

# 2022 Annual Report

NHAIMH Balance Sheet	December 31, 2022	
	2022 Budget	2022 Actual
<b>Income</b>		
Membership Dues	\$4,400.00	\$4,255.00
Credentialing Fees	\$700.00	\$0.00
Conference Registration Fees	\$20,020.00	\$13,841.00
Conference Sponsorships	\$5,000.00	\$3,500.00
Conference Vendors	\$400.00	\$60.00
Membership Events Sponsorships	\$0.00	\$0.00
Membership Event Registration Fees	\$400.00	\$20.00
CEU's	\$100.00	\$20.00
Interest Income	\$7.50	\$12.23
DC 0-5 Grant	\$3,070.03	\$3,070.03
ECFMHC	\$3,032.55	\$9,032.55
Other Income	\$4,000.00	\$5,000.00
<b>Total Revenue</b>	<b>\$41,130.08</b>	<b>\$38,810.81</b>
<b>Expense</b>		
Conference 2022	\$18,890.00	\$11,266.60
Membership Events	\$510.00	\$295.00
DC 0-5 Grant	\$3,070.03	\$3,070.03
ECFMHC	\$3,032.55	\$5,603.75
Marketing Materials	\$100.00	\$0.00
Sponsorships	\$500.00	\$500.00
Award for Excellence	\$350.00	\$0.00
Bank Fees	\$0.00	\$0.00
PayPal/Event Reg Fees	\$75.00	\$179.26
Liability Insurance - Board of Directors	\$1,225.00	\$1,003.00
Mini Grant Awards	\$400.00	\$0.00
Office Supplies	\$28.00	\$0.00
Salary - Administrative	\$5,500.00	\$465.00
Payroll Taxes	\$590.00	\$44.29
Worker's Compensation Insurance	\$211.00	\$205.00
PO Box and Postage	\$175.00	\$217.80
Accounting	\$1,800.00	\$1,315.00
Payroll Processing	\$45.00	\$10.50
Prof Fees Admin	\$0.00	\$1,500.00
Charitable Status Filing Fees	\$150.00	\$75.00
Storage Fee	\$828.00	\$533.00
Website Maintenance	\$3,500.50	\$5,518.60
Miscellaneous Administrative	\$150.00	\$199.90
<b>Total Expenditures</b>	<b>\$41,130.08</b>	<b>\$32,001.73</b>

Current Assets	
Citizens Checking	6,113.23
Citizens M/M	35,046.76
Citizens - Debit	1,000.00
Bank of NE CD	10,455.29
Bank of NE CD	10,964.09
Bank of NE CD	5,283.06
<b>Total Checking/Savings</b>	<b>68,862.43</b>



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

# 2022 Annual Report

## Board of Directors

Kassie Eafrazi  
*President*  
Maryann Evers  
*Vice President*  
Tessa McDonnell  
*Treasurer*  
Nancy Lucci  
*Secretary*  
Lisa Anderson  
Ann Auger  
Diane Bolduc  
Melissa Hellen  
Mary Mullen LaValley  
Ryan Marchand  
Elizabeth Sommers  
Erica Tenney  
Maureen Thibault



## Save the Date 2023 Conference

September 21 & 22  
Holloway Commons  
Durham, NH

With Keynote Speaker  
**Claudia Gold, MD**

"The Construction of the  
Relationship Between  
Infants and Primary  
Caregivers"

## Message from the President

What a great time for reflection as my first year as the NHAIMH President comes to an end. We continue to learn so much as we navigate through life, dare I say, post-pandemic. After years of meeting remotely, finally gathering in person was exciting! One unexpected positive outcome of COVID was offering virtual board meetings, allowing more of our wide spread members to attend regularly without having to travel a distance or through wintery NH conditions!

Having worked through these past few years together has connected us all in some way. This connection has created a foundation for us to relate to and build from. If nothing else, this pandemic has highlighted the need for Infant and Early Childhood Mental Health support. With the spotlight on this work, it is now time to get excited for what the future holds. I urge you all to take care of your own mental health and rejuvenate your passion and motivation for this work as it continues to be an integral part of supporting our children and families.

In 2022, the NHAIMH Board worked tirelessly to bring back the first in-person conference since before the pandemic. Close to 80 people attended the 27th Annual Conference titled "From Community to Clinic: Best Practices in Early Identification". Participants gathered in Meredith, NH to connect, network, and learn with their peers. Also, throughout the course of the year, many hours of hard work have been spent working on committees. Be sure to check out the committee updates in this Annual Report.

The NHAIMH Board of Directors has dedicated themselves to providing quality professional development experiences. The board continues to focus on supporting and spotlighting the Early Childhood and Family Mental Health Credential, and is working with other organizations to get the credential more widely recognized. We will continue to hold ourselves accountable to the strategic plan which includes finalizing our new website, expanding our social media presence, and growing our membership including board and committee members. The NH Association for Infant Mental Health works to help ensure healthy social and emotional development before birth and beyond by promoting evidence-based and evidence-informed practices to strengthen collaboration, services, and supports for families with infants and young children.



## 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.

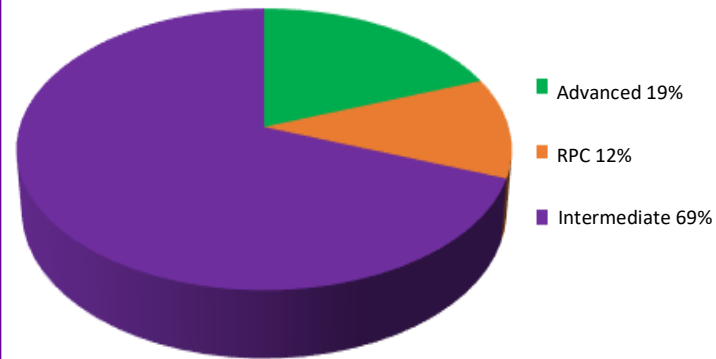


## 2022 Annual Report

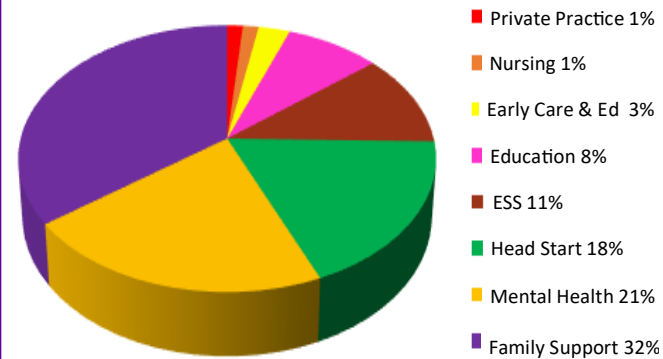
### Early Childhood and Family Mental Health Credential (ECFMHC)

Seven people received their Early Childhood and Family Mental Health credential in 2022. A new cohort of eight people began the process in this past fall, and will receive their credential in the fall of 2023. We thank the Bureau of Child Development for funding this cohort, and for supporting our efforts to update and revise the ECFMCH competencies and the credentialing processes. Over the next year, we seek to increase the pool of available Reflective Practice Consultants and expand the availability of the credential. Stay Tuned.

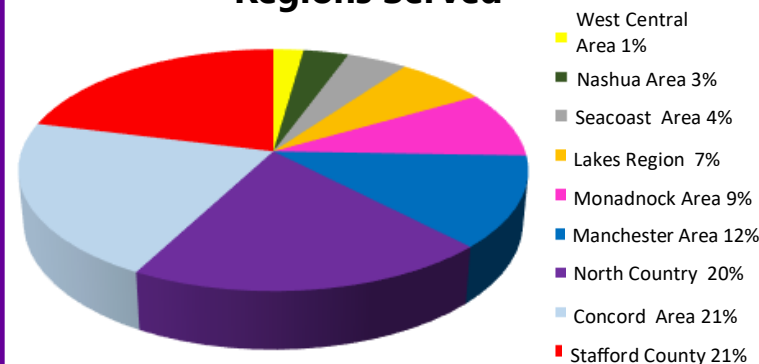
#### Credential Types \*



#### Service Types\*



#### Regions Served\*



\* Graph data is based on 99 individuals who earned their ECFMHC Credential between 2014 and 2022.

### 2022 Annual Conference

In 2022 we held our first in-person conference in three years! For two days, we sat together, learned, discussed and networked on the beautiful shore of Lake Winnepesaukee. Our conference theme was: "From Community to Clinic: Best Practices in Early Identification", with sessions brought to us by a variety of knowledgeable presenters. Our keynote speaker was Alice S. Carter, PhD, Professor of Psychology at the University of Massachusetts Boston.

We had a total of 76 attendees who participated in a total of 11 sessions on the topics of early screening practices, maternal mental health, navigating systems of care, early childhood education, and early childhood trauma, among others. Attendees also received a participatory presentation on incorporating mindfulness in their careers. It was wonderful to see everyone in person, and the Knowledge and Education Committee learned a lot from the experience.



## 2022 Annual Report

### Committee Updates

#### Leadership and Governance Committee

Organization was the 2022 "word of the year" for the Leadership and Governance Committee. With all of the agencies, government departments, and vendors NHAIMH interacts with throughout the course of the important work our organization does, we decided it was time to have pertinent information compiled in a more organized way. The committee created a master list which included: the demographic info for contacts we work with, important information regarding our contracts, a place to record interactions with agencies, vendors, etc., a running list of bills and invoices, and bank accounts connected to the association. It is our hope that having this comprehensive list will be a useful tool both now and in the years to come.

The Leadership and Governance committee also spent time reviewing and revising important documents. Time and effort was put into revising policies and procedures related to the NHAIMH Community Education and Awareness Activities mini grants. Also, the "Guidebook for NH Charitable Foundations" was reviewed carefully to be sure our activities were in keeping with all that is expected of NH non-profits. Thanks to the hard work by the Leadership and Governance committee this year, five key points have been recommended to the Board of Directors for consideration. It has been decided that the first point of action for the Board of Directors will be to revisit the process of orientation of new members who join NHAIMH.

#### Knowledge and Education Committee

The focus of the work done by the Knowledge and Education Committee in 2022 was planning the NHAIMH Conference in Meredith, NH at Mill Falls. Our committee strove to offer informative and educational topics in an environment where participants could connect and network with peers. After several conferences that were unable to be together, we were thrilled to host this in person event.

Evaluations of the conference were very positive. Attendees provided us with some ideas for improvements in the future. Plans for the 2023 conference are already underway. Due to the high cost of attending the Mill Falls Venue, we have settled on a more affordable option for next year's conference, with a plan to shift locations around the state in the coming years.

#### Public Awareness Committee

We have two new members who have joined our committee this year! We are now meeting regularly on the second Tuesday from 8:30 am to 9:30 am. We have lots of great ideas in this group. Our meetings are jam packed with energy and suggestions. We have decided to engage more help with setting up regular and interesting Facebook posts, so keep a look out! We continue to have the most community exposure when we highlight NH Early Childhood professionals and when we get the word out about workshops and conference presenters. Finally, we are very pleased that this year we had renewed interest and enthusiasm for our Award of Excellence.

If you have interest or expertise in our committee work, please consider joining this energetic and interesting group!

#### Development & Fundraising Committee

In 2022 the Development & Fundraising committee met virtually on the 3rd Tuesday of the month. Efforts continued to focus on increasing membership. Significant time was spent identifying, defining and marketing new benefits to attract new members. Each committee member focused on outreach to their direct networks by sending letters and offering in-services such as Family Support NH. With Board approval, we developed and sent out a survey to lapsed members in an effort to remind them to re-join as members. Our current membership stands at 110! The committee also contributed to the look of the new website.

We are providing support to the Knowledge and Education committee by taking on sponsorship and solicitation for the 2023 Annual Conference. We welcome new participation to our committee!

