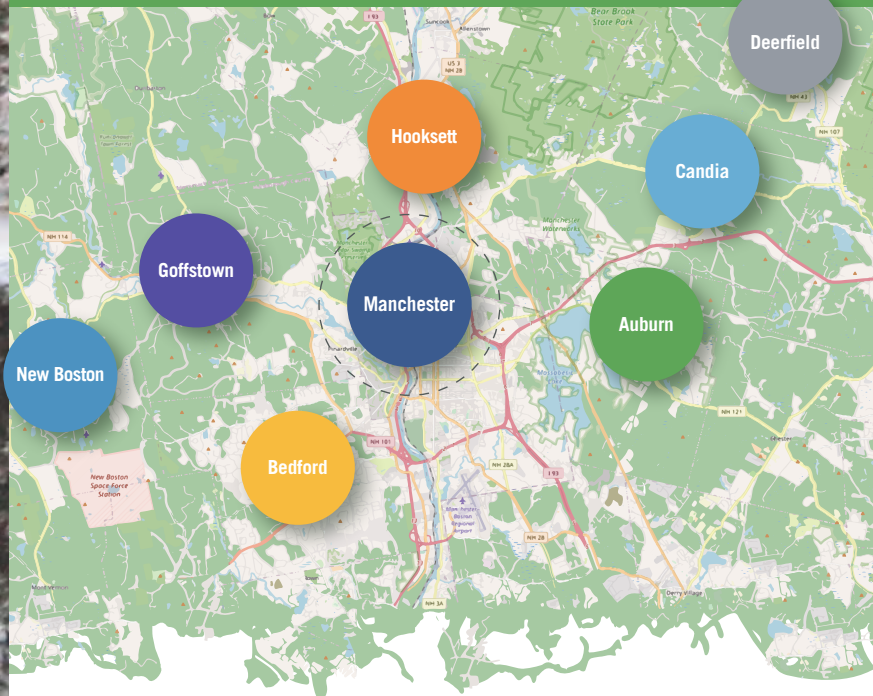


# MAKIN' IT Happen

2020-21 Annual Report



Strengthening  
*Resiliency*

4  Recovery Ready Community

6  Resiliency Essentials

8  Makin' It Happen in the 603



A full-page background image of a rugged, brown rock face. Two people are seen climbing the rock. One person is higher up, and another is lower down, both secured by ropes. The bottom of the image shows some green foliage and trees.

## 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 Value Statement

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



## Reflection from the Executive Director

Makin' It Happen has been on a twenty-five-year mission to build resiliency. Initially focused on building resiliency in our youth, we quickly realized that to help our youth, we also needed to consider how we could help families and communities develop resiliency and build healthy, thriving communities together.

In 2017 the Greater Manchester Region began to feel the effects of the emerging addiction crisis hitting our nation. For the next five years Makin' It Happen, along with our community partners, worked diligently to address the multi-facet complexity of this crisis. Just when we all felt like our efforts were beginning to turn the tide, we, along with the world, were hit with a global pandemic. The Makin' It Happen team has reset, adapted, and adjusted our approach throughout it all. This report includes our 2020 and 2021 Annual Report; it's been a challenging 24 months that will forever change how we see the world and has strengthened our commitment to our mission.

In late 2020 through a series of retreat-style sessions, the team determined that we needed to reset our approach to our mission to move forward. Three focus areas were established: Recovery Ready Community, Resiliency Essentials, and Makin' It Happen in the 603. Throughout this report, you will learn about experiences and projects the team and our community partners were able to roll out, support, and expand. As we reflect and think about 2021, we hope you realize, as we have, that it was a year of challenges, opportunities, progress, and hope.

Building resiliency is hard work, meaningful work, work that we collectively look forward to continuing in 2022.



With appreciation,

*Mary*

MARY FORSYTHE-TABER  
EXECUTIVE DIRECTOR

## 2022 Board Chair Introduction

This year found many agencies struggling to identify the 'new normal' as COVID numbers fell then rose again with the Omicron variant, and now, thankfully, seemed to have subsided. Opportunities for growth were considered carefully within the capacity of the staff and exposure concerns but with data showing increasing mental health and substance misuse issues among teens, it was clear there was plenty of work to be done in prevention and harm reduction. Makin' It Happen, under our executive director Mary Forsythe-Taber, has continued to lead these efforts in the Greater Manchester area and beyond.

As this report depicts, the MIH team has worked diligently to continue our work supporting our mission. On behalf of the Board of Directors and the Makin' It Happen team, we look forward to expand our efforts in 2022 and hope you will join us in celebrating our 25th year of building resiliency in the Greater Manchester Region.



With appreciation,

*Laurie*

LAURIE WARNOCK  
BOARD CHAIR

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# Recovery Ready Community

## The definition of a Recovery Ready Community is one where:

The community mobilizes to address public policies, municipal practices, and stigma reduction for people affected by mental illness, alcohol, and other drugs. Individuals and families affected by substance use disorder (SUD) have universal access to quality, effective Prevention, Intervention, Treatment, and **Recovery** programs across the continuum to achieve and sustain recovery, health, wellness, and connectivity to their **community**.

Makin' It Happen has begun the important work of aligning our mission to support the concept of building Recovery Ready Communities within the Greater Manchester Region. Although we are in the very beginning stages of this work, for 2021, our team focused our efforts on three components.

**Substance Use Disorder Continuum of Care** – We have realized increased interest and participation in our monthly Substance Use Disorder (SUD) continuum of care collaborative meetings throughout the year. We introduced our partners to state and national guest speakers, changed our format to include V-podcast style sessions, and provided a platform for both information exchange. Deep dives focused on understanding trends and issues that may be developing. Always mindful of the importance of collaboration among the key sectors of the continuum – prevention, intervention, treatment, and recovery, agendas included partner overviews of the services they offer. In addition, Makin' It Happen led robust discussions sessions focused on how the partners could collaborate and support each other to solve problems and advance their work.

Throughout 2021 we have seen participation levels increase from approximately 35/40 participants to as many as 95/125 with an average of 50/60 participants each month. Also, worth noting we have agencies and continuum of care partners from bordering communities as well as state-level representatives actively participating in our monthly meetings.





Expand our Substance Use Disorder Continuum of Care model, secure funding and community support to implement a region-wide Harm Reduction strategy, and develop our Recovery Ready Workplace initiative. Our team mantra for the year: 'Growth with Intention,' kept us tethered to our mission, helped us set attainable goals, and ensuring that we looked for and took on opportunities that would help us advance this work.



*In Memory of Alexis Hill*

**Harm Reduction Prevention** – In early 2021 Makin' It Happen released our Harm Reduction Strategic Plan for the Greater Manchester region. This plan was endorsed by both the Mayor of the city of Manchester along with our core SUD continuum partners. Motivated by this endorsement, we moved into action to search for and secure funding for the implementation phase. We are happy to report in the spring of 2021, we were invited to apply for and were awarded funding to support this phase by the New Hampshire Charitable Foundation. This work was launched in the summer with optimism and support from our continuum of care partners. Although the resurgence of COVID-19 required most of our continuum partners to work remotely, we have continued to move forward with our implementation efforts. Harm Reduction methods are not new, but a region-wide, continuum-based collaborative harm reduction prevention model is. Due to the COVID-19 surge, we realized we needed to be willing to be flexible and fluid as we advance the roll out of this critical strategy. In late 2021 we decided to take the time to conduct Appreciative Inquiries (Ai) with our steering committee partners. This process allowed us to gauge their capacity to engage in and learn about any concerns or needs they may have regarding supporting this body of work.

**Recovery Ready Workplace** – Our Recovery Ready Workplace initiative spun out of the pilot project work we were able to complete under the NHCDFA - Recovery Friendly Workplace pilot grant we completed in early 2021. The grant allowed us to try short-term ideas and projects to develop tools and approaches to engage businesses around a recovery-friendly workplace. We worked in tandem with the NH Recovery Friendly Workplace initiative team throughout the grant. They led the state in expanding this initiative to both local and large statewide organizations. Our team developed a Recovery Friendly workplace guide and assessment tool that we actively utilize with our business partners within the region.

Our Recovery Ready Workplace development efforts have expanded engagement with small and large businesses. The core goals of this work are the promotion of safe language, policy review, and creating a culture of care to enhance relations and employee retention. We now have a network of business leaders throughout the Greater Manchester Chamber of Commerce Leadership Program. They can discuss the recovery-ready process peer-to-peer and are available to share their experiences.

Our 2022 planning is well underway, guided by our strategic plan, and the Ai report (available upon request); a forecast of activities and 2022 goals will be set by the end of Q1.







# Resiliency Essentials

**Resiliency** is the ability to recover quickly during stressful times.

**Essentials** are activities that are so important you need to do them regularly.

The Makin' It Happen team is working with our partners in the communities within the region to promote Resiliency Essential programs focusing on prevention and mental health wellness.

Makin' It Happen was able to develop and roll out our Resiliency Essentials focus area in early 2021 due to funding awarded through the Governor's Office for Emergency Relief and Recovery (GOFERR). This funding was part of the Corona-virus Aid, Relief, and Economic Security (CARES) Act.



**2021** • We started the year with a renewed commitment to our work. We were able to expand our staff by hiring **Debbie Baird**, as our Resiliency Essentials Coordinator. In 2020 as a consultant, Debbie was instrumental in our roll out of teen Mental Health First Aid and QPR. Debbie has extraordinary passion and experience in mental health-based training and brings new energy and a lived experience voice to this critical body of work.



We were able to bring evidence-based, nationally recognized training to the Greater Manchester region, which supports our mission to build resiliency in our youth, families, and communities. The funding received allowed our staff to become trainers, buy training materials and expand the capacity within the region by covering the cost of training for a cohort of 16 school and youth-serving professionals within the Greater Manchester region.

**Teen Mental Health First Aid** – Teen Mental Health First Aid (tMHFA) is a national program designed to support teens dealing with mental health and substance use issues. It teaches teens how to recognize warning signs in their friends or peers, ask questions, gain good listening skills, and connect to adult support quickly. MIH has assembled our first cohort of 16 tMHFA trainers. This cohort has completed the three-day, rigorous training provided by our national partner – the National Council for Behavioral Health. We set regular cohort meetings throughout our team to build collaboration, support identified needs, and expand training opportunities.



**Mental Health  
FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

**Youth Mental Health First Aid** – Youth Mental Health First Aid is designed to teach parents, family members, caregivers, school staff, peers, neighbors, health and human service workers, and other caring citizens to help an adolescent (age 12-18) who is experiencing mental health or addictions challenge or are in crisis. Our trained team and members of our regional cohort spent 2021 planning and scheduling training throughout the region.

**Question, Persuade, Refer (QPR)** – Question, Persuade, Refer is a national, evidence-based suicide prevention program founded over twenty years ago. Like CPR (cardiopulmonary Resuscitation), QPR is designed to increase survival in the face of crisis. It trains individuals to recognize warning signs and question, persuade, and refer someone to get help. Throughout 2021 the MIH training team brought this training to several Granite State Independent Living IMPACT groups. In addition, QPR trained Trinity High School staff, high school individuals within our partner organizations, and the Greater Manchester community members, including local library staff and first responders.







# Makin' It Happen in the 603

## our community action focus area.

Throughout 2020/21, our team worked to engage our communities through events and initiatives designed to provide prevention awareness and healthy strategies to the region. This focus area is constantly evolving to adapt and support the changing needs of the communities we serve. Typically, activities and initiatives are collaborative efforts, always designed to encourage dialogue, increase knowledge and to build resiliency.

**empowerYOUTH!** – Our empowerYOUTH! Initiative encourages young people ages 13-18 to get involved with prevention. We actively engaged youth in youth leadership opportunities, topic-specific learning/listening sessions, co presenting prevention sessions to both adults and peers or near-peer audiences, and several community-focused events.



In mid-spring of 2021, our empowerYOUTH! members participated in the national **DEA Rx Drug Take-Back event**. This event allows our youth to practice their communication skills, interact with DEA and local law enforcement partners, and ask questions and learn about community policing. Working in collaboration with our host partner – Elliot's Rivers Edge Pharmacy, the youth distributed over 250 packets of prevention information and community-based resources. This collaboration effort supported the collection of over 1500 lbs. of unused, unwanted, expired prescription drugs.



Throughout the year, our senior empowerYOUTH! members applied for and were selected to be members of the **Governor's Youth Advisory Council**. This gave our youth direct access to the governor, bringing timely issues and prevention solutions from the region to the statehouse. This was a monthly commitment – meeting on Saturdays to bring the voice of youth to the vital prevention conversation.



**empowerYOU!** – Over the last two years empowerYOU! has mainly focused on our young adult population. Although this initiative is intentionally broad by definition – all-encompassing activities and initiatives that are 18+ focused, we have concentrated our efforts around our young adult prevention strategy this year. That said, during the summer months, we did participate in a new innovative pilot project with our community partners, participated in both state and national events to learn and inform the advancement of the focus area.



**Young Adult** – In 2019 the state of NH released the latest young adult survey results. This survey provided a window into how our young adults view their experience navigating their way into adulthood living in NH. The MIH team decided to dedicate time to developing an interactive project focused on discovering the **Common Threads** we found within the survey – specifically a ‘sense of community’. We decided to create video shorts that would act as engagement starters for facilitating discussion with young people. Due to COVID-19 and competing schedules, the creation of the three videos – Mental Health, Recovery, and New Americans Finding Community were completed in late 2021. The development of this project will continue into 2022 with pilot events and a tool kit that will allow our partners and community sectors – business, health, education, safety/law enforcement, government, and community/family to engage and educate and empower young people.



<https://vimeo.com/643531907>



**Re-introducing a MIH tradition** – After a 12 year hiatus, Makin’ It Happen teamed up with **DEA Operation Engage** to bring the **Red Ribbon Breakfast** back to the region. As in years past, this Breakfast served as the kick-off event for the **National Red Ribbon Prevention Week**. In addition, the event provided an opportunity to highlight the fantastic prevention work that continued throughout the state despite the pandemic. We decided to honor our statewide, regional public health network working with our DEA partner. We invited the regions to select one of their partners that had contributed to positive youth development through their prevention efforts. All thirteen regions were represented and honored at the Breakfast, held at the Manchester Doubletree Inn. Our partners at the Doubletree set our space up utilizing CDC recommendations with plenty of space and staff wearing masks throughout the event. After a 12 year hiatus, Making It Happen teamed up with DEA Operation Engage to bring the **Red Ribbon Breakfast** back to the region. As in years past, this Breakfast served as the kick-off event for the national Red Ribbon prevention week. In addition, the event provided an opportunity to highlight the fantastic prevention work that has continued throughout the state despite the pandemic. We honored our statewide and regional public health network with our DEA partner. We invited the regions to select one of their partners that had contributed to positive youth development through their prevention efforts. All thirteen regions were represented and honored at the Breakfast, which was held at the downtown Manchester Doubletree Inn. Our partners at the Doubletree set our space up utilizing CDC recommendations with plenty of space and staff wearing masks throughout the event.







# Makin' It Happen in the 603

## LOCAL EVENTS

### *Wellness on Wheels*

**WOW** – WOW indeed! In the spring, Makin' It Happen joined our health-focused community partners in a “LAUNCH” Manchester meeting, where we developed the idea of a Wellness on Wheels (WOW) community resource pilot series. Fast-forward to the summer months, and we found ourselves actively participating in a four-event series held at different locations within the city of Manchester. We engaged with community members and our health-focused partners to provide prevention information, engage in conversation, and identify needs through this series. Through this effort, we distributed over 800 packets of prevention information and resources. Still, perhaps, more importantly, we were able to deepen our partnerships and learn about the different communities within the city of Manchester. This confirmed our thoughts that engaging, educating, and empowering our neighborhoods is key to broad resiliency building. In early 2022 we will once again join our partners to set plans for the WOW summer series.





**HOPE for NH Recovery Rally** – HOPE for NH Recovery Center, the largest center in the state, takes the lead in organizing and coordinating this crucial yearly rally of recovery celebration and support. MIH supports recovery partners and readily participated in the 2021 rally held in September. With over 40 of our continuum of care partners from around the state setting up and sharing resources and information, this high-impact event allowed our team to bring a key prevention strategy to over 200 individuals. For this event, we promoted the **Zero Left** initiative, which encourages the use of deTerra bags as an effective way to destroy unused, expired, and unwanted prescription medication. MIH teamed up with the DEA Operation Engage initiative in the fall, which brought a statewide virtual Youth Summit and a three-day National Youth Leadership training to the region. Due to the pandemic, this training was hybrid, with youth assembling at one of our partner organizations – Elliot’s Rivers Edge conference center, with trainers presenting remotely through zoom. The participating youth are already making plans to take action in 2022 to bring prevention strategies to their schools and community-based youth-serving organizations.



## Hope for NH Recovery Rally



**National Night Out** – National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides an excellent opportunity to get police and neighbors together under favorable circumstances. Makin’ It Happen participated in Manchester National Night Out on August 3rd in Arms Park. It was an excellent event for all involved.

## National Night Out





# Strengthening Resiliency

## Makin' support happen...

*Our team distributed event materials to all eight communities to unify support and participation in the DEA Rx Drug Take-Back events, sharing prevention materials, advancing knowledge, and getting thousands of pounds of unused, unwanted, and expired medications out of the reach of our most vulnerable community members.*

## Makin' learning happen...

*We expanded our reach through zoom sessions and podcast series, allowing our communities to participate virtually while remaining safe at home.*

## Makin' leadership happen...

*Young people from the Greater Manchester region came together to participate in a National Youth Leadership training and, along with youth from all around NH, participated in a youth summit sponsored by DEA Operation Engage.*

## Makin' connections happen...

*With the redesign of our website, we now have a more robust Community Compass resource guide. We have begun the critical work of enhancing community-specific information and opportunities to engage, educate and empower individuals throughout the region.*

## Makin' support happen...

*In partnership with our community mental health center and the region's Doorway, all eight communities within the Greater Manchester region now have expanded options and support for individuals experiencing a mental health concern or seeking assistance to connect to treatment and recovery.*

# MAKIN' IT Happen





**HOOKSETT**



**DEERFIELD**



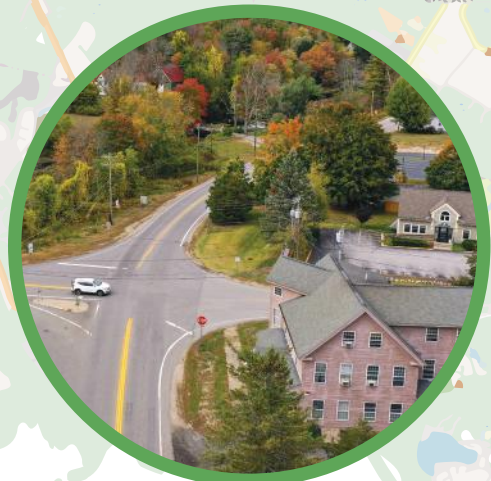
**CANDIA**



**MANCHESTER**



**AUBURN**





# 2020 MIH In Review

JANUARY



## Plus, One

Fresh off our winter break, our small team was ready to get back in action! One of our top objectives was to expand our communication and marketing efforts. We were fortunate to have funding to secure an additional full-time staff member. **Jane Skantze** joined our team March 1st; little did any of us know that NH would be hit with the first COVID-19 wave within days of joining the team, and our team would move to full remote.

FEBRUARY

## I'm Okay, Are you Okay?

Upon the governor's announcement that NH was moving to a 'safer at home' order, our team met virtually to figure out how we could connect with our partners to ensure everyone was doing okay. We then created a way we could stay connected, check in, and be sure our peers were able to make adjustments and keep their work going safely.

The **I'm Okay, Are You Okay** series was developed and launched last Wednesday of March and continued for the next seven weeks. This weekly check-in had a simple format, identifying the top issue facing our partners and securing resources/presenters for the following session. In addition to the weekly zoom sessions, we added a COVID-19 tool kit to our website with resources and support links.



MARCH



## empowerYOUTH!

In early spring, Dartmouth invited a small group of our youth leaders to participate in a Dartmouth ECHO series. ECHO focused on the mental health stressors our high school level youth were experiencing due to the ongoing addiction crisis and the emerging COVID-19 pandemic. The youth leaders sat on a panel alongside mental health professionals, sharing their experiences and fielding questions from a school-based professionals from all around the state. This experience led these young leaders to develop their podcast series: Life Of A Teenager (LOAT), which can be listened to through links available on our website.

APRIL

MAY

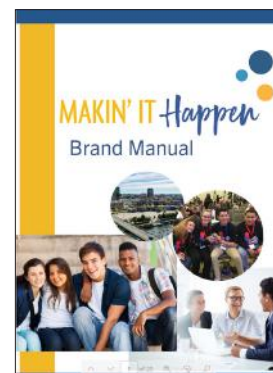
## GOFERR Funding Leads to Growth Through Opportunity

### Digital Modernization:

Moving MIH through our digital modernization took a team of professionals to assist; most of our work was remote, utilizing our new ZZoom account, phone calls, and emails. Together, we made it happen!

### Milestones:

- Establish Branding and Social Media Marketing
- Redesign Website & Resource Guide
- Secure Zoom, Constant Contact & Remote Office Support Needs
- Acquire New Photo & Video Assets
- Commission Drone Photography for our eight communities
- Tackle Technology, network, training, and Microsoft Office 365 implementation; added additional remote based-equipment
- Develop a Podcast Series: to expand our reach during the pandemic shutdown



JUNE





# 2020 Financials



**PROJECTS  
& OPERATIONS**  
\$55,199  
[UNRESTRICTED]

**THE REGIONAL PUBLIC  
HEALTH NETWORK**  
\$268,840  
[RESTRICTED]

**PILOT PROJECT**  
\$135,000  
[RESTRICTED]

**EXPANDED FUNDING  
(GOFERR/CAES ACT)**  
\$233,528  
[RESTRICTED]

**RESERVED  
FUNDS**  
\$10,000

**2020 OPERATIONS BUDGET**  
**\$702,567**

For more detailed financials, email [info@mih4you.org](mailto:info@mih4you.org)

Thank  
you...

## TO OUR FISCAL PARTNERS



## AND OUR EXTENDED FREELANCE STAFF

Annual Report  
Production  
& Design



**STUDIO MYSTIC**  
creative design solutions

[Michelle-Lambert.com](http://Michelle-Lambert.com)

Website Design  
& Management



[thepivotplan.com](http://thepivotplan.com)

# 2021 Financials



**PROJECTS  
& OPERATIONS**  
\$150,000  
[UNRESTRICTED]

**THE REGIONAL PUBLIC  
HEALTH NETWORK**  
\$264,553  
[RESTRICTED]

**PILOT PROJECT**  
\$51,014  
[RESTRICTED]

**RENAMING  
(GOFERR/CARES ACT)**  
\$11,195  
[RESTRICTED]

**RESERVED  
FUNDS**  
\$15,000

**CARRYOVER**  
\$39,452

**2021 OPERATIONS BUDGET**  
**\$531,214**

For more detailed financials, email [info@mih4you.org](mailto:info@mih4you.org)

## Social Media Advancements



### SOCIAL MEDIA 2020

Reach on Facebook, Instagram, and Twitter = 56,456  
Followers on Facebook, Instagram, and Twitter = 1177

### SOCIAL MEDIA 2021

Reach on Facebook, Instagram, and Twitter = 95,000  
Followers on Facebook, Instagram, and Twitter = 1605

**68%**  
**REACH  
INCREASE**

**36%**  
**FOLLOWER  
INCREASE**





# Meet those **Makin' It Happen** in our office...

**Brian R. Mooney, MHA**  
Community of Care Manager  
Recovery Innovator

603.836.6266 office  
603.770.7958 cell  
brm@mih4u.org



**BRIAN MOONEY, MHA**  
*Recovery Innovator*

*"The greatest glory lies not in never failing, but in rising every time we fall."*  
EMERSON

I love this quote because it demonstrates to me the importance of resiliency, persistence, and hope. We are human, and all stumble and fall from time to time; we might even need help getting up...people who are caring and compassionate make it a lot easier to get up and bounce back.

**Jane Skantze**  
Community Impact Manager  
Lead Storyteller

603.836.6266 office  
603.726.6118 cell  
jes@mih4u.org



**JANE SKANTZE**  
*Lead Storyteller*

*"Do not go where the path may lead, go instead where there is no path and leave a trail."* RALPH WALDO EMERSON

This quote by Ralph Waldo Emerson reminds me that sometimes it's important to be a trailblazer. Makin' It Happen works hard to make paths in the community for better connections among our partners. The MIH team are trailblazers!

**Deb Baird**  
Resiliency Essentials Coordinator  
Compassion Messenger

603.836.6266 office  
603.717.5408 cell  
dab@mih4u.org



**DEB BAIRD**  
*Compassion Messenger*

*"reducing the stigma and shame that surrounds suicide and mental illness and help empower individuals to move forward in the movement of the same."*  
SAMUEL SMILES

I chose this quote because it speaks to my heart and my passion for suicide prevention. This quote represents the lived experience for the loss of my son, Matthew, to suicide and the compassion I have for other loss survivors and all who struggle with mental illness. I want to be a messenger that continues to educate on suicide prevention because I believe education in suicide prevention, mental illness, and substance use disorders is key to helping save lives.

**Mary Forsythe-Taber, CPS**  
Executive Director  
Chief Visionary

603.836.6266 office  
603.686.6844 cell  
mft@mih4u.org



**MARY FORSYTHE-TABER**  
*Chief Visionary*

*"Every next LEVEL of your life WILL demand a different you."* AUTHOR UNKNOWN

This quote has been my life experience; it reminds me that we need to embrace the idea to get to the next level of life, love, and work goals.

# - 2022 -

## Fluid, Flexible and Forward!

### Preview

The Makin' It Happen Team is looking forward to continuing our mission with a healthy mix of enhancing our three focus areas and celebrating an exciting milestone — 2022 begins the 25th year for the Makin' It Happen coalition!



#### Recovery Ready Community

Continue the implementation of our Harm Reduction Prevention Strategy; and support the roll out of the National 988 Initiative, the nationwide three-digit dialing code for the National Suicide Prevention Lifeline.



#### Resiliency Essentials

Targeted training with school-based partners, as well as new community-focused listening/learning sessions, designed to expand our region's understanding and capacity to support mental health



#### Makin' It Happen in the 603

Our young people are excited to jump into action, beginning with a series of spring activities leading to National Prevention week. This year, we are thrilled to be teaming up with DEA Operation Engage for a fun-filled Prevention event with the Fisher Cats. Summer community-based events are planned, and our fall Red Ribbon Breakfast and Makin' It Happen Anniversary Celebration will round out the year!

### Follow Our Journey

[makinithappen.org](http://makinithappen.org)



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