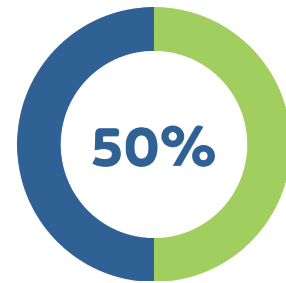
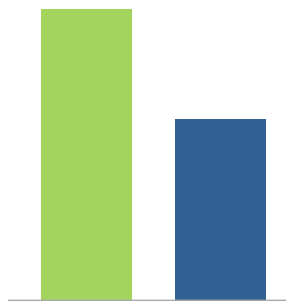


# Evolving with Our Community

Since the day that Greater Nashua Mental Health opened its doors, it has been a reliable resource for providing solutions to what members of our community needed. Today, nearly 100 years later, we are still a trustworthy provider of a variety of services for the residents of the greater Nashua area, as we continue to innovate and evolve to keep up with the current needs of our clients. In response to what our neighbors said they needed, we invite you to take a look at two of our latest programs:



50% of all lifetime cases of mental health disorders begin by **age 14**.



Persons with a serious mental illness have, on average, a shortened life expectancy by **25 years**, primarily due to the neglect of physical healthcare concerns.

## NH Creating Connections:

We are excited to announce a new developmentally appropriate substance misuse treatment program for individuals ages 12 to 25. NH Creating Connections is based on an approach that is particularly effective with youth and adolescents, helping young people identify their own motivation and empowering them to meet their needs in positive ways in order to live a full and productive life without drugs.

## InteGreat Health for Youth:

Now, clients as young as 16 can participate in our InteGreat Health program, which provides services for mental health and substance use disorders, along with primary health care in one convenient location. The program has special incentives for patients between the ages of 16 and 25, to help build “whole person” healthy habits that will last a lifetime.

“I am so relieved that my son and our family have a place to go where all of us can work together to help him get back on track. We know that our loving kid is still in there; he just needs to discover that he can live a better life without drugs.”

- NH Creating Connections Client



# Who We Are

As the state designated Community Mental Health Center for southern Hillsborough County, Greater Nashua Mental Health provides an array of evidence-based mental health, substance use disorder, and primary care services to individuals of all ages. Our primary service area includes Nashua and the surrounding communities, but our unique Deaf Services team and Substance Use Disorder programs provide services throughout the entire state of New Hampshire.

Why are behavioral healthcare services important? Our answer is simple: these disorders affect people from all walks of life and left untreated can, at best, impair a person’s ability to live a full and satisfying life and at worst, significantly shorten a person’s life expectancy with devastating effects on family and other loved ones. There is also the significant cost to treat chronic conditions if early signs and treatment opportunities are ignored. Serious mental illness costs America \$193 billion in lost earnings every year. In the long run, a community is only as healthy as its residents, and Greater Nashua Mental Health is here to ensure that our community flourishes.

# Our Board of Directors

## Board Officers

Tanya L. Spony, Esquire, Chair  
Pamela Burns, Vice Chair  
Jones LaBombard, Secretary  
Marie Tule, CPA, Treasurer

## Board Members

Emily Blatt  
Christine M. Furman  
Alan Harkabus  
Laura K. Maistrosky, Esquire  
Mary Ann Somerville  
Aaron Telage, CPA  
Donna Upson  
Diane Vienneau

# Our Offices

## Administrative Offices

100 West Pearl Street  
Nashua, NH 03060

## Child, Adolescent & Family Services

15 Prospect Street  
Nashua, NH 03060

## General Adult Services

7 Prospect Street  
Nashua, NH 03060

## Older Adults Services, Deaf Services, New Client Intake Services, Substance Misuse Services

440 Amherst Street  
Nashua, NH 03063

## Contact

Main Phone: (603) 889-6147  
Deaf Services Video Phone: (603) 821-0073  
24 Hour Emergency Services: (800) 762-8191  
[www.gnmh.org](http://www.gnmh.org)

**GNMH** Greater Nashua  
Mental Health

Greater Nashua  
**GNMH**  
Mental Health



Annual Report  
2019



# Message from the President & CEO

This past year was an exceptionally busy and productive year for GNMH. We celebrated the launch of two major programs to better meet the needs of our community: Open Access and InteGreat Health. Open Access was designed to provide same day access to our behavioral health professionals, Monday through Thursday, at our 440 Amherst Street location. You can now get the care you need, when you need it. We also celebrated the one-year anniversary of our integrated health initiative - InteGreat Health - which provides a one-stop healthcare experience for not only mental health and substance use treatment, but for physical healthcare needs as well—all in one location. This is not only more convenient for our consumers, but it also has shown to provide better health outcomes when you coordinate the efforts of the various professionals needed to effectively treat the whole person.

In anticipation of our upcoming 100th Anniversary of service to the Greater Nashua Community in 2020, the Agency also launched a new (shorter) name and logo to better reflect our ever-expanding efforts to meet the communities' needs. We followed that up with the launch of our new website at [www.gnmh.org](http://www.gnmh.org). If you have not had a chance to visit the new site yet, we encourage you to do so and hope you will find it to be not only more visually appealing, but easier to navigate with additional helpful information.

Our Child, Adolescent and Family Services department has also been extremely busy expanding their offerings of evidence-based services, in particular for those youth and families who may be struggling with substance misuse, mental health conditions, or both.

We have had integrated mental health and substance use disorder programs up and running for adults now for several years--including the opportunity for physical health care as mentioned above (InteGreat Health). We are pleased to announce that all of those same services are now available to youth and their families! Our behavioral health professionals have undergone extensive training in the most up-to-date practices that have proven themselves to be effective in these areas and it is through this integrated approach that we believe we can have a meaningful impact on the healthcare of our region.

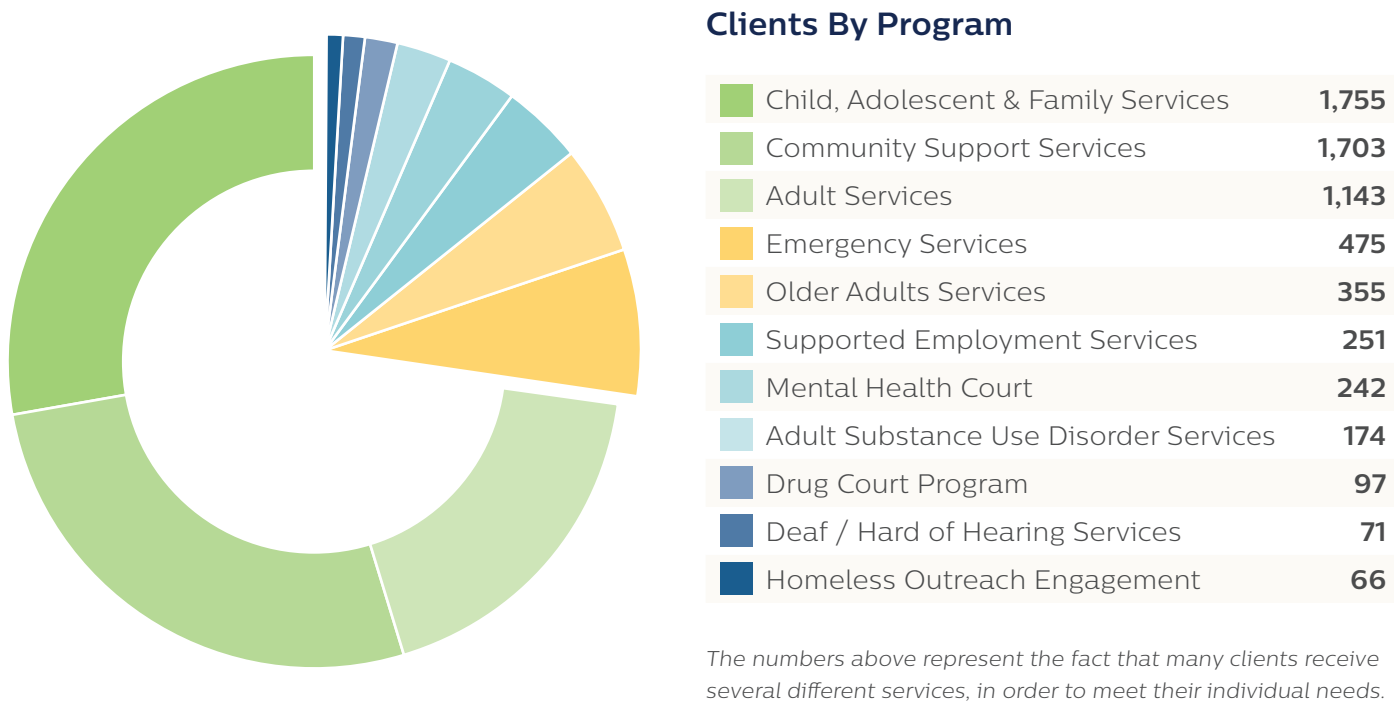
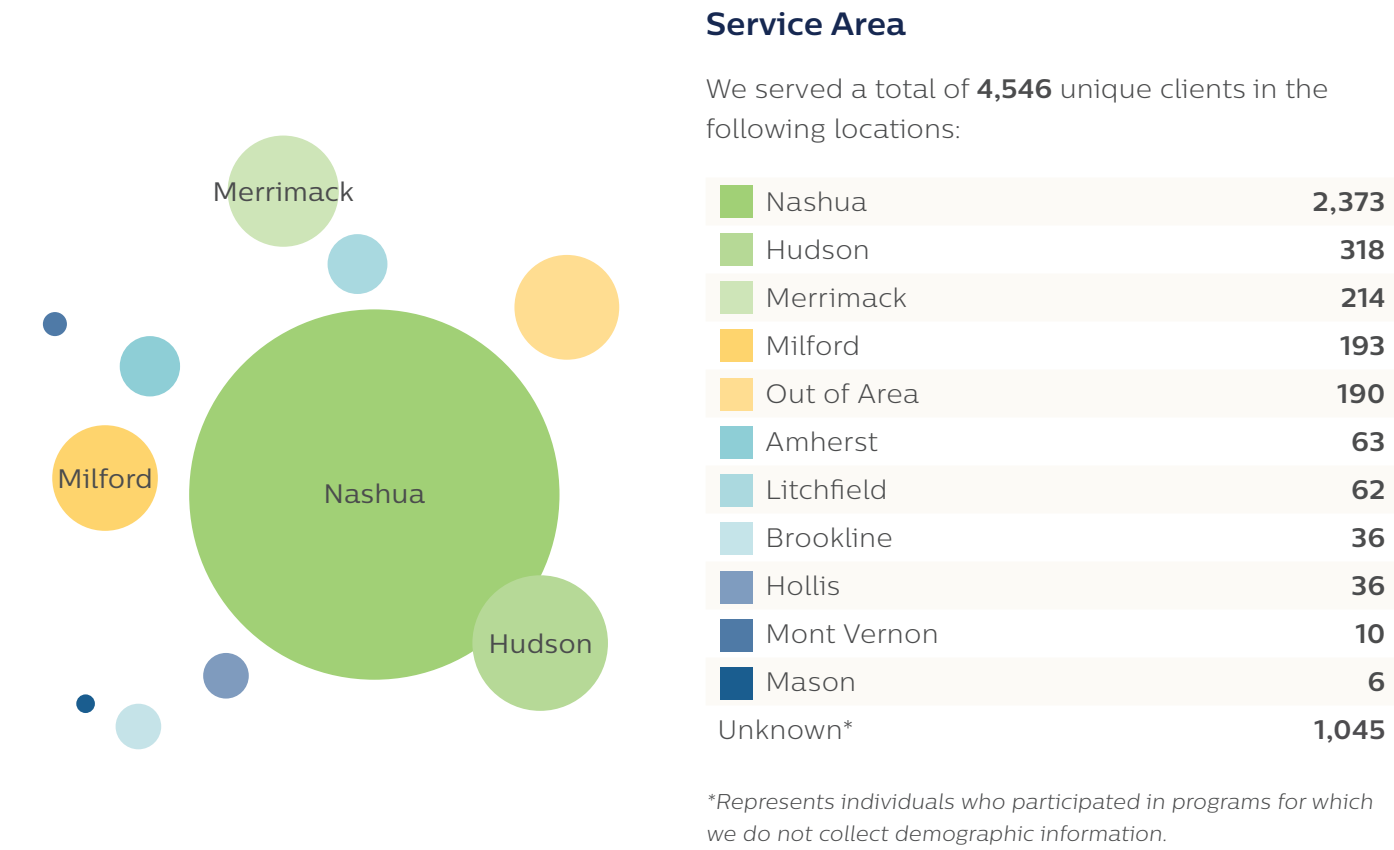
As we move into 2020, we plan to build upon these efforts and continue to enhance our responsiveness to the communities we serve through expanded hours and better use of all the resources available to us. This includes enhanced collaboration efforts with our other healthcare and social service partners in the Greater Nashua area. GNMH has a proud heritage of service and has existed for close to 100 years by providing creative and innovative responses to the ever-changing healthcare needs of our communities. We intend to build on that tradition as we move into our next century of service, so stay tuned as there are many more exciting things to come!

Craig D. Amoth

Craig D. Amoth  
President and CEO



# Summary of Clients Served in FY 2019



# Financial Summary FY 2019

<b>Expenses</b>	
Adult Services	\$4,466,214
General & Administrative	\$4,410,993
Medical & Other Services	\$3,221,553
Children, Adolescent & Family Services	\$1,880,533
Substance Use Disorder Services	\$610,322
Deaf Services	\$391,655
<b>Total Expenses</b>	
\$14,981,270	
<b>Revenues and Public Support</b>	
Insurance & Client Fees	\$12,564,103
Grants & Contracts	\$2,867,111
Investment & Other Revenues	\$262,222
Charitable Support	\$153,665
<b>Total Revenues and Public Support</b>	
\$15,847,101	

