

MAKIN' IT Happen

ANNUAL REPORT 2024



Reflection from the Executive Director

2024 was a year of progress and advancement of our mission, the development of our team and a hint of what is possible when collective action leads to collective impact.

For those that have been following our journey through our website, social media, and our podcast series, you may have noticed a theme. The center point throughout 2024 has been focused on building resiliency among the youth, families, partners, and communities we serve.

This annual report provides progress highlights of our three focus areas, selected by our staff. On page 7 we have bubbled up some key figures that reflect the hard work and dedication of our staff, partners, and communities.

Growth was not linear – we had some amazing ‘wins’ – such as standing up a Youth Wellness and Prevention collaborative in partnership with Amoskeag Health. We strengthened our outreach to our suburban and rural communities through our Project Upstream initiative, which allowed us to engage, educate and empower these communities to build resiliency approaches that support their unique needs. Staff members were able to attend a select number of NH-based workshops as well as a national prevention conference, which renewed their passion and provided an opportunity to refresh. In late summer/early fall we expanded our community impact efforts and committed to a robust schedule designed to support our partners and communities. As we reflected on this effort, we realized we may have pushed our small but nimble staff to the edge of exhaustion. This experience helped us understand the importance of balance and purpose and led to more deliberate planning and forecasting efforts for 2025.

2025 will be a year of possibilities, in the mist of state and national leadership change, it will no doubt be filled with challenges and opportunities and the Makin’ It Happen team is here for it all! We look forward to building awareness, supporting our youth, families, and communities, and moving prevention efforts to the forefront in our quest to support strong, resilient, recovery ready communities.



Onward!

Mary

Mary Forsythe-Taber
Executive Director
Makin' It Happen

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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 and mental wellness.

OUR VISION

We envision a future where all of our youth and families have appropriate support to live, learn, work and play in healthy, thriving communities.

OUR VALUES

Our work is based on the belief that Behavioral and Physical Health is Essential, Prevention Works, Treatment is Effective, and People Recover.



Janelle Havens, Recovery Ready Communities Director

Recovery Ready Communities Focus Area Launches New Initiatives Through Partnerships

Anti-Stigma Initiative: As a partner in Manchester’s regional Community Health Improvement Plan (rCHIP) developed and issued in 2024, Makin’ It Happen (MIH) is taking the lead on the city’s new Anti-Stigma Initiative. Manchester was chosen as one of 100 cities nationally to take part in this program led by the Addiction Policy Forum, a national nonprofit organization dedicated to eliminating addiction as a major health problem.

In October, three MIH staff joined professionals from around the country for a two-day Anti-Stigma Institute in Washington, D.C. By the end of the training, they were certified as trainers in “Responding to Addiction” and “enCompass”—two evidence-based programs developed by the Addiction Policy Forum designed to reduce stigma, increase awareness, and promote understanding around substance use disorder.

What’s Next: In 2025, MIH is committed to working in partnership with the city of Manchester to build on the progress of this initiative by providing trainings and promotion through social media. The first Responding to Addiction training will take place in February; watch our social media for more trainings!

Resource Navigator Map: MIH recently created a Manchester Resource Navigator Map, featuring vital resources and services available in Manchester, such as food pantries, shelters, treatment centers, and more. Originally designed in collaboration with the city of Manchester’s Health Department and Homelessness Initiatives Department for outreach workers and harm reduction prevention, it has expanded into being used at New Hampshire Coalition of Recovery Residences (NHCORR).

When conducting our annual Adult Mental Health First Aid training for NHCORR sober living house leaders, the NHCORR program manager saw our resource navigator maps and our NaloxBoxes in our office. She asked how they could get these in each house in the city and it grew from there. MIH has distributed the maps along with 25 NaloxBoxes to 6 different NHCPRR-certified sober living residences in the city of Manchester.

What’s Next: Engaging with NHCORR and other partners to see how we can support them with overdose prevention, wellness in recovery, anti-stigma trainings, and more. We will be looking for more resources to expand our work and funding sources.



Want more info on the Anti-Stigma Initiative or the Resource Navigator Maps? Email us at recoveryready@mih4u.org, or read more on the Anti-Stigma Initiative on our recent blog.

FOLLOW US INTO 2025!

READ ABOUT ANTI STIGMA

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Kayt Gagneux, Resiliency Essentials Program Director

Resiliency Essentials Focus Area Increases Training Opportunities

New Prevention-Based Trainings: Building collaboration with our partners is a central piece of the work that we do. In the summer of 2024, we added new trainings to both our existing Mental Health Awareness Trainings and other prevention-based trainings, to better serve our communities. We partnered with the American Foundation of Suicide Prevention (AFSP), and Connors Climb Foundation, a nonprofit organization that provides suicide prevention training and education to New Hampshire schools and communities.

Working with both organizations, we brought trainings to the Manchester School District. With the AFSP, we trained over 800 4th graders in Gizmo’s Pawesome Guide to Mental Health, a training that aims to instill early awareness around mental health. With Connor’s Climb, we trained over 200 6th graders – with more scheduled in 2025 – in SOS Signs of Suicide, an evidence-based youth suicide prevention program.

What’s Next: Our Resiliency Essentials trainings will continue in 2025. The Gizmo’s Pawesome Guide to Mental Health will be offered to youth serving organizations, thanks to a grant from the Queen City Rotary Club. This will be done by high school students who will be trained in how to present this program to younger students.

Mandt System Training: During a December 2023 Community of Care Collaborative meeting, staff members from The Doorway in Manchester expressed a need for de-escalation training. In 2024, MIH’s Resiliency Essentials team was able to secure instructor training for the Mandt System, a holistic, evidence-based training to reduce workplace violence. It teaches prevention and de-escalation concepts as well as conflict resolution to help people safely manage behavior so that everyone can be safe in their environment.

What’s Next: Mandt System Training is being planned with the City of Manchester’s Mayor’s Office. Because the Mandt System training focuses on learning skills to de-escalate issues and stay safe, this flexible training will continue to be offered to our community partners, business associates, and youth serving organizations.

“

We are eternally grateful for the support of Makin’ It Happen in implementing our suicide prevention direct instruction to our elementary and middle school youth. Together with MIH, we were able to bring mental health awareness with Gizmo’s Pawesome Guide to Mental Health to 4th graders in 12 elementary schools with a total enrollment of 888 students, and Signs of Suicide instruction to our 6th graders at four schools with a total population of 871 students.

– Joyce Lewis, director of comprehensive school counseling, Manchester School District



Email us at resiliencyessentials@mih4u.org to schedule a Mandt Systems training or another training.

Learn more about our trainings and presentations on our Resiliency Essentials page on our website. Read more about Gizmo’s Pawesome Guide to Mental Health on this recent blog.

FOLLOW US INTO 2025!

[READ ABOUT GIZMO](#)

[RESILIENCY ESSENTIALS PAGE](#)

[EMAIL US](#)

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Tracy Bachert, Community Impact in the 603 Director
Ashley Bachert, Youth Wellness and Prevention Manager

Community Impact in the 603 Focus Area Promotes Expansion

Community Impact in the 603: Makin’ It Happen’s Community Impact in the 603 focus area includes community engagement activities, the Project Upstream initiative, and the Youth Wellness and Prevention initiative.

In 2024, we joined forces with our partners at many community activities throughout the Greater Manchester Region such as Project Safeguard, Manchester’s Celebrate Ed, DEA National Take Back Day, National Night Out, the Hope Recovery Festival, Red Ribbon Week, and many more! By engaging with our partners, we were able to refine activities, such as the Wellness on Wheels (WOW) resource fairs. By joining with schools and hosting WOW events on school registration evenings, or during the Gossler Park Elementary School’s “Earn A Bike,” event, we were able to connect with more people and share needed resources.

As part of the Project Upstream initiative, we held several listening and learning sessions, where we shared information with communities on resources available – including Strong as Granite, 988, New Hampshire Rapid Response Access Point, and 211/The Doorway – and listened to their needs. We also were able to promote our trainings, advocate for youth leadership opportunities, and highlight timely topics they shared with us through our social media.

What’s next: The Project Upstream initiative will continue into 2025. We will expand our engagement with our communities through outreach and partnership collaboration to make connections that help move initiatives forward.

Youth Wellness and Prevention Initiative: Our main accomplishment within the Youth Wellness and Prevention initiative in 2024 was partnering with Amoskeag Health to form the Youth Wellness and Prevention Collaborative (YW&PC). Established as part of the Substance Abuse and Mental Health Services Administration (SAMHSA) Partnership for Success grant aimed at preventing substance misuse and fostering mental well-being among Manchester’s youth, the collaborative thrived during its first year, exceeding initial expectations.

Currently, 25-30 of our partners from youth serving organizations attend monthly meetings. Representatives from our “spheres of influence,” including legislators, community leaders, partner organizations, and private funders take part in meetings that involve shareholders or the dissemination of key information. All collaborative members helped to shape the goals, and were key stakeholders in developing the strategic plan, which was shared in September 2024. To accommodate all the members and invited guests, including Manchester’s Mayor Jay Ruais, the meeting was held at our partner’s location, AmeriHealth Caritas NH, one of New Hampshire’s Managed Care Organizations (MCO).

What’s Next: We will continue to refine and expand the YW&PC and work on year two goals. Over the next year, the Youth Wellness and Prevention initiative will include supporting and mentoring youth so they can provide prevention training to their peers or younger students.

“Makin’ it Happen has been an outstanding Amoskeag Health partner for the launch of the Manchester Youth Wellness and Prevention Collaborative this past year. The MIH team has been committed to the overall success of the coalition, strategic in their approach, and brings great passion to support the Collaborative’s purpose and positive outcomes. That combination of Makin’ it Happen’s assets and resources has made for a one-of-a-kind community approach to bringing prevention to the youth of Manchester.

—Stephanie Savard, director of strategic initiatives, Amoskeag Health



Want to get involved with the Youth Wellness and Prevention initiative, or partner with us at an upcoming event? Email us at communityimpactinthe603@mih4u.org. Read more about the YW&PC on blogs and learn more about what we are doing on our Community Impact in the 603 page on our website.

- FOLLOW US INTO 2025!
- COMMUNITY IMPACT IN THE 603
- YW&PC BLOG
- YW&PC BLOG
- EMAIL US
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MAKIN' IT Happen

Kay Montañó, Marketing and Communications Manager

Marketing & Communications Boosts Awareness of Makin' It Happen and Partners

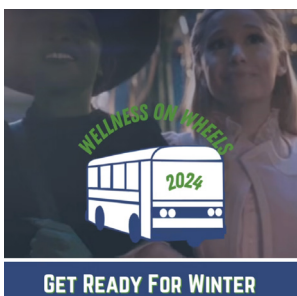
Throughout 2024, our marketing communications efforts have been concentrated on promoting our three focus areas: Recovery Ready Communities, Resiliency Essentials, and Community Impact in the 603. Through a strong social media presence, a renewal of our podcast series, a new video, and a new brochure, we are working with intention to support our mission and the mission of our partners.

Social Media: Our social media reach and followers have increased in 2024. Using posts and reels/videos, we promoted trainings, events, MIH and partner's news, national initiatives, and most recently, our podcasts. We enhanced paid media and organic content through connecting with community members and partners through the reels. Check out a couple of our popular short-form videos from 2024:

WATCH OUR 2024 REELS

WELLNESS ON WHEELS

YEAR END COUNTDOWN



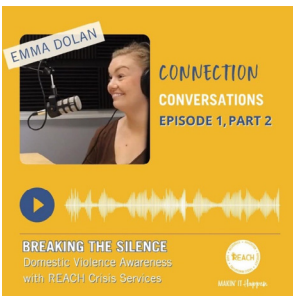
Podcasts:

MIH has revived its podcasts, continuing with Life of A Teen (LOAT) and adding a new segment for adults, Connection Conversations. In 2024, the first two episodes were Connection Conversations: Breaking the Silence – Domestic Violence Awareness with REACH Crisis Services, and LOAT: Manchester West High School Students Empowering Teens for a Safer School Environment. You can listen to MIH podcasts on [Spotify](#), [Apple Podcasts](#), [Amazon Music](#), or [Podbean](#), or watch video podcasts on our website. Don't miss out, we release new episodes regularly!

LISTEN TO MIH PODCASTS

LIFE OF A TEEN PODCAST

CONNECTION CONVERSATIONS



Video and Brochure: In the summer, we created a brochure and video highlighting our three focus areas – Recovery Ready Communities, Resiliency Essentials, and Community Impact in the 603 – and telling the story of how we are developing partnerships to build resilient communities. Check out our video [Makin' It Happen – Building Resilient Communities](#).

What's Next: In 2025, we will continue to develop our marketing communications efforts by mapping out our scheduling and identifying partners to help advance the great work being done by members of our two community collaboratives. We will promote the remarkable stories, resources, and services in our region to build connections, partnerships, and resiliency.

“

We really enjoyed this opportunity and loved being here; it felt super comfortable to talk about these topics. We both find our school to be great, and it was good to have a conversation about our strengths and our weaknesses, about things that we can do better, and what we do that is amazing. Thanks for inviting us.

– Deepasha Giri and Julie Langlois, Manchester West High School



Social Media 2024



Reach 2024

Instagram Lifetime: **65,576**
Facebook Lifetime: **103,370**
LinkedIn: **8,747** impressions
Total: **177,693**

Followers 2024

Instagram Lifetime: **1,027**
Facebook Lifetime: **876**
LinkedIn: **213**
Total: **2,116**

Do you want to participate in a podcast? Please fill out the form linked below and we will get back to you! Make sure to check out our Happenings page on our website to see all the great things MIH is doing!

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PODCAST INTEREST FORM

SEE WHATS HAPPENING

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2024 Impact



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LINKEDIN

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2024 Financials

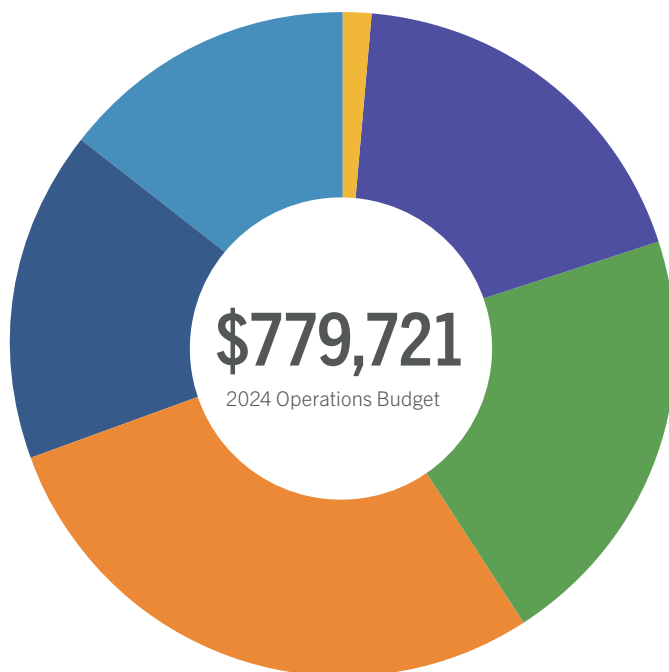
2024 OPERATIONS BUDGET

\$779,721

2024 RESERVED FUNDS

\$35,000

- Projects
[UNRESTRICTED]
\$12,000
- Indirect Partner
Projects
[RESTRICTED]
\$143,808
- The Regional
Public Health
Network
[RESTRICTED]
\$162,712
- NH Opioid
Abatement
Grant
[RESTRICTED]
\$224,803
- SAMHSA –
MHAP
[RESTRICTED]
\$125,000
- SAMHSA
Resiliency
Essentials
Expansion
[RESTRICTED]
\$111,398



All funding amounts are rounded up to full dollar.
MIH fiscal year is based on calendar year, grant fiscal years vary.
This information is being provided as general information, and may not reflect actual amounts invoiced or received within 2024.

THANK YOU

To our 2024-2025 Board of Directors for your dedication and commitment to supporting our team and mission.

- Chair – Laurie Warnock
- Vice Chair – OPEN
- Secretary – Jessica Bennett
- Treasurer – OPEN
- Member – Carol Furlong
- Member – Karen Burkush
- Member – Tom Katsiantonis
- Member – Rick Norton
- Member – Jane Skantze
- Member – Shirley Tomlinson
- Member – Jordan Trombly

THANK YOU
TO OUR FISCAL PARTNERS



AND OUR
FREELANCE SUPPORT

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Photography/Videography



Website Design/Management



Technical Support



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MAKIN' IT Happen

We want to thank Ashley Bachert for her dedicated service to Makin' It Happen and wish her well in her current endeavors. We also extend a warm welcome to Jordan Havens, our new resiliency essentials program assistant.



In 2024, Makin' It Happen continued to provide diverse prevention efforts throughout our region, including our urban community of Manchester, our suburban communities of Bedford, Goffstown and Hooksett, and our rural communities of Auburn, Candia, Deerfield, and New Boston.

Would you like to get involved with Makin' It Happen?
Reach out to us at communityimpactinthe603@mih.org

Follow Our Journey

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