of the NH Department of Health and Human Services Bureau of Mental Health Services, and many other individuals with lived experience working across the mental health system.

The NH Lived Experience Workforce Advancement Blueprint was drafted to present actionable directions for development and enhancement of the workforce of individuals with lived experience across New Hampshire's mental health system. This workforce development objective is a stated priority in the 10-Year Mental Health Plan and central to several strategic objectives.

The final version of the NH Lived Experience Workforce Advancement Blueprint was released in early 2021.

18th Annual NAMIWalks NH

Thank you for an incredible and unforgettable Walk!

In June of 2020, after careful deliberation, we made the difficult decision to have NAMIWalks NH go virtual and participate in NAMIWalks Your Way: A National Day of Hope on Saturday, October 10th. While we realized nothing would take the place of 2,000 of us walking together in Concord, we recognized that the beauty of NAMIWalks Your Way was the ability for participants to engage in whatever activity they found meaningful – all while fundraising for NAMI New Hampshire and sharing activities on social media to raise awareness and show a united effort.

In a year of great uncertainty the NAMI NH family embraced this new challenge and produced an absolutely amazing, record-breaking Walk season! Thanks to our 1,288 participants, 145 teams, and 73 sponsors, \$175,104 was raised for support, education, and advocacy in the Granite State.

2020 was an incredibly difficult year with unimaginable challenges, but it gave us great joy and a whole lot of hope to see the success of NAMIWalks NH Your Way in the midst of all the chaos. As always, the strength of the NAMI NH Family is a bright light, even in the darkest times.



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



#hopestartswithyou



Suicide Prevention

Community Suicide Prevention – Across the Lifespan

NAMI NH's Connect program is recognized as a comprehensive model for planning and implementing suicide prevention and postvention practices. Connect offers a public health, socio-ecological approach that looks at the individual, family, community, and society.

Throughout the year, the Connect team conducted virtual trainings in suicide prevention, intervention, and postvention statewide and nationally. They also offered free webinars and trainings for Granite State communities including a session focused on COVID-19, depression, and suicide risk in older adults – and another designed to train community members in how they can help to prevent suicide.

For suicide prevention resources, visit TheConnectProgram.org.

You are NOT Alone.
Help is available 24/7:

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)

VETERANS CRISIS LINE
1-800-273-8255 (PRESS 1) OR TEXT 838255

CRISIS TEXT LINE – TEXT NAMI TO 741741

DISASTER DISTRESS HELPLINE – 1-800-985-5990

THE TREVOR PROJECT – HOTLINE FOR LGBTQ YOUTH.
CALL 1-866-488-7386 OR TEXT START TO 678-678

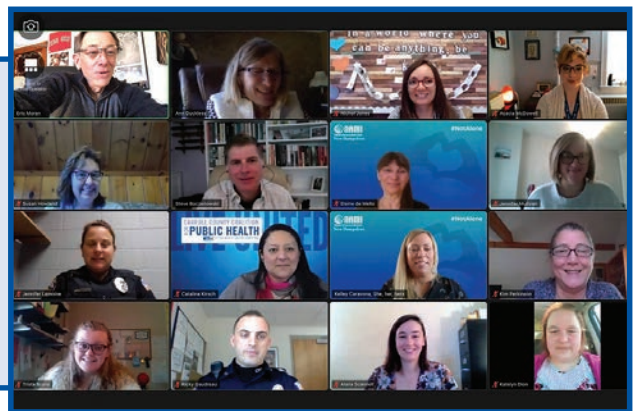
TRANS LIFELINE – 1-877-565-8860
PEER SUPPORT HOTLINE RUN BY AND FOR TRANS PEOPLE – AVAILABLE 10AM-4AM EST.

TO CONNECT WITH **NON-CRISIS** RESOURCES & SUPPORT IN THE GRANITE STATE, CONTACT NAMI NH'S INFO & RESOURCE LINE AT INFO@NAMINH.ORG OR 1-800-242-6264 (PRESS 4).

NAMI New Hampshire
National Alliance on Mental Illness

Say “PREVENTION!”

The Garrett Lee Smith (GLS) Grant for Youth Suicide Prevention's Train-the-Trainer (TTT) program was conducted virtually, wrapping in April 2021. TTT helps to sustain suicide prevention efforts beyond the GLS grant and ensures communities in the three GLS regions are well equipped and supported to train stakeholders and community members to recognize and respond to individuals at risk, strengthening the community safety net.



NH SUICIDE PREVENTION COUNCIL

National Suicide Prevention Awareness Month is a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. This is an opportunity to reach out to those affected by suicide, raise awareness, and connect individuals with suicidal ideation to treatment services.

During September 2020, NAMI NH focused on suicide prevention awareness and education – this included participating in the NH Suicide Prevention Council Press Conference on World Suicide Prevention Day; an appearance by NAMI NH Executive Director Ken Norton at a NAMI TN virtual event focused on Suicide and the Family; and supporting the Strong Youth Strong Communities Virtual Summit for Middle and High Schoolers.

RAISING AWARENESS IN PARTNERSHIP
For National Prevention Awareness week details go to hampshire.org

SYSC STRONG YOUTH™ STRONG COMMUNITIES
ANNOUNCING A SPECIAL VIRTUAL SUMMIT FOR MIDDLE AND HIGH SCHOOL YOUTH ACROSS NEW HAMPSHIRE!

Join NAMI New Hampshire, The Granite YMCA, NH Healthy Families, and the Granite State Hall of Fame for a special Youth Summit with Governor Chris Sununu, Mayor of Portsmouth, and other community leaders. The summit will be held on Friday, September 25, 2020, from 11 AM to 1 PM. The summit will feature a keynote address by Governor Sununu, a panel discussion with community leaders, and a Q&A session with NAMI NH Executive Director Ken Norton. The summit is free and open to all middle and high school students in New Hampshire. For more information, visit <http://bit.ly/WatchPPHOF>.

FRIDAY, SEPTEMBER 25, 2020
VIEWING TIMES FOR NEW HAMPSHIRE SCHOOL STUDENTS WILL BEGIN AT 11 A.M.

PRO FOOTBALL HALL OF FAME FACEBOOK
WATCH PAGE: <http://bit.ly/WatchPPHOF>

HOSTED BY: **hampshire.org**

PARTNERS: **NAMI New Hampshire**, **Granite State Hall of Fame**, **Granite YMCA**, **NH Healthy Families**

Suicide Prevention Awareness Month September 2020

September is National Suicide Prevention Awareness Month — a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. This is an opportunity to reach out to those affected by suicide, raise awareness, and connect individuals with suicidal ideation to treatment services.

During September 2020, NAMI NH focused on suicide prevention awareness and education – this included participating in the NH Suicide Prevention Council Press Conference on World Suicide Prevention Day; an appearance by NAMI NH Executive Director Ken Norton at a NAMI TN virtual event focused on Suicide and the Family; and supporting the Strong Youth Strong Communities Virtual Summit for Middle and High Schoolers.

NH Supreme Court Issues Ruling in Jane Doe Case on Emergency Department Boarding of Mental Health Patients – Court Affirms Patient’s Legal Rights Violated

On May 11, 2021, the New Hampshire Supreme Court unanimously affirmed the State of New Hampshire violated the legal rights of a mental health patient held against her will in a hospital emergency room for seventeen days without being afforded judicial review of her detention. The Court held that New Hampshire law requires that if such persons are held against their will, they must be given access to court review within three days of their detention. The Court rejected the argument that no such review is required until the patient reaches a designated receiving facility.

In 2013, NAMI New Hampshire, together with 15 other key stakeholders, held a press conference regarding the emerging emergency department boarding crisis. NAMI NH Executive Director Ken Norton opened the press conference by stating, “Emergency department boarding is wrong medically, legally, ethically, morally, and economically.”

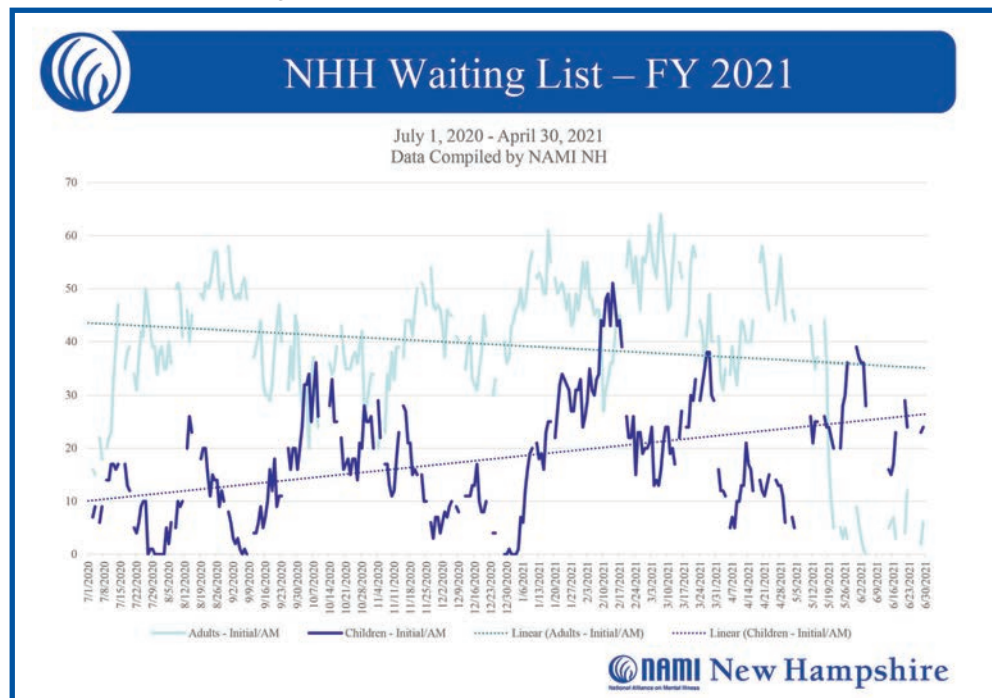
Emergency department boarding is a visible example of the discrimination faced by people with mental illness in accessing treatment. It has been NAMI NH’s position since 2013 that the intent of NH RSA 135c, which allows for involuntary emergency admissions, is that people in a mental health crisis should have immediate access to mental health treatment. The decision issued by the NH Supreme Court endorses that interpretation of RSA 135c.

This case exposes the fact that emergency room boarding of mental health patients is now common in New Hampshire. NAMI NH filed an amicus (friend of the court) brief with the New Hampshire Supreme Court in this case, noting that on many recent days more than 80 mental health patients had been involuntarily detained in emergency rooms, including record numbers of children. Like Jane Doe, many are held for days or weeks before an inpatient psychiatric bed becomes available. Emergency rooms are not designed to provide mental health care. Boarding violates the medical ethic rule that treatment should “do no harm” because emergency room detention can often aggravate rather than help a mental crisis, and many patients and their families report that the process of being held in windowless rooms, or on gurneys in hallways, is dehumanizing and traumatizing.

Hospitals, emergency departments, health insurance companies, and other key care providers do not delay other essential treatments – such as for cancer, heart disease, stroke, or any other life threatening non-mental health illness. It is morally unjustifiable that mental health patients are provided less adequate treatment than those experiencing a physical health crisis.

Learn about the ruling in the Jane Doe case and its impact on emergency department boarding:

<http://tinyurl.com/NAMINHOnJaneDoeRuling>



By the Numbers

FY2021

July 1, 2020
through
June 30, 2021

NAMI NH Volunteers

Number of Volunteers ²	180+
Volunteer hours	10,800+
Total Volunteer Value	\$323,460+

NAMI NH General Support, Education & Advocacy Statistics¹

Families who received individual support & education	763
Unique Information & Resource Line responses (I&R)	1,052
Support group participants throughout the state	154
People who attended advocacy training	60
Public presentation attendees	3,646
NAMIWalks NH participants	1,288
Website Unique Visitors – naminh.org	71,693
Website Unique Visitors – theconnectprogram.org	21,833
Website Unique Visitors – Connect Online Training	7,739
Website Unique Visitors – OnwardNH	2,843
Website Unique Visitors – 603 Stories	1,739

Suicide Prevention/Postvention & Survivor Support

Community Readiness and Awareness Presentations	492 attendees
Suicide Prevention and/or Postvention Trainings	63 (NH = 43, Other states = 20)
People trained in Connect Suicide Prevention	1,946
People trained in Connect Suicide Postvention	874
Suicide Prevention Trainers trained	32
Connect Online Training Access Codes Issued	5,767
Youth/ Young Adult Trainers trained	182
Hours spent responding to suicide incidents	72+
Participants in Support Groups for Survivors of Suicide Loss	50
Individuals viewing the NH Lifekeeper Quilt	477
NH Survivor of Suicide Loss Resource Folders distributed	200+
Survivors of Suicide Loss newsletters distributed	5,071

Family/Caregiver Education Programs

<i>Family to Family</i>	100 participants 5 virtual classes
<i>Parents Meeting the Challenge/ NAMI Basics</i>	30 participants 2 virtual classes 1 training
<i>Side by Side</i>	195 participants 4 virtual classes

Speakers' Bureau Presentations

<i>SurvivorVoices</i>	12 presentations 30+ audience members
<i>Life Interrupted</i>	6 presentations 52 audience members
<i>In Our Own Voice</i>	35 presentations 2,585 audience members

¹ Total # of individuals served is approximately 41,000, 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.

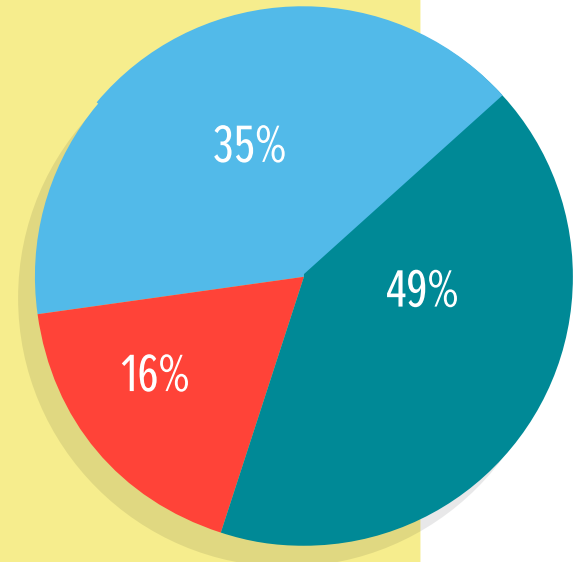
Revenue Sources - Fiscal Year 2021

Total \$5,256,141

49% Public Support: Government Grants and Contracts **\$2,588,944**

16% Private Support: Individual and Corporate Grants **\$827,421**

35% Earned Income Interest, Fees, Contracts and Miscellaneous **\$1,839,776**



Expenses - Fiscal Year 2021

Total \$4,022,981

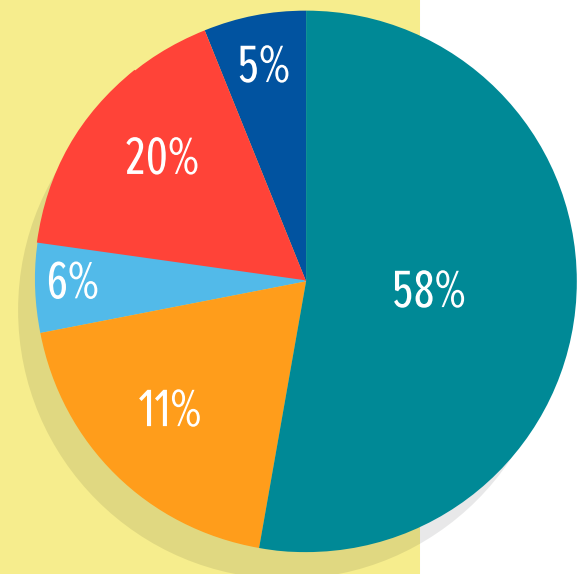
58% Public Education **\$2,345,448**

20% Suicide Prevention Education and Training **\$802,007**

6% Supporting Services: Fundraising **\$231,053**

11% Supporting Services: Management **\$426,563**

5% Community and Public Policy Relations **\$217,910**



Development

The 48 in 84 Project

- 78 days
- 300+ miles
- 95,000 ft of elevation gain
- 48 mountains
- Over \$6,000 raised for NAMI New Hampshire
- 1 giant leap of faith

In the summer of 2021, Connor Haas embarked on the “48 in 84” Project. His personal journey to climb New Hampshire’s 48 4,000 footers within 84 days not only raised awareness of mental health and suicide prevention, it also raised over \$6,000 to provide free support, education, and advocacy for Granite Staters affected by mental illness and suicide.

In Connor’s own words:

To those that have followed the journey that are on the fence about trying something new or making that change that there just never seems to be the “right time for”, DO IT.

The reward that lies on the other side of your challenge is something that is of greater scale than you can begin to imagine.

I started planning this project over a year ago. I had zero idea how I was going to do it but I took the first step and that’s what it takes. TAKE THE STEP. And then, take the next one after that. The leap of faith will lead you where you need to be.

Over the last 78 days, I’ve pushed myself beyond what I ever thought possible. I spent so much time being uncomfortable in environments that I had never experienced. I was cold, hot, wet, alone in the woods, had painful muscles but found that the only way out is truly to keep stepping forward and go through. That place where you “don’t think you can” is where you find this immense growth you didn’t know was possible.

The human body and mind are capable of impressive things. All you have to do is tell yourself “I can do it” and keep stepping forward.

Thank you, Connor, for your incredible and inspiring efforts. We, and all Granite Staters affected by mental illness and suicide, are grateful to you for bringing these important conversations to light. Hope starts with you!



The Concept Project: From Mt. Washington to Hampton Beach

College students and childhood friends Garrett Roberts, Adrian Delli Colli, and Emmie Daswani are the minds behind The Concept Project, an initiative to raise awareness of various social issues. Through a series of events that bring attention to current issues while raising funds for organizations that address those issues, this trio of compassionate, dedicated, and fearless friends are poised to make a difference.

In December 2020, Roberts, Delli Colli, and Daswani decided that their cause should be mental health. In the midst of the COVID-19 pandemic, they noticed the mental health struggles they faced in their own day-to-day lives and saw their friends and family facing similar challenges. The group decided it was the perfect time to raise awareness of mental health and chose NAMI New Hampshire as the beneficiary of their efforts.

The three began their symbolic walk for mental health near the top of Mt. Washington and ended on Hampton Beach. The trio said that this path was intentional, to symbolize the highs and lows of mental health, particularly during the past year. Beginning their 120 mile journey during the first nor'easter of the season, they set off in the challenging conditions that a New Hampshire winter often brings and ended on a sunny but brisk day at Hampton Beach to cheers from masked and physically distanced friends and family. Throughout the walk, which averaged over 20 miles a day and spanned 6 days, the friends relied on the kindness of strangers and communities for a warm place to sleep and a hot meal.

With the support of many generous donors in New Hampshire and beyond, the trio raised over \$9,500 for NAMI New Hampshire - and in the process brought mental health awareness to light. NAMI New Hampshire was humbled and honored to be the beneficiary of this project, and we are certain we haven't heard the last from this phenomenal group of young adults. They inspire us and give us hope!



Hannaford Donates \$100,000 to NAMI NH

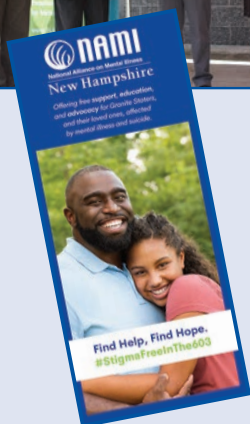
In May of 2021, Hannaford Supermarkets and the Hannaford Charitable Foundation announced a \$400,000 donation to help build a strong network of resources for individuals affected by mental illness or mental health challenges throughout New England and New York. This generous funding included a \$100,000 gift to NAMI New Hampshire.



NAMI New Hampshire has used this funding to expand access to family and peer supports and increase awareness of resources and information for Granite Staters affected by mental illness and suicide, including free educational programs and webinars for individuals, families, providers and community members. With Hannaford's support, a new rack card was developed and distributed throughout the state, including all NH Hannaford stores to ensure associates have information and resources readily available.

"Hannaford has given Granite Staters affected by mental illness and suicide a truly transformational gift. Their leadership in raising awareness of mental health is commendable and will make a lasting difference in so many communities," said Kristen Welch, Director of Development, NAMI New Hampshire. "We are deeply grateful for their support of NAMI New Hampshire."

Sherri Stevens, Community Relations Manager for Hannaford Supermarkets, said, "We're very proud to partner with NAMI NH to help expand the network of resources for individuals struggling with mental health disorders. We hope that elevating the topic of mental health and integrating it into all conversations related to health and wellness will help to educate our communities and reduce stigma."



Contributors



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We are profoundly grateful to our donors for their generosity and support of 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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Facebook Fundraisers

In FY21, 1,220 incredible NAMI NH supporters donated to or organized Facebook Fundraisers in honor of their birthdays, a special occasion, NAMIWalks NH, or just because – raising a record-breaking \$44,117! We are truly astounded at the generosity of our community, and grateful to the many individuals who organized fundraisers to benefit NAMI NH.

Facebook Fundraisers are an easy way to raise funds with no fees from Facebook to either the donor or NAMI NH. Thank you for sharing your Facebook fundraiser contributions with NAMI NH and those we serve. We are honored to do this work alongside you and are grateful for your steadfast support.

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.

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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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MONTHLY DONORS TO NAMI NH

"A monthly gift to NAMI New Hampshire allows us to give a little more than we could annually. It's an easy way to help the organization - and yourself, because you can set up your gift once and make a difference all year round. I encourage all donors to take advantage of this simple yet powerful way to give.

No gift is too small to demonstrate your commitment to mental health and suicide prevention. This past year, more than ever, we've learned that these issues can affect any of us. Doug and I invite you to join our family as partners in monthly giving to NAMI New Hampshire."



New Hampshire

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Office: **603.225.5359** Information and Resource Line: **1.800.242.6264**