You Are Not Alone

Forty years ago, NAMI New Hampshire Founder Peggy Straw gathered six hurting families around her kitchen table to support each other and work together to combat stigma so that their loved ones could live full lives in their communities. Peggy understood the power that comes when people recognize they are not alone and set off on a mission to help people affected by mental illness find help – and hope.

Over the past four decades, NAMI NH has offered support, education, and advocacy to Granite Staters impacted by mental illness and suicide. Last year we served over 40,000 individuals – only made possible through the constant dedication of our volunteers and our staff. From family peer support at Peggy’s kitchen table NAMI NH programs have expanded to include education programs like Family-to-Family, the national best practice Connect Suicide Prevention program, our Side by Side education program for caregivers of older adults, support for families of children with serious emotional disorders, peer services led by folks living with mental illness, support and education programming for families experiencing First Episode Psychosis/Early Serious Mental Illness, the gold-standard Crisis Intervention Training for First Responders, and significant expansion of our advocacy efforts.

While NAMI NH has grown to meet the evolving needs in our state, we know that there remains much to be done. The implementation of NH’s 10 Year Mental Health Plan has offered great promise and led to growing systems transformation, including how our state responds to mental health crises. Yet, the mental health inequities in our state have been further highlighted and even exacerbated by the Covid-19 pandemic – creating even greater need for NAMI NH’s programs.

But Covid has also created another phenomenon – people talking openly about their mental health struggles and those of their families. We find ourselves with an unprecedented opportunity to change the conversation around mental illness and leverage this open dialogue to help dispel the stigma and discrimination that people and families affected by mental illness and suicide face daily. This opportunity is something our founders could only have imagined.

As we enter our fifth decade, NAMI NH remains focused on the critical work of improving lives affected by mental illness and suicide. The challenges may persist – but our NAMI NH is strong and steadfast. Our volunteers and staff are dedicated to making sure every Granite Stater has an opportunity to connect with help and hope.

You are not alone. We are in this together.

Susan L. Stearns
Executive Director

Major (Ret.) Russell Conte
President

Susan L. Stearns Named Executive Director at NAMI NH

The NAMI New Hampshire Board of Directors is excited to share that Susan L. Stearns will be the next Executive Director of NAMI New Hampshire effective January 14, 2022. An extensive search process informed by NAMI NH members, volunteers, staff, board, and stakeholders led to the selection of Stearns who will be only the 5th Executive Director in the statewide nonprofit’s 40-year history.

Stearns has been serving as Deputy Director of NAMI New Hampshire where she has been employed since 2013. A graduate of the University of Massachusetts-Amherst, she has worked in the non-profit sector in New Hampshire for over 30 years, advocating for families, children, and individuals with disabilities. Her personal experience advocating for loved ones in both the child and adult mental health systems drives her passion for transforming New Hampshire’s system of care in order to improve the lives of all Granite Staters affected by mental illness and suicide. She does this work because no one’s child should have to fear seeking help for a medical condition because of stigma and discrimination.

On the selection of Stearns, NAMI NH Board President Russell Conte remarked, “Susan is able to hit the ground running given her extensive experiences both with NAMI NH and the broader mental health system in New Hampshire. Susan has proven to be a fierce advocate for those affected by mental illness and suicide, and her service as NAMI NH’s Deputy Director has been invaluable to the organization’s past success. Susan is the right leader for the next chapter of NAMI NH.”

Stearns will succeed Ken Norton who served as Executive Director for nearly a decade and previously announced his plans to transition from the role.
In 2014, as Peggy Straw took her first tour of the NAMI NH office at 85 N. State Street, she kept repeating, “All this from my kitchen table.” Indeed, NAMI NH’s 40-year journey as a grassroots organization has been a remarkable one. Last year we served over 40,000 individuals – only made possible through the steadfast dedication of our 200+ volunteers and 50+ staff members who work tirelessly across the state delivering critical education and support services. This growth in response to the needs of Granite Staters affected by mental illness and suicide includes the advancement, development, and enhancement of our comprehensive support, education, and suicide prevention services and programs for individuals and families across the lifespan, as well as significant expansion of our advocacy efforts.

On a beautiful June evening, the NAMI New Hampshire family gathered together in person for the first time since 2020 to reflect on NAMI New Hampshire’s service and evolution over the last four decades.

The story of the past 40 years belongs to all who have been affected by mental illness and suicide.

This evening of reflection was dedicated to our passionate and courageous founders, and to the steadfast volunteers, countless advocates, and generous donors and funders who have worked - and continue to work - tirelessly to bring help and hope to hurting individuals and families.

Together, we stand ready to continue the work that began at Peggy’s kitchen table, and create lasting change that will be a legacy for all who come after us. While the work is challenging, sometimes heartbreaking, we remain hopeful. Our founders have shown us the way and we stand on the shoulders of giants.
Support

LGBTQIA+ Webinar: Asking the Tough Questions

AN OPEN PANEL DISCUSSION ON HOW TO BE A SUPPORTIVE AND EFFECTIVE LGBTQIA+ ALLY.
All are welcome to attend!

JUNE 29, 2022
12:30 PM
VIA ZOOM

Looking to support someone in the LGBTQIA+ community but afraid you’ll say the wrong thing? Want a better understanding of LGBTQIA+ language and terminology?
This free community discussion is a place to ask questions, in a safe space, so we can all become allies.

Click here to register

Launching January 1st – NH Rapid Response Access Point!

On January 2022, Granite Staters began utilizing the NH Rapid Response Access Point if they or someone they care about was having a mental health or substance use crisis. The NH Rapid Response Access Point is a collaboration between Beacon Health Options, American Association of Suicidology, New Hampshire Department of Health and Human Services, and the NH Community Behavioral Health Association.

Find immediate 24/7 support.

New Hampshire Rapid Response Access Point
Free and available 24/7/365

833-710-6477
NH988.com

Pride Month

NAMI New Hampshire was thrilled to participate in Pride celebrations throughout the Granite State in June 2022 – including Queen City Pride, Milford Pride, and Portsmouth Pride!

We also hosted “Asking the Tough Questions,” an online webinar featuring an open panel discussion on how to be a supportive and effective LGBTQIA+ ally. You can watch the webinar recording at tinyurl.com/NAMINHPrideMonthWebinar.

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.

These LGBTQIA+ Mental Health Resources are curated in support of folks who identify as LGBTQIA+, their loved ones, and allies: NAMINH.org/LGBTQIA.
Bebe Moore Campbell National Minority Mental Health Awareness Month

Mental health conditions do not discriminate based on race, color, gender or identity. 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. Bebe Moore Campbell National Minority Mental Health Awareness Month was established in 2008 to start changing this. Each year millions of Americans face the reality of living with a mental health condition.

NAMI NH has curated the BIPOC/AAPI Mental Health Resources webpage 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.

Find Resources at naminh.org/bipoc-aapi/

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.

Mental Health Awareness Month Preview

Mental Health Awareness Month has been observed in the U.S. since 1949. Each year millions of Americans face the reality of living with a mental illness. During May, NAMI New Hampshire joins 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.

Below is a peek at some of the events that NAMI NH helped to deliver throughout May:

• Children’s Mental Health Awareness Week (5/1-5/7)
• 2022 Magnify Voices Celebration Event (5/4)
• Maternal Mental Health Webinar (5/4)
• Tardive Dyskinesia: Recognition and Treatment (5/5)
• Fisher Cats Game (5/15)
• Connect Real Talk Webinar (5/17)
• Ernie and Joe: Crisis Cops (5/17)
• Webinar on Isolation & Older Adult Mental Health (5/26)
NAMI New Hampshire presents several educational programs free to participants. These programs include:

**NAMI Basics**

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. Free to participants, the program is taught by a trained team with lived experience raising a child with a mental health condition. They know what you’re going through because they’ve been there too.

**NAMI Family-to-Family**

NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidence-based program. NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises.

**NAMI Peer-to-Peer**

NAMI Peer-to-Peer is a free, 8-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. However, as with all NAMI programs, it does not include recommendations for treatment approaches.

**NAMI NH Side by Side**

Developed by NAMI New Hampshire, Side by Side is a program promoting mental health for older adults, their families, and care partners. The relationship between physical and mental health impacts medical conditions and vice-versa. Side by Side addresses the variety of issues that can be challenging to older adults and their care partners. Side by Side for Independent Living provides practical and vital information for caregivers in a series of two-hour workshops that are free to participants and offered in different communities throughout New Hampshire.
Tardive Dyskinesia (TD) Webinar

NAMI NH hosted a free webinar featuring Dr. Jeffrey Reed in May 2022. Tardive Dyskinesia (TD): Recognition and Treatment included an overview of TD, potential impacts of living with TD, general treatment options, and how NH recognized TD Awareness Week. The webinar recording is available to watch at tinyurl.com/TDWebinarMay2022.

Maternal Mental Health Webinar

NAMI NH volunteer and maternal mental health advocate Heather Martin presented a free Maternal Mental Health Webinar in May 2022. Attendees learned the basics of maternal mental health, general symptoms and risk factors for postpartum depression, how to prevent postpartum depression, and explored evidence-based treatment options and other resources. The webinar recording can be seen at tinyurl.com/MaternalMHWebinar. For maternal mental health resources, visit NAMINH.org/MaternalMH.

NAMI NH Virtual Annual Conference

On April 7-8, 2022, the NAMI NH Virtual Annual Conference presented a free opportunity for participants to engage in several webinar sessions, including:

- Opening Session with NH DHHS Commissioner Lori Shibinette and NAMI NH Executive Director Susan Stearns
- Childhood Trauma and Substance Use Disorder: There is a Way out
- The Neuroscience of Stress: Strategies for Parents and Caregivers
- Magnifying the Voices of NH’s Youth Through Expressive Arts
- NAMIWalks NH Rally
- New Hampshire Rapid Response Access Point: Hope for Those in Crisis
- 48 in 84: A Journey of Discovery

Recordings of these sessions can be found at tinyurl.com/NAMINHAnnConf2022.
NAMI NH Welcomes New Public Policy Director

Holly Stevens, Esq., joined NAMI New Hampshire as our first Director of Public Policy on November 15, 2021. Prior to joining NAMI NH, Holly worked in health policy in Concord and previously spent more than a decade in the mental health and substance use fields, primarily as a mobile crisis clinician in central Maine.

Holly earned her Juris Doctor and LLM in Intellectual Property from the University of New Hampshire Franklin Pierce School of Law and also holds a Bachelor of Arts in Psychology from the University of Rochester in Rochester, New York.

To learn about legislative priorities for mental health and suicide prevention, to sign up for public policy alerts, or to receive information about free upcoming advocacy trainings, contact advocacy@NAMINH.org.

NAMI NH Hosts Representative Kuster

On August 11, 2021, NAMI New Hampshire hosted Representative Ann McLane Kuster for a conversation on mental health, addiction and trauma-informed support for health care providers, police, and first responders who have been on the frontlines of the COVID-19 pandemic. Suicide prevention was also discussed, including the work of NAMI NH’s Connect Suicide Prevention Program.

Proclaiming Mental Health Month

Each May, NAMI NH joins the national movement to raise awareness about mental health. Year-round, we fight stigma and provide support, education, and advocacy for folks affected by mental illness and suicide.

Thank you to Governor Sununu for proclaiming May as Mental Health Awareness Month in New Hampshire!

NAMI NH was grateful to join our partners statewide in offering robust programming of activities and events in recognition of Mental Health Awareness Month.
Magnify Voices Expressive Arts Contest Celebrated 48 Youth Entries

The New Hampshire Children’s System of Care (CSoC) recognized youth in fifth through twelfth grade at the Fourth Annual Magnify Voices Expressive Arts Contest celebration held during both Children’s Mental Health Awareness Week and Mental Health Awareness Month. The 48 youth artists were featured at the 2022 Magnify Voices Celebration Event on May 4 at the Tupelo Music Hall, in Derry, to showcase artwork and stories portraying personal struggles with mental health. The event included an art exhibit, a resource fair and an awards presentation for 12 finalists.

Participants had the opportunity to view the 48 submissions which included short films, essays, poems, and a variety of expressive art. In addition, attendees gathered information from organizations focused on improving the mental health of our youth, listened to music by West African drummer, Theophilus Martey who was recently named the New Hampshire Laureate for 2022-2024, and experienced Fraglets Art, an adjustable art form using painted magnetic shapes. The event was headlined by a formal awards presentation for the 12 finalists with keynote speaker Dr. Alison Roy, a licensed clinical psychologist and trauma expert who has devoted her career to the study and treatment of traumatic and chronic stress.

Nearly 150 people were in attendance, with others watching remotely. The audience voted on the People’s Choice Award which went to Emily W., Emily A., Lindsey K. and Lana. G for a submission titled Short Film which discussed mental health illnesses and statistics for those who are suffering. The group of juniors were inspired to create this video to help others feel heard. Audio from the video includes “If you suffer from any of these conditions, you are not alone. Don’t be afraid to reach out to a trusted loved one or a professional...” The NH Rapid Response Access Point is available – anyone suffering from a mental health or substance use crisis and can connect by calling or texting 833-710-6477.

The NH Children’s System of Care (CSoC) is transforming NH’s children’s behavioral health care services and supports into an integrated, comprehensive system of care. The Advisory Council, established by the NH Department of Health and Human Services and Department of Education, is comprised of more than 50 New Hampshire child and family organizations and agencies focused on mental health and substance use disorders for children, youth and their families. Through a network of resources and support, CSoC is youth and family driven and community based. For more information, visit NHCSoc.org.

Bottle it up

I am a live wire coursing with emotion. I push the surge down in an effort to contain the energy, flowing through me. I burt it up and across the cup on tight. You will never know and I won’t let you because You dismiss me. You look at me, say it’s all in my MIND. No, you don’t see because I don’t let you. You can’t understand. You can’t find it anywhere. It courses through my body, from my head to toes. You can’t see it but it is real. It’s too much all around. I need it gone. I need to lock it away so I can’t feel anymore. I push, I push it down and feel suffocated but a part of me acknowledges the building tension in the bottle. I ignore it and hope it never bursts. You look at me, say it’s all in my MIND. No, you don’t see because I don’t let you. You can’t understand. You can’t find it anywhere. It courses through my body, from my head to toes. You can’t see it but it is real. It’s too much all around. I need it gone. I need to lock it away so I can’t feel anymore.

NAMI NH’s New Deputy Director

NAMI NH is pleased to share that Bernie Seifert, LICSW was named the organization’s new Deputy Director in March 2022.

Bernie has been on staff at NAMI NH for the past 14 years, serving as Director of Adult Programs since 2017. A Licensed Clinical Social Worker in NH since 1988, Bernie has over 30 years’ experience working in the mental health field here in our state. Bernie has led NAMI NH’s Adult Programs Department during a time of significant growth, including the expansion of peer services, the development of a First Episode Psychosis/Early Serious Mental Illness collaboration, the implementation of Crisis Intervention Team (CIT) training, and the transition of NAMI Signature programs to the virtual realm during the pandemic.

On welcoming Bernie to her new position, Executive Director Susan Stearns noted, “NAMI NH is exceptionally fortunate to have Bernie step into the role of Deputy Director. Her leadership has been pivotal to the growth of our initiatives for adults across the lifespan. She brings a wealth of experience to our high-performing team, accompanied by common sense and good humor.”

NAMI NH Deputy Director Bernie Seifert shared, “It’s so exciting to be taking on this new role as Deputy Director at NAMI NH. I love working with staff and volunteers who are so passionate about mental health and improving the lives of people in our communities all around the state. Every day I look up to the individuals and families that we help and support. This can be challenging work at times, but it is well worth doing and especially well worth doing together!”
Thank you for an incredible and unforgettable Walk!

In 2021 we made the difficult decision to keep NAMIWalks New Hampshire virtual and to once again participate in NAMIWalks Your Way. While the pandemic precluded us from being in person, our participants took this challenge in stride and united in hope virtually. They played soccer, practiced yoga, ran, hiked, baked and, of course, walked, united in the cause: mental health for all!

We are so grateful to our 1,016 participants, 123 teams, and 73 sponsors for supporting NH's largest mental health awareness and suicide prevention event. They all came together to raise awareness of mental illness and suicide, crush stigma, and show people across the Granite State that they are not alone.

In 2021, for the first time ever, our participants raised over $200,000 for support, education, and advocacy. Every penny raised stayed right in the Granite State, giving help and hope to over 40,000 individuals and families in need.

To our NAMIWalks NH Your Way 2021 Participants: You kept the spirit of NAMIWalks New Hampshire alive in yet another year of uncertainty. We couldn’t be more thankful.

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

Mental Health Awareness Campfire at NHTI

A s’mores toast (and huge kudos) to Laurie Belanger, NAMI NH’s Garrett Lee Smith (GLS) suicide prevention grant partner at NHTI! Laurie hosted 48 students at a Mental Health Awareness Campfire in Fall 2021. Students, peer counselors and faculty joined in to promote conversations about mental health and reduce stigma.

ConcordTV Hosts NAMI NH for Conversation on Young Adult Suicide Prevention

Tune in for an important conversation on young adult suicide prevention with NAMI NH and our friends from NHTI – thank you to ConcordTV for hosting us on Nonprofit Connection! Watch the program: tinyurl.com/NonprofitConnectionNAMINH

East Coast Meets West Coast

NAMI NH’s Elaine de Mello and Ann Duckless had the pleasure of working with a terrific group of Connect Postvention trainers from the Los Angeles County Mental Health Department.

Learn about suicide prevention and postvention training opportunities: www.TheConnectProgram.org

Youth Leader Suicide Prevention in Action!

Kudos to the Youth Leaders, adults, and students in Portsmouth who are stepping up to help prevent suicide in their community. #HopeStartsWithYou
NAMI NH continues to make Emergency Department Boarding a top priority of advocacy efforts on behalf of individuals and families affected by mental illness and suicide. It is critically important that people in a mental health crisis have immediate access to mental health treatment.

NAMI NH has worked diligently to communicate changes in the Involuntary Emergency Admission (IEA) process to family members, law enforcement, and other stakeholders. Despite changes, the process still has individuals boarding in emergency departments and improvements do not pertain to children who are boarding. We will continue to prioritize this important issue while advocating for an end to a practice that is medically, legally, ethically, fiscally, and morally wrong.

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Fiscal Year 2021</th>
<th>Fiscal Year 2022</th>
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<tbody>
<tr>
<td>Average # of adults boarding during the fiscal year</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>Average # of kids boarding during the fiscal year</td>
<td>18</td>
<td>12</td>
</tr>
<tr>
<td>Average # of combined adults + kids boarding during the fiscal year</td>
<td>43</td>
<td>38</td>
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Thank You to 5K Organizers & Participants!

Thank you to all who came out to Bow High School on Saturday, May 7th, to remember Aidan Hyslop. Special thanks to Sage for organizing this event, and to Bow graduate Ryan for starting this tradition in their friend’s memory. We are so impressed by the dedication of our youth to raise awareness and crush stigma!

Vote BLUE for NAMI NH!

Christ’s Church of Amherst chose NAMI New Hampshire as one of the four organizations to raise awareness of during the holiday season. Thanks to all who voted BLUE for NAMI New Hampshire! Thanks to your support, the church was lit up in blue on Christmas Eve 2022 – and we received a generous donation, too!

Thank you to our friends at Christ’s Church for choosing NAMI New Hampshire as one of the beneficiaries of this event!

Pinkerton Academy

On May 2022, students in the Pinkerton Academy Community and Theatre Making Group wrote, produced, and performed in 5 Short Plays on Mental Health. The funds that they generated through ticket sales and donations were donated to NAMI NH – and matched! They raised $873 for NAMI NH – and, in the process, raised awareness of mental health.

Team Tommy #5 Comedy Night

The 4th Annual Team Tommy #5 Comedy Night in memory of Tommy Nickerson raised over $10,000 for NAMIWalks New Hampshire! A huge thank you to the amazing Nickerson family, the incredible team of volunteers, the generous raffle donors, and everyone who attended and supported the event. You have made a tremendous difference by raising awareness and funds that will provide support, education, and advocacy for thousands of Granite Staters.
Corporate Sponsors:

COMCAST

NAMI New Hampshire was pleased to partner with Comcast to provide their team members with four In Our Own Voice presentations in 2022. Through sponsoring these sessions, Comcast hopes to open the door to conversations about mental health and wellness, decrease stigma and discrimination, and provide their team with information and resources. We applaud Comcast for their steadfast commitment to employee mental health.

Comcast Corporation (Nasdaq: CMCSA) is a global media and technology company that connects people to moments that matter. We are principally focused on connectivity, aggregation, and streaming with 57 million customer relationships across the United States and Europe. We deliver broadband, wireless, and video through our Xfinity, Comcast Business, and Sky brands; create, distribute, and stream leading entertainment, sports, and news; and provide memorable experiences at Universal Parks and Resorts in the United States and Asia. Visit www.comcastcorporation.com for more information.

Open to all employees, Comcast’s Employee Resource Groups (ERGs) are voluntary, employee-led organizations dedicated to developing the careers of our employees, contributing to community service and building an inclusive and collaborative workplace. For example, The MyAbilities Network empowers People with Disabilities and their allies via leadership, mentoring and development opportunities, while championing a safe and welcoming disability-sensitive work environment. MyAbilities is committed to cultivating a workplace that is reflective of and responsive to all the communities and customers we serve, enabling individual and company success.

Congratulations to the 2022 NAMI NH Annual Award Recipients!

Congratulations to the deserving and dedicated 2022 NAMI New Hampshire Annual Award recipients! We applaud you and all of the individuals who were nominated for their outstanding contributions to improving the lives of people affected by mental illness and suicide.

Hope starts with you!

Fern R. Seiden
EDUCATOR
For going above and beyond to improve the well-being of students, caregivers, staff, and community.

Detective Rochelle Jones
LAW ENFORCEMENT
For her compassionate response to individuals in mental health crisis.

Betty Nitchie
VOLUNTEER OF THE YEAR
For her tireless efforts to support families in need.

Kelly Burch
MEDIA
For sharing her lived experience to provide help and hope.

Dr. Arun Krishnan
MENTAL HEALTH PROFESSIONAL
For his patient-centered, compassionate care for individuals and families.

Merena Beale
PEER SUPPORT
For her dedication to advocating for youth mental health care and suicide prevention.

Senator Cindy Rosenwald
LEGISLATOR OF THE YEAR
A longtime champion and legislative leader for those impacted by mental illness and suicide.

Jane Doe
UNSUNG HERO
For her courageous legal battle to improve the care of people in a mental health crisis.

Thank you to Janssen Pharmaceutical Companies of Johnson & Johnson for demonstrating their steadfast support of Granite Staters affected by mental illness and suicide by renewing their corporate sponsorship for 2022. We are grateful for our partnership.
By the Numbers

July 1, 2021 through June 30, 2022

Suicide Prevention/Postvention & Survivor Support
- 502 Community Readiness and Awareness Presentations
- 72 Suicide Prevention and Postvention Trainings
- 1,549 People trained in Connect Suicide Prevention
- 1,145 People trained in Connect Suicide Postvention
- 189 Suicide Prevention Trainers trained
- 4,553 Connect Online Training Access Codes Issued
- 170 Youth/Young Adult Trainers trained
- 72 Hours spent responding to suicide incidents
- 50 Participants in Support Groups for Survivors of Suicide Loss
- 347 Individuals viewing the New Hampshire Lifekeeper Quilt
- 300 NH Survivor of Suicide Loss Resource Folders
- 5,588 Survivors of Suicide Loss newsletters distributed

Family/Caregiver Education Programs
- Family to Family: 80 participants, 5 virtual classes
- NAMI Basics: 38 participants, 3 virtual classes
- Side by Side: 124 participants, 2 virtual classes

Speakers’ Bureau Presentations
- In Our Own Voice: 1,456 audience members, 40 presentations
- SurvivorVoices: 195 audience members, 6 presentations
- Life Interrupted: 284 audience members, 12 presentations

NAMI NH Volunteers
- 214+ Number of Volunteers
- 10,800+ Volunteer hours
- $323,460+ Total Value

NAMI NH General Support, Education & Advocacy Statistics
- 943 Families who received individual support & education
- 1,234 Unique Information & Resource Line responses (I&R)
- 536 Support group participants throughout the state
- 34 People who attended advocacy training
- 3,687 Public presentation attendees
- 13 CIT trainings
- 1,016 NAMIWalks NH participants
- 76,619 Website Unique Visitors NAMINH.org
- 33,169 Website Unique Visitors theconnectprogram.org
- 8,382 Website Unique Visitors Connect Online Training
- 2,969 Website Unique Visitors OnwardNH
- 1,819 Website Unique Visitors 603 Stories

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 2022 | Total $4,866,475

- 52% Public Support: Government Grants and Contracts $2,516,451
- 18% Private Support: Individual and Corporate Grants $867,749
- 30% Earned Income Interest, Fees, Contracts and Miscellaneous $1,482,275

Expenses - Fiscal Year 2022 | Total $4,787,880

- 56% Public Education $2,681,213
- 18% Suicide Prevention Education and Training $861,818
- 7% Supporting Services: Fundraising $335,152
- 14% Supporting Services: Management $670,303
- 5% Community and Public Policy Relations $239,394
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.

Grant Funders
Anonymous
Bangor Savings Bank Foundation
Endowment For Health
Foundation for Seacoast Health
Grappone Family Foundation
NAMI National
NH Charitable Foundation
State of NH, Department of Health and Human Services
Substance Abuse & Mental Health Services Administration (SAMHSA)

In Memory Of
Myra Adams
Susan L. Stearns
Nancy Adams
Nancy Morrison
Susan Adiman
Linda and Larry Ardito
Shannon Allison
Anonymous
Christian Arrell
Christopher Higgins
Dimitry Stelmah
Lisa VanDyke
Matthew Aspinwall
Laurie Aspinwall
Thomas Beglinger
Kimberly Meyer
Mitchell Bertowski
Beata Bertowski
Tracy Bleyler
Peter and Ruth Bleyler
Jeffrey Boczenowski
Joann Boczenowski
Joe Ryan
Holly Borday
Amanda Sirois
Andrew Bunker
Suzanne Bunker
Danny Burke
Pauline Pichette
Angus Caceres
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Karen Hegner
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Marla Okrant
Eleni Panagopoulis
Janet Panagopoulis
Samuel and Rebecca Pease
Patricia Quinlan
Colette Sanborn
Deborah Stavseth
Walter Desmarais
Helen Desmarais
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Anonymous
Gavin Engel
Stacey Comis
Alexander Evans
Kaitlynn Liset
Marie Farley
John Farley
Yvonne Fentress
Anonymous
Joanne Frawley
Michelle Bradley
Rebecca Edelson
Nancy Foppiano
Brian Gallivan
Maryann Gallivan
Sandra Lorusso
John and Cheryl Price
Stephen Price
Grace Simms
Kari Vossahlik
Charles Galatis
Richard Wiggins
Olivia Galipeau
John King
Leslie Pearce
Pittsburg Firefighters Association
Brian Salvas
Cindi Trank
Jennifer Wineski
Kevin Godosky
Ashley Gagne
Andrew Greten
Elizabeth Poole
Irene Haigh
Stewart Haigh
Robert Harris
Paula Harris
Sandra Harvey
John Mason
Judith and George Weldon
Dr. Richard Hattan
Anonymous (2)
Julie McCarthy Brown
Barbara Henderson Cangiano
Stephen and Mary Curtin
Michelle Dean
Andre and Claire Desseault
Jennifer Falconer
Michael Fogarty
Tamara Goff
Mark and Donna Grewe
Thomas Hardiman
Bernadette Homberger
Betsy Kelly
Lakes Region Mental Health Center
Stephen Laurent
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Kathleen Lyon-Pingree
Congratulations, Kelsey!

Kelsey Eastman was presented with the Association of Fundraising Professionals – Northern New England Demont Scholarship Award for Outstanding Youth in Philanthropy at the Chapter’s National Philanthropy Day luncheon on November 4, 2021. National Philanthropy Day® (NPD) is a special day set aside to recognize the great contributions of philanthropy—and those people active in the philanthropic community—to the enrichment of our world. First held in 1986, NPD celebrates the endless contributions individuals and organizations across the world make to countless causes and missions.

Demont & Associates has partnered with the Association of Fundraising Professionals’ Northern New England chapter (AFP-NNE) to award a $5,000 grant to an individual age 8 to 23 who demonstrates outstanding commitment to the community through direct financial support, development of charitable programs, volunteering, and leadership in philanthropy. This is not a community service award. Rather it is a publicly and professionally recognized honor for a young person who has both personally and through the inspired efforts of others raised a relatively impressive amount of charitable support for the development of an important service or initiative in Northern New England. NAMI NH was so pleased that our beloved volunteer, Kelsey, was chosen for this honor.

NAMI NH’s Brittany Porter, who nominated Kelsey for the award, shared: “Kelsey Eastman has come a long way from the small eight-year-old girl who walked to support her brother after their family’s life changed forever. She is a dedicated volunteer, winning the Spirit of NH Award in 2015 and the Unsung Hero Award from NAMI NH in 2020. NAMI NH is forever indebted to Kelsey for her fundraising efforts, her work in expanding NAMIWalks New Hampshire, helping it become the state’s largest mental health awareness and suicide prevention event, and for her dogged commitment to helping those affected by mental illness and suicide in the Granite State. Kelsey has the heart of a volunteer and the soul of a philanthropist. She believes she can make the world a better place and she does. Next fall, Kelsey will begin a new chapter in her life as she heads off to college. With her excellent grades, her status as a member of the National Honor Society, and her long history of community service, we know that Kelsey’s future isn’t just bright, it is blinding.”
Contributors

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Legacy Circle

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

~ FRANCES BELCHER AND RICHARD TYLER

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

FreeWill

NAMI New Hampshire is happy to share that we began a partnership with FreeWill in FY22 to provide our supporters with a free resource to create your estate plans, gift stock to NAMI NH, or support NAMI NH through your IRA. To learn more about all of these options, visit the website at www.NAMINH.org/donate.

Give a gift of stock to NAMI New Hampshire

Looking for a tax-smart way to support NAMI New Hampshire’s mission? As a gift for yourself and a gift for NAMI NH, consider donating your appreciated stock to save on taxes, while supporting Granite Staters affected by mental illness and suicide.

Support NAMI New Hampshire through your IRA

Are you looking to expand your impact for all individuals and families affected by mental illness and suicide without dipping into your cash reserve? If you or someone you know is 70.5 or over, giving from your IRA is a powerful way to support advocacy, education, support and public awareness while reducing your future tax burden.

Join the NAMI New Hampshire Legacy Circle

To thank you for supporting the future of NAMI New Hampshire, we want to make it easier to support the future of the people and causes you love. To create your legacy, we invite you to use FreeWill: an online estate planning tool that makes it 100% free to write your will, and designate NAMI New Hampshire as a part of your legacy if you so choose.

For more information on the many ways to give to NAMI New Hampshire, contact Kristen Welch, CFRE, Director of Development or visit the website at www.NAMINH.org/donate.

40th Anniversary video: https://youtu.be/wB1H65-DAbs

Thank you for a lovely and heartfelt night. We were honored to be asked to tell our story at the 40th Anniversary Event. You have gone over and above helping to ensure our self-care. It is not typical for us to feel so loved and supported by an agency. You have truly made us feel connected when our normal is feeling alone. We are so proud and motivated to help others the way you all are helping us. Thank you for everything you have done.

~ Nicole and Jeremy Sheaff
Ken Norton Transitions from Role as Executive Director at NAMI New Hampshire

An internationally recognized suicide prevention expert, Ken Norton began employment with NAMI NH in 2003 to help develop and implement the Connect Suicide Prevention Program. He became Executive Director in 2011 and oversaw a sustained period of growth that included a quadrupling of staff, budget, and numbers of individuals served, as well as the agency’s recognition with the Nonprofit Impact Award from the NH Center for Nonprofits in 2019.

On his time with the organization, Norton noted, “It has been the honor of my lifetime to serve as Executive Director of NAMI NH. As a family member of people with mental illness, I have a longstanding and deep affinity for NAMI NH. I look forward to continuing to support the organization and its mission.”

During his tenure, Norton received broad recognition for his work as an advocate including numerous awards such as the Wheelock-Nardi Advocacy Award from The Mental Health Center of Greater Manchester in 2018, the Richard and Betsy Greer Advocacy Award from NAMI National in 2021, and the Bernard Lown Humanitarian Award from the University of Maine – Orono in 2014.

Norton was one of the first advocates in NH to sound an alarm on the practice of boarding children and adults experiencing mental health crises in emergency departments – unequivocally calling the situation a crisis: medically, legally, ethically, and morally. In 2013 he convened a press conference to highlight the issue and began what would be an 8-year campaign that culminated in an amicus curiae brief on behalf of NAMI NH for the Jane Doe v. Commissioner of the New Hampshire Department of Health and Human Services appeal to the NH Supreme Court earlier this year. In May 2021, the Court issued its unanimous decision, requiring the state to provide a due process hearing within 72 hours of being detained for adults boarded in emergency departments.

Reflecting on the work to improve timely access to mental health treatment, Norton stated, “I am encouraged to see so many policymakers, stakeholders, individuals, and their families come together to craft a new system of mental health crisis care in our state. As a family member and long-time New Hampshire resident, I stand ready to assist NAMI New Hampshire and its partners in any way I can as the state moves ahead with this initiative.”

Remembering Rick (Doris) Sherman

NAMI NH learned with great sadness that Rick (Doris) Sherman, NAMI New Hampshire’s third Board President, passed away on October 4, 2021. Like NAMI NH Founder Peggy Straw and Rona Purdy, our second President who went on to be President of NAMI National and continues to support NAMI NH, Rick was a courageous and determined advocate. For more than a decade, she was an active, engaged, and visible NAMI NH Board President.

Rick’s tireless efforts were successful in generating sufficient revenue for NAMI NH to hire its first full-time employee in 1999 – Elaine de Mello, who currently serves as NAMI NH’s Director of Suicide Prevention Services. A short time later, NAMI NH was able to hire its first full-time Executive Director. After resigning from the Board around 2003, Rick served as the Chair of the Board Nominating Committee for several years, and continued to serve on various statewide committees and be a vocal advocate for NAMI NH.

Rick was a fierce and tireless advocate on behalf of people with mental illness and their families. She helped establish a solid foundation for NAMI NH which contributed to our growth and success.
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.

Anti-Discrimination – We recognize and applaud the diversity of humanity and believe everyone deserves to be free from judgment.

Inclusiveness – We respect all people, value the perspective of individuals with lived experience, and are dedicated to equity, diversity, and fostering a community of belonging.

Collaboration – We are dedicated 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.

Hope – We strive to make certain all who are affected by mental illness and suicide know they are not alone – that recovery is the expectation, and that hope and help will always be available.

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Facebook Fundraisers

In FY22, 1,084 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 $46,671! 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 we are grateful for your steadfast support.