### CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

Agenda – February 4, 2025

Prevention – Continuum of Care Workgroup Meets First Tuesday of Feb, Apr, Jun, Oct, Dec.

FMI:

Jennifer Thomas, <a href="mailto:jennifer.thomas@graniteuw.org">jennifer.thomas@graniteuw.org</a>
Catalina Kirsch, <a href="mailto:catalina.kirsch@graniteuw.org">catalina.kirsch@graniteuw.org</a>



See Minutes and Agendas here:

http://www.c3ph.org/initiatives/continuum-of-care-for-substance-use-disorders

See Shared Folder for flyers and announcements here:

https://drive.google.com/drive/folders/1BFsX-kCE6IZ2VfKwWa2gB6IJ0vWaV wr?usp=sharing

8:55 Register for Zoom Meeting <a href="https://us02web.zoom.us/meeting/register/tZwtceigqDluHtRorTn80ou-lizThDOxqgR8">https://us02web.zoom.us/meeting/register/tZwtceigqDluHtRorTn80ou-lizThDOxqgR8</a>

### Attendance:

### • Strategic Planning for Fiscal Year 2025

Objectives	Updates	Follow up items, By Who
Assets and Gaps Analysis –	1. Carroll County Sequential Intercept Mapping	
	Event – Bridging Criminal Justice System and	
	Mental Health/SUD Services. Report out and	
	follow up	
	Subcommittees	
	- MH Court for Carroll County – Update	
	from Jen Thomas	
	- Increasing Behavioral Health Providers –	
	Catalina reports that subcommittee is	
	meeting with Nat Assoc of Soc Workers	
	NH Chapter to learn more about LICSW-	
	Associate Program	

Transitional Housing for Re-entry from Corrections – ask Caleb Gilbert for update Training for Dispatch Personnel, Jen or Caleb can update. 2. Huggins Hospital Community Health Needs Assessment. Coming up. (Monika, Kera or Caleb can update) 3. GAP: NH Juvenile Diversion Network seeks to fund a host organization to stand up a Carroll County Juvenile Diversion Program. Lance Zack is retired from this role. FMI contact alissa@nhcourtdiversion.org or catalina.kirsch@graniteuw.org 4. YRBS 2023 – mental health, dating violence, vaping top priorities- not enough resources 5. Developing healthy relationship lessons with **Starting Point** Increasing Awareness of and Access to Services -1. NH Care Connections (Unite Us NH) Outreach. Introduce Gary Bleddyn gary.bleddyn@graniteuw.org 2. C3PH will be doing outreach to businesses to recruit new Recovery Friendly Workplaces. FMI contact catalina.kirsch@graniteuw.org or Matt Plache, Eric Moran at White Horse Recovery or https://www.recoveryfriendlyworkplace.co 3. See all our Resource Guides at https://www.c3ph.org/resourcecenter/resource-guides 4. Carroll County Veterans Coalition 2<sup>nd</sup> annual conference on March 22<sup>nd</sup> from 1100- 1400 at the North Conway Community Center open to all community service providers to network or have a table! Register at www.carrollcountyveteranscoalition.org and flyer included in minutes. Theme of Ask The Question | Ask the Question – to raise awareness on the importance of identifying service members, veterans and their families 5. State level YRBS workgroup with BDAS working to increase awareness of YRBS, help

	reduce barriers to school admin and learn how we can support the districts – tool kits and videos available – FMI jennifer.thomas@graniteuw.org
Communication and Collaboration among providers –	Alternative Peer Groups – recruitment and referrals
Capacity and Delivery of Services	2. NH MCAP Access Line – see flyer. Fmi <a href="https://www.nhpip.org/nh-mcap">https://www.nhpip.org/nh-mcap</a> Not many providers are using it yet. Please promote among primary care and school behavioral health professionals. Access to Dartmouth Child Psych for consults, youth behavioral health concerns.
	3. See flyer about LICSW-Associate Program
	4. Statewide roll out of the Getting To Y Program with CADY Inc and BDAS
	5. Other announcements about services delivery or capacity?
Disseminating resource guides and other information - Catalina	<ol> <li>For service members, veterans and their families –         www.carrollcountyveteranscoalition.org</li> <li>See C3PH.org         https://www.c3ph.org/resource-center/resource-guides     </li> <li>NH DMI Drug Environment Report Nov 2024         New Hampshire's Drug Environment         Summary:         <ul> <li>There are currently 238 confirmed</li></ul></li></ol>
	<ul> <li>are over 34% less than at this time in 2023.</li> <li>Carroll County 2024 OD Deaths per 10k population is at 1.76, 6<sup>th</sup> highest of 10 counties, trending upward in 2024.</li> <li>Overdose deaths in Carroll County between Jan – Nov 2024 occurred in Jackson, Bartlett, Conway, Madison, Freedom, Ossipee and Wolfeboro. To date there have been 9. (compared to 22 in 2015)</li> <li>All Carroll County towns except Chatham, Eaton, Freedom, Brookfield have recorded</li> </ul>

	EMS Drug Overdose/Abuse Incidents between Jan-Nov 2024 • EMS Narcan Administration occurred in all Carroll County towns except Chatham, Bartlett, Eaton, Tamworth, Freedom, Effingham, Brookfield Jan-Nov '24.	
Stakeholder assistance in information dissemination -	See <u>CC Responds to SUD Flyers Folder here</u> and add your own flyers, event/service announcements	
Advocacy	<ol> <li>See New Futures Flyer for winter training opportunities</li> <li>Upcoming legislation related to SUD/Behavioral Health. Follow <a href="https://new-futures.org/news">https://new-futures.org/news</a></li> </ol>	
Strategic Prevention Model: assessment, capacity development, planning, implementation, evaluation - Jen	<ol> <li>Update on Prevention objectives for 2024-2025</li> <li>Climate survey for young adults</li> <li>Trying to engage youth and young adults in prevention</li> </ol>	
Reducing Risk Factors and Strengthening Protective Factors - Jen	<ol> <li>Carroll County Veteran Coalition Conference         <ul> <li>youth and young adult creative arts</li> <li>contest – honor SMVFs</li> </ul> </li> <li>Promote Magnify Voices Expressive Arts         <ul> <li>Contest among NH students grades 5-12 to</li> <li>create art to raise awareness about mental</li> <li>health. Celebration event at Currier</li> <li>Museum of Art in the spring. See Flyer.</li> </ul> </li> </ol>	
Other updates? Early ID & Intervention Treatment &		
Recovery		

10:25 Other updates? Announcements?

10:30 Adjourn.

Happy Valentine's Day! Thanks for all you do! If you would like to unsubscribe from this email list, send a message that says "unsubscribe" to <a href="mailto:continuum@c3ph.org">continuum@c3ph.org</a>.

Jennifer Thomas, <a href="mailto:jennifer.thomas@graniteuw.org">jennifer.thomas@graniteuw.org</a>

Catalina Kirsch, <a href="mailto:continuum@c3ph.org">continuum@c3ph.org</a>

Next meeting:

You are invited to a Zoom meeting.

When: Apr 1, 2025 09:00 AM Eastern Time (US and Canada)

Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZwtceigqDluHtRorTn80ou-lizThDOxqgR8

After registering, you will receive a confirmation email containing information about joining the meeting.

### NH LSW/LSWA LSW and LSW-A Information (click here to download the info sheet)

July 2024 This video can answer many of your questions about LSW and LSW-A

Why tiered licensure?

Billing requirements from insurance providers for	Professional development & career ladder
licensure to provide/receive care	

• LSW covers primarily case management and counseling: Psychotherapy, top signature on treatment plans, differential diagnosis are NOT in the scope of practice for LSW's

LSW (Licensed Social Worker)

Attend and graduate from an accredited BSW program	2 years/100 hours of supervision	
UNH and Plymouth State (St. Anselm College working	ASWB BSW Exam required	
towards this also)		
Supervision agreement on file and approved by Board	You can sit for the exam once you've been	
of Mental Health Practice	supervised for 18 months	
Supervision Agreement in on OPLC website under	You can find the request to sit for the exam on the	
"Education"	OPLC website under "Education"	
Can be someone outside the organization (off-site	Application for the full license at the end of the	
supervisor)	two years	
You will receive your LSW-C (Licensed Social Worker - Conditional) once the supervision agreement is on file		

### LSWA (Licensed Social Work Associate)

For people who have attended a program other than a BSW	You will receive your LSWA-C (Licensed Social Work	
(AA, BA, BS) with courses in human services	Associate - Conditional) once the supervision	
(psychology, addiction, etc.)	agreement is on file	
Supervision agreement on file	ASWB BSW Exam (ASWB might be able to offer	
	an associate's exam, stay tuned)	
Supervision Agreement in on OPLC website under	You can sit for the exam once you've been supervised	
"Education"	for 18 months	
Can be someone outside the organization (off-site	You can find the request to sit for the exam on the	
supervisor)	OPLC website under "Education"	
If Bachelors (BA/BS degree): 2 years/100 supervision hours	Bachelor's degree - 4000 hours of work, no fewer	
(from an LICSW, LCMHC, LMFT)	than 2 years	
If Associates (AA) degree: 3 years/150 supervision hours	Associate's degree - 6000 hours of work, no fewer	
(from an LICSW, LCMHC, LMFT)	than 3 years	
Sometime between when your supervision agreement is on file and when you complete the required supervision		
hours, you will need to complete a 30-hour training (prior to full licensure)		
What if I've been practicing for 10 years and have already have supervision but no supervision agreement		
on file? Submit a request to the Board for a waiver		
If you are in between your MSW and LICSW with a supervision agreement on file, you will have your LICSW-		
C (Conditional)		
Conditional licenses can only be renewed once		

You can find the rules, application, and supervision agreement information on the NH Board of Mental Health Practice website. <a href="https://www.oplc.nh.gov/board-mental-health-practice">https://www.oplc.nh.gov/board-mental-health-practice</a>

You can find the application <u>here</u>. On the top of the form where it says "Profession for which application is being filed" you will put "Conditional Social Work License". Some parts of this application will not apply to you and you can leave those parts blank.



### SUBMISSIONS ARE NOW ODEN

Artwork Deadline 04/20/2025

### **SEVENTH ANNUAL**



The Magnify Voices Expressive Art Contest recognizes and celebrates the creativity of youth. Submit your artwork and help raise awareness about the vital importance of mental health for all!

- Open to NH students grades 5-12
- 12 finalists art appears in planner and cash prize
- Celebration Date: Wednesday, May 21, 2025



AN INITIATIVE OF

**Questions?** Reach out to: <u>magnifyvoices@gmail.com</u>



LEARN MORE

# **Upcoming Trainings**newfutures>>>

### **WINTER 2024-25**



### **ADVOCACY 101 WEBINARS**

Wednesday, December 18 | 12:00 - 1:00 PM Thursday, January 16 | 4:00 - 5:00 PM Tuesday, February 18 | 12:00 - 1:00 PM

Join us for an overview of the NH state legislature and how a bill becomes a law, and learn when and how to get involved by participating in public hearings, reaching out to legislators, and using other advocacy strategies.



### **ADVOCACY 101 FULL DAY TRAININGS**

Wednesday, January 29 | 9:00 AM - 4:00 PM Friday, March 7 | 9:00 AM - 4:00 PM

Join us for a full-day session in our office in Concord! Our in-person Advocacy 101 trainings provide an indepth look into the NH state legislature and how a bill becomes a law followed by a tour of the state house! The day also includes a session on the power of a personal story and working sessions where you craft your advocacy message. Lunch is provided!



### **ALL ABOUT THE STATE BUDGET**

Friday, February 7 | 1:30 PM - 2:30 PM

This one-hour webinar will provide an overview of the budget process in New Hampshire and when to advocate for policies that you care about.



New Futures trainings are offered at no cost.

Register at new-futures.org/trainings



# FOSTER PARENT SUPPORT GROUP

Join us for an in person or virtual support group for foster and adoptive parents. Discuss with others who have similar circumstances, learn about community resources and build connections.



#### THIRD MONDAY OF EACH MONTH

IN PERSON @ POPE MEMORIAL LIBRARY, NORTH CONWAY 10:15am-11:15am

VIRTUAL VIA ZOOM 6:00pm-7:00pm

PLEASE CALL/TEXT OR EMAIL FOR LINK!



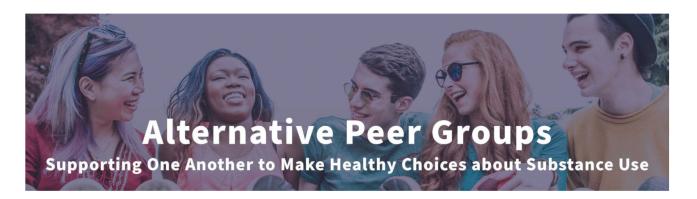
SAMANTHA JONES 603.651.7480

SJONES@CHILDRENUNLIMITEDINC.ORG

JACKIE DIFONZO
603.960.2942
JDIFONZO@CHILDRENUNLIMITEDINC.ORG

**REGISTER NOW** 





### What Are Alternative Peer Groups?

Creating Connections NH is building supportive recovery communities called Alternative Peer Groups (APGs) for youth and young adults with substance use challenges. APGs offer young people a chance to connect at least once a week with peers in an environment that is fun, safe, substance-free, and recovery-focused.

### **APGs Provide...**

- Connection through a supportive peer environment
- Fun, substance free activities
- Sense of belonging
- Focus on health and wellness

### **More Than Just Meeting Up**

- APG Facilitators are trained recovery support professionals
- Youth help choose fun group activities that match their interests
- Opportunities for family/ caregiver involvement

### **Connect with a Group Near You**

#### **Southern NH**

**Revive Recovery** (Nashua) reviverecovery.org | 888.317.8312

### **Seacoast Area**

**Safe Harbor Recovery Center** (Portsmouth) granitepathwaysnh.org | ph. 603.570.9444

**Live Free Recovery** (Dover, Somersworth) livefreerecovery.com | ph. 603.702.2461

Franklin/ Tilton/ Concord/ Plymouth Archways of Greater Franklin and Plymouth archwaysnh.com | ph. 603.286.4255

### **Carroll County**

**Kingswood Youth Center** (Carroll Cty. South) zachary.porter@thekyc.org | ph. 603.569.5949

**Terra Equine Center** (Carroll County North) ph. 603.487.6745





☑ IOD.CBH@unh.edu

iod.unh.edu/creating-connections-nh

Creating Connections NH is a project of the UNH Institute on Disability (IOD).

The IOD promotes full access, equal opportunities, and participation for all persons by strengthening communities and advancing policy and systems change, promising practices, education, and research. Supported by funding from the NH Department of Health and Human Services.

### HELP CREATE A SAFER COMMUNITY

### LEARN ABOUT THE OPIOID EPIDEMIC

FREE ONLINE MODULE

Opioid Use Disorder
Education
Overdose Response
Resources
for rural
New England

Free online training on how to recognize and respond to an overdose



Option to receive free naloxone (Narcan) nasal spray by mail



Invitation to complete an anonymous 5-minute research survey







# University of New Hampshire

**Extension** 

This research has been approved By The University of Rhode Island Institutional Review Board



This project was supported by the Substance Abuse and Mental Health Services Administration of the National Institutes of Health under award number 1H79Tl085612-01. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the NIH.

Working together to create a regional transportation network for everyone.

arrol County

### **About Carroll County Regional Coordination Council**

The Carroll County Regional Coordination Council, or CCRCC, is a group of transportation and human service providers, municipal officials, businesses, and citizens who seek to develop diverse transportation options to serve the needs of residents of all ages and abilities in the Carroll County region. Service Area

Ossipee, Effingham, Tamworth, Madison, Tuftonboro, Albany, Conway, Bartlett, Moultonborough, Freedom, Wolfeboro, Hart's Location, Sandwich, Eaton, Chatham, Jackson, Hale's Location

### The Role of the Carroll County RCC is to:

- Guide the development and coordination of community transportation services and information within the CCRCC area,
- Collaborate with and support regional transportation coordinators and/or mobility managers in the delivery of community transportation services,
- Advise community officials, philanthropic organizations, business leaders, and institutional leaders of the need for a coordinated approach to community transportation services,
- Monitor the implementation of a regional system of coordinated transportation services that provide all citizens access to services within the region and surrounding areas,
- Seek out additional public and private funding sources to support mobility management and transportation coordination efforts,
- Communicate with the State Coordinating Council for Community Transportation (SCC) on existing and future policies affecting community transportation services, and
- Assist in the selection and guidance of a regional Mobility Manager who will be responsible for increasing coordination of services and improving the quality of services available within the region.

**Mobility Manager Scott Boisvert Mobility Manager, Region 2** (Carroll County)

Phone: (603) 723-4318 Email: sboisvert@tccap.org

**FMI** 

https://keepnhmoving.com/

and

**Carroll County Transportation Guide 2021** 

**Carroll County (Region 2) Transportation** 

### **Members**

- Carroll County Coalition for Public Health
- North Country Council
- **MWV Economic Council**
- **Adult Day Center**
- The Gibson Center for Senior Services
- **CCRVSP**

- Tri-County CAP **Carroll County Adult Education**
- Maine Health
- Ossipee Concerned Citizens
- White Horse Recovery
- **NH Community** CareGivers
- **Interlakes Community** CareGivers



# (603) 650-4741

# Provider-to-provider child psychiatry support

Dartmouth Health Children's. Consults are available to primary care providers that care for children NH MCAP is your connection to provider-to-provider support from the Child Psychiatry team at and adolescents in NH and are provided by phone, during regular business hours.

# **HOW IT WORKS**



PCP needs support managing a pediatric behavioral health concern Support needs may
be patient-specific or more
general and include diagnosis,
medication, and other
treatment options.



PCP or support staff call the Access Line at (603) 650-4741 to schedule a provider to provider phone consultation

Be prepared to provide patient demographic data, a direct line to the PCP (back office or cell), and scheduling availability.



Child & Adolescent
Psychiatrist returns call
at scheduled time to
complete consult

Most consults are scheduled within 1-3 business days and last about 15 minutes. PCPs can bill for time spent preparing and completing the consult.



Consult recommendations are e-faxed to PCP

A summary of the consult is sent to include in the patient chart.







This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$850,000 with 20% financed by nongovernmental sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement by, HRSA, DHHS, or the U.S. government. For more information, please









### **Frequently Asked Questions**

### Q. What kind of questions can providers call NH MCAP Access Line about?

A. The Dartmouth Health Children's Child and Adolescent Psychiatrist that supports the Access Line can answer mental health questions about assessment, diagnosis, and treatment planning including medication management or other treatments. Examples include questions about specific medication dosing or side effects and help with differential diagnoses or appropriate levels of care.

### Q. What's the best way to frame my question?

A. Prior to speaking with the Dartmouth Health Children's Child and Adolescent Psychiatrist we will collect some basic intake data. During the consultation, it is helpful to understand what you are looking for help with and what you have tried so far.

### Q. What is the average wait time to speak with a Child and Adolescent Psychiatrist?

A. Most consults are available within 2 days of request, depending on the overall volume of requests.

### Q. How long will a call take?

A. The average consultation takes about 15 minutes, but you will get as much consultation as you need.

### Q. What if I need a response right away?

A. The NH MCAP Access Line is not a crisis service, but NH does have resources to help! NH Rapid Response Access Point (833-710-6477) is a 24-hour service that can help you and your patient determine next steps which may include phone support, dispatch of a Rapid Response Team, or referral to an Emergency Department. More information can be found here:

\*\*Acute Crisis Care | Children's Behavioral Health Resource Center (nh.gov)\*

### Q. How do I bill for this?

A. Interprofessional telephone/internet Electronic Health Record Consultation code 99452 may be reported by the treating/requesting physician, NP, or PA for 16-30 minutes in a service day preparing for the referral and/or communicating with the consultant.

### Q. How does NH MCAP manage patient data?

A. Patient data and recommendations made during the consultation are recorded in Dartmouth Health's secure, HIPAA protected electronic health record and e-faxed to the requesting provider following the consult. All data used by NH MCAP for program evaluation is de-identified.







### WHAT IS CARROLL COUNTY'S

### **2021 YRBS**

CARROLL COUNTY COALITION **EPUBLIC HEALTH** 

TELLING US?



Most Carroll County youth
DO NOT use alcohol or tobacco

In the past 30 days...

85%

of students **did not** binge drink

85%

of students **did not** use marijuana

72%

of students have **never used** an electronic vapor product

Most Carroll County youth DO NOT take illicit drugs

97%

of students have **never** used ecstasy

90%

of students have **never** taken prescription pain medication without a doctor's prescription

# What increases students' chances of substance use?

Students who reported...

### **Ease of Access**

...higher perceived ease of obtaining marijuana had up to 13 times greater likelihood of more frequent marijuana use in the past 30 days.

...higher perceived ease of obtaining prescription drugs without a prescription had up to 40.35 times greater likelihood of ever having used ecstasy.

### Violent Relationships

...being forced by a dating partner to engage in unwanted sexual activities one or more times in the past 12 months are 22.2 times more likely to have vaped in the past 30 days.

...experiencing more instances of physical harm from a parent or other adult at home had up to 12 times higher likelihood of using a prescription drug without a prescription in the past 30 days.

### Poor Mental Health

...more frequent days of poor mental health are associated with up to 7.2 times higher likelihood of using prescription pain medicine without a prescription or contrary to a doctor's instructions.

...missing more days of school due to feeling unsafe are up to 31 times more likely to have ever used ecstasy.

### How do schools and communities use YRBS data?

- + School guidance counselors and principals use YRBS data during back-to-school nights.
- School districts use YRBS data to develop appropriate educational health initiatives and establish curriculum objectives.
- + Teachers use YRBS data to teach students data interpretation and critical thinking by analyzing trends, comparing years, and evaluating intervention effectiveness.
- + Health education teachers use YRBS data to discuss current health issues facing youth and to compare current levels of healthy and unhealthy behaviors.
- + Schools and communities can use YRBS data to develop and strengthen health promotion and disease prevention programs and access funding for grants.

## What is the Youth Risk Behavior Survey?

The Youth Risk Behavior Survey (YRBS) asks students about risky behaviors and those behaviors that keep them safe. YRBS data is used to enhance state and local grant applications, develop more effective youth prevention programs, and offer a consistent long-term tool for measuring progress in reducing youth health risk behaviors.



### For more resources, go here









### NALOXBOX Indoor Overdose Rescue Station

What were the circumstances surrounding overdose deaths in 2022, New Hampshire?



Opportunity for Change

Potential opportunities for intervention include linkage to care or life-saving actions at the time of the overdose

- 73.4% of drug overdose deaths had at least one potential opportunity for intervention
- 60.6% potential bystander present

\*https://www.cdc.gov/drugoverdose/fatal/dashboard/index.html



CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

fmi: continuum@c3ph.org





### **Mission**

To improve the capacity of bystander rescuers to save the lives of victims of opioid overdose with overdose response tools, including naloxone.

### **Benefits**



- Increase access to publicly available overdose response tools
- Provide technical assistance for naloxone storage
- Improve the capacity of bystander rescuers
- Reduce stigma associated with substance use disorders
- Reduce morbidity and mortality from opioid overdose

### COMMUNITY-BASED SOLUTION TO A NATIONWIDE EPIDEMIC

"Opioid overdose can quickly lead to death if no intervention is made. If we begin to treat opioid overdose like any other bystander enabled medical response, we will begin to reduce the stigma often associated with opioid overdose."

NaloxBox units are installed in many public-facing spaces including city and state offices, libraries, universities, public housing authorities, recovery centers, and more.