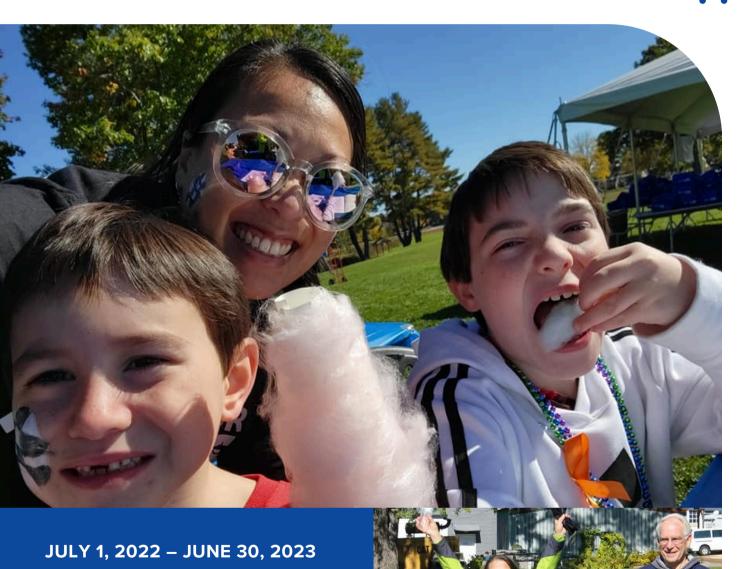
2023 ANNUAL REPORT

#StigmaFreeInThe603





New Hampshire



The sharing of lived experience has the power to create lasting systems change – as demonstrated time and again in 2023. The collective voices of the NAMI NH family and advocacy partners helped ensure the reauthorization of Medicaid Expansion; a NH State Budget that supports the mental health of Granite Staters; and a new psychiatric residential treatment facility for youth at Hampstead Hospital.

Beyond the Granite State, it was a weighty honor to carry your stories of lived experience to Washington, DC – where they were shared with lawmakers and policymakers in efforts to advance mental health; expand suicide prevention; end emergency department boarding; and support maternal mental health.

Many years of advocates bravely and selflessly sharing their lived experience, and that of their loved ones, yielded the launch of 988 nationally, and the debut of Mission Zero in New Hampshire.

It's clear that sharing of lived experience has the power to create lasting systems change. But story sharing also has the power to impact individual lives. NAMI NH volunteer teachers and leaders, speakers and advocates, committee members and CIT role-players, board members and resource table hosts, along with NAMI NH staffers, all bring their lived experience to their roles. As a result, people feel less alone and more hopeful.

In the words of NAMI National CEO Dan Gillison, "This is not a mental health moment, this is a movement." We know that no matter what lies ahead, together we are a force to be reckoned with.

And that hope does, indeed, start with you.

Susan L. Stearns

Executive Director

Todd Donovan Board President

Emergency Department 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.

NH DHHS Announces "Mission Zero," A Plan to Eliminate Emergency Department Boarding of Psychiatric Patients by 2025

In May 2023, the NH Department of Health and Human Services (DHHS) announced "Mission Zero," a plan to eliminate hospital emergency department psychiatric boarding by 2025. The work to address ED boarding is a top focus for NH and DHHS, as outlined in NH's 10-Year Mental Health Plan. Mission Zero will add additional resources and attention to address this urgent, complex challenge in collaboration with community stakeholders.

Indicator	Fiscal Year 2022	Fiscal Year 2023
Average # of adults boarding during the fiscal year	26	27
Average # of kids boarding during the fiscal year	12	12
Average # of combined adults + kids boarding during the fiscal year	38	39

988 Launch & National Advocacy



National 988 Suicide & Crisis Lifeline Launched on July 16, 2022

After many years and countless hours of advocacy, partnership, and strategizing – the National 988 Suicide & Crisis Lifeline launched on July 16, 2022. This 24/7 service is available by calling/texting 988 or visiting 988lifeline.org.

NAMI NH Represented at State of the Union in Washington, DC

On February 7, 2023, Executive Director Susan Stearns represented NAMI New Hampshire as Congresswoman Annie Kuster's guest at the State of the Union Address – with gratitude for the opportunity to <u>highlight the needs of Granite Staters affected by mental illness and suicide</u>.





NAMI NH in DC to Address ED Boarding

On June 21, 2023, Susan participated in a congressional briefing on Emergency Department boarding. Hosted by the American College of Emergency Physicians, Emergency Nurses Association, and NAMI National, speakers conveyed a unified message: "The crisis is bigger than can be managed by a single hospital or even the medical system alone. We need help from policymakers."

NAMI NH on Capitol Hill to Talk Mental Health and Suicide Prevention

Susan again headed to Washington, DC in November 2022 to join colleagues from other NAMI organizations in advocating on Capitol Hill in support of mental health and suicide prevention.

NAMI New Hampshire received a warm welcome from our federal delegation – thank you to all for engaging in discussion and planning around how to best support Granite Staters affected by mental illness and suicide.



Maternal Mental Health

In January 2023, Susan participated in a roundtable discussion focused on the critical importance of maternal mental health care. Convened by Senator Maggie Hassan, others at the table included Dartmouth Health, The Mental Health Center of Greater Manchester, Moms Rising, and NNEPQIN.

Support

Steady Support for Granite Staters

Throughout the year, NAMI NH offers in-person, virtual, and online support groups in communities across the state – these groups are possible thanks to trained volunteer leaders who share their time and lived experience.

NAMI NH staff also provide individualized support – in 2023, there were 894 families in the Granite State who received family peer support, 1,100+ responses to InfoLine requests, and NAMI NH team members provided peer support at Transitional Housing Services locations statewide.





NAMI NH in Minneapolis at NAMICon 2023

A terrific group of NAMI NH volunteers and staff traveled to Minneapolis for NAMICon 2023 – where they connected with new ideas, new resources, and new folks. They returned to New Hampshire with a wealth of knowledge to help us best support Granite Staters affected by mental illness and suicide.

Mental Health Awareness Month

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

During Mental Health Awareness Month, NAMI NH kicked off a partnership with Community Mental Health Centers to bring the documentary Anxious Nation to communities across our state – with generous support from the Endowment for Health and New Hampshire Charitable Foundation.

Diversity, Equity, and Inclusion (DEI) at NAMI NH

NAMI NH is committed to living up to its mission to improve the lives of all people affected by mental illness and suicide. To achieve this, in 2020, the NAMI NH Board of Directors included incorporating Diversity, Equity & Inclusion principles throughout the organization into its Strategic Plan. Our DEI Committee, a diverse mix of Volunteers, Board, and Staff, leads our work to ensure that NAMI NH is accessible, welcoming, and inclusive. While real progress has been made, we remain committed to this work to ensure we can meet the unique needs of those we serve – and live up to our promise that You Are Not Alone.

603 STORIES

603 Stories Podcast – Produced by and for Young Adults

The 603 Stories Podcast, created by young adults for young adults, debuted several new episodes in 2023, including: Being Radically Visible; Educator Mental Health; Inclusive Camps; Perceptions & Expectations; and Impacts of Legislation on Mental Health with guest Senator Jeanne Shaheen.

Listen at 603Stories.org.

Supporting NH's LGBTQ+ Communities with Pride

NAMI NH volunteers, staff, and members of the 603 Stories Podcast team traveled to Pride events around the state in 2023 to connect folks with LGBTQ+mental health resources and engage them in a community art project, asking: "What are you proud of yourself for?"



Education Programming from NAMI NH

NAMI NH continues to offer educational programs specifically designed for <u>parents and primary caregivers</u>; <u>family members with an adult loved one</u>; <u>individuals with a mental health condition</u>; and <u>older adults</u>. Learn more at <u>NAMINH.org/Education</u>.











NAMI NH Annual Conference

Did you miss out on attending the 2023 NAMI NH Virtual Conference, or do you want a refresher on a presentation?

Recordings are available to watch at your convenience.

Bebe Moore Campbell National Minority Mental Health Awareness Month

Mental health affects us all and everyone should have the right to be heard and healed without shame or judgment. Bebe Moore Campbell was committed to creating safe spaces for people in communities of color to connect with others who share similar experiences and cultural backgrounds. These safe spaces served as a gateway to vital mental health resources and support networks. In July 2023 during Bebe Moore Campbell National Minority Mental Health Awareness Month, NAMI NH was honored to welcome Dr. Christine M. Crawford, Associate Medical Director at NAMI National, to present Impact of Racism and Trauma on Black Mental Health.





Record Number of Youth Participated in the Magnify Voices Expressive Art Contest

The New Hampshire Children's System of Care (CSoC) showcased and recognized youth in 5th through 12th grade at the Fifth Annual Magnify Voices Expressive Art Contest celebration. A record number of entries from 61 youth artists across New Hampshire were featured at the celebration event on May 24, 2023 at Plymouth State University's Silver Center for the Arts to showcase artwork and stories portraying personal struggles with mental health conditions. The event included an art exhibit, a resource fair, a dance performance and an awards presentation for 11 finalists and the People's Choice Award.

Deconstructing Stigma

Sarah Horne, NAMI NH volunteer and mental health advocate, was featured in the *Deconstructing Stigma: Changing Attitudes About Mental Health* exhibit installed at the Manchester-Boston Regional Airport in May 2023. The exhibit uses real-life stories and compelling imagery to spark conversations about mental illness.



Advocacy

Medicaid Expansion

NAMI NH Executive Director Susan Stearns joined advocacy partners on January 4, 2023 for a press conference to underscore the importance of reauthorizing Medicaid Expansion in the 2023 legislative session and preserving healthcare coverage for over 93,000 Granite Staters.





NH State Budget

On June 20, 2023, NAMI NH Executive Director Susan Stearns and Director of Public Policy Holly Stevens attended the budget signing at the State House. Thank you to Governor Sununu, lawmakers from both sides of the aisle, advocates, and the individuals who shared their personal stories – your collective work resulted in a budget that supports the mental health of Granite Staters, including \$134 million in funding for Medicaid Rate increases; 7-year reauthorization for Medicaid Expansion; and sufficient funding to support the NH DHHS "Mission Zero" Plan (to address Emergency Department boarding) in its entirety.





Hampstead Hospital

NAMI NH Deputy Director Bernie Seifert and Director of Public Policy Holly Stevens attended the May 26, 2023 ribbon cutting ceremony for the new psychiatric residential treatment facility for youth at Hampstead Hospital. This facility is an important resource for NH children requiring this level of care. NAMI NH is grateful to all of the folks who worked together to make the facility opening possible – including Governor Sununu, NH DHHS, the NH Children's System of Care, policymakers, advocates, and, especially, the youth and families who have shared their lived experience to help create lasting systems change.









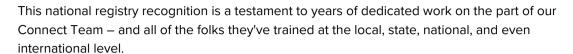
Legislative Breakfast on State of Mental Health and Suicide Prevention in NH

Thank you to legislators from both sides of the aisle who joined NAMI NH to explore how we can work together to improve the lives of Granite Staters affected by mental illness and suicide.

Suicide Prevention

Connect™ Suicide Prevention Program Listed on Best Practice Registry

NAMI NH's <u>Connect Suicide Prevention Program</u> has been listed on the Best Practice Registry 2023 by the Suicide Prevention Resource Center (SPRC).









Connect™ Youth Leader Program and Real Talk

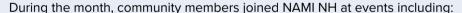
The Connect™ Youth Leader Program engages a core group of youth leaders, in partnership with trained adults, to co-facilitate the Connect™ curriculum for other teen youth. Thank you to Connect Youth Leaders for welcoming Senator Jeanne Shaheen and NAMI NH Executive Director Susan Stearns to Bedford High School in May 2023! Connect Real Talk is specifically geared to active Youth Leader Programs — incorporating training to recognize that mental health is an essential part of overall health while empowering youth and their families to recognize, manage, and learn from difficult emotions.

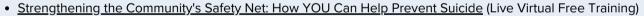
Connect[™] Travels Worldwide to Support Suicide Prevention

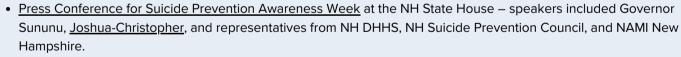
In FY23, NAMI NH's Connect™ Suicide Prevention Program crisscrossed the United States, and traveled globally as far as the Mariana Islands to deliver suicide prevention and postvention training. Learn about in-person, virtual, and eLearning training options at <a href="https://doi.org/10.1001/jhaps-10.1001/j

Suicide Prevention Awareness Month

Each September, we recognize Suicide Prevention Awareness Month – a time to educate, destigmatize, and support those affected. NAMI NH hosted a statewide virtual calendar of Suicide Prevention Month programming in September 2022.









Crisis Intervention Team (CIT) Training



NAMI NH is deeply committed to continuing to provide our 40-hour Crisis Intervention Team training for first responders on responding to people experiencing mental health crises. With the support of a second SAMHSA grant and from the NH Police Standards & Training Council (PSTC), we are now offering CIT training nearly monthly. In FY23, we trained 247 folks in CIT – bringing the total since the work began in 2019 to 672 first responders trained. With our partners at PSTC and across the state, we continue to strive for our common goal that in every NH community, there will be CIT trained officers available to respond.

By the Numbers

Total Number Served

44,000



July 1, 2022 through June 30, 2023

Suicide Prevention/Postvention & Survivor Support 1,054 504 45 250 Community Suicide Prevention People Trained in People trained in Readiness and and Postvention Connect™ Suicide Connect™ Suicide Awareness Trainings Prevention Postvention Presentations 1,017 270 120 74+ Suicide Prevention Connect™ Online Youth/Young Adult Hours Responding to **Trainers Trained Training Access** Trainers Trained Suicide Incidents Codes Issued 300 6,048 204 38+ Participants in **Individuals Viewing** NH Survivor of Survivors of Suicide Support Groups for the New Hampshire Suicide Loss Loss Newsletters Distributed Survivors of Lifekeeper Quilt Resource Folders Suicide Loss

Family/Caregiver Education Programs

Family to Family

60

Participants

3 Virtual Classes

NAMI Basics

24

Participants

2 Virtual Classes

Side by Side

232

Participants

11 Modules Presented

Speakers' Bureau

Presentations In Our Own Voice

1,466 audience members 42 presentations

SurvivorVoices

408 audience members 13 presentations

Life Interrupted

340 audience members 14 presentations



NAMI NH General Support, Education, and Advocacy Statistics



Families who Received Individual Support & Education



Unique Information & Resource Line Responses (I&R)



Support Group Participants Statewide



People who Attended Advocacy Training



Public Presentation Attendees



CIT Trainings



NAMIWalks NH Participants



Website Unique Visitors NAMINH.org



Website Unique Visitors TheConnectProgram.org Connect™ Online Training 1,779

Website Unique Visitors Connect™ Online Training



Website Unique Visitors OnwardNH.org



Website Unique Visitors 603Stories.org

- 1 Total # of individuals served is approximately 44,000, 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 2023 | Total \$5,755,346

50%

Public Support: Government Grants and Contracts \$2,884,587

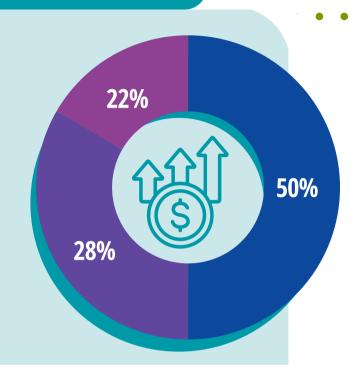
22%

Private Support: Individual and Corporate Grants \$1,266,675

28%

Earned Income Interest, Fees, Contracts and Miscellaneous

\$1,604,084



Expenses - Fiscal Year 2023 | Total \$5,583,835

56%

Public Education

\$3,122,205

16%

Suicide Prevention Education

and Training

\$900,271

7%

Supporting Services: Fundraising

\$405,943

16%

Supporting Services: Management

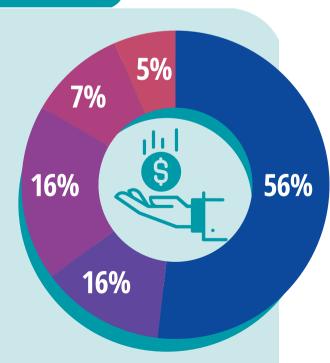
\$876,577

5%

Community and Public Policy

Relations

\$278,839



20th Annual NAMIWalks NH

A huge and heartfelt thank you to the participants, volunteers, donors, and sponsors who helped make the 20th Annual NAMIWalks New Hampshire a success!

Whether you joined us on the soccer fields and the streets of Concord for our triumphant return to an in-person event, or participated in our virtual event, we are profoundly grateful to you for raising awareness, crushing stigma, and inspiring hope.

With the support of 1,172 participants, 129 teams, and 67 sponsors, NAMIWalks New Hampshire raised over \$200,000 for the second consecutive year, while raising awareness and stomping out the stigma surrounding mental illness and suicide.

Thank you again to our NAMIWalks New Hampshire 2022 Participants! Your unwavering support has made a profound impact on the lives on your fellow Granite Staters. As always, hope starts with you.





#StigmaFreeInThe603





































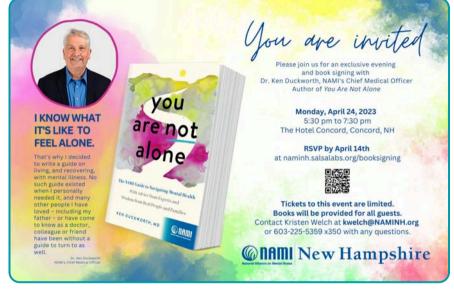
Register and learn more at NAMIWalksNH.org

Development

















Book Signing with Dr. Ken Duckworth

On April 24, 2023, NAMI New Hampshire volunteers and donors joined us for a book signing and inspiring remarks from Dr. Ken Duckworth, NAMI National Chief Medical Officer and author of You Are Not Alone. It was a wonderful evening celebrating the dedicated and generous folks who help make our work possible and bring hope to so many.

We were grateful to the Me/2 ("me, too") Orchestra, the world's only classical music organization created for individuals with mental illnesses and the people who support them, for providing lovely chamber music for us and to Just Wright by Kelli for creating such beautiful and detailed cookies! They were (almost) too pretty to eat.

Development





Live Life Loud

NAMI New Hampshire was honored to be the beneficiary for DOUBLESOLID's LIVE LIFE LOUD event! It was an amazing and inspiring evening of fashion, drag, comedy, and music that raised over \$10,000 for NAMI NH's programs and services - and, most importantly, raised awareness and sparked conversation about good mental health. We were so pleased to welcome Mo, Marie, Kelly, and Kim to our office and thank them for all of their hard work. Hope starts with incredible people like these wonderful folks!







Highs and Lows Tour

The Highs and Lows Tour returned in 2023 to raise awareness and funds for NAMI New Hampshire! This cycling event travels through the beautiful mountains and valleys of New Hampshire as you ride to support NAMI New Hampshire and to help remove the stigma associated with mental illness.

We are grateful to the incredible team of volunteers who organized this event to benefit NAMI NH, and to the riders, supporters, sponsors, and donors who helped to increase awareness, reduce stigma, and raise nearly \$30,000 for our programs and services.

Learn more about the Highs and Lows Tour at www.highsandlowstour.com.



NAMI NH Annual Meeting & Award Winners

Thank you to the members, volunteers, donors, staff, and stakeholders who joined us on a beautiful June evening for the 41st Annual Meeting! We were delighted to return home to the NAMI New Hampshire office, celebrating the successes you made possible and reflecting on the challenges we've faced together. We could not do this work without you, and we thank you for all you do.

Congratulations to the 2023 NAMI New Hampshire Annual Award and NAMI Exemplary Psychiatrist Award Recipients:





Law Enforcement Major Russell S. Conte (Ret.)

Legislator of the Year Senator Becky Whitley

Mental Health Supporter
Brendan Cahalin

Systems Transformation Leader
Debbie Robinson

Peer Support Professional Karen Richi

> Youth Leadership Erin Murphy

Volunteer of the Year
Theo Baars

NAMI Exemplary Psychiatrist
Dr. Jeffrey Fetter





Thank You, NAMI NH Volunteers!

NAMI NH volunteers often wear many hats – they are teachers and leaders, speakers and advocates, committee members and CIT role-players, board members and resource table hosts. They step up in so many ways to share their unique skills, lived experiences, and hearts to help others.

Thank you to each and every NAMI NH volunteer for sharing your time, talents, and HOPE year-round!

#HopeStartsWithYou

Thank You, Donors and Funders!

We are profoundly grateful to our many donors, sponsors, and funders for their generosity and steadfast support of NAMI New Hampshire's mission and Granite Staters affected by mental illness and suicide.

Whether you made a gift to our annual campaign, supported an event, or remembered or honored a loved one with a donation, please know you gave the priceless gifts of help and hope.

In an effort to be kind to the environment, we are listing our contributors online. Please visit <u>naminh.org/annualreports</u> to view our FY23 supporters, without whom we could not do this work.





@NAMI New Hampshire

QUALIFIED **CHARITABLE** DISTRIBUTION

Qualified Charitable Distributions (QCDs), also known as IRA Charitable Rollovers, are the savviest way for individuals age 70½ or older to use their IRAs to maximize their charitable impact. For those over 72 who must take a Required Minimum Distribution (RMD), an IRA gift is a simple way to fulfill it while supporting our mission.

LEGACY CIRCLE

Many Granite Staters concerned about mental illness and suicide prevention choose to make provisions in their wills or trusts to support and sustain the work of NAMI New Hampshire, becoming members of the NAMI New Hampshire Legacy Circle. Planned giving ensures you will continue providing help and hope well into the future.

In addition to adding NAMI NH to your will, you may name us as the beneficiary of marketable securities, qualified retirement plans, IRA accounts, or life insurance policies.

GIFTS OF STOCK

Many donors prefer to make gifts of appreciated stocks, bonds, mutual funds, or exchange traded funds because these gifts can have a large impact on the mission of NAMI New Hampshire, while maximizing potential tax benefits for you, the donor, by avoiding paying tax on capital gains. Meet your giving goals, enjoy potential tax benefits, and contribute to the change you want to see.







LEARN MORE

Our life's message, and work, has been about the effect of mental illness on our life, and that of our family. NAMI NH was there for us in our darkest days. We had hoped that within our lifetime the impact of stigma would have been eradicated. but we now know other families will

continue to need NAMI NH. We need to know that NAMI NH will be there for them in this difficult journey for a real and fulfilling life for those we love.

> Rona and Ken Purdy, NAMI NH Founding Family

For more information or to discuss additional opportunities: Kristen Welch, CFRE, Director of Development kwelch@NAMINH.org or 603.225.5359 x350

Improving lives affected by mental illness and suicide.

Our Mission

NAMI New Hampshire is a grassroots organization working to improve the lives of all people affected by mental illness and suicide through support, education and advocacy.

Our Vision

We envision a future where people affected by mental illness have hope, help, and health, and are able to:

- Access the supports and evidence based treatment necessary for recovery;
- Have a lifespan that is not cut short by suicide or co-occurring conditions; and
- Reach their full potential, living in their communities free from discrimination.

Guiding Values

Compassion – We offer compassion and empathy to all who are affected by mental illness and suicide.

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.



Board of Directors 2022-2023

Presid	dent
Todd	Donovan

Chester

Vice President

Joseph Keenan Lancaster

Treasurer

Joseph Keenan Lancaster

Secretary

Elizabeth Sanders Hopkinton

Rev. Kate Atkinson Concord

William Breault Dover Barbara Brunelle Bedford

John Bunker Stratham

Camilla Crawford Manchester

Karen Cusano Dunbarton

Arthur Gardiner, Jr. Hanover

Cheryl Guerin Enfield

Elizabeth LaBonte Loudon Shawn LaFrance Concord

William Lusenhop Durham

Steve Macek Goffstown

Teresa Moler Nashua

Zachery Palmer Manchester

Jennifer Rabalais Concord

Nicole Sublette Manchester



