A Capacity for Resilience
West Central Behavioral Health Annual Report
Fiscal Year 2011 – July 1, 2010 to June 30, 2011

Message from the Leadership

In psychology, resilience is defined as the ability to recover quickly from stress or adversity. West Central Behavioral Health works every day to help clients discover and develop resilience, even as our organization has faced its own adversity, in the form of budget cuts and reimbursement rate reductions. Over the past few years, our agency has shown its capacity for resilience, and like our successful clients, we have emerged from a difficult experience with new skills, knowledge and an increased capacity to cope with future challenges.

Despite the difficult financial landscape that is the context for our work, we are proud to report that West Central Behavioral Health achieved a positive net margin from operations in fiscal year 2011, for the first time since FY2008. Through strategic initiatives, new fundraising efforts, community partnerships — as well as determination and sacrifice on the part of our dedicated staff — West Central Behavioral Health has reclaimed stable financial footing and is poised to continue and enhance the services it provides in our community. See our Statement of Financial Position on pages 8 & 9 for more information.

Private and federal grants provided support for some of West Central’s key initiatives in FY2011, including the evidence-based InSHAPE program, which received federal funding as a statewide health promotion program for people with serious mental illnesses (see article on page 6). A partnership between West Central Behavioral Health and the Sullivan County Department of Corrections also made significant progress over the past year. Conducted at the county jail in Unity and at our outpatient clinic in Claremont, this program strives to rehabilitate and more effectively reintegrate offenders back into the community and is showing promising results (see page 4 for more information).

While we took some major steps forward in 2011, we also lost three irreplaceable advocates who served at various times on West Central’s board of directors. Two founding members of our board, Lilla McLane Bradley and Sandy Stettenheim, are remembered for their own brand of resilience and perseverance on page 3 of this report. They each made significant contributions to our organization during the late 1970s and early 1980s, when several local mental-health practices merged to form what is today West Central Behavioral Health. Additionally, a sitting board member, Arthur Jillette, died last August after a long struggle with emphysema. He is remembered on page 5. We extend our condolences to the families and friends of these three special people who shared so much of their time and energy with us.

Last year, West Central served almost 4,000 people in Grafton and Sullivan counties. Our clients count on us to provide the care they need. We appreciate the generosity of a growing number of supporters, and we thank our dedicated board members, staff, and volunteers for their tireless commitment to our mission. Together, we are making a difference.
Message from the Medical Director

In the Face of Challenge, Resilience

I would like to think that no matter what, the services provided by West Central will continue forever. During the past couple of years we all learned that this is not true. West Central is not immune to the epidemic of budget cuts which led to the closing of our valued Connecticut Valley House, Child Respite Program, Peer Support Program and some adult services in Sullivan County, as well as the consolidation of staffing in other programs.

What is remarkable is our staff’s determination to continue to provide high quality, state-of-the-art care to the people we serve. As a result of our services, clients are able to earn a paycheck, go to the gym, go for a walk with a friend, enjoy a meal, or sustain other routine rhythms of life that people who have weathered a major disruption, whether it be from severe mental illness or a flooded river, do not take for granted.

West Central provides high quality, state-of-the-art therapeutic care to the people we serve.

West Central has been fortunate to be a grant site for the InSHAPE program which has provided exercise and nutrition education and coaching to clients in our Lebanon office. We are in the process of transitioning to a new grant, the Wellness Improvement Program (WIP), which will add the opportunity for free Weight Watchers memberships and will allow us to extend these services and our InSHAPE program to our Claremont area clients.

Through another grant, we have been privileged to work in the Sullivan County House of Corrections to reduce the chances that inmates with co-occurring disorders of both mental illness and substance abuse will end up back in jail. West Central also has an active presence in the Grafton County judicial system through two programs — Halls of Hope and Drug Court — which provide intensive services as an alternative to jail time for mental health and substance abuse clients, respectively.

West Central touches the lives of so many adults and children. For individual clients as well as for West Central Behavioral Health as a whole, we are growing stronger. In the face of darkness, light. In the face of challenge, resilience. Beyond our expertise and clinical skill, West Central’s job is to keep hope alive — and we are doing just that.
On July 1, 1977 West Central New Hampshire Community Mental Health Services was born and soon renamed West Central Behavioral Health. This early organization was formed through a merger of the Counseling Center of Sullivan County, the community mental health component of Dartmouth-Hitchcock Mental Health Center, the Community Counseling Service in Lebanon and the Mascoma Outreach Project in Canaan. These are the facts, but a history of West Central cannot be written without including two founding board members, Lilla McLane-Bradley and Sandy Stettenheim, whose commitment to our fledgling organization ensured a sustainable future. It is with sadness, but also pride and admiration, that we recall their achievements and acknowledge the passing of two formative leaders of West Central Behavioral Health.

Lilla McLane-Bradley was a force of nature whose indomitable spirit and persistence had a profound influence on the founding of West Central Behavioral Health. Dr. Jesse Turner, West Central’s first CEO, spoke with great admiration about Ms. McLane-Bradley when notified of her death. “Lilla was a natural leader and consensus builder,” he said. “She had the confidence of community leaders from both Sullivan and Grafton counties, and was elected Chair of the newly established organization. I don’t believe that I have met anyone with more energy and drive. I fear that I have fallen short of conveying what a special person Lilla was, and how important she was to me as a young CEO. She was a great role model and mentor to me and many others. She was loved, respected and will be greatly missed!”

Sandy Stettenheim was a teacher who later served as treasurer of a Windsor nursery school and a member of the Plainfield School Board. She also represented the towns of Plainfield and Cornish in the NH State Legislature from 1995 to 1996. Her husband, Peter Stettenheim, recently recalled his wife’s commitment to West Central. “Commonly, nonprofits start because people see a need, and so the original founders addressed this issue. A lot of what Sandy and Lilla did was teaching the organization to pull up its socks!” Peter recalled that Sandy, with Lilla’s coaching, became an excellent board member who understood that the board’s role should be to provide the guidance necessary for staff to conduct the business of health care delivery.

Dr. Paul Gorman, an early administrator and later interim CEO of West Central, is the most recent recipient of the Lilla McLane-Bradley Award, which was created by West Central to honor those who make significant contributions to the field of community mental health in this region. Dr. Gorman remembers Lilla as “a remarkable woman”. “I was always impressed by her perseverance, and she was also very good at engaging lots of different people in a project. When she asked you for something, she did it in such a way that you were really delighted to do whatever it was. I just think about that smile on her face. That seemed to just always be there, and it was very welcoming, so when I think about her, that’s the way I’ll remember her,” Gorman said.

John Hennessey, former CEO of DHMC and member of West Central’s first board of directors, also shared fond memories of Lilla in those early days. “In the beginning, Lilla McLane-Bradley, Sandy Stettenheim, Peter Whybrow, and I were the team from Grafton County formed to negotiate with the mental health center in Sullivan County. Fundamental to the building of West Central was the vision and zeal of Lilla, who chaired the first combined board. Whereas the rest of us looked on the merger as a challenge, Lilla quickly saw the collaboration as an opportunity for both entities to learn and to grow in ways more beneficial to the communities than could happen separately.”

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Peter remembered that, during her last few years, Sandy was grateful for the years she was free of cancer. Having retired from her many volunteer activities, she spent time enjoying the company of family and friends and traveling with Peter. After a life well-lived, that was certainly her prerogative.
New Program Inspires Positive Change

Collaboration between two distinctly different systems is not easy, but after its first year, an integrated mental health and corrections approach to inmate rehabilitation in Sullivan County has been successful in shortening sentences and providing alternatives to inmates.

Since August 2010, 119 inmates at the Sullivan County House of Corrections have participated in programming at the Community Corrections Center, a new wing of the county jail in Unity, where a team of clinicians from West Central Behavioral Health is providing intensive mental health services to offenders.

The majority of participating inmates start off in an intensive 90-day treatment program that targets offenders with significant mental health and substance abuse disorders, according to Dave Pelletier, director of substance abuse services at West Central. Although the inmates are court-ordered to participate in the program, a clinician from West Central conducts an assessment prior to the start of the program, to ensure the person is a good fit.

The core curriculum, known as Transitional Reentry and Inmate Life Skills (TRAILS) focuses mainly on “getting people to think differently and begin to understand what motivates individuals to make positive changes in their lives,” Pelletier said.

Therapeutic services, which are offered to male and female inmates in separate units at the Community Corrections Center, also include individual counseling and a variety of groups. Sessions offered include New Directions, which addresses criminal thinking and substance abuse; Seeking Safety, a group for female inmates dealing with substance abuse and trauma, and Thinking for a Change, which focuses on the criminal thought process.

After successful completion of the 90-day program, inmates who would have once waited out one-year sentences in cells are eligible for work release or electronic monitoring, as long as they comply with a strict aftercare program.

Sullivan County Attorney Marc Hathaway says he’s encouraged by the program’s development and early results.

“I’m tremendously impressed with the way that corrections and the mental health professionals at West Central Services have been able to integrate their different approaches and disciplines into a comprehensive substance abuse and life skills program for the offender population,” Hathaway said. “Both sides have learned and become stronger, I believe, because of their exposure to each other and the challenging inmates in the program.”

Starting in August 2011, the aftercare groups were relocated from the jail to West Central Behavioral Health’s outpatient clinic on North Street in Claremont. Pelletier said inmates prefer and are more motivated to attend aftercare groups in a community setting. After a year of aftercare and gradually diminishing probation restrictions, inmates graduate from the community corrections program.

Both Pelletier and Hathaway said they are optimistic about the future of the program, which is funded by two federal grants that will last through the end of 2012.
Resilience and persistence have become essential in ensuring West Central’s fiscal health. These qualities drive us in a relentless search for new sources of funding from foundations, individual donors, corporate sponsors, and private trusts.

In Fiscal Year 2011, West Central enjoyed particular success in attracting financial support and appealing to both new and longstanding donors. Through an appeal championed by philanthropist Dorothy Byrne — *The Dorothy Byrne Challenge* — West Central raised $20,600, successfully meeting Byrne’s challenge to match her $20,000 donation. This special appeal provided essential funding, including a generous donation from the Couch Family Foundation, to support our children’s mental health programs. Additional grant funding for child and family programs was awarded by the *Agnes Lindsay Charitable Trust*, enabling West Central to restock its supply of therapeutic toys for young children. These toys are used in Child-Parent Psychotherapy, an evidence-based treatment that helps children recover after trauma or domestic violence.

West Central Behavioral Health’s emergency services program has provided 24-hour crisis intervention throughout Sullivan and Grafton counties for 34 years. In FY11, several local organizations awarded significant funding to this program, including the *Jack and Dorothy Byrne Foundation, Sullivan County Commissioners, Hypertherm HOPE Foundation, Sullivan County United Way, Thrivent Financial Chapters in Vermont and New Hampshire*, and *WalMart Foundation*. Through contributions to PaddlePower — our annual event that raises funds and awareness for suicide prevention — private donors and corporate sponsors provided additional support.

For the benefit of adult clients at particular risk for physical health problems associated with mental illness, the *Lane and Elizabeth Dwinell Charitable Trust, Bishop’s Charitable Assistance Fund, and Hypertherm HOPE Foundation* awarded grant support for InSHAPE, a new program that provides community fitness opportunities, nutrition education and other therapeutic supports. InSHAPE helps clients with severe and persistent mental health conditions improve their physical health and wellbeing; more than 70 percent of participants have already shed an average of 10 pounds since the program began in the fall of 2010. For more news and information about this important program, please turn to page 6 of this report.

Additional funding in support of West Central’s programs and operations was awarded through grants by the *Grafton County Commissioners, Newport Charitable Fund, MacNamee Foundation, Mascoma Savings Bank Foundation*, and *Granite United Way*.

West Central Behavioral Health wishes to thank our funders as well as individual and corporate donors (see page 10 of this report). These foundations and supporters make possible the fulfillment of West Central’s mission, “to reduce the burden of mental illness and improve the quality of life in our community.”

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**Arthur Jillette**

West Central Behavioral Health lost a dedicated and knowledgeable volunteer when Arthur Jillette, a member of the West Central Board of Directors, passed away after a long struggle with emphysema in August 2011.

A retired educator and legislator with a long and distinguished career, Mr. Jillette was a longtime resident of Goshen, NH, and served on our board of directors for the last three years.

Arthur’s experience in the State House and in New Hampshire classrooms helped inform board discussions on policy and programming, and we appreciate his decision to include West Central among the many organizations and groups for which he volunteered his time. Our most sincere condolences go out to his wife, Bea Jillette of Goshen, N.H., and the rest of his family.

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*From left, Peter Bleyler, Steve Whitman, Bea Jillette and Arthur Jillette enjoy refreshments during West Central event.*
InSHAPE Participants Gain Confidence and Improved Health

Aside from losing weight and inches from their waists, participants in West Central Behavioral Health’s InSHAPE program are gaining self-confidence, improved sleep and personal satisfaction.

A research-based program developed in New Hampshire to curb early mortality among adults with severe mental illness, InSHAPE is designed to improve participants’ physical health through community fitness activities and nutrition education. So far, the results have surpassed expectations.

West Central Behavioral Health launched InSHAPE at its Lebanon outpatient clinic in fall 2010, and a new grant, the Wellness Improvement Program, will enable West Central to extend InSHAPE services to clients in the Claremont area in the near future.

As of August 2011, 19 out of the 28 participants had lost an average of 8.9 pounds. And nearly 80 percent of program participants had shed an average of 3 inches in waist circumference. Anchored by health mentor Bethany Hesch, who meets with participants weekly to help them reach personal fitness goals, the InSHAPE program has won private and public grant support and is poised for expansion into Sullivan County next year.

Lisa G., a participant in the Lebanon-based program, recently shared some of her thoughts about InSHAPE with a West Central volunteer. Here is a portion of that interview:

Q: What are some of the goals you have set in the InSHAPE program?
A: I’d like to lose weight. It’s very satisfying to walk farther. That’s a goal, to build up my endurance.

Q: What have you been doing to try and achieve these goals over the past six months?
A: I’ve been walking every day. I make sure I go, even when I don’t feel like going. I’ve been eating better. That’s been a big change. I’ve changed my diet.

Q: How has InSHAPE helped you towards these goals?
A: I really appreciate the volunteers and Bethany coming to walk with me. I get a lot of encouragement and people telling me I’m doing a good job.

Q: Have you felt any benefits from this program outside of your fitness and nutrition goals?
A: I have been sleeping better. Every time I come back from my walk I feel pleasantly tired. Walking helps take the edge off my anxiety. It makes me feel better about myself for making a commitment and following through on it. I love my family (and) they’ve given me so much encouragement. I love it because they tease me about my success and tell me I’m thin and firm and beautiful. I’ve spent a lot of years having people take care of me, especially my mom and sister. Doing something to be able to take care of myself has been really great and motivates me to keep going.

Q: Is there anything you wish to see InSHAPE doing in the future?
A: This program is only offered to a few people right? I think it should be offered to everybody.

Thanks to the following organizations and community partners for their support of wellness program InSHAPE

Foundation Support in 2011
Bishop’s Charitable Assistance Fund
Dwinell Charitable Trust
Hypertherm HOPE Foundation

Community Partners in 2011
Alice Peck Day Hospital
Anytime Fitness
CCBA of Lebanon
Coop Food Stores
Curves of Lebanon
Curves of White River Jct.
Freihofer’s
NH Food Bank
Price Chopper
UNH Cooperative Extension
United Methodist Church-Lebanon
Upper Valley Aquatic Center
Willing Hands
Dr. Paul Gorman has dedicated more than thirty years of his life to improving the quality of clinical care for people with mental illness. Currently serving as board president at the New Hampshire chapter of NAMI (National Alliance for the Mentally Ill), working as a research associate at the Dartmouth Psychiatric Research Center, and serving as interim CEO at Monadnock Family Services, Gorman was selected as the 2011 winner of the Lilla McLane-Bradley Award. Each year, this award honors someone in our community who is a role model for volunteerism and philanthropy, who has made a significant contribution of time, energy, and resources to the development of mental health care in the communities we serve, and is someone who displays a history of dedication to the values that West Central Behavioral Health represents.

“I was very touched and very humbled by it,” Gorman said of learning he’d been selected for the award. “I was surprised, but I really felt extremely honored.”

Gorman, who served as interim president and chief executive officer at West Central Behavioral Health from 2004 to 2007, has spent more than 30 years involved in management of the mental health system in a wide variety of capacities in both the private and public sectors and at local, state, national and international levels. Currently, Gorman’s work at the PRC is part of the Johnson and Johnson Dartmouth Community Mental Health Program, which deals with the dissemination and implementation of evidence-based, best practices for supported employment programs.

Dr. Gorman's contribution to the advancement of mental health care in both public and private sectors extends from local to international levels.

Research has shown that, for people with mental illness, the ability to find and retain a job not only increases stability and self-reliance, but also acts as therapy, decreasing negative psychological symptoms. Supported employment programs involve working with clients to understand their interests, and help them find jobs that suit them and provide ongoing support. These programs also involve educating employers in an effort to reduce stigma.

“The people with mental illnesses, oftentimes, are far more reliable than the wider population in terms of their job performance, contrary to conventional wisdom,” Gorman said. “Some employers are willing to do it and, in fact, have found it to be so successful and that they come back looking for others.” Gorman’s work also focuses on advocating for policy changes on behalf of mental health centers and consumers. His team at the PRC is reviewing a study conducted under the U.S. Social Security Administration, which shows that people with mental health problems are encouraged to remain dependent on SSI under the current system.

“We work with large government organizations to help them understand the supported employment model and help them develop alternative policies to what they do now,” Gorman said. “The current system encourages people to be disabled and not to go to work, because they get financially penalized if they make too much money.”

At NAMI, Gorman and his colleagues are advocating for lawmakers to restore funding cut from the state budget for mental health programs over the past three years, to enable organizations like West Central Behavioral Health to more effectively meet the treatment needs of clients.

On behalf of West Central Behavioral Health’s Board of Directors and staff, we extend Dr. Gorman our most sincere congratulations on this award, and our appreciation for his many years of work advancing the science of mental health care.
# Fiscal Year 2011 Annual Financial Report

## Statement of Financial Position

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<tr>
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<th>June 30, 2011</th>
<th>June 30, 2010</th>
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<tbody>
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<td><strong>ASSETS</strong></td>
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<td></td>
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<tr>
<td>Cash and cash equivalents</td>
<td>$ 174,758</td>
<td>$ 41,639</td>
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<tr>
<td>Other current assets</td>
<td>1,244,415</td>
<td>1,200,879</td>
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<tr>
<td>Property and equipment</td>
<td>864,655</td>
<td>955,268</td>
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<tr>
<td>Other assets</td>
<td>396,461</td>
<td>371,568</td>
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<td><strong>TOTAL ASSETS</strong></td>
<td>$ 2,680,289</td>
<td>$ 2,569,354</td>
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| **LIABILITIES AND NET ASSETS** |               |               |
| **LIABILITIES**              |               |               |
| Accounts payable             | $ 819,563     | $741,551      |
| Accrued expenses             | 235,380       | 302,667       |
| Other current liabilities    | 636,018       | 621,868       |
| Other long-term liabilities  | 569,826       | 585,697       |
| **TOTAL LIABILITIES**        | 2,260,787     | $ 2,251,783   |

| **NET ASSETS**              |               |               |
|                            | 419,502       | 317,571       |

| **TOTAL LIABILITIES AND NET ASSETS** |               |               |
|                                     | $ 2,680,289   | $ 2,569,354   |

## Statement of Activities

<table>
<thead>
<tr>
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<th>For the year ended</th>
<th>For the year ended</th>
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<tbody>
<tr>
<td></td>
<td>June 30, 2011</td>
<td>June 30, 2010</td>
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<tr>
<td><strong>REVENUES</strong></td>
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<tr>
<td>Public support</td>
<td>$ 1,203,299</td>
<td>$1,197,484</td>
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<td>Program service fees</td>
<td>9,064,185</td>
<td>9,783,600</td>
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<td>Other revenues</td>
<td>259,205</td>
<td>37,113</td>
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<tr>
<td><strong>TOTAL REVENUES</strong></td>
<td>10,526,689</td>
<td>11,018,197</td>
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</tbody>
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| **EXPENSES**           |                    |                    |
| Personnel              | 8,010,576          | 9,362,441          |
| Occupancy              | 1,060,469          | 1,084,314          |
| Other expenses         | 1,353,713          | 1,302,065          |
| **TOTAL EXPENSES**     | 10,424,758         | 11,748,820         |

| **CHANGE IN NET ASSETS** |                    |                    |
|                         | $ 101,931          | $ (730,623)        |
Revenue by Program in Fiscal Year 2011

- Adult Services: 41%
- Child Services: 44%
- Elders: 8%
- Housing: 3%

Clients Served in Fiscal Year 2011

- Child: 1254
- Adult: 2020
- Elders: 616

Historic Funding in Fiscal Years 1978-2011

- State/Federal
- Client & 3rd Party
- Other Revenue
Thank You to Our Donors

Your generous donation to West Central Behavioral Health is an endorsement of our work and our mission, “to reduce the burden of mental illness and improve the quality of life in our community”. We appreciate your continued support, which enabled us to provide therapeutic mental health services to approximately 3,900 people last year.

Ms. Barbara Abbate
Ms. Heidi Adams
Ms. Anne Adams
Mr. James Adler & Mrs. Brooke Adler
Mr. Robert Agans
Ms. Jennifer Aiken
Mr. Steve Aikenhead
Mr. Charles Aimi
& Mrs. Alice Aimi
Mr. Guillermo Aldana
Allan's Vending
Mr. Bill Allen
Mr. Dean Allen
& Mrs. Marcia Allen
Mr. G. Kenton Allen & Mrs. Rachel Allen
Mr. George Allen & Mrs. Kathryn Allen
Rep. Susan Almy
American Express Charitable Fund
Mr. T. Gregory Ames, III
& Mrs. Jacqueline Joy-Ames
Mr. Ryan Andrews
Mr. Gerald Angier & Mrs. Marie Angier
APC Paper Company, Inc.
Arthur Whitcomb Block Plant
Ash Home Improvements
Mrs. Joan Ashley
Professor Gert Assmus & Mrs. Jan Assmus
Atlantic Motor Cars
Mr. Matthew Avery
Ms. Melissa Ayres
Bagel Basement
Mr. Chris Bailey-Kellogg
& Mrs. Christine Bailey-Kellogg
Mr. Paul Baird & Mrs. Cathryn Baird
Dr. Michael Beach & Dr. Emily Baker
Ms. Susan Baker
Mr. George Baldwin & Mrs. Harriet Baldwin
Mr. Ian Baldwin, Jr.
Dr. Dominic Balestra
Mr. Richard Ballantine & Mrs. Gloria Ballantine
Mr. Bob Balou & Mrs. Bronwen Ballou
Mr. Carl Bannond & Mrs. Frances Bannon
Bannon Pharmacy
Ms. Erin Barnett
Mr. Andrew Barresi & Mrs. Peggy Barresi
Mr. Raymond Barret & Mrs. Cynthia Barret
Mr. William Baschnagel
& Mrs. Frances Baschnagel
Mr. Paul Batalden & Mrs. LaVonne Batalden
Mr. Clifford Batchelder
& Mrs. Donna Batchelder
Ms. Marguerite Bauch
Mr. Francis Beaton, Jr.
Mascoma Beaton & Mrs. Dominick Beaton
Ms. Deborah Becker
Ms. Peg Becker
Mr. Thomas Beckett & Mrs. Esther Beckett
Mr. Allen Beebe
Mr. Eric Beidelman
Mr. Anthony Belisle
Mr. Leonard Beliveau & Mrs. Donna Beliveau
Ms. Mary Bellavance
Ms. Gillian Bemis
Mr. Clifton Bennett & Mrs. Patricia Bennett
Ms. Amanda Benson
Mr. Lawrence Benson, Jr.
Mr. Darryl Bernstein
Dr. Henry Bernstein & Mrs. Sophie Bernstein
The Pastures Campground
Mr. Robert Bates & Ms. Felicia Bessey
Ms. Amy Beston
Mr. Sal Bhimji
Ms. Carole Bibeau
Lebanon Village Marketplace
Bill Lohsen Plumbing & Heating, Inc.
Mr. Richard Bircher
Ms. Linda Bishop
Ms. Margaret Bishop
Bishop’s Charitable Assistance Fund
Mr. William Bittinger & Mrs. Cyndy Bittinger
Mr. Daniel Blackmore
& Mrs. Maria Blackmore
Ms. Debra Blake
Ms. Elaine Blake
Mr. Peter Bleyler & Mrs. Ruth Bleyler
Mr. Putnam Blodgett & Mrs. Marion Blodgett
Blodgett’s Sash & Door
Mrs. Barbara Blough
Mr. Kevin Boggis
Everything But Anchovies
Ms. Rebekah Bolduc
Ms. Cassie Bonor
Mrs. Shirley Boren
Mr. Donald Bortz
Mr. John Boswell & Mrs. Anne Boswell
Agnes M. Lindsay Trust
Mr. Paul Boucher & Mrs. Karen Boucher
Ms. Mary Kay Boudewyns
Mr. Mathew Bouranis & Mrs. Jesse Bouranis
Mr. Christopher Bowen
Mr. Richard Bower & Mrs. Dorothy Bower
Mr. David Boynton & Mrs. Rita Boynton
Mr. David Bradley & Mrs. Ann Bradley
Mr. Daniel Brand & Mrs. Winifred Brand
Mr. David Brandau & Ms. Lynne Hall
Mr. Thomas Brennan & Mrs. Judith Brennan
Mr. Thomas Breslin
Ms. Diane Brigham
Mr. Scott Brodsky
Ms. Elizabeth Brogan
Ms. Martha Brogan
Dartmouth Hitchcock Clinic
Mr. James Brokaw, II & Mrs. Susan Brokaw
Ms. Elaine Anne Brousseau
Mr. James Brown & Mrs. Judith Brown
Brown Furniture, Inc.
Brownie’s Auto
Ms. Mary Beth Bruce
Jewels Cleaning
Mr. Mel Brundle
Mr. Max Bryant
Dr. Jay Buckley & Mrs. Sarah Buckey
Buckley and Zopf
Mr. Dexter Bucklin & Mrs. Elizabeth Bucklin
Ms. Elizabeth Bucknam
Mr. Richard Bucknam
Mr. James Bullard & Mrs. Barbara Bullard
Mr. Ian Bunnell
Dr. Kenneth Burchard
& Mrs. Marion Burchard
Ms. Ann Burket
The Honorable Raymond Burton
Mr. Steve Cady
Ms. Elizabeth Cagninelli
Mr. James Campbell
& Mrs. Donna Campbell
Mrs. Dorothy Campion-Corcoran
Canaan Centre Store
Canaan Hardware & Supply
Canaan Lions Club
Canaan Police Benevolent Association
Mr. Erwin Caplan & Mrs. Roselyn Caplan
Cardigan Mountain Properties, LLC
Mr. Matthew Carl & Mrs. Elaine Carl
Mr. Nick Carmolli & Mrs. Diane Carmolli
Ms. Shelly Carpenter
Carpet Mill
Ms. Yvette Carr
Mr. Thomas Caruso & Mrs. Alison Caruso
Mr. Rick Castillo & Mrs. A. Castillo
Mr. R. Wells Chandler & Mrs. Susan Chandler
Mr. Ty Chang & Mrs. Catherine Chang
Ms. Patricia Charman
Mr. William Chase
Thank You to Our Donors

Ms. Laurie Chester
Mr. Robert Chestnut, Jr. & Mrs. Wendy Chestnut
Mr. James Cho
Mr. Robert Christensen & Ms. Sara Ecker
Christie Plumbing & Heating
Mr. Mark Christie & Mrs. Sharon Christie
Mr. Robert Christy
Church of Christ at Dartmouth College
Mr. David Cioffi & Mrs. Ann Cioffi
Mr. Mark Cioffi & Mrs. Mary Ann Cioffi
Claremont Savings Bank
Cleary, Shahi & Aicher, P.C.
Clifford Funeral Home
Ms. Lorraine Clites
Mr. John Coderre & Mrs. Alicia Coderre
Mr. David Cole & Mrs. Mary Coley
Ms. Susan Cohen
Mr. David Cole, Esq.
Mr. Ryan Colwell
Community Lutheran Church
Ms. Jeanne Comouche
Company Picnic
Mrs. Sheila Compher
Ms. Karalyn Connolly
Mr. William Conrad
Mr. Mark Cook
Mr. John Copenhaver & Mrs. Marion Copenhaver
Mr. Thomas Corcoran & Mrs. Joyce Corcoran
Mr. Thomas Corley & Mrs. Shatuna Corley
Mr. Travis Corley & Mrs. Molly Corley
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When you include West Central Behavioral Health in your will or estate plans, you become a member of The MacNamee Society, a legacy society named in honor of long-standing supporters, Dr. Hugh and Mrs. Mimi MacNamee. Over 30 years ago, Dr. MacNamee served as West Central’s first Medical Director, and through the MacNamee Memorial Trust, the family continues to support our work to this day.

For more information about planned giving options or The MacNamee Society, please contact Heidi Postupack, Director of Development, 603-448-0126 ext. 2100
PA D D LE PO W E R is celebrating its 10th year on the Connecticut River this summer, and we invite you to join us in raising funds and raising awareness for suicide prevention. We are planning special ways to commemorate this milestone event, so don’t miss the fun!

Whether you prefer to paddle on the river with a group of friends or support the event from the shore with a team of volunteers, PA D D LE PO W E R is an adventure you’ll never forget! The proceeds help fund the emergency mental health services West Central Behavioral Health provides 24 hours a day, 365 days a year. To learn more about us, please visit our website www.PADDLEPOWER.org

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122 Pleasant Street
Claremont, NH 03743

140 North Street
Claremont, NH 03743

167 Summer Street
Newport, NH 03773

Administration
9 Hanover Street, Suite 2
Lebanon, NH 03766
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