

MAKIN' IT Happen

Growth
with Intention

Auburn

New Boston

Manchester

Bedford

Hooksett

Candia

Goffstown

Deerfield

ANNUAL REPORT 2019

Greetings from the Executive Director and Board President



2019, twelve months of opportunity, to engage, educate and empower! The Makin' It Happen team launched our new year with the mindset that 2019 would be the year of GROWTH WITH INTENTION. Throughout this report we reflect back on the body of work our small but mighty team was able to accomplish. Our intention was to grow, and we did - we expanded our team, moved to a new location and took our work and collaborative efforts beyond our regional and state borders, through conference participation at the national level.

Through thoughtful consideration and opportunity, we applied for and were awarded two new unique grants – one allowing us to explore the possibilities to expand the NH Recovery Friendly Workplace initiative, a second one that allowed us to have a financial review completed as well as funding to help expand our thinking around building our Board of Director team and what future growth will look like.

After all the events, reports, and evaluation of our work for 2019 we believe we stayed true to our mindset of GROWTH WITH INTENTION, while keeping our minds open to new ways of thinking, collaborating and staying true to our mission of building resilient youth, families and communities. Enjoy!

Mary Forsythe-Taber, CPS
Executive Director



I could not be prouder to be associated with this organization. Their 2019 mindset 'growth with intention' really captures the focused approach to prevention and empowerment that are crucial to success at both the personal and organizational levels. Whether in schools or the workplace Makin' It Happen is leading at enabling teens in making smart, healthy choices, supporting people in their recovery path and reducing stigma associated with SUD. From an operational standpoint, the careful evaluation of which opportunities to pursue and the ongoing board and strategic plan development make the forecast for this agency strong.

I'm eager to see what 2021 brings.

Laurie Warnock
President, Board of Directors



*With sincere gratitude to all our
volunteer Board of Directors*

Our Mission

**Makin' It Happen is on
a mission ... to create a
coordinated response among
individuals, organizations,
businesses and communities
to promote behaviors that
measurably improve the
overall health and well-being
of our youth, families and
communities with a focus on
alcohol, tobacco and other
drug prevention.**

Quarter One

2000 IN 20 AWARENESS CHALLENGE: IN EARLY 2019 MAKIN' IT HAPPEN, RALI NH, LEADS FROM THE ZERO LEFT INITIATIVE, AND MEMBERS OF THE NH ASSOCIATION OF STUDENT COUNCILS CAME TOGETHER TO KICK-OFF THE 2000 IN 20 AWARENESS CHALLENGE.

Students from area school districts in the southern tier met to hear a presentation from the Zero Left Initiative founders John and Audrey Moser. In addition the student leaders learned about the statewide prescription safety awareness effort being led by RALI NH. Makin' It Happen posed the challenge: the student council leaders were challenged to distribute 2000 Detera medicine disposal bags and Zero Left Initiative information packs within 20 days. Even though it took a little bit longer – within 30 days the students met the challenge, raising awareness and providing a great alternative to disposing unused or expired Rx prescriptions.



Quarter One



EMPOWERYOUTH! MEMBERS PARTICIPATE IN A ROADS TO RECOVERY – YOUTH EMPOWERMENT SEGMENT

In early 2019 several members of empowerYOUTH! participated along with several other youth groups from around NH in a special segment of the NH PBS Road to Recovery series. Members traveled to Laconia for a sit down discussion, sharing with the moderator issues, concerns and solutions identified to build stronger peer to peer support. In addition, the members were able to share a

safety campaign that they helped design in collaboration with New England DEA360 leadership a safe use, storage and disposal campaign. The students were filmed in action in a live session at one of the region's pharmacy. Check out the full Roads to Recovery – Youth Empowerment segment at: nhpbs.org.



PROJECT SAFEGUARD YOUTH ENGAGEMENT

Makin' It Happen worked with Auburn Village School to provide vetted speakers for their annual Project Safeguard. Project Safeguard is an all day event involving 7th grade students and their parents where they can choose various workshops of interest that will provide them the tools to transition into high school. The Auburn Village School event coordinator called upon MIH to find area partners who could

speak on various subjects. Partners such as the Mental Health Center of Greater Manchester, the Manchester Institute of Art, the Northern New England Poison Center, Jon DeLena-DEA and the YWCA all volunteered their time to contribute to this important event. This is how a community comes together to make it happen!

Quarter Two



Y2Y SUMMIT

MIH continues to empower youth by presenting them with opportunities to use their knowledge in the Greater Manchester area as well as across the state. MIH worked with the Dartmouth Hitchcock planning team to organize a NH Youth Summit to discuss topics that effect our youth. Students from all over the southern half of NH assembled at the Grappone Center to discuss behavioral health topics from their perspective. The first day students were broken up into discussion groups led by young facilitators organized by MIH. On the second day, these young facilitators presented what their groups had discovered to a large group of adults comprised of school, behavioral health and social service providers. The students presented their findings with great poise and then were available for questions from the adults. These presentations not only gave the students a feeling that

their voice mattered, it opened up a dialogue with adults to include students as subject matter experts in future discussions that involved topics concerning young people. Evidence shows programs for youth are more effective when they feel included in the planning.



Quarter Two

AWARDED – NH CDFA GRANT!

Makin' It Happen (MIH) was awarded a grant to advance the work around the NH Recovery Friendly Workplace (RFW) initiative. We have focused this work on four areas. In addition, MIH has a strategy to broaden the scope and scalability of the RFW program. By engaging key regional partners such as the City of Manchester, the Mental Health Center of Greater Manchester, and Waypoint, MIH will expand RFW from just being about Substance Use Disorders (SUD), to include mental illness, homelessness, and other issues people can — and do — recover from.

MIH is focusing on four key focus areas:

- A guide to help organizations evaluate and develop “Recovery Enlightened” policies
- Engaging Chamber of Commerce, Leadership Greater Manchester (LGM) Alumni and their companies (Ambassadors for Wellness)
- Developing a training on RFW for SUD Professionals
- Planning for Progress: A strategy for RFW in year 2 and beyond!

PARTNERING TO CREATE RESILIENT WORKPLACES

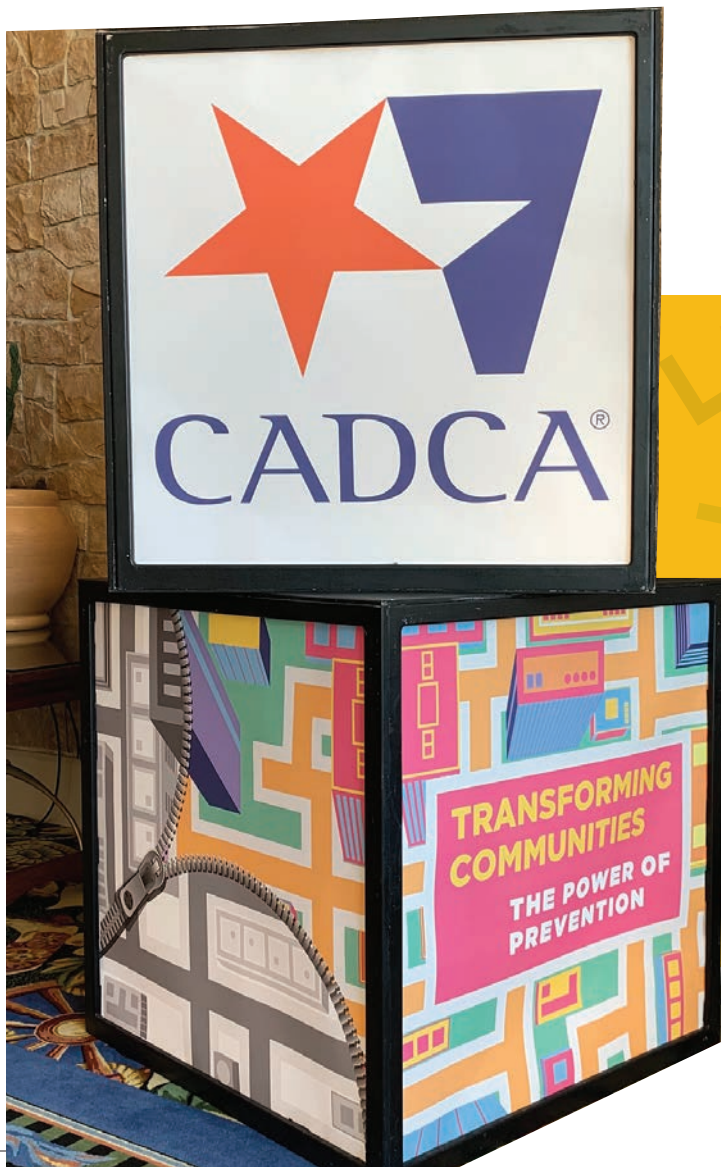
A Recovery Ready Workplace is one where the organization mobilizes to address employee policies, practices, and stigma reduction for people affected by mental illness, alcohol and other drugs. Employees and their family members affected by mental illness and/or substance use disorder (SUD) have universal access to quality, effective Prevention, Intervention, Treatment and Recovery programs across the continuum to achieve and sustain recovery, health, wellness and connectivity to their workplace and community.



Quarter Three

YOUNG ADULT TRAINING WITH SNHU STUDENTS

At the end of April MIH assembled a two-day hybrid CONNECT Training at SNHU. This model incorporates the linkage between substance misuse/use and the potential risk of suicide. It is geared towards the young adult and taught by their peers on the first day. The second day, a Train-the-Trainer training session, educated 18 young adults to train their peers in this program. MIH's goal is to build a sustainable force of young adults to train their peers and provide education or mentoring for older high school students-near peers, and provide transitional assistance for college bound students.



CADCA MID-YEAR FORUM: Y2Y SUMMIT, 2019

During the summer, Makin' it Happen was asked to join the DEA at the CADCA Mid-Year Conference along with an EmpowerYOUTH! student who could speak to the youth involvement with the DEA360 Initiative. Makin it Happen was a catalyst in transforming the DEA360 to a more comprehensive, youth focused, prevention initiative. Makin it Happen's Executive Director along with an EmpowerYOUTH! student and DEA representatives, discussed the DEA360 program, initiatives that evolved as a result; the EmpowerYOUTH! movement, Stick it Campaign and overall strength of student involvement.

Quarter Three



NEW SPACE

In the spring of 2019 Makin' It Happen along with our space-mate NH Teen Institute moved to our current space in the Sundial Center. This move allows easier access to the highway, increased security, and more free parking and is in walking distance of many of our Community Care Partners.



Quarter Three



RED RIBBON WEEK AWARDS BREAKFAST

The New England Division's Manchester District Office (MDO) & DEA Manchester 360 Strategy held the first annual "Live Drug Free" Red Ribbon award ceremony. MDO recognized and gave awards to several individuals from the Greater Manchester Region including David Hedge, SAP from McLaughlin Middle School, Quincy Roy from Memorial High, Crispin's House Coalition for Youth and the Goffstown High school for their youth forum program and Makin' It Happen's very own Miss Mary!

VAPING UNVEILED TRAINING

Vaping became a hot topic across the Greater Manchester area. Schools were scrambling to become informed of the new dangerous trend amongst their students. EmpowerYOUTH! students knowing that their peers were not educated in the dangers of these products, were eager to take a leading role to help. MIH partnered with Breathe NH to provide a training for 13 Greater Manchester high school students to become trained in a program called Vaping Unveiled. Students from Goffstown, Bedford and Manchester participated and were able to go back to their schools and provide training for both their peers and at the middle school level. These young leaders also were called upon to work with Catholic Medical Center to present to an adult audience at Manchester West High School. Another example of providing education for a few to serve a greater purpose.



Quarter Four



ADVERSE CHILDHOOD EXPERIENCE RESPONSE TEAM

In November of 2019 the Manchester Health Department engaged Makin' It Happen to support the Adverse Childhood Experiences Response Team (ACERT). The ACERT is made up of a police officer, a crisis services advocate, and a behavioral health professional. The team has been trained to respond to incidents as soon as the scene has been secured by the police. The team will assess the situation and determine the next steps that could be taken for the child such as support groups, mental health counseling, early childhood education, or child-parent psychotherapy. MIH joined this important effort to bring an understanding of Substance Use Disorder (SUD) prevention, and how to support families struggling with SUD's.

In December of 2019 the Manchester ACERT attended a working session at the Bureau of Justice Assistance (BJA) in Washington, DC. Through the Comprehensive Opioid, Stimulant, and Substance Abuse Program (COSSAP). At this meeting groups from around the country shared their experience and work around child trauma. In March of the following year the team returned to Washington to present the Manchester Substance Use Response Plan to a national audience.

OCTOBER PRESCRIPTION TAKE BACK DAY

The Greater Manchester region, which includes the towns of Auburn, Bedford, Candia, Deerfield, Goffstown, Hooksett, Manchester and New Boston, collected 63 boxes of drugs at the Drug Enforcement Agency (DEA) Take Back Day on October



26th; at total of 1825.90 pounds! The collaborative effort of the DEA, all the police departments, Crispin's House, empowerYOUTH members and all who disposed of their unused, unwanted prescriptions are helping to keep our communities safe. Keeping homes free of prescriptions is a step to keeping these pills out of others hands and creating a safer environment for community members.

Makin' it Happen's EmpoweringYou! Learning Series

We are all impacted in some way. Ready to be empowered? The series was open to the community at no cost. All sessions were from 6-8pm at Jupiter Hall, 89 Hanover Street, Manchester NH. Podcast recap sessions were recorded and are available on our website.

Understanding Addiction

November 13

*Presented by
Serenity Place*

Youth Prevention & Communication

December 19

*Presented by Makin' It
Happen & Teen Institute*

Say This: Language & Stigma

January 23

*Presented by
Partnership for a
Drug Free NH*

Building Community Resilience

February 23

*Presented by Manchester
Health Department*

Overdose Prevention & Response

March 20

*Presented by NH Harm
Reduction Coalition*

Treatment, Peer Supports & Beyond

April 17

*Presented by
Manchester Recovery
and Treatment Center*

Advocacy 101

May 15

*Presented by
New Futures*

Addiction & Suicide Prevention

June 19

*Presented by
NAMI NH*

Over the Counter, Under the Radar

July 17

*Presented by
NNE Poison Center*

MAKIN' IT Happen JUPITER HALL



Meetings Attended

BY THE NUMBERS



Over 300 meetings attended
with approximately



2,000 hours
spent with



200 partners

MAKIN' IT HAPPEN WITH OUR REGIONAL PARTNERS

Regional Substance Use Disorder (SUD)
Community of Care Collaborative
Youth-focused Community of Care Taskforce
Safe Station – partners meetings
ACERT
Greater Manchester Domestic Violence/Sexual
Assault Council
Community Advisory Board (CAB)
EOC – Substance Use Disorder/Homelessness
Network 4 Health

MAKIN' IT HAPPEN WITH OUR STATE PARTNERS

Governor's Youth Advisory Council (GYAC)
NH Suicide Prevention Council
Life of an Athlete Advisory Board
NH Provider's Association
NH Children's Behavioral Health Advisory Board
Environmental Risk Commission
NH Prevention Certification Board
Recovery Friendly Workplace Community of Practice
Prevention Community of Practice
BDAS – Substance Misuse Prevention
BDAS – Continuum of Care
BDAS – Young Adult Strategies

Financial Fitness

Throughout 2019 Makin' It Happen continued to stand on solid ground in terms of our financial fitness. Through funding provided through a New Hampshire Charitable Foundation grant, we were able to conduct a Financial Review, which in summary, provided confirmation that our accounting practices and protocol are in line with standard accounting practices. It also re-affirmed that our model of utilizing an independent bookkeeping service is in line with our current financial support needs, and is setting us up for future growth and expansion.

In June of 2019 we signed a two-year contract with the Manchester Health Department to continue our partnership to lead the Regional Public Health Network Substance Misuse Prevention, Substance Use Disorder Continuum of Care and Young Adult Prevention Strategies — funding for which is supported through a block grant funding award through the Bureau of Drug and Alcohol Services (BDAS) division of NH DHHS. Support funding for this work was also secured with the Network 4 Health/CMC providing match funding for the CoC position, through December of 2020.

New funding through a grant award from NH CDFA came to us in the spring of 2019 allowing us to dig into a pilot project designed to expand the abilities of the NH Recovery Friendly Workplace initiative — an initiative designed to bolster workplace policy, protocol and support for employees that may be dealing with mental health or addiction concerns.



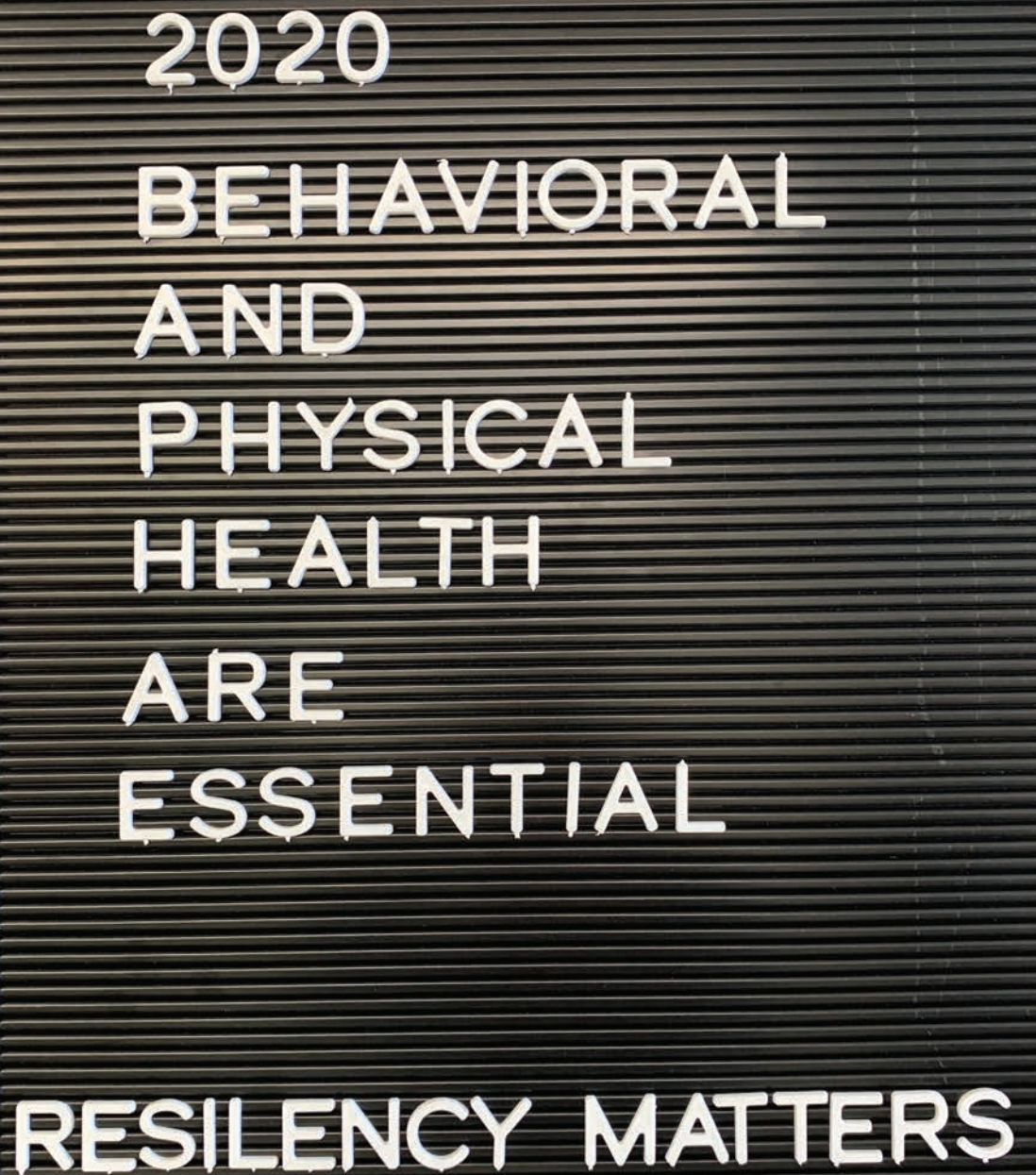
FORWARD

The 2020 budget is projected to be approximately \$450,000, allowing us to continue with our core body of work, current staff and our eyes wide open for new and diverse funding opportunities to expand our mission.

Moving Forward

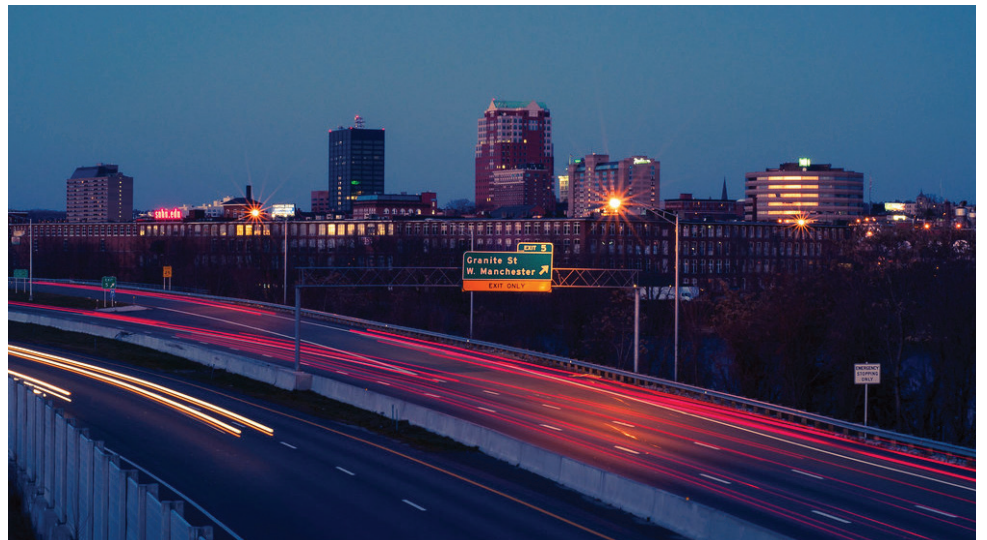
Behavioral and Physical Health are Essential

will be our driving theme for 2020. We will continue to develop our Community of Care work, incorporating a focus on becoming a Recovery Ready region. In addition our empowerYOUTH! and empowerYOU! Initiatives are set to expand as we deepen our partner relations and strive to stay in step with the latest trends utilizing available resources.



2020
BEHAVIORAL
AND
PHYSICAL
HEALTH
ARE
ESSENTIAL

RESILENCY MATTERS



MAKIN' IT Happen

Follow our journey at MakinItHappen.org and on social media!

