

# 2023 Annual Report

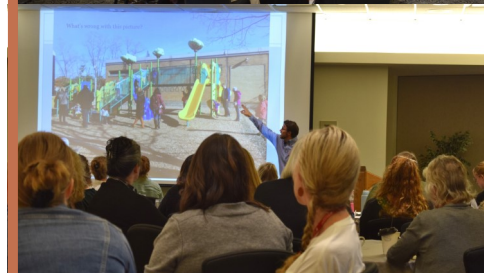
## NHAIMH Balance Sheet

December 31, 2023\*

	2023 Budget	2023 Actual
<b>Income</b>		
Membership Dues	\$4,860.00	\$5,360.00
Credentialing Fees	\$550.00	\$450.00
Conference Registration Fees	\$21,300.00	\$17,530.00
Conference Sponsorships	\$5,000.00	\$10,649.00
Conference Vendors	\$360.00	\$0.00
Membership Events Sponsorships	\$0.00	\$0.00
Membership Event Registration Fees	\$175.00	\$100.00
CEU's	\$140.00	\$90.00
CD MM Interest	\$312.00	\$339.82
ECHMC Indirect	\$1,090.00	\$1,090.00
ECFMHC	\$9,420.40	\$27,000.00
Other Income (Reserves)	\$5,000.00	\$5,000.00
<b>Total Revenue</b>	<b>\$48,207.40</b>	<b>\$67,608.82</b>
<b>Expense</b>		
Conference 2023	\$23,010.00	\$20,556.76
Conference 2024		\$2,061.50
Membership Events	\$489.00	\$0.00
Annual Celebration	\$800.00	\$723.16
ECFMHC	\$9,420.40	\$9,681.25
Marketing Materials	\$300.00	\$307.00
Sponsorships	\$500.00	\$500.00
Award for Excellence	\$500.00	\$300.00
Bank Fees	\$0.00	\$70.00
PayPal/Event Reg Fees	\$190.00	\$521.51
Credential Fees	\$250.00	\$228.39
Liability Insurance - Board of Directors	\$1,003.00	\$1,012.00
Mini Grant Awards	\$400.00	\$0.00
Office Supplies	\$2,000.00	\$69.99
Worker's Comp. Insurance	\$100.00	\$2.00
PO Box and Postage	\$220.00	\$217.80
Bookkeeping	\$1,500.00	\$381.50
Admin Consultant	\$5,000.00	\$1,020.00
Charitable Status Filing Fees	\$75.00	\$75.00
Website Maintenance	\$2,100.00	\$1,694.45
Miscellaneous Administrative	\$350.00	\$1,342.90
<b>Total Expenditures</b>	<b>\$48,207.40</b>	<b>\$40,765.21</b>

\*Pending final audit

Current Assets	
Citizens Checking	\$38,006.29
Citizens M/M	\$25,062.18
Citizens Checking	\$1,000.00
Bank of NE CD (2-3 Year)	11,126.42
Bank of NE CD (1-2 Year)	10,698.49
Bank of NE CD (3-5 Year)	5,357.31
<b>Total</b>	<b>91,250.69</b>



New Hampshire Association for Infant Mental Health  
"Shaping Lives Before Birth and Beyond"

# 2023 Annual Report

## Board of Directors

Kassie Eafrazi  
*President*  
Melissa Hellen  
*Vice President*  
Tessa McDonnell  
*Treasurer*  
Nancy Lucci  
*Secretary*  
Lisa Anderson  
*President Elect*  
Fallon Cluxton-Keller  
Maryann Evers  
Laura Holden  
Andrea Jergensen  
Mary Mullen LaValley  
Jessica Lewis  
Elizabeth Sommers  
Maureen Thibault

## Message from the President

Taking this opportunity to reflect on the year NHAIMH has had is always uplifting. For the first year in several years, our work has not been overshadowed nor controlled by COVID. We have persisted in providing high quality care and services to NH's children and families in varying ways. Professionals in the field across the state continue to take on increasing numbers of children and families as the need for services and supports grows and the professionals doing the work stays stable at best. There has not been a providing organization throughout the state that has not felt the impact of staffing struggles. These struggles impact the ability to serve the children and families in need, as well as impact the health and wellness of the current providers in the field. In times where our limits are tested, it is imperative to take care of ourselves in order to continue to take care of others. That said, I urge you all to take care of your own mental health and rejuvenate your passion and motivation for this work. You are all an integral part of ensuring the healthy social and emotional development for our state's young children and families, building the foundation for our state's future.

Over the last year, NHAIMH has continued to push forward with our goals and priorities. The 2023 annual conference "First Relationships: Fostering Emotional Resilience from the Start," in a new location with nearly 130 attendees, was an overall success. This conference provided keynote sessions on "Lessons in Early Relational Health from Infants and Caregivers and Guidance for Supporting Anxious Toddlers and Anxious Parents," as well as workshops on CPP, Screen Technologies, Re-building the Road to Regulation, Behavior and Early Relationship Development, Child's Play, Building Healthy Families from the Start, Cultural Humility, Wraparound, Strengthening Social and Emotional Development through Screening, and Encourage Peers, Inspire Change. The Knowledge and Education Committee worked tirelessly to offer this conference and is already well underway with the 2024 Conference "Celebrating and Engaging Diverse Family Structures," being held 9/19 & 9/20/2024 at the Holiday Inn: Concord Downtown. This year's conference will offer workshops around working with fathers and parenting partners, enhancing engagement with caregivers, inclusive strategies for supporting kinship, recognizing needs of LGBTQ+ caregivers, and unique needs of refugee and immigrant families, among other opportunities for learning and networking.

The Knowledge and Education Committee has also been working diligently on coordinating ongoing training opportunities to offer through 2024. The Public Awareness and Outreach Committee has launched the association's new website, as well as created more social network activity and involvement. The Development and Fundraising Committee has worked to brainstorm new membership benefits and has been successful in securing sponsorships, scholarships, and grant opportunities. Lastly, the Leadership and Governance Committee has created an almost seamless orientation process for new board members, reviewed the strategic plan and work plans for each committee, and continues to revise the policies and procedures as appropriate. If you are interested in joining the board of directors or any of the committees, please reach out to [nha-imh@gmail.com](mailto:nha-imh@gmail.com).

The NH Association for Infant Mental Health Board of Directors will continue to hold ourselves accountable to the strategic plan. NHAIMH will continue the work to expand professional development for Infant Mental Health professionals and build awareness of family protective factors in support of healthy, thriving children and families.



## Save the Date

September 19 & 20  
The Holiday Inn  
Concord, NH

## 2024 Conference

The conference theme this year is:

*Celebrating and Engaging Diverse Family Structures*

## Mission

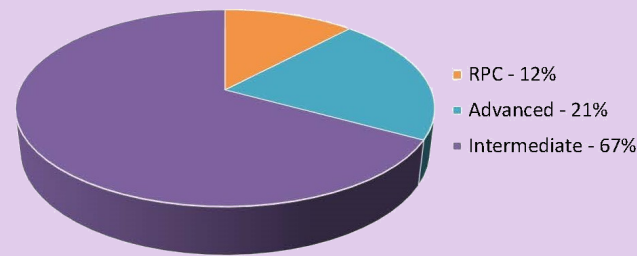
The New Hampshire Association for Infant Mental Health works to ensure healthy social and emotional development before birth and beyond. We promote evidence-based and evidence-informed practices to strengthen collaboration, services, and supports for families with infants and young children.



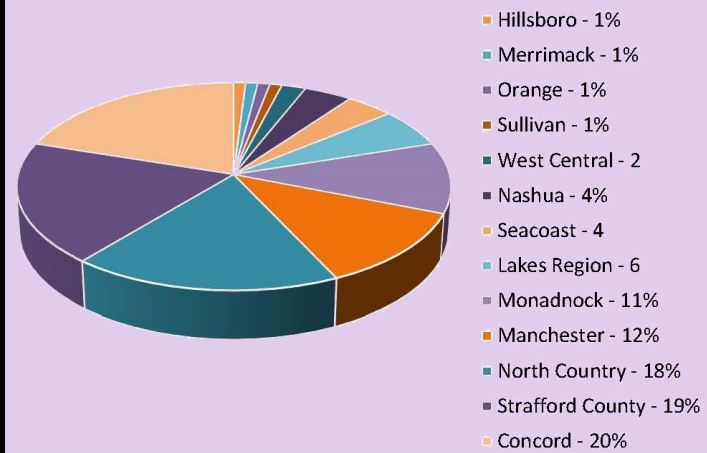
## 2023 Annual Report

### Early Childhood and Family Mental Health Credential (ECFMHC)

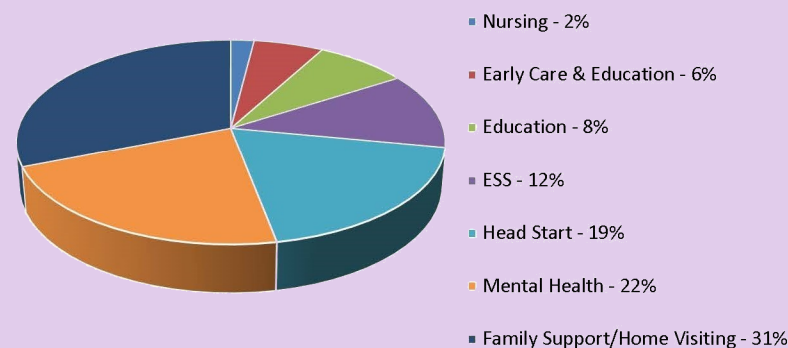
#### CREDENTIAL TYPE - 2023 \*



#### LOCATION - 2023 \*



#### FIELD - 2023 \*



The New Hampshire Association for Infant Mental Health appreciates continued support of the Early Childhood and Family Mental Health Credential by the Bureau of Children Development and Office of Headstart Collaboration. With increased funding this past year, we were able to support one ECFMHC credentialing cohort, update the competencies for the Intermediate and Advanced credentials, revise the requirements to become a Reflective Practice Consultant to include a pathway for candidates with either a bachelor's or master's degree, and launch recruitment efforts designed to increase the number of available Reflective Practice Consultants.

We are pleased to share that the following people received their credential in 2023:

Siena Calabro – Intermediate  
 Rae-Ann Campbell – Intermediate  
 Maureen Gilbert – Intermediate  
 Nancy Mason – Intermediate  
 Rebecca Provencher – Advanced  
 Kristen Schwab – Intermediate  
 Anya Twarog – Advanced  
 Cindy Marsh – Reflective Practice Consultant. RPC-1

This year, in addition to supporting a new credentialing cohort, NHAIMH will work to strengthen the Early Childhood and Family Credential in New Hampshire, in collaboration with partners at the Bureau of Children Development and Office of Headstart Collaboration, The Bureau of Children's Behavioral Health, Maternal and Child Health Section, and the University of New Hampshire. These efforts will include modernizing and simplifying the application process, increasing the availability of Reflective Practice Consultants, developing a strategy for incentivizing the credential, and securing funding to support greater numbers of candidates annually.

The following charts demonstrate the geographic distribution of credentialed staff, the fields they come from, and the type of credential received:

\* Graph data is based on 105 individuals who earned their ECFMHC Credential between 2014 and 2023

### 2023 Annual Conference

In 2023, we moved our conference to a new venue and welcomed one of our largest audiences! For two days, we sat together, learned, discussed, and networked at the University of New Hampshire's Durham campus. Our conference theme was: "First Relationships: Fostering Emotional Resilience from the Start", with sessions brought to us by a variety of knowledgeable presenters, including our keynote speaker, Dr. Claudia Gold.

We had a total of 126 attendees who participated in 11 sessions of incredible topics, including supporting anxious toddlers and parents, CPP, trust in traumatized attachment systems, developmental screenings, workforce resilience, and others. It was wonderful to see everyone, and the Knowledge and Education Committee is excited to see everyone again for "Celebrating and Engaging Diverse Family Structures" at the Holiday Inn in Concord, NH on September 19 & 20, 2024.



## 2023 Annual Report

### Committee Updates

#### Development & Fundraising Committee

In 2023 the Development and Fundraising Committee continued to meet monthly on the third Tuesday virtually. Efforts continued to focus on increasing membership in the organization and identifying new benefits. These efforts focused on the end goal of increasing revenue, and much progress was made in 2023. Currently membership stands at over 125—an increase of 15%. Also, with the assistance of the entire board, our new initiative to drive the sponsorship campaign for the annual conference netted over \$5,000.00 in pledges!

Most recently, we have targeted goals to focus on member benefits again. We are planning a survey to go out to all members for educational/training needs and we are looking at a NHAIMH newsletter that would provide information, networking, and training resources for our members. The committee will continue this work into 2024 and always welcomes new participation.

#### Knowledge and Education Committee

The Knowledge and Education Committee focused on planning the NHAIMH Conference at a new venue this year to increase accessibility to professionals around the state. Our committee strove to offer informative and educational topics in an environment where participants could connect and network with peers.

Evaluations of the conference were very positive. Attendees provided us with some great ideas for improvements in the future. Plans for the 2024 conference are already underway. Our goal to be accessible to all providers around the state brings us to a new location again this year in Concord, NH! Based on feedback, we are changing the schedule to eliminate the late-day speakers on Thursday and to offer a networking mixer instead!

The committee is also excited to be working on adding professional development opportunities throughout the year, starting with Dr. Christopher Willard's mindfulness presentation at the 2024 Annual Meeting.

#### Leadership and Governance Committee

The Leadership and Governance Committee finalized the master document of all NHAIMH contacts that we began last year. We then created a process to welcome new board members, including a revised welcome letter and orientation process. The committee workplan document was also revised and presented to the board for review. All committees will now keep their workplans updated and submit them to the president prior to each monthly board meeting, which will result in keeping the board of directors up to date on all projects. One important goal of the Leadership and Governance Committee is to have activities and processes documented, both so knowledge is not lost if board members leave the association and so new board members will have access to the work of all committees, to help them integrate into their new role.

#### Public Awareness Committee

In 2023, you may have noticed the increased presence of NHAIMH on Facebook. The Public Awareness Committee enjoyed highlighting the new board members and exciting things happening with our organization! Our committee also worked with another board member, Maureen Gilbert-Thibault, to revise NHAIMH's guiding principles to better reflect our mission and vision. In 2024, this committee's focus will be on mapping out plans for increasing the public's awareness of NHAIMH and developing SMARTER goals. Melissa Hellen, Maryann Evers, and our new member Lauren Holden welcome ideas and feedback on ways to get the word out about NHAIMH. We meet virtually on the second Tuesday of the month at 8:30 am. Please join us!

