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| New Hampshire Association for Infant Mental Health  **"Strengthening Families through Screen Time Management Skills"**  **2023 NHAIMH Annual Celebration Minutes**  **February 21, 2023**  **2:00 pm – 4:00pm**  **Meeting Minutes**    Attendance: Lisa Anderson, Kaitlyn Aughinbaugh, Melissa Davis, Kassie Eafrati, Maryann Evers, Kim Firth, Liz Fuchs, Ashley Halabi, Kristi Hart, Laurie Hart, Melissa Hellen, Melissa Hugener, Jordan Keach, Mary Mullen LaValley, Haily Lincoln, Nancy Lucci, Tessa McDonnell, Missy Oglebay, Kristen Schwab, Melissa Tanner, Vicki Tennis, Joan Valk, Maureen Thibault, Taylor Dupont, Rhonda Estabrook, Kelley Rozen,  **Welcome and President’s Address**- Kassie Eafrati  I would like to start this annual meeting by reading our mission statement: The NH Association of Infant Mental Health works to help ensure healthy social and emotional development before birth and beyond by promoting evidence-based and evidence-informed practices to strengthen collaboration, services, and supports for families with infants and young children.  Thank you so much for joining us for our first in person annual meeting and award presentation in a couple of years. I look forward to continuing to learn as we navigate through life post-pandemic together. This past year we were able to finally gather in person for our annual conference as well as continue to utilize remote options throughout the year for board and committee meetings allowing more of our widespread members to engage.  The pandemic has highlighted the need for Infant and Early Childhood Mental Health support which has given us the spotlight. With this spotlight has come higher demand with the same number or less providers. So, as we work together to strengthen the services available to our youngest population, I urge you to work just as hard taking care of your own mental health and wellbeing to rejuvenate your passion and motivation for this work.  Looking forward to the next year, the NHAIMH Board of Directors has committed to furthering the work. We plan to do this by holding ourselves accountable to the Associations strategic plan. This strategic plan includes the NHAIMH providing quality professional development experiences, finalizing the website, expanding the social media presence, and growing the NHAIMH membership. The board will also continue working with other professional organizations to lift the Early Childhood and Family Mental Health Credential to a statewide recognized credential. Lastly, the board is already hard at work planning for our next Annual Conference.  Please join us as it is sure to be a great one!  **Early Childhood & Family Mental Health Credential** – Maryann Evers  Seven individuals completed the credentialing process in October. This cohort met virtually which resulted in people all over the state participating. There are eight people engaged in the credential process now. We are looking forward to increasing the number of reflective practitioners, so we can provide more opportunities for credentialling. Much gratitude for the funders of the credential process, The Bureau of Child Development and Head Start Collaboration.    **Presentation of Slate of Officers**- Kassie Eafrati  Slate of Officers nominations  Two Year term 2023 - 2025  President Elect- Lisa Anderson  Vice President- Melissa Hellen  Tessa McDonnell made a motion to accept the slate of officers. Maryann Evers and Mary LaValley seconded.  **VOTES**: 22-yes 0-no, the slate of officers passed unanimously for a 2-year term.  **Annual Meeting Treasurer’s Report**- Tessa McDonnell  This year we projected increases in revenues in several categories. We nearly met the goal for memberships, which indicates we are bouncing back from the decline caused by the pandemic. In terms of conference planning, we did not meet the goals for sponsorships or attendance at the conference. This was our first year in three years that we were back in person. It is difficult to assess why attendance was lower than anticipated but several factors have been identified. Programs are short staffed, and lack of coverage may have limited attendance. Limited funds for professional development may have contributed. Limited marketing may have affected awareness of the conference. We completed the DC 0-5 project. The NH Child Development and Head Start Collaboration Bureau funded another cohort of the ECFMHC and grant money was awarded to begin the training. Expenses mirrored income. Projected conference expenses were reduced based on attendance. Grant funding was expended and committed. With the resignation of our part-time administrative support position, the board decided to change the status from staff to consultant, thus moving dollars to different lines. The other major expense was for completion of the webpage redesign. Revenues exceeded expenses and we did not need to dip into reserves. Our bank balances and CDs put us in good shape as we move into 2023.  **Presentation and approval of 2022 Annual Meeting Minutes** – Kassie Eafrati  Lisa Anderson made a motion to approve the 2022 minutes, Mary LaValley seconded; passed unanimously.  We then enjoyed the following presentation:  **"Strengthening Families through Screen Time Management Skills"**  Featured Speakers: **Jean Rogers, M.S., Ed., Director, Screen Time Action Network at Fairplay and Patricia Cantor, Ed.D, Associate Provost and Professor of Early Childhood Education Plymouth State University**  Respectfully submitted,  Nancy Lucci  NHAIMH, PO Box 1421, Concord, NH 03302  [www.NHAIMH.org](http://www.nhaimh.org/)  Email [NHAIMH@gmail.com](mailto:NHAIMH@gmail.com) |
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