

Mental Notes

➤➤➤ Sharing our thoughts with the communities we serve.

Fall 2018

Special points of interest:

- LRMHC's 2018 Online Auction Nets \$14,000 Profit!

LRMHC 2018 Online Auction Nets \$14,000 to Expand Programs & Services

On October 3rd, Lakes Region Mental Health Center launched its 7th annual fundraising and mental health awareness auction. "This is one of our biggest fundraising events of the year. The goal of the event is to raise awareness of the importance of mental health and provide needed funding that allows us to continue providing critical services to our patients and the community," said Ann Nichols, Director of Development & Public Relations. This year's event raised a total of \$14,000 thanks to our donors, employees, sponsors and community support. This will go a long way towards funding expanded programming for patients!



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Auction items were on display at LRMHC's annual meeting which was held on October 23rd at the Common Man Inn & Spa in Plymouth and mobile bidding was available for attendees. "We had some interesting bidding wars going between people who hoped to win one of the fabulous gift baskets that were donated by LRMHC employees. It was a lot of fun to watch! We are grateful for the support and generosity of our host, the Common Man & Spa in Plymouth and the many donors and bidders. This event was not possible without our sponsors, including our Champion Sponsor, Meredith Village Savings Bank and sponsors 98.3 LNH, 104.9 The Hawk, Genoa Healthcare, Irwin Automotive Group, Well Sense Healthplan and Boston Medical Center HealthNET Plan."

DID YOU KNOW?

Last fiscal year, LRMHC served 58 patients that were 5 years of age or younger?





“The early years in childhood provide the best opportunity to develop a child’s full potential; as well as form academic, social, and cognitive skills that determine not only success in school but also their entire life.”

**Dr. Cassie Yackley
Keynote Speaker**

[Donate now!!](#)

LRMHC Holds 52nd Annual Meeting “Embracing the Growing Years”

The weather on Tuesday, October 23rd was rather nasty so many of our supporters were unable to attend this year’s meeting. We didn’t want you to miss a thing so here’s a recap!

The Board of Directors of Lakes Region Mental Health Center (LRMHC) held their 52nd Annual Meeting, “Embracing the Growing Years” on October 23, 2018 at the Common Man Inn & Spa in Plymouth, NH. Three new board members were welcomed to LRMHC: Matt Humer of Citizens Health Initiative and the Practice Transformation Network; Marsha Bourdon of Lakes Region Community College and Dr. Jilian Stogniew of Awakening Chiropractic and Raw Life Café. The elected slate of officers for 2018-2019 include Jannine Sutcliffe, President; Deborah Pendergast, Vice President; Matt Soza and Edward McFarland as Co-Treasurer; Susan Stearns, Secretary.

Deb Pendergast, 2017-2018 Board President provided a recap of the initiatives that were successfully implemented over the past year including LRMHC’s participation in three state-lead initiatives which included a technical assistance grant from SAMSHA that will assist NH in aligning mental health and substance use disorder peer services by way of definition, rules and Medicaid reimbursement. LRMHC added peer supports to each of their adult clinical teams and pioneered peers in its wellness programs and integrated care service, “One Health.”

“This year LRMHC introduced MATCH (Modular Approach Treatment for Children and Adolescents), an evidenced based practice specifically designed for children and their families, who are diagnosed with anxiety, depression, trauma, and conduct-related disorders. We look forward to the expansion of our integrated practice models including sustaining OneHealth, improving health outcomes and growing our collaborative efforts with primary care and substance use disorder providers through our 1115 waiver work with Community Health Services Network (CHSN). In addition, we expanded our presence in the local schools by adding Belmont High School, Ashland Elementary School and Interlakes High School to the list of schools we serve where we work closely with school staff in providing services to children.

LRMHC understands the growth of the organization is dependent upon the growth of the organization’s workforce. The investment in creating a conference and training center that is equipped with audio/visual technology has supported our efforts to offer more open educational events to staff, our community partners and the public at large. Our new facility has hosted over a hundred trainings since our relocation in January 2018. Required trainings for licensure of clinicians are now offered on-site and LRMHC physicians and nurse practitioners are offering internal training sessions keeping staff well informed on subject matters like diagnostics, clinical formulation and psychopharmacology.

LRMHC’s success in growing has been recognized twice this year. Belknap Economic Development Council recognized LRMHC for our economic impact on the region. LRMHC received the 2018 Merit Award for Excellence from the NH Architect and Plan NH in recognition of our contribution toward creating a sustainable community through utilization and renovation of an existing building.

Recycled Percussion Visits LRMHC!

Recycled Percussion founder Justin Spencer has been an advocate for inspiring and helping those who deal with mental illness. Earlier this fall, the band visited with a number of LRMHC patients who shared their challenges and their inspiration with the world and were featured in a recent episode of 'Chaos and Kindness' on WMUR.



This past year, Lakes Region Mental Health Center saw a 39% increase in the number of patients served in Emergency Services; an indication that there is much more work to be done. The demand for more services challenges communities and organizations alike to find ways to meet the need and was the catalyst behind the development of NH's most recent Ten Year Mental Health Plan. Given that statewide, there continues to be an increase in demand for inpatient psychiatric treatment services, more children and families requiring a broad array of services, and the impact of the opioid epidemic on individuals, families and communities, we are hopeful that this new plan will simplify and expand access to services for individuals and their families across New Hampshire" said Deb Pendergast.

Cassie Yackley, Psy.D, who was the evenings' keynote speaker, has spent more than 25 years committed to understanding and effectively addressing the impact of traumatic/adverse experiences on young children, caregivers and families. "The early years in childhood provide the best opportunity to develop a child's full potential; as well as form academic, social, and cognitive skills that determine not only success in school but also their entire life. Ensuring that young children have safe, secure environments in which to grow, learn, and develop healthy brains and bodies is not only good for the children themselves but also builds a strong foundation for a thriving, prosperous society."

DID YOU KNOW?
In fiscal year 2018,
LRMHC served
1,077 children who
were under the
age of 18 years.

[Donate now!!](#)



Presentation of the Helen Holbrook Leadership & Service Award And the Dr. George "Pete" Harris Community Service Award

"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has."

– Margaret Mead

Each year, LRMHC presents the Helen Holbrook Leadership & Service Award which is given to an individual who leads by example and gives of themselves to strengthen the cause of mental health in the Lakes Region. This year's recipient was Jim Holmes, Branch Director of the Boys & Girls Club of Central NH. "Jim has dedicated much of his professional life working to enhance the lives of so many young people. The Boys & Girls Club has been an important community partner, offering free summer day camp and after school programs for all children that receive functional support services from LRMHC. We are very proud to present him with this award" said Maggie Pritchard, CEO at LRMHC.



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LRMHC also presented the Dr. George "Pete" Harris Community Service Award to Erica Ungarelli, Director, Bureau of Children's Behavioral Health, NH DHHS. "Erica has devoted a career that spans 25 years to the Department of Health and Human Services advocating on behalf of the State's children in a number of different capacities. We are pleased to acknowledge her achievements and continued work to improve the lives of our children" said Pritchard.



LRMHC'S Chelsea Lemke Wins Award!

On Friday, November 16th, Diane Pepin, Executive Director of New Hampshire Alcohol & Drug Abuse Counselors Association presented the 'Counselor of the Year Award' to Chelsea Lemke, a Licensed Clinical Social Worker and MLADC with Lakes Region Mental Health Center. This award is presented to a person who works with individual and groups to foster recovery from addictive disorders and demon-

strates outstanding performance in some or all of the following competencies: assessment, treatment planning, case management, communications, administrative skills, individual/group/family counseling, referral, professional relationships and professional integrity.

Chelsea is the Director of the Community Support Program at LRMHC.



WHAT THE NEW TAX LAW MEANS FOR YOUR CHARITABLE GIVING (and why nonprofits need your support more than ever)

BY RICHARD PECK, VICE PRESIDENT OF DEVELOPMENT AND PHILANTHROPY SERVICES - NH CHARITABLE FOUNDATION

Nonprofits need us, maybe more than ever.

New Hampshire nonprofits provide critical services from which we all benefit. They are on the front lines of the addiction crisis, they are mentoring our kids, protecting our natural resources, reporting on issues critical to our democracy, bringing the arts to every corner of the state. When they do more, and serve more people, it does not mean (as it would for a business) that their revenues increase — it means their *costs* do.

When you give, please consider making your gift for unrestricted operating support — so nonprofits can use your gift where it is needed the most.

Changes to the tax code were big news, and predictions vary about the effect those changes will have on charitable giving. Americans are a generous bunch — giving \$410 billion to charity in 2017. There is valid concern that level of giving may decrease under the new law. We will know more after this year. As the year-end giving season approaches, here are a few things to consider, and some things to keep in mind about the new tax code as it relates to philanthropy:

Follow this link to read the full article <https://www.nhcf.org/what-were-up-to/what-the-new-tax-law-means-for-your-charitable-giving/>



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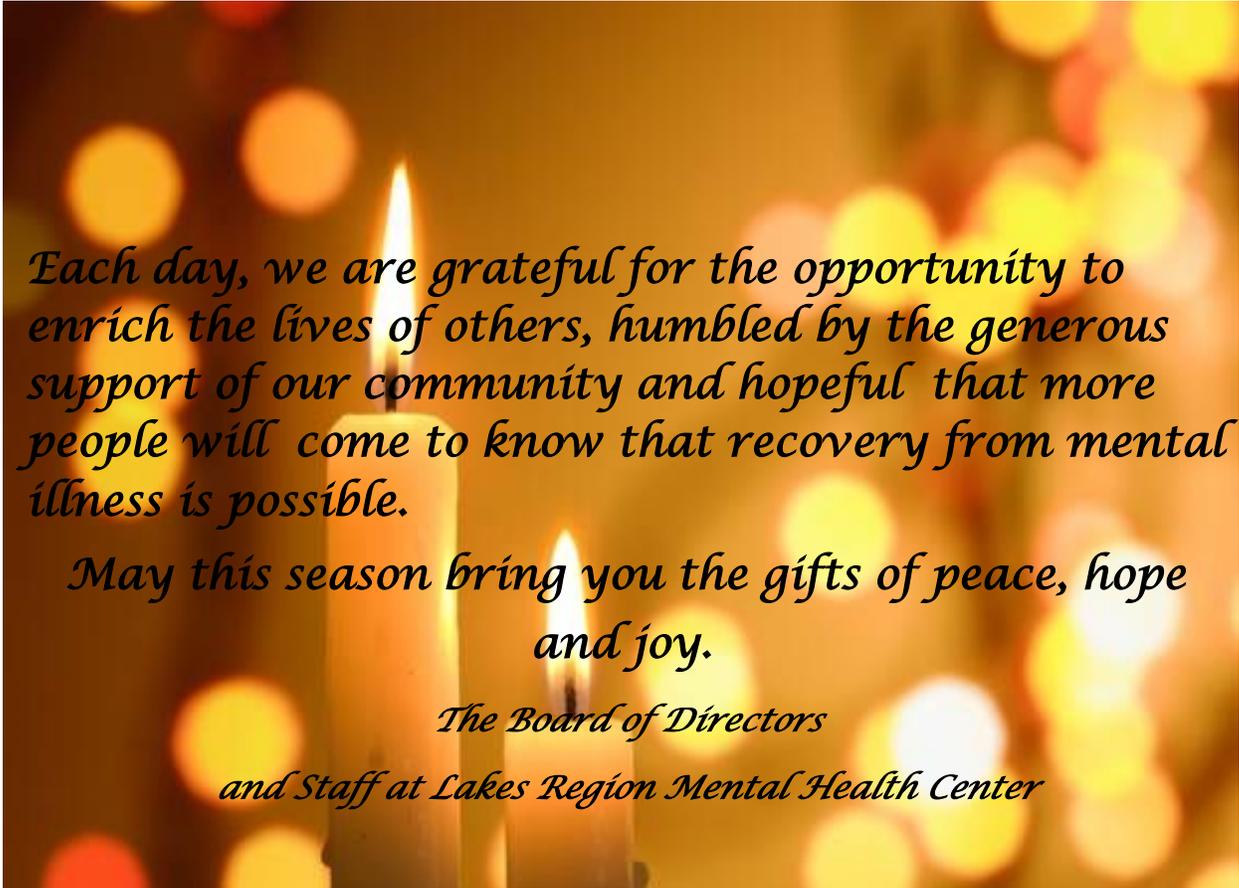
[Donate now!!](#)

Lakes Region Mental Health Center (LRMHC) formerly known as Genesis Behavioral Health (GBH) is a private, non-profit organization designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. Founded in 1966, LRMHC provides comprehensive, integrated mental health treatment for people living with - and recovering from - mental illness and/or emotional distress. In Fiscal Year 2018, LRMHC's 200 employees served 4,067 children, adults and families and provided \$1,220,278 dollars of charity care to residents in the communities we serve.

Our Mission & Our Vision

Lakes Region Mental Health Center's mission is to provide integrated mental and physical health care for people with mental illness while creating wellness and understanding in our community. Our vision is to be the community leader providing quality, accessible and integrated mental and physical health services, delivered with dedication and compassion.

A Special Message to all our Donors and Supporters!



Each day, we are grateful for the opportunity to enrich the lives of others, humbled by the generous support of our community and hopeful that more people will come to know that recovery from mental illness is possible.

May this season bring you the gifts of peace, hope and joy.

*The Board of Directors
and Staff at Lakes Region Mental Health Center*