

# REPORT ON PHILANTHROPY

Cover Artwork By Henry Isaacs  
"Skaters in New Hampshire"



*Nurturing Dreams...Transforming Lives*

## INSIDE...

- THE GIFT OF ART
- A MOBILE CRISIS STORY
- YOUTH CAN
- FOUNDATIONS THAT CARE
- AWARD WINNERS
- OUR DONORS



## OUR MISSION

To promote the health and quality of life of individuals, families and communities by providing treatment for mental illness and substance use disorders, while helping to reduce the stigma associated with these challenging conditions.

## OUR VISION

We envision a time when behavioral health services are fully available as needed and the stigma associated with mental illness and substance use disorders is eliminated.



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Medical Director  
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## DEAR DONORS, CLIENTS, STAFF MEMBERS, ADVOCATES, AND FRIENDS,

Demand for mental illness, substance use, and crisis response services continues to rise. We provide evidence-based, compassionate care to our community members in need. In the wake of the COVID-19 pandemic's isolation and fear, increased dependence on substances, and higher levels of stress, anxiety, depression and other mental illnesses is growing. Nobody is immune, and we do our utmost with care and a passion to help others.

Each year, we provide \$600,000 in unreimbursed charitable care. Client financial aid remains among our greatest of needs. Yet, even in the face of a growing gap between Medicaid funding and our true costs of providing behavioral health services, we had many successes in 2022.

- We launched and expanded our Mobile Crisis Response teams to offer in-person, 24/7 mental health and substance use crisis support. This works in tandem with the NH Rapid Response Access Point helpline, the toll-free, statewide suicide and crisis hotline (1-833-710-6477). We've already helped dozens of people avoid unnecessary emergency room visits, in-patient hospital stays, or jail time. We've worked closely with police departments and schools to de-escalate crisis situations to promote better clinical outcomes with substantial cost savings for our clients and communities.

- Our Integrated Care efforts in our Claremont Adult clinic are up and running. Many adult clients who never had access to primary health care now visit regularly with a primary care provider as part of their overall treatment plan. Adults with severe mental illness have decreased life expectancies, in part because they do not seek medical care. This integration of mental health and physical health care will lead to an improved quality of life for many.

- We received a 5-year federal Drug Free Communities grant to fund the Youth CAN (Claremont And Newport) Coalition efforts to provide positive opportunities for youth so they use less alcohol, tobacco, marijuana, and other drugs. We've partnered with the UNH Sullivan County Extension Office, the Greater Sullivan County Public Health Network at Dartmouth Health, the school systems and civic leadership of Claremont and Newport, medical organizations, and other non-profit and social services agencies to create positive change for our youth. This effort is detailed later in this Report. <https://www.facebook.com/Youthcan603-107795587626046>

- The activities and education we've offered our communities, both virtually and in real life, have expanded. This includes monthly online newsletters, increased social media activities, Youth Mental Health First Aid virtual trainings for schools and community members, and a collaborative effort with the AVA Gallery & Art Center in Lebanon for Mental Health Awareness Month in May. Former NH Poet Laureate, Alice Fogel, joined us, along with ten community poets to read their verse addressing the question of "Hope: What Brings You Light and Lifts You Up" during The Thing With Feathers art exhibition and poetry reading. This was all inspired by an Emily Dickinson poem about "hope". CATV also collaborated to video record the reading and add it to its YouTube channel. <https://www.youtube.com/watch?v=pSTTyIKqa5M>


- Our Board of Directors membership has grown. We're excited to add many new talented and spirited people who care to share and pursue our mission and vision as we strive to expand our reach to vulnerable community members in need. <https://www.wcbh.org/leadership/>

As if there weren't enough bright lights, with over twenty new artworks as a gift from well-known artist Henry Isaacs to boost our mood and brighten our days, we raised more than \$1.1 million in gifts thanks to the generosity of over 400 donors including private individuals, foundations, businesses, municipalities, and other non-profit, federal and state entities. It remains gratifying to see and feel the support extended to us, with gifts of all sizes, and volunteer time offered by many people who live and work in the communities we serve throughout the Upper Valley region of lower Grafton County and Sullivan County, NH.

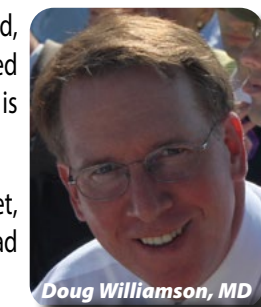
We continue to explore new and creative ways to attract high-quality people to clinical and non-clinical positions. Working at West Central saves lives. As part of the NH Community Behavioral Health Association, we work at the State level to encourage increased Medicaid funding for behavioral health services. The pandemic's impact is real. We are here to help, and we hope more and more people will join us.

We appreciate your support to help us "close the gap" between Medicaid funding and the actual cost of the treatments we provide. We never want to turn away people in need. Your financial contributions, large and small, ensure we will continue to Nurture Dreams & Transform Lives as we look to the future.

Sincerely, and with thanks,

  
Doug Williamson, MD  
Chair, Board of Directors

  
Roger Osmun, PhD  
President & CEO





# A MOBILE CRISIS STORY SOMETIMES LIFE OVERWHELMS US

BY ZACHARY BROCK

It was a June afternoon at West Central Behavioral Health's Mobile Crisis Response office. A dispatch from the NH Rapid Response Access Point came through. They referred the call immediately to us for a direct outreach.

A member of our community had been seen the day before by another social service agency for suicidal thoughts. Again today, this person was having those same thoughts and urges to end their life. This was not someone you might think of as being threatened by a mental health crisis. It could have been a friend, the neighbor next door, perhaps even you.

Upon arriving at the client's home, our Mobile Crisis Response team of two crisis clinicians was greeted in the front yard by a family member of our soon-to-be client. We were brought to a pleasant sitting area outside near the house. It was a nice day, and we understood from the family member that it would be better if our conversation did not happen inside the home. In our world, ensuring the client is in a safe and comfortable space is important. Soon, the person experiencing the crisis joined our small group with the help and support of their family members who were extremely concerned and frightened. We next asked a few questions and listened carefully to the client's story of the events of the last month.

Several difficult life stressors had occurred, including the ending of their marriage. It had all become so overwhelming that the notion of ending their life had changed from passive thoughts to planning when, where, and by what method to use. The client shared with us that they had pretended to be fine the night before at the emergency room, because it was too difficult to have a conversation with a stranger in the buzzing setting of a busy hospital. Here, in the garden, by their house on a lovely summer day, the client was more relaxed and open to discussing their deepest thoughts and feelings.

We spoke with the individual and their family for quite some time, listening carefully to their concerns before arriving at a decision. What path would be comfortable and offer the safest and most advantageous outcome for the individual and their family? Together, we decided that a voluntary stay at an inpatient setting would be the best next-step. We talked about

how to work through their recent, stressful life events and how their local mental health center could help. The entire family, including the person in crisis, thanked us for coming out and helping them through this most challenging time by offering options and defining the process of what to do. The family then drove their loved one to the hospital.

Next steps in crisis situations are not always clear cut or easy to make when life becomes more overwhelming than a person can handle. A crisis can happen to anyone, at any time. It can be a relationship challenge like a marriage dissolution, or it can be a financial crisis. It can be the death of a loved one, or an adverse health diagnosis. Everyone experiences life's challenges differently. Thankfully, the NH Rapid Response Access Point is available to everyone in New Hampshire, with mobile crisis response teams standing by 24/7 when needed.

In this case, it allowed one person and their family to talk about the distress they were experiencing in a familiar and comfortable setting with trained clinicians who could offer solutions. The outcome was one that was neither foreign nor strange. The process of finding a solution became reasonable and personal.

Dispatches such as this are a reminder to all of us, whether we're trained mental health clinicians or members of our broader community, that there is tremendous value in every mobile crisis response outreach no matter what kind of mental health or substance use crisis you might be experiencing.

Call or text 1-833-710-6477, or visit NH988.com to chat online, if you or someone you know is experiencing a crisis moment. The life you save is precious. And we at West Central Behavioral Health care.

**Zack Brock, MS is a West Central mobile crisis response team clinician.**



# YOUTH CAN HELPING OUR YOUTH SUCCEED IN LIFE

It's all about Youth who CAN. We know they can steer clear of alcohol, tobacco, and other drugs so long as we provide them with safe, substance-free opportunities in Claremont and Newport. This prompted us to apply for a CDC-sponsored Drug Free Communities grant last fall that resulted in a five-year grant with \$125,000 per year in funding to support the fledgling Youth CAN Coalition's efforts to offer youth healthy activities.

Now, with Scott Blewitt as the Youth CAN Prevention Coordinator at the helm, activities for youth are on the rise. Youthcan603 also has a strong Facebook and Instagram social media presence, with adults and youth signing up to help in schools, at farmer's markets, and all around Claremont and Newport. Scott has deep roots in the greater Newport/Claremont/Sunapee region, and he's digging in to offer fun and exciting alternatives for youth in the region.

Of course, the grant also requires that matching funds and services be donated to ensure grant funding will continue, so you may be hearing from Scott and us in the future as we seek to shore up the financial side of this program. Matches can take the form of in-kind gifts, gifts of services, or financial contributions. We are required to find matching funds the entire \$125,000 each year to receive the full grant amount. If you have an interest, please let us know.

Visit Youthcan603 on Facebook at: <https://www.facebook.com/Youthcan603-107795587626046>



*We know they can steer clear of alcohol, tobacco, and other drugs so long as we provide them with safe, substance-free opportunities...*





# FOUNDATIONS THAT CARE

BY ZACHARY BROCK

# 2022

# ANNUAL AWARD WINNERS

There are so many people and organizations who help support our work that it's impossible to recognize them all in these pages. However, there are some who deserve special mention and an expression of our gratitude that comes from the heart.

**The Jack & Dorothy Byrne Foundation** supported us with gifts totaling more than \$200,000. This enabled us to launch our Student Loan Assistance Program (affectionately coined SLAP!). SLAP will offer our clinical and non-clinical staff up to \$10,000 in student loan repayment assistance over a three-year term. This program will enhance our many programs to help us retain qualified staff and encourage them to more fully pursue their educational aspirations.



**The Burkehaven Family Foundation** extended a 3-year grant totaling \$400,000 to support our work with children and families in the Town of Newport, NH. With this grant, the Burkehaven family offers rays of hope to children, youth, and their families in The Sunshine Town, allowing our child clinicians to spend more dedicated time in Newport schools and meeting our youngest of clients at our Newport Child Clinic to address pandemic-related and other mental health and substance use disorder needs.



**The Burkehaven Family Foundation**

**The Couch Family Foundation**, with a focus on children's mental health needs and outcomes, continues to support us with more than \$125,000 annually through a multi-year grant for early childhood services and unrestricted support. As a result, we were able to hire an early childhood clinician who cares for our youngest community members and their caregivers struggling with mental health or substance use-related issues. We hope to expand this program, recognizing that early childhood care, ages 0-5 years, provides a powerful foundation for improved mental health throughout life.



**Kettering Family Philanthropies** provided us with more than \$60,000 in grant funding to launch our Integrated Care initiative at our Claremont Adult Clinic. Providing our clients with severe mental illness access to primary healthcare along with behavioral healthcare in one location offers far-reaching benefits to improve their overall wellness and quality of life.



We continue to seek new foundations, as well as public sources for grant funding, to help propel us forward as we offer life-saving and life-enhancing behavioral health and mobile crisis response services to our community members of all ages.

Each year, West Central extends three awards to local community members. We are honored to know so many people in the communities we serve who are eligible for these awards. And each year, many names come our way. The selection process is always thought-provoking and carefully considered, and we are pleased to have presented the following awards to three outstanding people who embody the spirit of compassion for others that drives our work forward.

Chris Christopoulos, Jr., City of Lebanon Fire Chief & Emergency Management Director, received the Lilla McLane Bradley Award for Mental Health Advocacy. Established in 2007, this Award honors a community member who embodies the volunteerism and service for which Lilla McLane-Bradley – a West Central founder – is remembered.

Sandra Giambruno, Case Manager, received the Fred Hesch Award for Excellence in Performance. Established in 2020, this Award is given annually to a West Central Behavioral Health employee (clinical or administrative staff) with eight or more years of tenure who best embraces Fred's commitment to serving West Central's mission as a community mental health care provider through excellence in performance, mission-focused accomplishments, personal accomplishments, and agency and team commitment.

John Corbett, MD, Resident in Psychiatry at Dartmouth Health, received the Matthew S.T. Winer Award for Humanism and Excellence in Community Psychiatry. Established in 2005 by William Torrey, MD, this award is given to the resident in psychiatry who best exemplifies the qualities of empathy, humanism, and clinical excellence in the practice of community psychiatry.

Our heartiest thanks and congratulations to all three award winners, and all past award winners dating back as far as 2005. More information about our awards appears on our website at: <https://www.wcbh.org/awards/>

(L) Doug Williamson  
(CL) Chris Christopoulos (CR) Lori Christopoulos (R) Roger Osmun

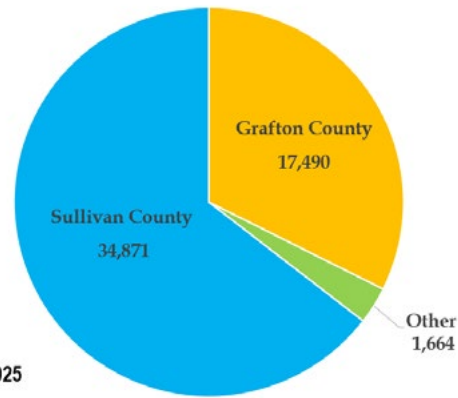


John Corbett, MD

# FISCAL YEAR 2022

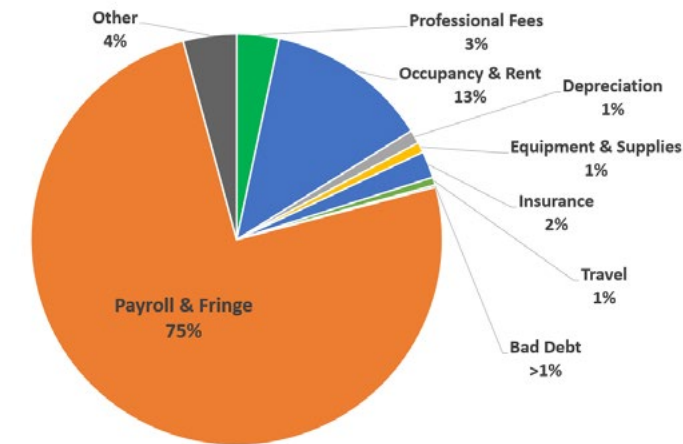


## Number Of Services By County



Total Services Count: 54,025

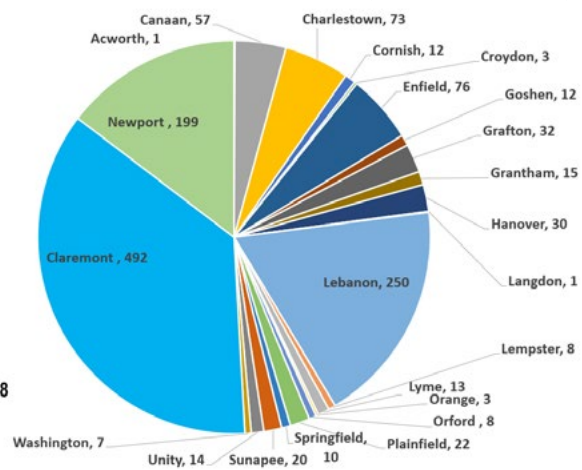
## Agency Expenses



Donor support allowed us to provide \$589,772 in uncompensated client services in FY '22.

FY '22 Expenses: \$9.9 million

## Number of Local Clients Served By Town/City



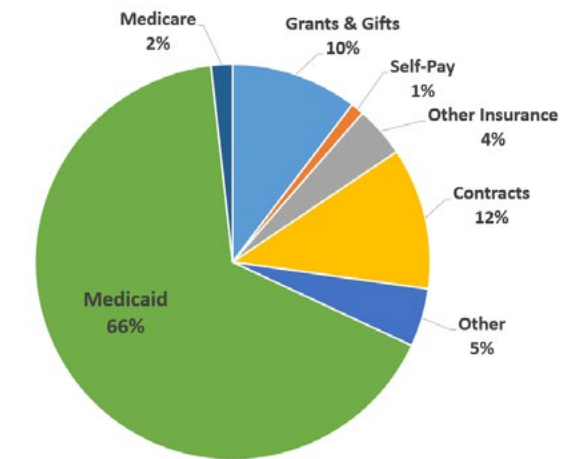
We served 533 children across our region in FY '22.

Total Local Clients Served: 1,358

Annual Fund revenue for unrestricted support grew by 20% in FY '22 to \$431,356.

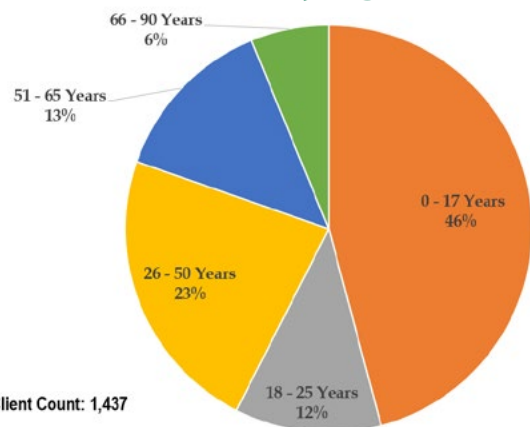
FY '22 Revenue: \$11.6 million

## Revenue Sources



We received 422 gifts from our generous donors with gifts ranging from \$10 and up.

## Clients By Age



Total Client Count: 1,437

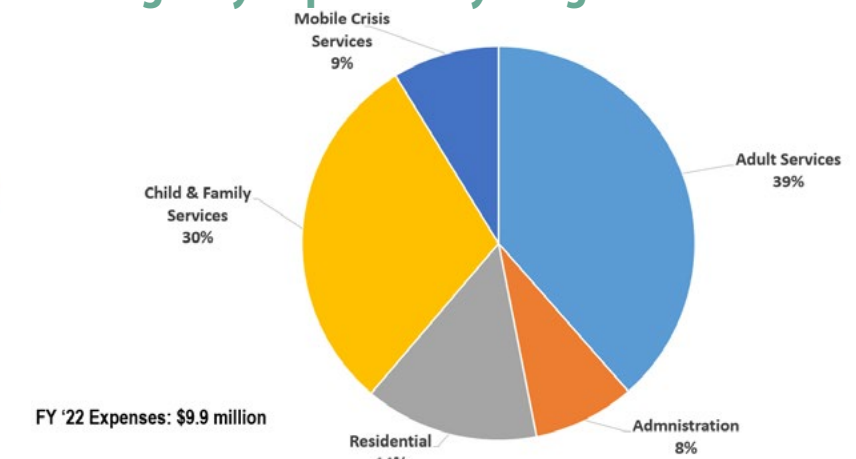
## Number of Gifts Received



## Gift & Grant Revenue



## Agency Expenses By Program Area



FY '22 Expenses: \$9.9 million



## A MOBILE CRISIS STORY A NEW FRONTIER

Mobile Crisis Response as an in-person effort to assist people in crisis situations arrived in New Hampshire at the same time as the NH Rapid Response Access Point in January of 2022. With it came numerous new opportunities for us to do life-saving work in our communities.

A crisis can strike anyone, at any time. Be it a divorce or break-up situation, the loss of a job or a loved one, financial hardship, physical or mental illness, substance use, pandemic-related isolation, or any tragic event, everyone reacts differently. This is why we have trained master's-level crisis clinicians and peer support specialists standing by, 24/7, to visit people in crisis when they call or text the NH Rapid Response Access Point at 1-833-710-6477 or chat online at NH988.com.

Our clinicians understand how to engage with people in crisis. They are compassionate and excellent listeners. They are able to help people in crisis and their family members recognize certain risk factors and protective factors. Often, these conversations, also known as evaluations, help people recognize their lives are, indeed, worth living. Family members and friends can benefit by knowing how to interact with someone on crisis and how to encourage them to focus on the positive things in their lives.

Our crisis clinicians travel without uniforms or badges, yet they work with police and other emergency personnel whenever it's necessary. If there is a clear threat of harm to self or others, we'll work with police to de-escalate the situation. Otherwise, we work in mobile crisis response teams of two clinicians to help save lives. Our work in schools has been particularly well received, and we are proud to help adolescents and people of all ages overcome difficult moments and move forward with their lives. We establish treatment plans and work with as many community resources as possible, including our own therapists, to ensure each person is well cared for in the moment and beyond.

Since January, we've had 113 mobile crisis outreaches, with only 9 resulting in visits to the emergency room. We call these ER visits avoided "ER diversions." Our ER diversion rate is 92% for the first 6 months of offering mobile crisis services to our communities.

We also have a 96% rate of in-patient hospitalization diversions. That means our grand total of 234 mobile crisis evaluations have helped 233 people avoid an in-patient hospital visit. And, of those 113 outreaches, 99 of them have been without police involvement. That means 88% of all our crisis outreaches did not involve police. This compares to what previously would have been 100% of 911 calls involving a police response in the days and years preceding mobile crisis response.

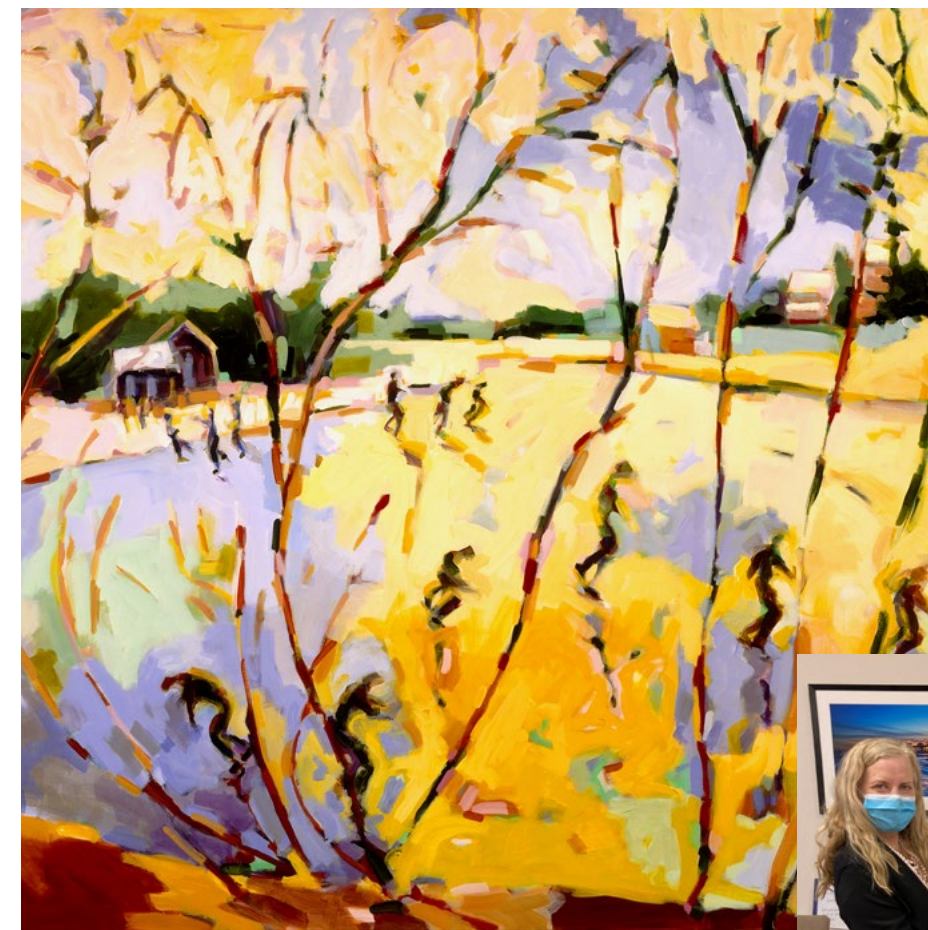
These are numbers in which we take great pride, knowing the people in crisis we help would otherwise have spent time in an ER, a hospital, or, even a jail. The cost to each person in stress, anxiety, time, and out-of-pocket health care fees is greatly minimized; the corresponding economic benefit to our communities increases exponentially over time as we ensure people remain safe, productive, and able to lead their lives to the fullest extent possible. As a community and a State, we're making great strides in behavioral health crisis care.

We offer our sincere appreciation to Bill Metcalf, LICSW, director of mobile crisis services, and all the members of our Mobile Crisis Response team for their expertise and passion for helping others in times of extreme need. The mobile crisis mantra is call early, call often to avoid the depths of a crisis situation.

We're here to help, regardless of the type of crisis you might experience. We know a crisis can happen to any of us, and we care most about you!

## THE GIFT OF ART HENRY ISAACS PAINTING AS COVER ART SKATERS IN NEW HAMPSHIRE BY HENRY ISAACS, OIL ON CANVAS

When well-known artist Henry Isaacs of Sharon, VT visited our Development & Community Relations office last fall at our Rivermill clinic in Lebanon, he remarked, "Your walls need some color!" Soon after, Henry donated twenty-three of his vibrant art prints to us. He knows that art offers the eye and mind a positive and pleasing experience. Now, with his artwork installed in our clinics, we are reminded of neuroaesthetic research, the scientific study of the neural consequences of contemplating creative works of art. The brain produces feel-good chemicals like serotonin, oxytocin, and dopamine as we enjoy positive esthetic experiences like viewing Henry's art. Our bodies respond favorably, with changes in body temperature, skin responses, and heartrate as added benefits. We're grateful to Henry for his donation that now serves not only to boost our spirits with its uplifting and brightly-colored abstract scenes of nature, but also to make us happy and foster our mental wellness at work each day.



DeeDee McHugh Tichner (L) and Alicia Dunham (R) in our Rivermill conference room prepare to frame artwork!





# OUR DONORS

Donors are the vital spark who sustain our work. Our primary source of revenue, Medicaid, covers only 75% of our cost of care, making private support crucial to our ongoing success. Giving from foundations and corporations more than doubled in FY'21. Our total number of gifts grew by 8%. And our overall revenue increased to \$1.17 million, up just over 5%. Media and social media hits, likes, follows, clicks, and placements rose considerably. Thank you for your wonderful financial contributions, and for letting your friends and family members know you choose to support us so we, in turn, can support our friends and neighbors. Your involvement inspires, motivates, and energizes us!

## Individuals

Brooke & Jim Adler  
Joanie & Tom Adler  
Jeff Allen  
Susan Almy  
Greg Ames & Jackie Joy-Ames  
Anonymous (3)  
Jennifer Armstrong  
Dwight & Gayle Aspinwall  
Chris & Christine Bailey-Kellogg  
Bob & Bronwen Ballou  
Bruce Duncan & Emily Bancroft Duncan  
Anthony & Erin Barnett  
Steve & Liz Bartels  
Richard Bascom  
Nancy Bassett  
Fred & Patricia Batchelder  
Wende & Tim Beck  
Charles & Gillian Billo  
Richard Bircher  
Pete & Ruth Bleyler  
Peter & Ruth Blodgett  
Rick & Cindy Bolduc  
Linda Boucher  
Theresa Boutin  
Dave & Ann Bradley  
Daniel Brand  
Peter & Robin Brigham  
Gabriel & Jessica Brooks  
Scott & Mary Brown  
Peter & Mary Brown  
Barbara Brown  
Max & Theresa Bryant  
Kenneth & Marion Burchard  
Tim & Kristin Burdick  
Dorothy Byrne

Samuel Casella & Danielle Basta  
Dave Celone  
Raymond & Sue Chandler  
Bob Christensen & Sara Ecker  
Peter & Kathy Christie  
Nicole & Jeff Chu  
David & Ann Cioffi  
Aimee Claiborne  
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John Cloutier  
Lisa Cohen  
Clyde & Marilyn Cook  
Thomas & Joyce Corcoran  
Tom Cormen  
Barbara & Dick Couch  
Kaitlyn Covell  
Daniel & Judy Croitoru  
Lawrence & Linda Dacey  
Andy Daubenspeck  
Susan Davidson  
Mike Davidson & Rachel Ballard  
Marilyse De Boissezon  
William & Katherine Demers  
Ken & Vivian Dolkart  
Bob Drake & Debbie Becker  
Lawrence & Elizabeth Draper  
Debra Drown  
Carol & Rod DuBois  
Robert & Shirley Eaton  
Brian & Susan Edwards  
Stephen Ensign  
Paul & Sue Etkind  
Priscilla Eusden  
Isabelle Farmer  
Charles & Charlotte Faulkner, Jr.  
Jim & Sheila Feyrer

Amy & Chip Fleischer  
Allison Flint  
Jonathan & Holly Frishtick  
Carolyn & Milt Frye  
Stephen Fucini  
Robert Gallagher  
Yves & Jeannine Garceau  
Paul & Fran Gardent  
Arthur Gardiner  
Bill & Kathy Geraghty  
Steve & Sarah Goldsmith  
Laura-Beth Goodman  
Ken & Fawn Goodrow  
Robert Greene  
Laura Greer & Erich Osterberg  
Tom Cormen  
Barbara & Dick Couch  
Kaitlyn Covell  
Daniel & Judy Croitoru  
Lawrence & Linda Dacey  
Andy Daubenspeck  
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Priscilla Eusden  
Isabelle Farmer  
Charles & Charlotte Faulkner, Jr.  
Jim & Sheila Feyrer

Jolyon & Sue Johnson  
Bruce Johnstone  
Dawn & Mark Karlson  
Alan & Jo Keiller  
Kevin & Punam Keller  
Paul & Joyce Killebrew  
Donald Kollisch & Patricia Glowa  
Karen & Mark Koulogeorge  
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Beverly & Michael Lazarz  
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Charlene Lovett  
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Barbara Lynch  
Katy Milligan & Ted MacVeagh  
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Dewitt Mallary  
John & Katie Manchester  
Frank & Alecia Manning  
Paul & June Marshall  
Peter & Patricia Martin  
Peter & Lu Martin  
Peter Mason & Laurie Harding  
Jane McCarthy  
Sheryl McDevitt  
Ashleigh McFarlin  
Gregory & Allyson McGinn  
Gregory McHugo & Mary Conrad  
Ross & Helen McIntyre  
Peter McLaughlin & Jane Kitchel  
McLaughlin  
Eileen McNeill

Ellen Meara & Erzo Luttmeyer  
Robert Meyers  
Al & Dana Michalovic  
Ron Michaud  
Thomas & Suanne Milligan  
David Millstone & Sheila Moran  
Sue Mooney  
Kathy Moore  
Richard Morse & Elizabeth Bullard Morse  
Randall & Bridget Mudge  
Jill Muntz  
Henry & Amy Nachman  
Tina Naimie  
Valerie Nevel  
Bob & Judy Odell  
Ernst & Linda Oidtmann  
Tedd Osgood  
Roger Osmun & Jon Mason  
Evan & Lee Oxenham  
Marilyn Paganucci  
Anne Page  
Peter & Rebecca Paquette  
Henry & Pauline Parker  
Nina Pavcnik & Eric Edmonds  
Barbara Payson  
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Bob & Norah Peterson  
Lizann Peyton  
Robert & Susan Pitiger  
Stephen Plume & Martha McDaniel  
Steven & Jane Plumley  
Steve & Becky Powell  
Robert & Sharon Racusin  
Suzette Ragan  
Victoria Ramos-Glew

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Carin Reynolds  
Robert Rice  
Stephen & Martha Richardson  
Cathy Richmond McCullough  
Kerry Riess-Choukas & Mike Choukas  
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John & Karen Sanders  
John & Emily Sands  
Sonia Scherr  
John & Jill Schiffman  
Mark & Jennifer Schiffman  
Larry & Mary Schissel  
Michael Schorsch  
Sarah Schwaegler  
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Christine Finn Stone  
Nancy Stone  
Jim & Margaret Strickler

Kathy Stroffolino  
Clint & Bonnie Swift  
Theresa Symancyk  
Dennis & Ann Thron  
Bill & Rita Tingle  
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Casey Villard  
William & Helen von Oehsen  
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Huntley & Lynne Whitacre  
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Sue White  
Steve & Carolyn Whitman  
Susan Williams  
Jenny & Stan Williams  
Karen Williamson  
Debbie Williamson  
Doug & Leslie Williamson  
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Jonathan Winer  
Joshua Winer  
Mimi Winer  
Stew & Kristin Wood  
Duncan & Sally Wood  
Carole Wood  
Jeanne Woodward-Poor  
Chuck & Susan Wooster  
Jim & Susan Wright  
Kathryn Zug & William Laycock

## Businesses & Organizations

American Legion Post 22, Lebanon, NH  
American Legion Post 25, Newport, NH  
Bar Harbor Bank & Trust  
Brown & Brown  
Canaan Lions Club  
Charles W. Boren Fund  
Cioffredi & Associates Physical Therapy LLC  
Colby Insurance Group  
Crown Point Cabinetry Charity Fund  
Dartmouth-Hitchcock Medical Center  
DOMUS, Inc.  
Dussault Property Management LLC  
Gardener's Supply  
Geokon, Inc.  
Hannaford Supermarket  
Hubert's of Claremont, Inc.  
Jake's Market & Deli  
LaValley Building Supply  
Law Office of Margaret A. Jacobs  
Ledyard National Bank  
Lilla Family Fund  
LISTEN Community Services  
Lutheran Church of Our Savior  
Marsicovetere Law Group, PC  
Mascoma Savings Bank  
Pamela Hanson Architecture & Consulting, LLC  
Shaw's Supermarket  
Sons of American Legion, Ludlow, VT  
Stave Puzzles, Inc.  
Sugar River Bank  
Three Tomatoes Trattoria  
Trumbull-Nelson Construction Co., Inc.  
Vanessa Stone Real Estate, LLC

## Foundations

Amazon Smile Foundation  
Benevity Community Impact Fund  
Center for Disease Control & Prevention  
Claremont Savings Bank Foundation  
Couch Family Foundation  
Granite United Way  
John M. Shapiro Charitable Trust  
Keane Family Fund  
Lane & Elizabeth Dwinell Charitable Trust  
Lubbe Family Fund  
Mascoma Savings Bank Foundation  
Moose Fund  
Mt. Roeschmore Foundation  
New Hampshire Charitable Foundation  
New Hampshire Electric Co-op Foundation  
Rosebud Fund  
Stettenheim Foundation, Inc.  
The Burkehaven Family Foundation  
The Jack & Dorothy Byrne Foundation  
The New Hampshire Food Bank  
The Tuthill Family Foundation  
United Way of Sullivan County

## Cities, Towns & Municipalities

Grafton County Commissioners  
Sullivan County Commissioners  
City of Lebanon  
Town of Acworth  
Town of Canaan  
Town of Enfield  
Town of Grafton  
Town of Grantham  
Town of Hanover  
Town of Langdon  
Town of Lempster  
Town of Lyme  
Town of Newport  
Town of Orange  
Town of Orford  
Town of Plainfield  
Town of Springfield  
Town of Unity  
Town of Washington





# TRIBUTES

Tributes honor or memorialize a person in your life or highlight special occasions like birthdays, weddings, graduations, retirements, or anniversaries. Memorializing a loved one with your gift, or by requesting that gifts be made to West Central are powerful reminders of the importance of our work in the community. If you designate us to receive a memorial donation, please use this language in the obituary: "Memorial gifts may be made to West Central Behavioral Health, Development Office, 85 Mechanic Street, Suite C2-1 Box A-10, Lebanon, NH 03766."

## HONORARY GIFTS

- |   |   |
|---|---|
| <b>In Honor of Brooke Adler</b><br>Joanie & Tom Adler               | <b>In Honor of William Torrey</b><br>Clint & Bonnie Swift |
| <b>In Honor of Jenna Brown</b><br>Jennifer Armstrong                | <b>In Honor of Jesse Turner</b><br>Will & Rebecca Torrey  |
| <b>In Honor of Claremont Act Team</b><br>Karen & Doug Heaton        | <b>In Honor of Mimi Winer</b><br>Jane Winer               |
| <b>In Honor of Lora A. Harvey</b><br>Tina Naimie                    | <b>In Honor of Youth Suicide Awareness</b><br>Patty Jenks |
| <b>In Honor of Sara Mason</b><br>Peter Mason & Laurie Harding       |   |
| <b>In Honor of Diane Roston</b><br>Donald Kollisch & Patricia Glowa |   |

## MEMORIAL GIFTS

- |   |   |
|---|---|
| <b>In Memory of Jim Jenks</b><br>Patty Jenks              | <b>In Memory of Bert Winer</b><br>Jane Winer  |
| <b>In Memory of Michelle Rice Parsons</b><br>Robert Rice  | <b>In Memory of Matthew Winer</b><br>Jane Winer<br>Jonathan Winer<br>Joshua Winer<br>Mimi Winer |
| <b>In Memory of Jack Sweet</b><br>Patty Jenks             |   |
| <b>In Memory of Danny Werbiskis</b><br>Ken & Fawn Goodrow |   |

# GIFTS OF STOCK & SECURITIES

We accept gifts of stock and marketable securities. This offers a way to donate the current market value of appreciated assets while gaining a tax deduction and avoiding capital gains taxes. Your specific tax situation may vary, so please consult with your advisor. We accept stocks via our Vanguard brokerage account. Account information and our Federal tax id number are listed on our Donate web page at [wcbh.org/donate/](http://wcbh.org/donate/)

We have taken great pleasure in compiling this Report as accurately as possible. If you see an error or omission, please accept our apologies and kindly let us know.

# PROGRAMS & SERVICES

## Adult Services

Providing comprehensive mental and behavioral health treatment for adults age 18+ and seniors. Our clinical team develops a personalized plan of treatment designed to assist clients in managing symptoms, improving health, and enhancing quality of life.

## Child & Family Services

Support for children ages 0-18 and their families. Our clinical treatment addresses issues such as anxiety, depression, trauma, ADHD, eating disorders, and conduct problems. Individual therapy, child-parent psychotherapy, psychiatric care, case management, and early childhood therapy.

## Mobile Crisis Services

Launched in January 2022, our mobile crisis clinicians offer 24/7, in-person crisis response throughout our region. Phone, text, online, and in-person support for individuals, caregivers, family members, and social service providers during times of crisis, trauma, and emotional distress. Assisting first responders and working in teams of two mobile crisis clinicians in local schools, hospitals, homes, communities, and businesses.

## Substance Use Services

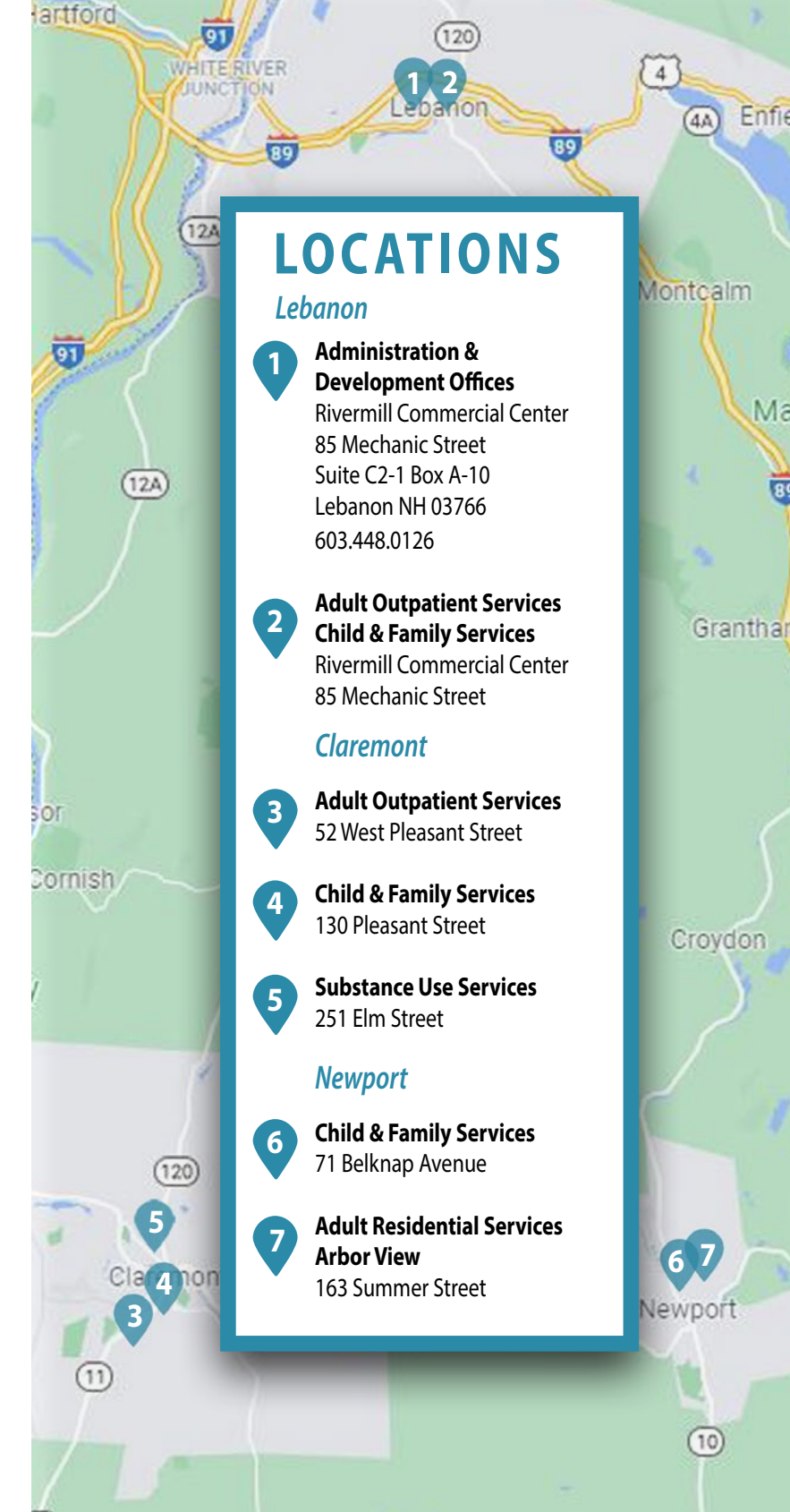
Outpatient treatment for individuals coping with substance use disorders, including alcohol, opioid, cannabis, cocaine and amphetamine dependence. Individual and group therapy, relapse prevention, case management, and treatment for co-occurring mental health issues.

## Older Adult Services

Outpatient treatment including psychiatric treatment, case management, and medication management for seniors experiencing life transitions and life changes who exhibit signs they may need help, such as confusion, memory loss, behavior changes, or difficulty managing daily activities.

## In The Community

Supporting the community with behavioral health services and educational programs locally in schools, nursing homes, businesses, courts, and corrections facilities. Raising awareness of the need to speak openly and in support of all who seek treatment for mental health and substance use disorders.



- ### LOCATIONS
- Lebanon**
- Administration & Development Offices**  
Rivermill Commercial Center  
85 Mechanic Street  
Suite C2-1 Box A-10  
Lebanon NH 03766  
603.448.0126
  - Adult Outpatient Services  
Child & Family Services**  
Rivermill Commercial Center  
85 Mechanic Street
- Claremont**
- Adult Outpatient Services**  
52 West Pleasant Street
  - Child & Family Services**  
130 Pleasant Street
  - Substance Use Services**  
251 Elm Street
- Newport**
- Child & Family Services**  
71 Belknap Avenue
  - Adult Residential Services  
Arbor View**  
163 Summer Street

# SENIOR LEADERSHIP

- |   |  |   |  |
|---|--|---|--|
| <b>Dave Celone, JD, MFA</b><br>Director of Development & External Relations | <b>Robert Gonyo</b><br>Chief Financial Officer | <b>Nancy Nowell, PhD</b><br>VP of Clinical Services | <b>Susan White, PHR</b><br>Director of Human Resources |
| <b>Roger Osmun, PhD</b><br>President & CEO                                  | <b>Diane Roston, MD</b><br>Medical Director    | <b>Cynthia Twombly, MA, MBA</b><br>VP of Operations |  |





24/7 Mobile Crisis Response

**800-564-2578**

Schedule an Appointment

**603-542-5128**

[www.wcbh.org](http://www.wcbh.org)



### 24/7 MOBILE CRISIS RESPONSE

Need to Talk?

NH Rapid Response Access  
Point

24/7 Mobile Crisis Response

1-833-710-6477 (call or text  
now)

NH988.com (chat)

### OUTSIDE NH?

National Suicide & Crisis Lifeline

988 (call or text)