



National Alliance on Mental Illness

New Hampshire

2022 ANNUAL REPORT

Reflecting on 40 Years

July 1, 2021 - June 30, 2022

#StigmaFreeInThe603



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.

40th Anniversary



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

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.



TOGETHER for Mental Health

Mental health is an incredibly important part of our overall health. We're strongest when we join **Together for Mental Health** to advocate for resources, support and access to quality care.

[Learn More](#)

May is
Mental Health
Awareness Month

Check out the calendar of
statewide events from
NAMI NH and our partners!

NAMI New Hampshire

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)

BATTER UP

May is Mental Health Awareness Month

Join the NH Children's System of Care organizations and agencies that support the mental and behavioral health of Granite State children, youth and their families, by wearing green at Fisher Cats Stadium in Manchester on:

Sunday, May 15 @ 1:35 pm
Fisher Cats vs. Binghamton

\$8 per group ticket

Optional: \$4 food voucher (hot dog, chips, soft drink)

Stop by and check out the children's mental health resources tables.

CSoC

Children's System of Care

TO PURCHASE GROUP TICKETS:

Contact Stephanie Fournier at
SFournier@NHFisherCats.com or 603.606.4105
Mention NH Children's System of Care

NAMI NH Education Programs

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

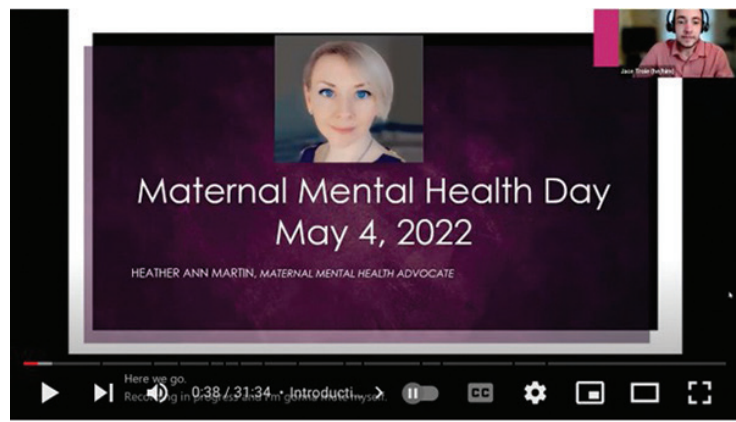
NAMI Peer-to-Peer is a free, 8-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. However, as with 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.





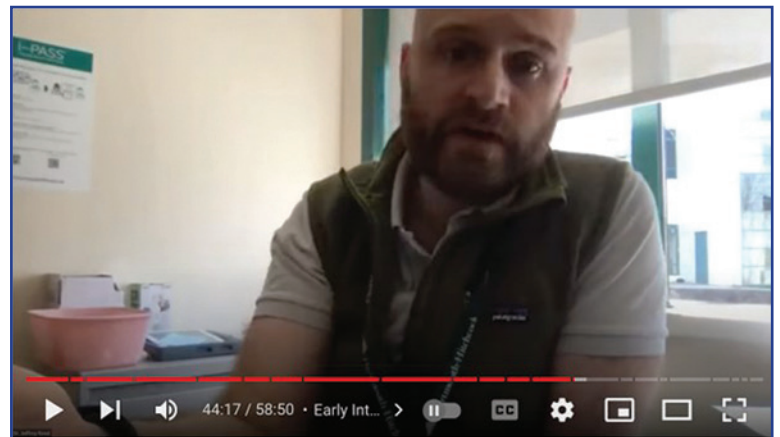
Maternal Mental Health Webinar - May 4, 2022

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 NAMI.NH.org/MaternalMH.

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.



Tardive Dyskinesia: Recognition and Treatment



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.



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!”



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 bottle it up and screw the cap 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 feel it everywhere. It courses through my body, from my head to my toes. You can't see how bad it really is. It's too much all at once. I need it gone. I need to lock it away so I can't feel anymore. I try. I push it down and feel relieved but a part of me acknowledges the building tension in the bottle. I ignore it and hope it never bursts.

19th Annual NAMIWalks NH

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!

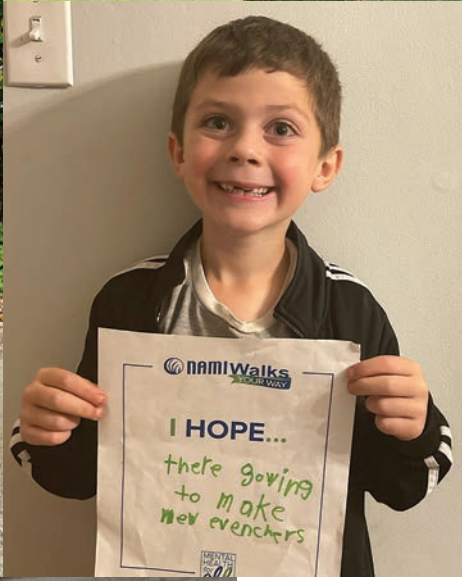
We are so grateful to our 1,016 participants, 123 teams, and 73 sponsors for supporting NH's largest mental health awareness and suicide prevention event. They all came together to raise awareness of mental illness and suicide, crush stigma, and show people across the Granite State that they are not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

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

  **ONLINE**
Training Professionals & Communities in
Suicide Prevention & Response®

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



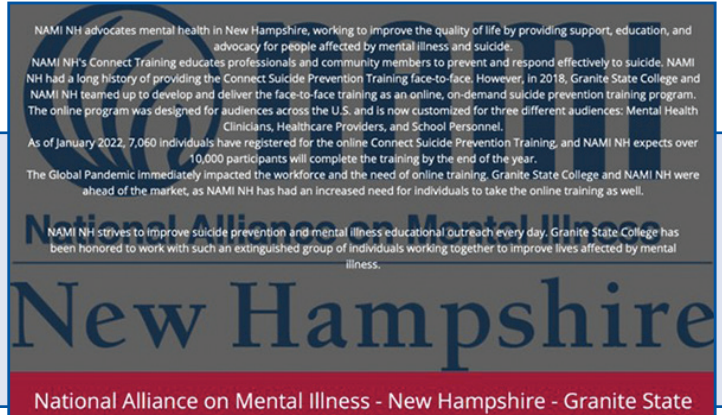


Connect Suicide Prevention Program Trains at WestBridge

NAMI NH's Ann Duckless joined Stacie Lucius to offer a full day Connect Suicide Prevention training. The duo trained 15 WestBridge staff, including 5 folks who will return for a 2nd day to become authorized Connect Suicide Prevention training facilitators.

NAMI NH's Connect Program Recognized with Award

NAMI NH was honored to be recognized by Campus Compact for NH with a 2022 Presidents' Community Partner Award for our collaboration with Granite State College to expand suicide prevention training.



Youth Leader Suicide Prevention in Action!

Ann Duckless with NAMI NH's Connect Suicide Prevention Program spent an incredible day with Franklin, Interlakes, and Newfound high school students and adults training in Youth Leader Suicide Prevention. Kudos to the 38 students and adults who stepped up to help prevent suicide in their community.



Emergency Department Boarding Crisis

ED Boarding Crisis

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.

Indicator	Fiscal Year 2021	Fiscal Year 2022
Average # of adults boarding during the fiscal year	25	26
Average # of kids boarding during the fiscal year	18	12
Average # of combined adults + kids boarding during the fiscal year	43	38

Development

NH Gives 2022

NAMI New Hampshire was proud to participate in another record-breaking NH Gives! NH Gives, the Granite State's largest day of giving, brings together hundreds of nonprofits and tens of thousands of donors to raise as much money and awareness as possible for the causes they care about.

NH Gives has raised more than \$8 million for more than 900 nonprofits since it started in 2016. That success comes from generous donors marking your calendars and being ready to donate during the 24 hours of NH Gives.

We are grateful to the kind and thoughtful donors who gave to NAMI New Hampshire's 40th Anniversary Campaign during NH Gives 2022 and to the anonymous donor who generously matched donations dollar-for-dollar - up to \$5,000!

Because of you, we raised over \$7,000 to continue providing free support, education, and advocacy to Granite Staters affected by mental illness and suicide - giving help and hope to those who need it most. Hope starts with you!



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 NAMI Walks 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:



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.



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.

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.



By the Numbers

FY2022



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
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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 Volunteers²

10,800+
Volunteer hours

\$323,460+
Total Value

NAMI NH General Support, Education & Advocacy Statistics¹



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.

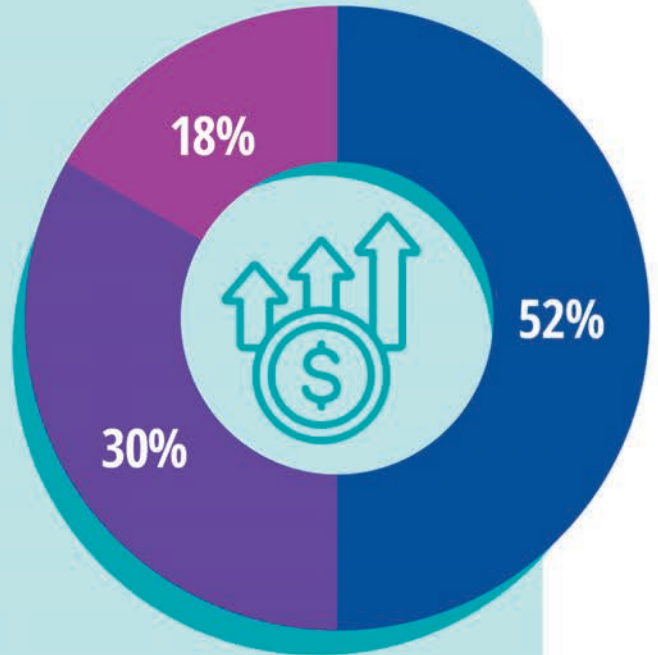
² Volunteer roles include: speakers' bureaus, support group leaders, teachers, board of directors, committee work, office volunteers, Walk volunteers, special projects, etc.

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

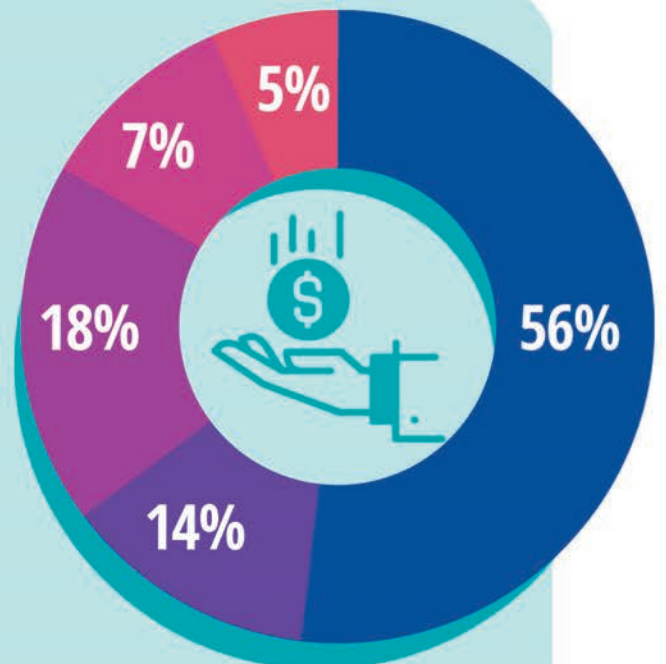
56% Public Education **\$2,681,213**

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**



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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.”

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 Yvette Yeager
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 Cheryl Young
 Patricia Zappone
 Louise and Roger Zebra
 Shari Zedeck
 Kirsten Zienty
 Christos Ziogas

40th Anniversary

Anonymous (6)
 Valerie Acres
 Steve Appleby
 Reverend Kate Atkinson
 Pam and Perry Banks
 Mary Behl
 Beata and Mitchell Bertowski
 Elizabeth Biron
 Bernard Bluhm
 Joann Boczenowski
 John Bonell
 Pam and Pierre Brazeau
 William Breault
 Barbara Brunelle
 John Bunker and Jennifer Kinsey 
 Pamela Burns
 Heidi and John Cantin  
 Richard Chévréfrils
 Terri Clyde
 Michael and Saundy Cohen  
 Russell and Carol Conte
 Mental Health Center of Greater
 Manchester
 Jordy Cornog
 Jay Couture
 Karen and Tom Cusano 
 Kai de Mello-Folsom
 Elaine de Mello-Folsom and
 Michael Folsom

Alex and Susan de Nesnera
 Helen Desmarais
 Carrie DiGeorge
 Tim Doherty
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 Ms. Jean Fahey
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 Laurie and Steve Foster
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 Arthur Gardiner, Jr.
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 Michele A. Grennon
 Cheryl Guerin
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 Janet R. Guyer
 Raymond & Sheila Hamwey
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 Morissa Henn
 Liz and Ken Hodgkins
 Nancy Hollinshead
 Kathleen Hoppa
 Sarah Horne
 Brian and Mindy Huckins
 Nancy Husarik and Scott Rand
 Rochelle Jones
 Celine and Zachary Jordan
 Joan Kay
 Joseph Keenan
 Gayle Kimbal
 Ed and Mary Kirby
 Sean and Sharon Laferriere
 Ellen Lapointe
 Robert LeGros
 Dina Lyne Lillis
 Laura Livie
 Cindy Lundberg
 Lisa Madden
 Michael Maki
 Karen McCloskey
 James Miller
 Karen Moore
 Carolyn Morgan Hafez
 Kim Murdoch 
 Tammy Murray
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 Beth Anne Nichols
 Ken Norton and Lauren Noether 
 Virginia Nossiff
 Catherine O'Leary
 Zachery Palmer
 Linda Paquette
 Gerald and Gail Parent
 Tasha Paul
 Geoffrey and Lynne Pedersen
 Brittany Porter
 Cashlyn Powers
 Edward and Karen Privé
 Stacy Matseas Racette
 John and Mary Rauh
 Amy Reinikainen
 Riverbend Community Mental Health
 Donna Robbins

Patrick and Liza Roberts
 Tonya Rochette
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 Karen Trudel
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 Virginia Villani
 Kimbly Wade
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 Dr. Cynthia Whitaker
 Michael Whitman
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 Michael Wright and 
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 Nancy Wrigley

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40th Anniversary

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 Janssen Association
 NH Community Behavioral Health
 Well Sense Health Plan

Mental Health Awareness Month

Dartmouth Health

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 Michele Grennon, Michaela Phaneuf
 & Courtney Wood
 NH Healthy Families
 New Hampshire Hospital Association/
 Foundation for Healthy Communities
 Northeast Delta Dental
 Otsuka
 Sam's Club #6386 (Concord)
 In Memory of Jeremy Allard - Walmart
 #1698 (Hooksett)
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Seacoast Mental Health Center

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Kilometer

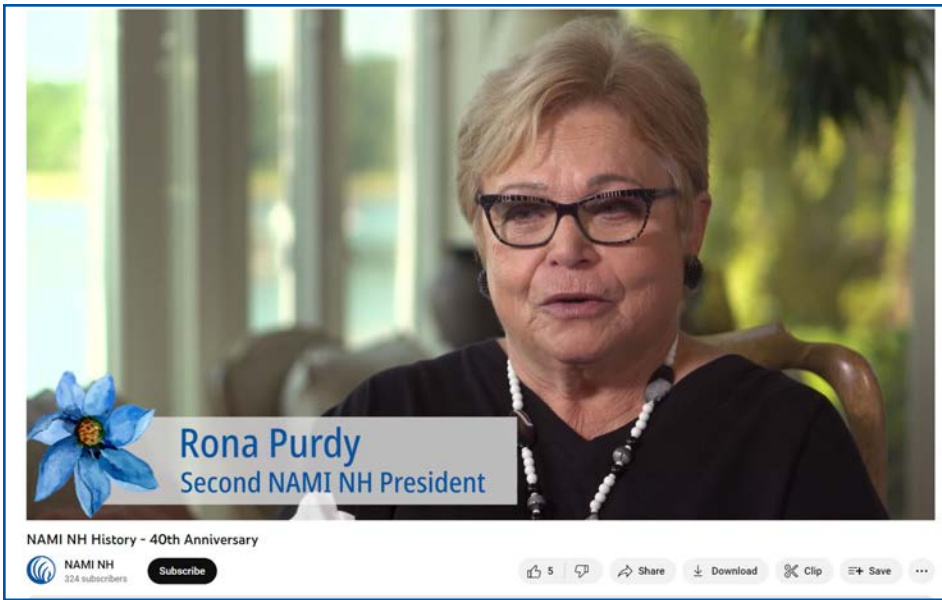
Bangor Savings Bank
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 Major (Ret.) Russell Conte
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40th Anniversary video:
<https://youtu.be/wB1H65-DAbs>

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

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.

Legacy Circle

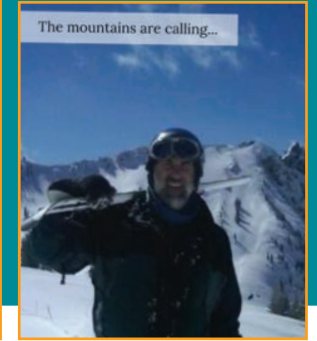
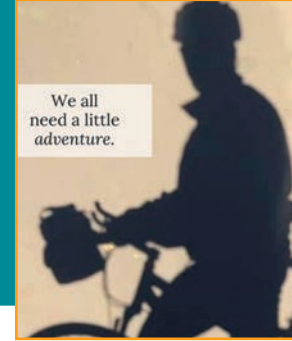
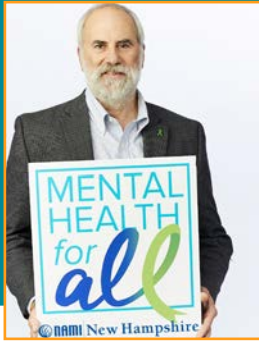
“NAMI NH is an important resource for support and accurate information to NH families and policymakers. We believe the quality of life for all of NH’s citizens has been vastly improved as the result of NAMI NH’s efforts. My husband and I decided to join the founding members of the Legacy Circle to reaffirm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



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.

