

CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

Minutes – August 6, 2024

Prevention – Continuum of Care Workgroup
 Meets First Tuesday of Feb, Apr, Jun, Aug, Oct, Dec.
 FMI: (603) 301-1252
 Jennifer Thomas, jennifer.thomas@graniteuw.org
 Catalina Kirsch, catalina.kirsch@graniteuw.org



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 <https://us02web.zoom.us/meeting/register/tZwtceigqDIuHtRorTn80ou-lizThDOxqgR8>

Attendance:

| | |
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| Chuck Henderson | Senator Shaheen’s Office |
| Jill Burke | Bureau Chief of the Bureau of Drug and Alcohol Services |
| Rachel Miller | Community Outreach at Better Life Partners |
| Eric Moran | White Horse Recovery |
| William Marsh | Private citizen |
| Melissa Caminiti | Groups Recover Together |
| Catalina Kirsch | Continuum of Care Facilitator at C3PH |
| Jen Thomas | Substance Misuse Prevention Coordinator at C3PH |
| Emily McArdle | Young Adult Outreach at C3PH |

Strategic Planning for Fiscal Year 2025

| Objectives | Updates | Follow up items, By Who |
|----------------------------|---|---|
| Assets and Gaps Analysis – | <p>Carroll County Sequential Intercept Mapping Event – Bridging Criminal Justice System and Mental Health/SUD Services. Save the Dates 10/31 & 11/1. Anne Zinkin</p> <ul style="list-style-type: none"> - NH Judicial Branch is going across NH and getting first responders, service providers, stakeholders, justices, etc. to come together to look at the criminal justice system to determine where can we be doing a better job of identifying individuals who need mental health services and how can we intercept and connect them to mental health services. <p>Memorial Hospital Community Health Needs Assessment. Sue Ruka</p> <ul style="list-style-type: none"> - Memorial Hospital has invited C3PH to be on their committee for planning. Memorial is looking for some one-on-one conversations and focus groups with healthcare consumers- trying to learn what the challenges people face about accessing healthcare in the region and are looking for people with lived experience. If people from recovery centers know of individuals that | <p>C3PH will discuss creating a subcommittee from CC Responds to SUD and the CC Youth Substance Misuse Prevention subcommittee to look at the results</p> |

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| | <p>would be willing to talk to someone about their experiences, reach out to Catalina/Jen who can put you in touch with Sue Ruka.</p> <p>NH BDAS DUI Response Pilot Program. Fall 2024. Jill Burke:</p> <ul style="list-style-type: none"> - NH BDAS is working with Growth Partners to explore the impact of race, geography, income, and gender on driving under the influence. Research has shown differences in rural vs urban areas, income, gender, and racial status have impacts in NH. BDAS will be implementing this DUI Response Pilot Program in Carroll County, using a Strategic Planning Framework to determine what is unique about Carroll County and to determine what variables we could have an impact on (e.g. overserving, selling to minors, etc.). Working with Sergeant Rick Frost and with the RHPNs for a convening and to gather stakeholders (BDAS will be the driver and cover expenses). Timeline- This is an 8–12-month process with bimonthly meetings, will do an initial convening with Growth Partners in mid-to-late October. - Ideas for stakeholders/issues: Bring in hospitality and their insurance carriers, someone from the Division of Liquor Enforcement (Jennifer Selfridge had brought a training to Carroll County before the pandemic), lack of Uber/public transportation in rural areas, school partners and youth servicing organizations (have heard that access is coming from family and friends versus sales to minors), the impact of tourism in Carroll County and these statistics- bring in a prosecuting attorney/local police to determine if the DUIs are from visitors or people that live here. - If anyone has questions reach out to Catalina, Jen, or Jill- jill.a.burke@dhhs.nh.gov or 603.271.6112 | <p>from the SIM Mapping and the BDAS Pilot Program to share the results with these meetings.</p> |
| <p>Increasing Awareness of and Access to Services -</p> | <p>Hope is Real Event – White Horse</p> <ul style="list-style-type: none"> - Eric/White Horse: Had a successful Hope is Real event in Berlin, Littleton event will be on August 24th at Remich Park and North Conway event will be September 14th at Schouler Park (music, food by donation). The goal of these events is to get the word out, share info and resources, and spread the message that Everyone Can Recover. All organizations/resources are welcome to come to these events to table- sign up here: https://whitehorserecovery.org/hopeisreal/ - Rev for Recovery Car Show is on August 6, C3PH will have a table. - White Horse Recovery’s Community Garden is going very well, and they are also giving produce to Ending 68 Hours of Hunger. <p>International Overdose Awareness Day visibility at MWV Farmers Market (August 27) and Tamworth Farmers Market (August 31) in partnership with White Horse Recovery (Mitchell and Troy at MWV and Eric at Tamworth) and MWV Supports Recovery. C3PH will have info/resources and naloxone.</p> <p>C3PH is seeking opportunities to have a resource table at events</p> | <p>Rachel/Better Life Partners will reach out to Catalina about dropping off materials for C3PH to bring to Hope is Real and farmers market events.</p> |
| <p>Communication and Collaboration among providers –</p> | <p>Alternative Peer Groups (APGs)– recruitment and referrals</p> <ul style="list-style-type: none"> - Jen- APGs are youth peer to peer support for youth that intersect with substances in some way. APG South is at the Kingswood Youth Center (every other Monday in the summer) with White Horse Recovery and APG North is at TERRA Equine Therapy Center with MWV Supports Recovery (Thursday afternoons). | |

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| <p>Capacity and Delivery of Services</p> | <ul style="list-style-type: none"> - Eric/White Horse: APGs launched during the summer when kids were already at the KYC and have been working to continue them throughout the summer (transportation has been an issue but KYC went above and beyond to help). Hoping to continue to grow the program and eventually have all 4 RCOs running an APG. Idea to do a group to teach kids how to do their own interventions to help their friends. - APGs are self-referral: Call KYC or MWV Supports Recovery if you or a youth you know is interested in joining. <p>Other announcements about services delivery or capacity?</p> | |
| <p>Disseminating resource guides and other information - Catalina</p> | <p>See C3PH.org https://www.c3ph.org/resource-center/resource-guides</p> <p>Aug 16 Revolving Closet Back to School Giveaway Event: Free backpacks with school supplies and toiletries. Emily made Parent Resource Folders to give out to parents with resources and information. The Revolving Closet (free thrift store for teens) is also looking for volunteers to help on the first and third Saturday of the month from 2-5pm and help with sorting the clothes. If you know individuals that are passionate about helping kids and families reach out to Catalina.</p> <p>Aug 17 Veterans BBQ and Resource Fair. Register Here: https://forms.gle/9B6Tr22JjGrujTnP8 or on our website: www.carrollcountyveteranscoalition.org</p> <ul style="list-style-type: none"> - Informal BBQ and Resource Fair for veterans, servicemembers, their families, and organizations that serve them. Looking for organizations to table and share resources. - Looking to provide SUD resources as well, if you're interested reach out to Jen or register online. <p><u>NH DMI Drug Environment Report June 2024</u></p> <ul style="list-style-type: none"> - NH Summary: New Hampshire's Drug Environment Summary: <ul style="list-style-type: none"> • There are currently 136 confirmed overdose deaths for 2024 with 36 pending; at this time in 2023 there were 171 confirmed deaths and 77 pending. • Overdose deaths so far in 2024 are 20.5% less than at this time in 2023. <p><u>NH DMI Drug Environment Report June 2024</u> (click link for downloadable pdf)</p> <ul style="list-style-type: none"> - NH Summary: New Hampshire's Drug Environment Summary: <ul style="list-style-type: none"> • There are currently 136 confirmed overdose deaths for 2024 with 36 pending; at this time in 2023 there were 171 confirmed deaths and 77 pending. • Overdose deaths so far in 2024 are 20.5% less than at this time in 2023. • The NHIAC is tracking the presence of the potent synthetic opioid, Carfentanil, in the state and around the region. • Through the first 6 months of 2024, the number of suspected opioid overdoses in both Manchester and Nashua continue to trend double digit percentage points below last year. Manchester is on track to have 20% less suspected opioid overdoses than last year and 10% less deaths. Nashua is on track to have 11% less suspected opioid overdoses than last year and 17% less deaths. - Carroll County summary points: | |

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| | <ul style="list-style-type: none"> ○ 2024 OD Deaths per 10k population. Carroll County = .98, 6th out of 10 counties. ○ OD Deaths by town 1/2024-6/2024. Category of 1-5 deaths: Conway, Madison, Freedom, Ossipee, Wolfeboro ○ June EMS Drug OD/Abuse Incidents by County. Carroll County = 1.18, lowest in the state ○ EMS Drug OD/Abuse Incidents by County per 10k pop. Carroll County trend, April 2.56, May 2.16, June 1.18 ○ EMS Drug ID/Abuse Incidents. Carroll County. Category of 26-100 incidents: Conway. Category of 1-25 incidents: all remaining towns except Chatham, Eaton, Tamworth, Brookfield ○ June EMS Narcan Administration by County per 10k pop. Carroll County = .20, lowest in the state ○ EMS Narcan Administration three-month trend, Carroll County. April 1.57, May .59, June .20 (per 10k pop) ○ EMS Narcan Administration by Town 7/23-6/2024. Carroll County. Category of 11-25, Conway. Category of 1-10, all remaining towns except Jackson, Chatham, Eaton, Effingham, Tamworth, Brookfield. | |
| <p>Stakeholder assistance in information dissemination - Catalina</p> | <p>See CC Responds to SUD Flyers Folder here</p> <ul style="list-style-type: none"> - Groups Recover Together and Better Life Partners feel free to send Catalina your flyers or upload them to the shared folder. | |
| <p>Strategic Prevention Model: assessment, capacity development, planning, implementation, evaluation - Jen</p> | <p>Update on Prevention objectives for 2024-2025</p> <ol style="list-style-type: none"> 1. Continue to build new partnerships, connect with current partnerships, and facilitate cross-sector networking 2. Identifying military families. Working with DOE, DMAVS, VA, DHHS. <ol style="list-style-type: none"> a. Utilizing Ask The Question Ask the Question (nh.gov) b. Campaign about how to initiate conversations to learn if someone has served in the military, and to provide culturally specific information. c. Assessing needs 3. Providing technical assistance with strategic planning to partners who are assessing substance use or mental health needs in their organization 4. Raising awareness about the importance of cultural considerations in high-risk groups for substance use and mental health decline. Coming up first: <ol style="list-style-type: none"> a. Youth connected to the military; Military culture training September 17th, 1200 – 1330 hrs <ol style="list-style-type: none"> i. https://us02web.zoom.us/meeting/register/tZ0ufuurrDIsh9wjn-hH0OFFSFMTvjOLFk1X | |
| <p>Reducing Risk Factors and Strengthening Protective Factors - Jen</p> | <p>Update on Prevention Objectives for 2024-2025</p> <ol style="list-style-type: none"> 1. Alternative Peer Groups – peer to peer support for youth intersecting with substances in some part of their lives and substance free activity opportunities with resources <ol style="list-style-type: none"> a. North with MWV Supports Recovery and TERRA Equine Therapy Center b. South with Kingswood Youth Center and White Horse Recovery | |

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| | <p>2. Continued interest and feedback from you on what our community needs for programming!</p> <p>3. Continued work on SDOH with other community partners</p> | |
| Community engagement and mobilization – Catalina | <p>NH Charitable Foundation Grant for 2024-2025</p> <ul style="list-style-type: none"> - Received funding for community engagement (getting people involved in using their voice to inform/educate decision-makers and legislators about issues that are important to them). This funding has allowed C3PH to get involved in advocacy. C3PH is currently discussing how to use the funding this year- May be doing work about voter registration and other advocacy-related issues. | |
| Leadership Team membership and structure | <p>Are we going in the right direction? What else should we be doing?</p> | |

- Updates from the Field.
 - Early Identification/Intervention –
 - See notes on Sequential Intercept Mapping Workshop coming to Carroll County.
 - Treatment/Recovery –
 - Rachel/Better Life Partners- Have walk-in rooms Monday-Friday that allow someone to get screened through Zoom so there is no wait time. Will also be participating in events for Recovery Month. Fmi rachel.miller@betterlifepartners.com
 - Sent in from Melissa Caminiti. Groups - We have a new Partnership Manager that will be starting with us in early September. Stay tuned for news about an open house event in Fall 2024. Fmi contact Melissa J. Caminiti, MPH, RN, Partnership Director, 315 Park Avenue, Portland, Maine 04102, (207) 778-1266, melissa.caminiti@joingroups.com
 - Other updates:
 - Chuck/Senator Shaheen’s Office- Has spent time looking at roads that are washed out, has seen over \$20 million in damage in the North Country, huge rain events causing damage. This relates to prevention because: 1. Have to look at preventing this from happening by reducing carbon emissions, and 2. When repairing roads have to look ahead at preventing the same roads from being damaged again by worse storms in the future.
 - Lindsay Richardson, C3PH’s Emergency Preparedness Coordinator, had successful events in Freedom and Madison to do workshops about how to create emergency preparedness backpacks for older adults for these types of events and gave out emergency preparedness backpacks with supplies.
 - Emily/C3PH- Sharing info and resources on social media about mental health, substance misuse prevention, binge drinking/tobacco prevention, and opportunities for young adults. Follow C3PH

on [Facebook](#) and [Instagram](#) and Under 25 Network of Carroll County on [Facebook](#) and [Instagram](#). Also, reaching out to schools to have information tables at Open Houses- will be at Kingswood Regional Middle and High Schools.

10:25 Other updates? Announcements?

Do you have event flyers to share? Please upload them here: [CC Responds to SUD Flyers to Share](#)

What's posted there now?

[Military Culture Training](#)

[Alternative Peer Group Center Conway](#)

[Alternative Peer Group Wolfeboro](#)

More...

Do you have other information you would like to share? Please add it to a shared doc here:

[CC Responds to SUD Updates to Share](#)

10:30 Adjourn.

Happy Back to School Season! Thanks for all you do! If you would like to unsubscribe from this email list, send a message that says "unsubscribe" to continuum@c3ph.org.

Jennifer Thomas, jennifer.thomas@graniteuw.org

Catalina Kirsch, continuum@c3ph.org

Next meeting:

You are invited to a Zoom meeting.

When: Oct 1, 2024 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.

Resources on next page(s) (Information Dissemination)



BACKPACK GIVEAWAY!

School supplies offered for families and youth in need. Ages 12-18

AUGUST 16th • 4-7pm

1st Congregational Church — 2521 White Mountain Hwy., North Conway

CARE TO DONATE?

Checks made payable to:
NORTH COUNTRY CARES



NORTHCOUNTRYCARES.NH.ORG
northcountrycaresboard@gmail.com
PO Box 2663
North Conway, NH 03860

For additional information or questions, please contact:
Emily Smith Mossman or Holly Sares 603-520-8274



Children Unlimited

Kinship Support Group



Are you raising a child that is not biologically yours? Are you a grandparent or other relative caregiver? Are you looking for support from others who understand your situation and similar circumstances? Are you interested in learning about resources available in your community?



3rd Tuesday of each month at the Conway Public Library from 9:15-10:15 am

and



3rd Wednesday of each month at the First Congregational Church of Ossipee from 1:30-2:30pm

Childcare provided for both locations

For more information, Contact Samantha Jones at 603-651-7480 or by email sjones@childrenunlimitedinc.org

Made with PosterMyWall.com



SUMMER

BBQ

AND

RESOURCE FAIR



Join the Carroll County Veterans Coalition for a **FREE** light BBQ! We welcome all service members, veterans, their families, and community partners to join us for an informal get-together to explore the resources available in the community and network with other community partners. Community partners are welcome to table and bring a tent to set up outside (limited indoor space is also available). Come enjoy great food and non-alcoholic drinks, connect with fellow community members, and discover valuable resources!



Date: Saturday, August 17, 2024

Time: 1000 - 1400 hours

Location: Lions Club of Moultonborough
139 Old Route 109
Moultonborough, NH 03254

REGISTER NOW:



SCAN ME

This is a rain-or-shine event with indoor and outdoor options and a capacity of up to 100 people. Indoor space limited- first come, first served until filled. No exchange of money on site.
FMI: jennifer.thomas@graniteuw.org 603-301-1252 ext. 305

Or go to:
<https://tinyurl.com/hv92ybds>



Veterans Benefits Administration (VBA) PACT Act Claims Clinic for all Veterans and Survivors

Hosted by the Conway VA Clinic

Date: Tuesday, August 20, 2024
Location: Conway VA Clinic
71 Hobbs Street
Third Floor
Conway, NH 03818
Time: 9:00 a.m. to Noon
and
12:30 p.m. to 2:30 p.m.

**VBA can assist with the following: service connection claims,
updates, questions, evidence submissions,
letters of intent, PACT Act questions,
and benefit program questions.**

This event is walk in only, no appointments scheduled.
Please call Lindsay Pratt-Bluemle, LCSW
with questions at 603-624-4366 extension 5320.



To register for an appointment in the future, please contact
your VA Social Worker at 603-624-4366 ext. 5320.

VA



U.S. Department
of Veterans Affairs

Hope is Real

Everyone Can Recover.

Presented by:



Join us for stories of recovery, live music, food, and games, and learn about the resources of Grafton County, New Hampshire!

This event will be a place where we can come together as a community to bring awareness to recovery and the resources in our community.

Please join us for the food and fun, or join us as a community partner, setting up a display for your organization or local business.

Aug. 24th, 2024

Remich Park

165 Pleasant Street

Littleton, NH 03561

Time: 12pm to 4 pm

To register as a community partner for the event, go to:
whitehorserecovery.org/hopeisreal.

Contact us at (603) 651-1441 or Email: info@whitehorseac.com

Generously Supported by:

casella

ESTABLISHED 1974



"The preparation of this flyer was financed under a Contract with the State of New Hampshire, Department of Health and Human Services, with funds provided in part by the State of New Hampshire and/or such other funding sources as were available or required, e.g., the United States Department of Health and Human Services."



The Family Connections Resource Center is holding



A free, 7 week caregiver Workshop to offer tips through effective evidence-based strategies to help with communication

- Session 1: Making a Connection — bonding, relating, making it happen, play, development
- Session 2: Making it Happen – developing friendship skills in children
- Session 3: Behavior Has Meaning - Why do children do what they do?
- Session 4: The Power of Routines
- Session 5: Teach Me What to Do – social emotional development in children
- Session 6: Responding With a Purpose
- Session 7: Putting it all together - review and plan

Offered at no charge online through Google Meet
Tuesdays September 10, 2024 -October 22, 2024
9:30am-10:30am OR 5:30pm-6:30pm

To register call 603-901-3052

Or email Ariel at

acallanan@childrenunlimitedinc.org

Please specify time you would like to join

Hope is Real

Everyone Can Recover.

Presented by:



Join us for stories of recovery, live music, food, and games,
and learn about the resources of Carroll County, New Hampshire!

Sept. 14th, 2024

Schouler Park

White Mountain Highway

North Conway, NH 03860

Time: 11 am to 3 pm

Generously Supported by:



To register as a community partner for the event, go to:
whitehorserecovery.org/hopeisreal.

Contact us at (603) 651-1441
or Email: info@whitehorseac.com



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The Impact Way Station makes is that we HOPE to save a life

Friends — You never know what's happening to the person you meet on the other side of the cash register, standing next to you in line, or walking down the street. Homelessness is mostly invisible. Yet these are your neighbors, too.

Contact Way Station

CALL (603) 452-7113 for support. You can leave a message seven days a week; we will reply by phone during operating hours and help make a plan.

Offering on-site services on Mondays 10am-2pm (only by appointment) and drop-in or by appointment via curbside on Thursdays 10am-6pm, with "go bags" including client's mail, toiletries, laundry cards & detergent, phone cards, emergency food, camping supplies (if available and needed) and more. We also meet with clients weekly, conduct wellness calls, develop relationships with people who seek our help, and support client goals with advocacy and referrals to additional resources. *Note that we aren't a shelter. We cannot offer housing.*

Scope of Services

- Phones and phone cards with calling and internet access
- Mail box address
- Shower facilities / toiletries
- Laundry and supplies (by appointment on as-needed basis)
- Supplies: toiletries, sleeping bags, tents, blankets, towels, etc.
- Referrals to other Mt Washington Valley services

Mission Statement: *Provide safe, welcoming, non-judgmental space and supportive services for homeless & housing insecure residents of Mt Washington Valley.*

Way Station is a 501(c)(3) charity incorporated in the State of New Hampshire. EIN: 85-1330063. This serves as your receipt for tax purposes, and your donation is deductible to the full extent of the law. No goods or services were provided to you in connection with this donation.

HOPING TO HELP

development@waystationnh.org

603-728-9837

Stay in touch: 603-452-7113 15 Grove St, PO Box 1888 North Conway, NH 03860



NORTHERN REGION DAY OF CARING

FRIDAY, SEPTEMBER 20TH 2024

What is Day of Caring?

Day of Caring is an annual volunteer event that mobilizes thousands of volunteers to assist hundreds of local nonprofits with short-term, wishlist projects.

Who does Day of Caring help?

Local nonprofits have limited capacity and rely on volunteer support for projects such as painting, cleaning up parks, reading to children, planting flowers and much more.

Why Volunteer?

Volunteering makes a tangible difference in the lives of those in need. It fosters a sense of teamwork and contributes to building a stronger, more supportive community.

Your Local Project

Mount Washington Valley Adult Day Center
987 East Main St, Center Conway, NH

Morning Shift: 9am - 12pm

Afternoon Shift: 1pm - 3pm



Special thanks to our event sponsors



For more information email Laura.boucher@graniteuw.org or
Caleb.Gilbert@graniteuw.org



Alternative Peer Groups

with MWV Supports Recovery



Supporting One Another to Make Healthy Choices about Substance Use

What are Alternative Peer Groups (APGs)?


APGs are peer support groups for youth and young adults (ages 12-25) who intersect with substance use in some aspect of their lives. APGs, built by Creating Connections NH, provide a safe, positive, inclusive, recovery-focused environment for youth and are run by a trained facilitator.

APGs provide...

- Connection through a supportive peer environment
- Fun, substance-free activities
- Sense of belonging
- Focus on health and wellness
- Opportunities for family/caregiver involvement

JOIN THIS SUMMER!

 **When:** Thursdays at 3pm

 **Location:** Meetings will be held at:
TERRA Equine Therapy Center
281 Odell Hill Rd.
Center Conway, NH 03813

 **For more information, contact Rosemary Normandin:**
mwvaddictionresource@gmail.com
603-662-0668



CARROLL COUNTY COALITION
FOR PUBLIC HEALTH
An Initiative of Granite United Way

Alternative Peer Groups

at the Kingswood Youth Center this summer!



Supporting One Another to Make Healthy Choices about Substance Use

What are Alternative Peer Groups (APGs)?

APGs are peer support groups for youth in grades 7-12 who intersect with substance use in some aspect of their lives. APGs, built by Creating Connections NH, provide a safe, positive, inclusive, recovery-focused environment for youth and are run by a trained facilitator.

APGs provide...

- Connection through a supportive peer environment
- Fun, substance-free activities
- Sense of belonging
- Focus on health and wellness
- Opportunities for family/caregiver involvement

JOIN THIS SUMMER!

Dates:

- Monday, July 1
- Monday, July 15
- Monday, July 29
- Monday, August 12

Time:

3:30pm - 5pm

Location:

Kingswood Youth Center
565 Center St.
Wolfeboro, NH 03894

For More Information:

zachary.porter@thekyc.org
603-569-5949



CARROLL COUNTY COALITION
FOR PUBLIC HEALTH
An Initiative of Grants to Help You

Carroll County Youth Substance
Misuse Prevention Subcommittee:

MILITARY CULTURE: THE BASICS



Join us for a special presentation to learn about the basics of military culture. This one-hour presentation from the Military Liaison Psychotherapist at Greater Manchester Mental Health Center will provide the learner with valuable information about the impact of being in a military connected family, on children. The discussion will include the importance of identifying military-connected youth, as well as culturally appropriate considerations and resources when working with this population.

WHO SHOULD ATTEND:

We invite teachers, school staff, counselors, social workers, childcare providers, and anyone who works with children to attend this presentation.

WHEN:

 Tuesday, September 17

 12pm - 1pm

 Via Zoom

REGISTER NOW:

<https://tinyurl.com/2b458dhv>



PRESENTED BY:

Tracie Parker, LICSW



The Mental Health Center
of Greater Manchester

NAMI Family-to-Family is a free, 9-session education program for family, friends, loved ones, and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment, and recovery.

The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit nami.org/research.

NAMI NH offers the NAMI Family-to-Family Education Program **FREE** of charge to participants. Tuesday evening classes begin September 10, 2024, from 6:00pm to 8:30pm and will be in person in Ossipee, NH. Registration is required, please contact Wendy Wickman at 603-491-0123.



Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers...it has helped me to understand better and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

Questions about the program?

Contact Martha Dorey

mdorey@naminh.org

(603) 573-1565

<https://www.naminh.org/education/>

About NAMI NH

NAMI New Hampshire is a grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness and suicide. Comprised of a network of affiliate chapters and support groups, staff and volunteers, NAMI NH provides information, education and support to all families and communities affected by mental illness and suicide.