

A background pattern of stylized, overlapping leaves in shades of green and grey, arranged in a dense, organic manner.

MAKIN' IT HAPPEN
2018

ANNUAL REPORT

GROWTH THROUGH
OPPORTUNITY



LETTER FROM THE EXECUTIVE DIRECTOR

Each year, the staff of Makin' It Happen strives to strengthen capacity through building resiliency within the Greater Manchester Region. Through smart and informed initiatives and a continued focus on collaboration, 2018 developed into a year of growth through opportunity.

All four of our core focus areas: Community Impact, empowerYOU!, empowerYOUTH! and Young Adult Strategies have experienced growth fueled by unexpected opportunities that strengthened our mission, deepened our knowledge, capacity and commitment to our mission and vision.

Throughout this annual report you will learn about our year of growth through opportunity. Our success in 2018 was made possible by thinking creatively and accepting invitations to sit at new tables, taking on new challenges, expanding our work through unique partnerships and the sheer determination, grit and passion of our small and talented team.

In 2018 we also grew our capacity by utilizing interns, work study and fellowship students with SNHU and UNH, expanded capacity through travel to professional development paid by outside partners in addition to our current funding sources. MIH is leading by doing in offering our employees health insurance through a small business plan, a new benefit we were able to stand up in 2018.

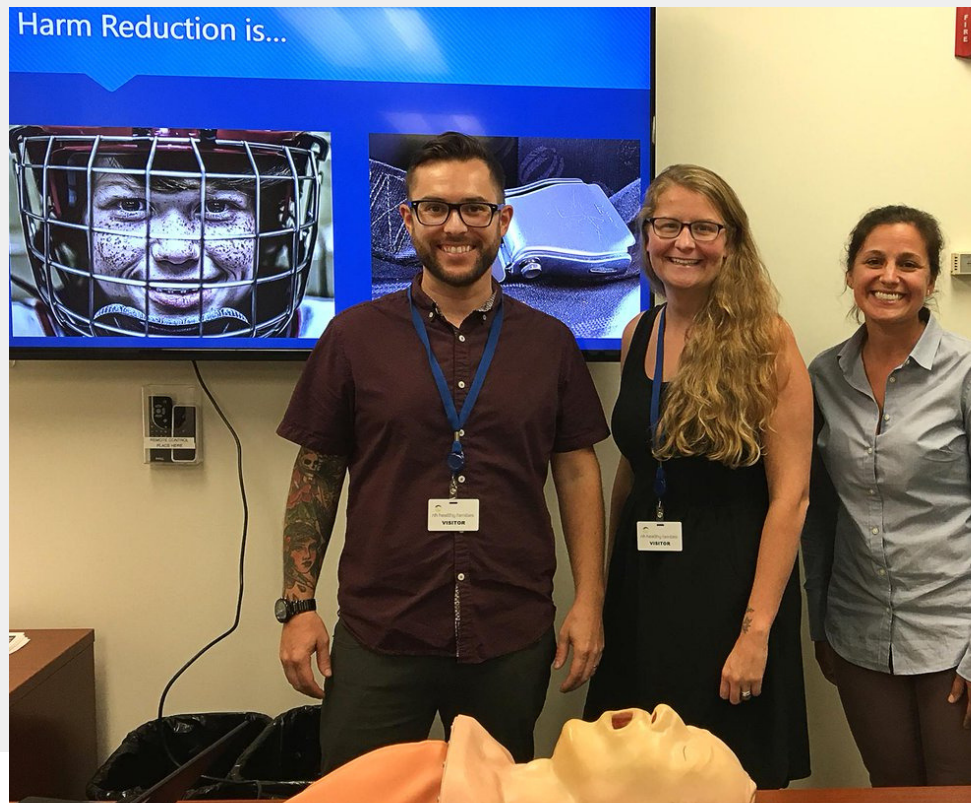
We look forward to 2019, which we have dubbed our year of growth with intention. Growing and expanding our team, Board of Directors, financial strength and community partnership will be in the forefront of our mind as we begin this important year of growth.

I encourage you to follow our journey, or better yet - join our journey, together we can Make It Happen!

Be Well!

Mary Forsythe-Taber

Executive Director



COMMUNITY EDUCATION

Makin' It Happen prioritizes engaging community members in being a part of the solution through education and empowerment. In 2018 we hosted seven learning series sessions, recorded podcasts with each presenter, and created the "100 Things You Can Do" list for our community. We offered targeted trainings for partners including Harm Reduction training and Naloxone [Narcan] Administration. We also worked with the Greater Manchester Chamber of Commerce to plan opportunities for the business community in 2019.

SUPPORTING COMMUNITY IMPACT AND HEALTHY OUTCOMES

- Facilitation of Safe Station partner meetings
- Facilitation of SUD Collaborative, Youth Collaborative and Workgroups
- Partnered in development of Data Dashboard of health indicators across the continuum of care
- Integrated Delivery Network partners including community outreach work and qualitative data collection
- Development of draft citywide response plan with Mayor's Council on Prevention, Treatment and Recovery
- In partnership with the NH Center for Excellence, Makin' It Happen led efforts to complete the CAST tool, a published and peer reviewed tool used to calculate adequate systems for substance use services



MAKIN' IT HAPPEN SUPPORTS LOCAL OPIOID RESPONSE

Manchester was selected as one of four pilot sites across the country receiving special funding to implement new strategies across the community to improve outcomes around opioid overdose. Our Community Impact Director was involved in the implementation of this city project including co-authoring a Community Action Plan. Manchester Health Department received funding for the project in partnership with the Centers for Disease Control and Prevention (CDC) and The National Association for City and County Health Officials (NACCHO). The City was awarded a second year of funding to expand this project in 2019 and Makin' It Happen will continue to be a critical partner in moving this effort forward.

MAYOR'S INSTITUTE ON OPIOIDS

Makin' It Happen staff traveled to Boston in May and Nashville in December, as a member of Mayor Joyce Craig's city team, to attend the National League of Cities Mayor's Institute on Opioids. The institute was a learning model that worked to create a robust, expert-informed and city-led planning effort to spur greater alignment across local systems. The Manchester team is participating in ongoing technical assistance with national experts to prioritize the work, create a community action plan and measure outcome data along the way.



UNIQUE OPPORTUNITIES

Unique opportunities and milestones helped shape year two development of our empowerYOUTH! initiative. Through continued support and dedication by our school-based advisors, community partners, volunteers, new partners and financial support through the Dobles Family Foundation we were collectively able to advance this youth led, adult supported initiative.



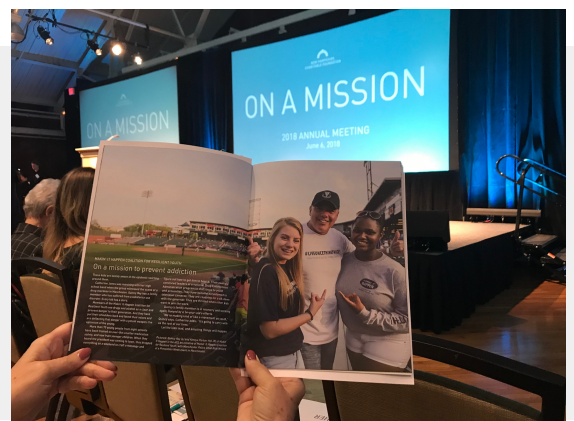
In March, empowerYOUTH! members took action and met over a weekend to craft a message to the President who was scheduled to visit the Granite State. Determined to get their voices heard, they mobilized, collaborated and tapped into their connections to get their letter to then Attorney General, Jeffrey Sessions, as well as Governor, Chris Sununu – voices heard!

Early 2018 started out with an invitation by the Mark Wahlberg Youth foundation to meet, review their recently completed PSA concept, and participate in a new movie production, filmed almost entirely in NH. The empowerYOUTH! members along with well over 100 individuals and family members effected by the addiction crisis were invited to the movie premier in mid-July, held at Chunky's Cinema, Manchester.



In April, 75 students and over 15 advisors attended an Over the Counter Medicine Safety training session that included a 'Trending Now' segment on Vaping. By the end of the school year, these students collectively presented to over 400 5th and 6th grade students.

Spring brought an invitation from NHPR/The Exchange, to join a panel discussion focused on Prevention - empowerYOUTH! leadership jumped at the chance. An amazing opportunity to share with the listeners all the great work and energy our young generation is bringing to the prevention efforts in the Greater Manchester region and throughout the state.



In early summer, our empowerYOUTH! initiative was selected as a featured story in the 2018 NHCF annual report – our story had the greatest impact on our youth! To be recognized, to be celebrated for taking bold steps to help their peers, was amazing. Using their collective voices to create change was a great moment in time for our youth and our youth leaders who have supported this effort from day one.



Who gets to hold a real New England Emmy? We did! – WMUR won an Emmy for the Rx take back commercial developed in the fall of 2017, featuring empowerYOUTH! members. The youth gave up their long weekend to film long hours in the rain and countless retakes to support this important message. The WMUR team were impressed by the youth members dedication.

Early fall empowerYOUTH! members got the opportunity to attend a day-long empowerment training – for youth, presented by youth. Lead by Dover Youth to Youth members, our group left the day with tips, tools and strategies to effectively present their messages around the dangers of vaping.

2018

EXPECT THE UNEXPECTED

empowerYOUTH! leadership members were invited to present at three national conferences to share with other communities our effective and innovative strategies. We traveled to DC to attend the Community Anti-Drug Coalitions of America (CADCA) conference, The National Prevention Network (NPN) in Boston, and the High Intensity Drug Trafficking Area (HIDTA) Symposium in Cleveland, Ohio.



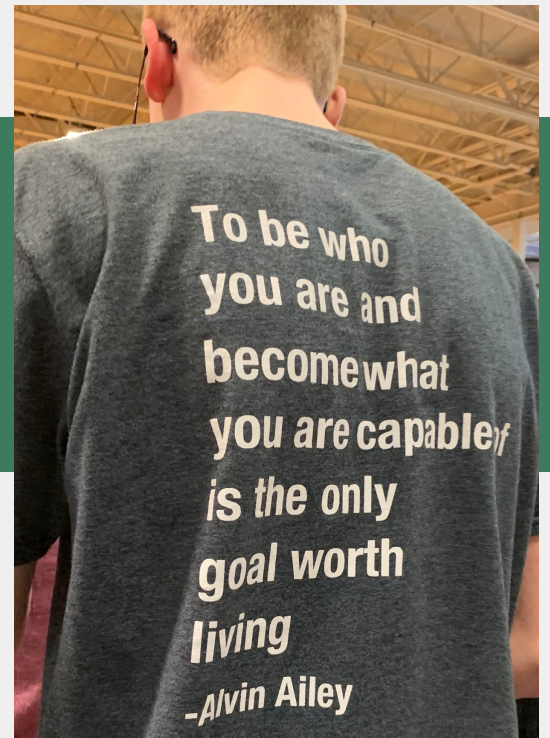
empowerYOUTH! members participated in two National DEA Take Back Events. These two events brought in a collection of over 4,000 lbs. of unused, or expired Rx drugs.



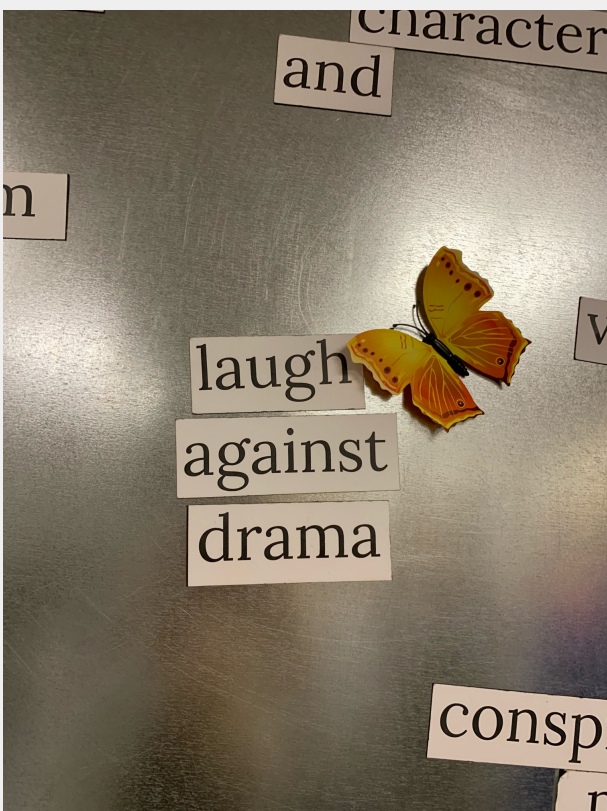
A core group of empowerYOUTH members attended a national Youth 2 Youth conference in Rhode Island with over 300 youth from the eastern states.



empowerYOUTH! was selected along with three other youth leadership groups from around the state to participate in the development of a feature NHPBS program – Roads to Recovery. Our segment featured the environmental strategy – awareness campaign. This campaign has been designed to raise awareness around Rx drugs – safe use, storage and disposal. After a year of design concepts, securing partner agencies, funding and conducting pilots, the campaign was officially launched in October and by the holiday break, over 2,400 stickers had been placed on Rx bags throughout the region.



PILOT PROGRAM BEGINS WITH A FOCUS ON YOUNG ADULTS



Young Adult Strategies, our newest programming, is focused on strengthening the health and wellness of the young adults (18-25) in and out of the workplace through substance misuse prevention and mental wellness education. Research has shown that the NH young adult population has alarming rates of binge drinking and substance misuse as compared young adults in other parts of the United States.

"The percentage of individuals in the United States with past year illicit drug dependence or abuse was highest among young adults 18-25. Young adults in New Hampshire have higher rates of alcohol and drug misuse when compared with young adults nationally... young adults in New Hampshire (18-25 years of age) are using prescription painkillers non-medically at higher rates (9.8%) than other states in the Northeast region (7.8%) and the rest of the nation (8.3%). New Hampshire young adults also have a higher rate of illicit drug dependence and abuse and non-marijuana illicit drug use than the rest of the country."
- The Voice of New Hampshire's Young Adults Executive Summary

Makin' It Happen is excited to be moving this work forward for the health and wellness of our region's young adults.

FOCUS GROUPS,
SNHU PARTNERS,
AND A YOUNG
ADULT
ADVISORY
COMMITTEE

Following focus groups with their AmeriCorps Members in spring of 2018, City Year NH and Makin' It Happen partnered to develop a pilot program for young adult Corps members, to increase skills and awareness around substance abuse, mental wellness and self care. A beginning session for their Corps was held in October 2018, QPR (Question, Persuade, Respond) Suicide Prevention. The pilot will continue with trainings and discussions with the Corps on cultural isolation and resiliency in January and substance misuse/harm reduction in spring 2019.

In September 2018, Makin' It Happen partnered with a Graduate class from Southern New Hampshire University, a team of four young adults who chose to work with MIH to design a plan for the marketing and development as our young adult experts, guiding pieces of our Young Adult Strategies. The SNHU Corporate Consulting Team creatively designed flyers appealing to their peers, resources and opportunities for our region's young adults, including launching the new Young Adult Advisory Committee, now meeting monthly. In 2019, we hope to work with them on creating healthy events that are appealing and accessible to young adults and avoid the "bar scene" while meeting and networking with new people and friends.



FINANCIAL FITNESS

Throughout 2018 Makin' It Happen remained fiscally sound, despite an unexpected cut in the BDAS funding. As indicated throughout the annual report, we experienced growth through opportunity, while operating under a very conservative budget.

We greatly appreciate the funding awarded to us through the below listed agencies, especially Network4Heath, which stepped up and matched funding for our COC position mid-year, and has committed to continue matching through June of 2020.

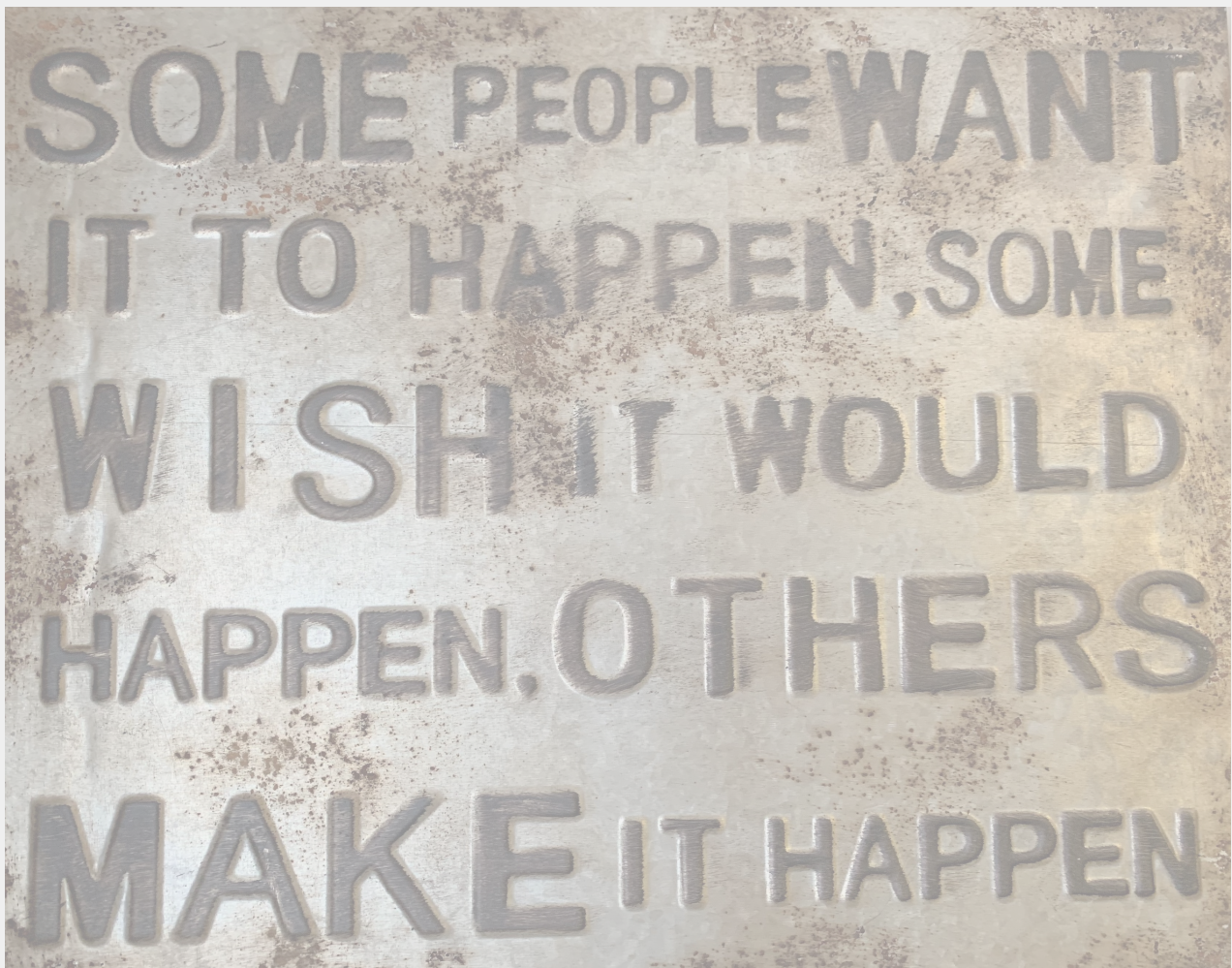
BDAS block grant funding	\$230,000.00
Network4Health (IDN)	\$38,000.00
NH Charitable Foundation	\$32,000.00
Dobles Foundation	\$20,000.00
CADCA	\$2,000.00

FORWARD

Makin' it Happen is currently undergoing a financial review that is expected to be completed by February 1st, 2019. Upon the completion of the review, the 2018 tax preparation will begin, followed by a financial audit to be conducted in May of 2019.

The 2019 operating budget is currently being developed and will be ready for Board review and approval on February 15th, 2019.

In step with our Hybrid model of operations, Makin' it Happen currently utilizes an independent bookkeeping service to manage our finances and payroll needs. This allows us to keep costs down and have professional review and management of our financials on an ongoing basis.



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