### 2018 Annual Report

#### **Balance Sheet** As of December 31, 2018

	2018 Budget	2018 Actual	
Revenue			
Membership Dues	\$ 6,300.00	\$ 4,005.00	
Credentialing Fees	\$ 1,400.00	\$ 805.00	
Workshop Registration Fees	\$ 1,800.00	\$ 220.00	
Membership Events Sponsor		\$ 253.00	
Conference Registration Fees	\$ 19,400.00	\$21,260.00	
Conference Sponsorships	\$ 4,500.00	\$ 9,550.00	
Conference Vendors	\$ 200.00	\$ 310.00	
Interest Income	\$ 100.00	\$ 4.01	
CEU	\$ 100.00	\$ 70.00	
Other Income	\$ 0.00	\$ 300.00	
Total Revenue	\$ 35,200.00	\$36,777.01	
Expenditures			
Membership Events	\$ 5,000.00	\$ 1,895.17	
Conference	\$ 18.000.00	\$ 19,995.71	
Accounting	\$ 1,100.00	\$ 375.00	
Salary-Administrative	\$ 2,200.00	\$ 1,445.00	
Taxes	\$ 174.00	\$ 118.96	
Unemployment Tax	\$ 100.00	\$ 158.51	
Workmen's Compensation	\$ 300.00	\$ 224.00	
Payroll Processing	\$ 26.002	\$ 21.00	
PayPal Fees	\$ 300.00	\$ 102.61	
Misc. Administration	\$ 220.00	\$ 70.99	
Postage	\$ 0.00	\$ 102.61 \$ 70.99 \$ 133.23 \$ 8.99	
Office Supplies	\$ 200.00	\$ 8.99	
Filing Fees	\$ 100.00	\$ 75.00	
Insurance-Board of Directors	\$ 1,500.00	\$ 1,385.00	
Storage Fee	\$ 600.00	\$ 633.00	
Website Maintenance	\$ 3,000.00	\$ 2,856.00	
Marketing Materials	\$ 500.00	\$ 0.00	
Mini Grant Awards	\$ 1,000.00	\$ 0.00	
Recognition Award	\$ 330.00	\$ 300.00 \$ 0.00	
Bank Fees	\$ 50.00	\$ 0.00	
Credentialing	\$ 200.00	\$ 51.38	
Sponsorships	\$ 300.00	\$ 600.00	
Total Expenditures	\$ 35,200.00	\$30,449.55	
Balance	\$ 0.00	\$ 6,327.46	
End of December			
	\$ 160.47		
	\$ 26,307.75		
	\$ 20,014.62		
	\$ 25,707.16		
-	<u>\$ 1,000.00</u>		
TOTAL	\$ 73,190.00		

	NHAIMH Stat	s
EC	CFMHCs earned this year	10
EC	CFMHCs earned to date	77
Fa	cebook friends	150
Μ	embership	102
Сс	onference attendees	157
Πľ		
	nancial support of our ar onference: NH Division of Health and	
	onference:	d Human
	nference: NH Division of Health and	d Human Ient Bureau
	NH Division of Health and Services, Child Developm	d Human Ient Bureau



Conference attendees, engaged and learning



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Congratulations to the NHAIMH Award for Excellence recipient, xxxxxxxxx NHAIMH is proud to announce the recipient of the 2018 Annual Award for Excellence: 



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

# 2018 Annual Report

### **Message from the President**

Ellyn Schreiber, President As the outgoing NHAIMH President, I find myself reflecting upon all the change Tessa McDonnell, Vice President and growth over the past many years. The New Hampshire Association for Infant Mental Diane Bolduc, *Treasurer* Health started as a conference planning group, trying to bring awareness to the idea that Maryann Evers, Secretary early environment impacts mental health and wellness. Over time, this small, dedicated Sandy Beaudry group continued to promote awareness and provide education, and also took on research projects to identify and address related issue in our state. As we grew, we made Jen Buteau our voices heard, helping to develop and support regional infant mental health teams Kassie Eafrati and completing a report of New Hampshire's needs in regard to its infant and early Deborah Elledge childhood mental health system. In 2010, we took two very large steps. First, recogniz-**Rosie Emrich** ing the need to address workforce capacity issues, we developed New Hampshire's Early Kristi Hart Childhood and Family Mental Health Competencies certification, a credential that recognizes competence and commitment to work with young children and their caregivers. **Deborah Hirsch** The certification has been embraced across systems and disciplines. Since its inception, Joanne Kawecki we have credentialed seventy-seven providers throughout the state. Our second big step Mary Mullen LaValley was that we became a membership organization, now more than a hundred strong. Over the years the Association has held many trainings, conferences, forums, discussion groups and movie screenings; we have developed a social media presence, A special thank you to the foland we have actively participated in a variety of systems development, workforce devellowing board members who opment, and public education initiatives throughout the state. We have supported our served at least part of the year members in doing important work in their communities and through our annual Award for Excellence recognized individuals for their dedicated work and commitment to the during 2018. We appreciate field. I am very proud of the work this organization has done over the past twenty-five your time and service:

years, and honored to have had a lead role for more than twenty of them.

I believe we are at the precipice of real change. We have the right people at the table to make changes that will allow us to develop a truly proactive and responsive early childhood mental health system, and we currently have the unique opportunity for support and technical assistance from Zero to Three to help our state make the changes that would allow us to develop a sustainable early childhood mental health system. My vision for New Hampshire is one in which young children and their families get the support they need so each child can have a nurturing and secure beginning; one in which children who are exposed to trauma and attachment disruption can access needed supports and services, and have those services readily available, embedded in multiple settings throughout their communities. And one in which an ample, well-trained workforce exists, ready to meet the need. We can look forward to accomplishing so much as we move forward into this exciting time.

As I step back from the role of President and focus more on workforce and systems development, I am very pleased that Tessa McDonnell has accepted the nomination of president to continue to move our work forward. In her capacity as vice president, Tessa has led the work of strengthening this organization. As a result of her efforts, we have doubled the number of people participating on committees—a thrilling step, because there is a lot more work waiting to be done. With all of us working together, we can make a difference.

Ellvn Schreiber

#### 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.

### **Board of Directors**

Lisa Couture Deborah Bradley Annie DiVello Kathleen Gray Elizabeth Lawrence



Volunteer recruitment table at conference.



### 2018 Annual Report

### **Committee Updates**

#### **Development/Fundraising Committee**

The development/fundraising committee was in a period of transition this year. We had difficulty maintaining consistent participants and both the chairperson and board liaison changed over the course of the year. Despite these challenges, we had some success: We developed a strategy to recruit committee members and successfully recruited two new members at the annual conference. We created an online membership card and drafted welcome letters for both new and renewing members. We strategized fundraising opportunities and began looking at membership and benefits for those living or working in rural parts of the state. In the coming year, we hope to improve benefits for members and increase membership, thereby increasing revenue.

#### Public Awareness Committee

This past year the Public Awareness Committee worked on updating the Guidelines for Social Media and Technology. We also began to draft policies, procedures, and guidelines for our committee (as requested by the Leadership and Governance Committee). The Guidelines for Social Media and Technology have been updated and are ready to be vetted by the board. The policies/procedures document is still in discussion/drafting stage. The Public Awareness committee dwindled to two members during 2018 so much attention was put into recruiting new members at the annual conference. With six members on board as of January 2019, the Public Awareness Committee is ready to move forward with new vigor in 2019.

#### **Knowledge and Education Committee**

The Knowledge and Education Committee had an eventful year. Activities included a presentation on the Circle of Security Model, a viewing of the movie Resilience, and our annual conference. This year's conference, "Breaking the Cycle of Poverty", brought together local and national experts to share compelling stories, cutting edge research, best practices and local resources. We have some very exciting events planned for the upcoming year, including a presentation by Manchester's ACERT Program-"A Community and Law Enforcement Partnership Helping to Reduce ACEs" at the annual meeting. We are also planning a unique workforce development activity this spring, which will bring together students and experienced early childhood mental health providers. Finally, we continue to have new people joining the ranks of our Early Childhood and Family Mental Health credentialed professionals.

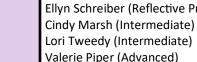
#### Leadership and Governance Committee

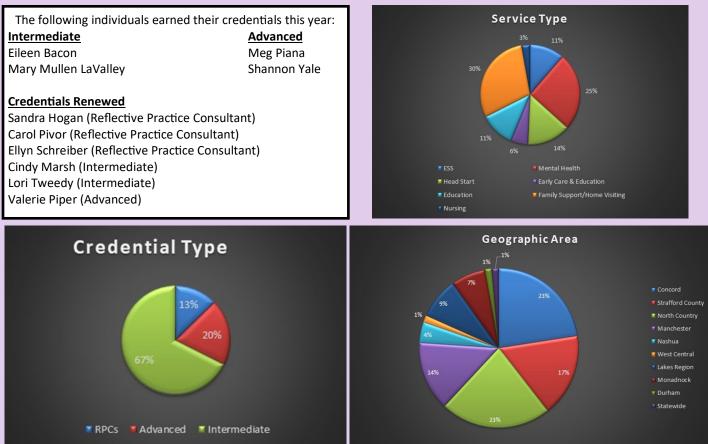
The focus of our work this year was succession planning and documentation. We recommended changes to officers' responsibilities to spread out the work more equitably. We proposed creating a new position of president-elect to aid with leadership transition. We also began the process of documenting our policies and procedures. Both efforts will strengthen the organization and help bring in and support new leadership. We are designing a document-sharing repository on Google Drive for board and committee members to have easy access to the materials they need to do their work. Our committee grew from three members to seven and we welcome more!

Left: Panel presentation and discussion on the first day of

Right: A houseful of eager conference attendees.







2018 Annual Conference Breaking the Cycle of Poverty: Overcoming its Impacts; Successful Strategies for Engaging Families Keynote presenters: Joan L. Luby, MD and Prudence Pease, BA



Above: Roundtable discussion during presentation

### A big "Thank You!" to our presenters for their time and expertise.

NHAIMH, P.O. Box 1421, Concord, NH 03302



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

# 2018 Annual Report

## **Annual Conference**



Above: Keynote speaker, Prudence Pease.

#### **Comments from Conference Attendees**

"Powerful...thought provoking", "Challenged me to think about parents who are living in poverty in new ways", "One of the best presenters I have had the privilege to hear", "I look forward to this conference every year, great speakers, great venue, great networking"

