

# 2020 Annual Report

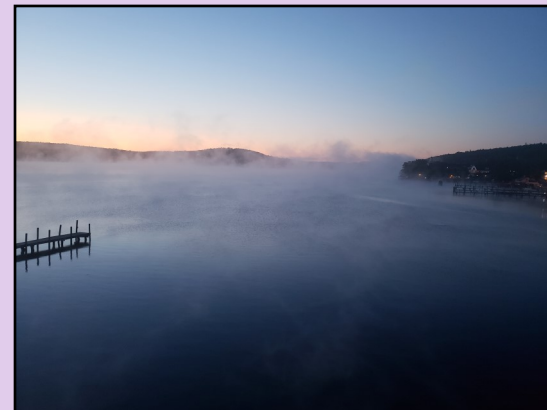
## Balance Sheet As of December 31, 2020

	2020 Budget	2020 Actual
<b>Income</b>		
Membership Dues	\$4,100.00	\$4,045.00
Credentialing Fees	\$375.00	\$900.00
Conference Registration Fees	\$25,000.00	\$140.00
Conference Sponsorships	\$8,000.00	\$7,000.00
Conference Vendors	\$300.00	\$0.00
Membership Events Sponsorships	\$200.00	\$0.00
Membership Event Registration Fees	\$150.00	\$905.00
CEU's	\$70.00	
Interest Income	\$250.00	\$7.14
DC 0-3 Grant	\$35,979.00	\$35,979.00
Other Income	\$0.00	\$2,000.00
<b>Total Revenue</b>	<b>\$74,424.00</b>	<b>\$50,976.14</b>
<b>Expense</b>		
Conference	\$19,000.00	(\$3,591.00)
Membership Events	\$2,100.00	(\$1,580.57)
DC 0-3 Grant	\$35,979.00	(\$5,062.62)
Marketing Materials	\$1,875.00	(\$1,084.21)
Sponsorships	\$600.00	(\$300.00)
Recognition Award	\$350.00	(\$300.00)
Bank Fees	\$25.00	\$0.00
PayPal Fees	\$310.00	(\$64.25)
Liability Insurance - Board of Directors	\$1,400.00	(\$1,357.00)
Mini Grant Awards	\$500.00	\$0.00
Office Supplies	\$50.00	(\$45.36)
Salary - Administrative	\$5,760.00	(\$3,315.00)
Payroll Taxes	\$599.00	(\$420.04)
Worker's Compensation Insurance	\$1,180.00	\$0.00
PO Box and Postage	\$139.00	(\$293.82)
Accounting	\$800.00	(\$1,060.00)
Payroll Processing	\$42.00	(\$38.50)
Charitable Status Filing Fees	\$90.00	(\$100.00)
Storage Fee	\$700.00	(\$726.00)
Website Maintenance	\$2,775.00	(\$4,141.40)
Miscellaneous Administrative	\$150.00	(\$150.24)
<b>Total Expenditures</b>	<b>\$74,424.00</b>	<b>(\$23,630.01)</b>
<b>Net Income</b>	<b>\$0.00</b>	<b>\$27,346.13</b>

## NHAIMH Stats

ECFMHCs earned this year	14
ECFMHCs earned to date	86
Membership	100

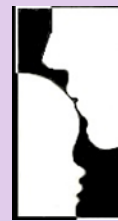
Project Connect is rolling out on our Facebook page later this month. We will be posting short videos of colleagues talking about their challenges and insights into surviving a year in the pandemic. All are invited to participate! Check the Facebook page for details.



A beautiful view from the 2019 conference.

## Congratulations to the NHAIMH Award for Excellence recipient Kim Firth

Kim has been a champion of early childhood and mental health for many years. In her key role as Program Director at the NH Endowment for Health, she has been responsible for bringing attention to the importance of early childhood mental health, identifying gaps in the service system, bringing funding to multiple initiatives to address service systems and workforce development needs. She has been a key supporter of projects designed to develop NH's Early Childhood Mental Health System, from wellness through intervention. She worked tirelessly behind the scenes to identify and support opportunities to improve our ability to meet the needs of young children and their families in NH. This included supporting partners in developing an application to Zero to Three for the Early Childhood Mental Health Financing TA, which has resulted in concrete steps in the creation of prevention services to families with young children "at risk" of mental health concerns due to child or caregiver risk factors. Kim has used her talent and influence to support organizations and agencies from different sectors to come together for their common goals. She has "helped" to write more grants than any of us could ever know. Kim's tireless advocacy, passion and commitment has opened doors and minds, making a brighter future possible for NH's young children and families.



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

# 2020 Annual Report

## Board of Directors

Kristi Hart, *President*  
Maryann Evers, *Vice President*  
Tessa McDonnell, *Treasurer*  
Mary Mullen LaValley, *Secretary*  
Diane Bolduc  
Ann Collins  
Kassie Eafrazi  
Nancy Lucci  
Ryan Marchand  
Ellyn Schreiber

In addition to the above board members, we'd like to say "Thank You" to the following member who served at least part of 2020 on the board. We appreciate your time and service:  
Joanne Kawecki

## Coming Soon...

We are working on a new look and content for our website— [www.nhaimh.org](http://www.nhaimh.org) It has been in need of a refresh and we are hoping to have this complete by summer 2021. Stay tuned!

## Message from the President

2020 has been a year like no other I can remember. Life has changed drastically for infants, young children and their caregivers, and the professionals who support and advocate for them. The COVID-19 pandemic has brought about drastic changes to nearly every aspect of human living. Families are raising children in isolation, with limited access to familial and community supports and resources to meet their basic needs. Professionals are balancing meeting the needs of their own family while also continuing to provide support and crisis management for vulnerable children and families in real time. 2020 has been marked by remote learning, video therapy sessions, virtual developmental evaluations, telephonic home visits, webinars and virtual conferences, and the building of new virtual communities to offset feelings of isolation for people of all ages. And yet somehow, we remain resilient. Families remain resilient.

Despite the challenges that 2020 has thrown our way, the NH Association for Infant Mental Health has continued to move forward providing high quality training and support to NH's infant mental health community of professionals. NHAIMH held its first ever virtual training event in 2020, hosting Chelsey Helmke's Authentically Engaging with Children and Families through Telehealth to a group of enthusiastic participants. Additionally, fourteen NH early childhood professionals, in two cohorts completed NH's Early Childhood and Family Mental Health Credential (ECFMHC) in 2020. These individuals will be recognized on the NHAIMH webpage as having completed their intermediate ECFMHC, with the capacity to utilize their enhanced skills to further support NH children and families. Further, through a collaboration with Zero to Three, 50 NH mental health professionals received training in the use of the DC 0-5 diagnostic tool. We are grateful to our philanthropic and state partners for their continued support of these endeavors during such a trying year. While we were unable to host our NHAIMH Annual Conference in 2020, we look forward to bringing our membership some amazing content around Understanding Bias and Celebrating Diversity on May 13 and 14, 2021.

Throughout 2020, the NHAIMH Board has continued to focus its efforts on advancing activities identified through strategic planning completed in 2019. Organizational advancements have been made in the areas of the bringing the organization's record keeping into the digital era through the use of electronic file sharing and storage, the hiring of a new staff person to manage the Association's social media page (follow us on [Facebook](https://www.facebook.com/nhaimh)), and post regular relevant content, and a website redesign, which continues to push forward as we've enter 2021.

Despite all the challenges 2020 has brought us, I encourage you, our members, to focus on your own personal and professional accomplishments from 2020, and I wish to thank each and every one of you for your continued work to support NH children and families. I look forward to what's to come in 2021. Be well.

Kristi Hart, NHAIMH President

## 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.



# 2020 Annual Report

## Committee Updates

### Leadership and Governance Committee

The focus of our work this year was working with the board to create and implement a Strategic Plan for 2020 – 2025. Using a process approach the board and committee members evaluated the strengths and weaknesses of our organization. We selected priorities and identified six goals to work on over the next five years.

**Goal 1 Promote the mission and vision of NHAIMH.**

**Goal 2 Develop and nurture cross-system collaboration.**

**Goal 3 Design and deliver competency-informed training.**

**Goal 4 Build a sound organizational structure.**

**Goal 5 Through educational efforts support policy and practices that advance services and support for infant mental health.**

**Goal 6 Explore and develop partnerships with higher education.**

Several activities were outlined for each goal with recommended timeframes. To promote the vision and mission more effectively we began implementation by hiring a web designer to redo the website. That project is in progress. We supported the board in hiring a part-time staff member devoted to promoting the organization on Facebook ([www.facebook.com/NHAIMH2020](http://www.facebook.com/NHAIMH2020))

The committee continues to document our work processes and procedures. We welcome new members to help us fulfill our charge to sustain the volunteer leadership of the board and the organization.

### Knowledge and Education Committee

While the unique challenges of the pandemic resulted in changes in how we brought infant mental health training opportunities our community, it did not stop us. Despite these challenges the Knowledge and Education Committee has had a very busy year. Highlights include:

- 2 Early Childhood Mental Health Credentialing cohorts ran this year, resulting in the credentialing of 14 people. This group included people working in the fields of mental health, Early Head Start, home visiting, Maternal-child Substance Use Recovery and child care
- 2 successful workshops, on the topics of Relationship-based Intervention and Authentically Engaging with Children and Families Through Telehealth were held this past year.
- 50 clinicians, from all across the state and all settings have had the opportunity to be trained by Zero to Three experts in the use of the DC 0-5 for the assessment and diagnosis of young children. This project is tied to larger systems change initiatives that will make it easier for young children and their families to get mental health services and supports.
- As a result of the pandemic, this year's conference, "Understanding Bias, Celebrating Diversity", was rescheduled spring 2021, and will be held remotely. We look forward to a really exciting conference, featuring Walter S. Gilliam, PhD. Dr. Gilliam, known for his work in Implicit Bias in Child-care Expulsion, is the Elizabeth Mears and House Jameson Professor of Child Psychiatry and Psychology at the Yale University Child Study Center, as well as the Director of The Edward Zigler Center in Child Development and Social Policy. Registration will be open January 2021.

### Public Awareness Committee

This year we were able to identify a person to manage our Facebook page and have had regular biweekly posts going up. Our analytics tell us that we could do much more around connecting potential members and we are looking forward to connecting new and existing members to our new and improved website...due for unveiling later this year! If you have an interest in helping promote understanding and resources for Infant Mental Health please consider joining this committee!!

### Development/Fundraising Committee

Due in large part to the pandemic, this committee was put on hold for the past year. The committee is planning on resuming biweekly meetings after the annual meeting and is looking to increase its membership. Hoping to follow up on a couple of initiatives started in the previous year regarding targeted membership drives and increasing understanding of member needs.

# 2020 Annual Report

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

The following individuals earned their credentials this year:

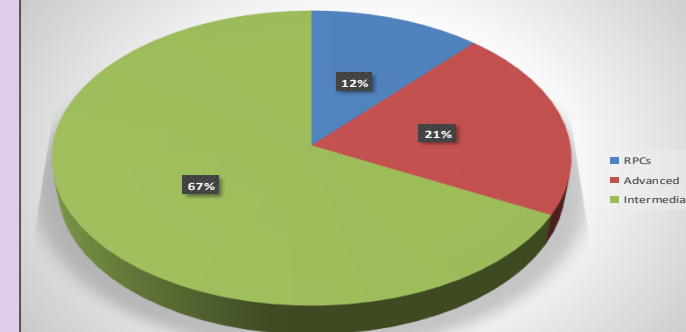
### Intermediate

Delmy Bonilla  
Erin Butler  
Meghan Canon  
Kristen Courtemache  
Elizabeth Hannagan  
Meredith Hudanish  
Rachel Kelly  
Stephanie Mayer  
Jennifer Merwin

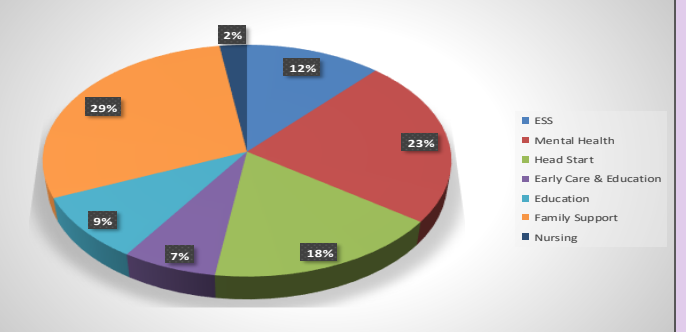
### Advanced

Shelby Chamberlin  
Beth O'Dell  
Janet Richards  
Kim Whitemore

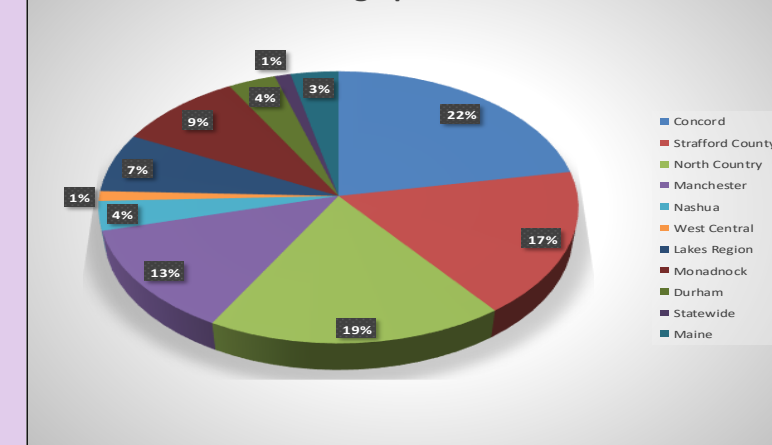
Credential Type



Service Type



Geographic Area



## 2020 Annual Conference

Due to the pandemic, the 2020 conference was cancelled in September and rescheduled as a virtual conference for May 2021. Registration will open soon!

