

CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

Agenda – October 1, 2024

Prevention – Continuum of Care Workgroup  
 Meets First Tuesday of Feb, Apr, Jun, Oct, Dec.  
 FMI: (603) 301-1252  
 Jennifer Thomas, [jennifer.thomas@graniteuw.org](mailto:jennifer.thomas@graniteuw.org)  
 Catalina Kirsch, [catalina.kirsch@graniteuw.org](mailto: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-kCE6I22VfKwWa2gB6IJ0vWaV\\_wr?usp=sharing](https://drive.google.com/drive/folders/1BFsX-kCE6I22VfKwWa2gB6IJ0vWaV_wr?usp=sharing)

8:55 Register for Zoom Meeting <https://us02web.zoom.us/meeting/register/tZwtceigqDIuHtRorTn80ou-lizThDOxggR8>

Attendance:

Molly Houle	Youth Success Project, <a href="mailto:molly.houle@plymouth.edu">molly.houle@plymouth.edu</a>
Madison Lemay	Youth Success Project, <a href="mailto:maddieysp@gmail.com">maddieysp@gmail.com</a>
Jackie Difonzo	Family Resource Center at Children Unlimited
Erin White	Community Health Worker/Certified Recovery Support Worker at White Mountain Community Health Center <a href="mailto:ejones@whitemountainhealth.org">ejones@whitemountainhealth.org</a>
Rachel Miller	Community Partnership Manager at Better Life Partners <a href="mailto:rachel.miller@betterlifepartners.com">rachel.miller@betterlifepartners.com</a>
Shannon Cloos	Social Worker at Kingswood Regional High School, <a href="mailto:scloos@govwentworth.k12.nh.us">scloos@govwentworth.k12.nh.us</a>
Kim Ip	New Futures <a href="mailto:kip@new-futures.org">kip@new-futures.org</a>
Heather Clogston	Prevention Coordinator, NH DOE, <a href="mailto:heather.m.clogston@doe.nh.gov">heather.m.clogston@doe.nh.gov</a>
Matt Plache	Executive Director of White Horse Recovery <a href="mailto:matt@whitehorseac.com">matt@whitehorseac.com</a>
Angelic Macut	Addiction Medicine at Memorial/Maine Health <a href="mailto:angelic.macut@mainehealth.org">angelic.macut@mainehealth.org</a>
Caleb Gilbert	Director of Public Health, C3PH <a href="mailto:caleb.gilbert@graniteuw.org">caleb.gilbert@graniteuw.org</a>
Catalina Kirsch	Continuum of Care Facilitator, C3PH <a href="mailto:Catalina.kirsch@graniteuw.org">Catalina.kirsch@graniteuw.org</a>
Jen Thomas	Substance Misuse Prevention Coordinator, C3PH <a href="mailto:Jennifer.thomas@graniteuw.org">Jennifer.thomas@graniteuw.org</a>
Emily McArdle	Young Adult Outreach, <a href="mailto:u25carrollcounty@outlook.com">u25carrollcounty@outlook.com</a>

- Strategic Planning for Fiscal Year 2025

Objectives	Updates	Follow up items, By Who
<p><b>Guest: Youth Success Project.</b> Youth Homelessness</p>  <p><b>YOUTH SUCCESS PROJECT</b></p>	<p>Molly Houle, Madison LeMay                      Youth Success Project (YSP)                      Facebook: <a href="#">Youth Success Project</a>                      Instagram: <a href="#">@nhyouthsuccess</a>                      Website: <a href="http://nhyouthsuccess.com">nhyouthsuccess.com</a>  <a href="mailto:Molly.houle@plymouth.edu">Molly.houle@plymouth.edu</a>  <a href="mailto:maddieysp@gmail.com">maddieysp@gmail.com</a></p>	<p><b>C3PH</b> can assist YSP with reaching out and sending invitations to target audience for the future training (social workers/teachers, first responders, paramedics, police officers, juvenile</p>

	<p>YSP is a board of young people ages 16-25 who have experienced homelessness in NH without a parent or guardian. YSP makes sure that youth voices and lived experience are part of decision making about services and supports for young people experiencing homelessness.</p> <p>Looking to recruit new members and youth leaders- Anyone ages 16-25 who has experienced unaccompanied homelessness in NH, particularly looking for youth in northern NH/rural areas. See flyers below.</p> <p>Work happening in northern communities in NH- YSP has a rural outreach project that is currently on pause because they are having trouble recruiting young people from that area- Initial goal to create more housing but that has a lot of barriers, so the current goal is to put together a training series for social workers/teachers, first responders, paramedics, police officers, juvenile justice system, and other touch points where a young person would interact with adults to give them an introductory training on youth homelessness, the importance of youth voice, establishing trust with young people instead of criminalizing them, basic outreach skills and harm reduction, and meeting the young people where they're at.</p> <p>Current biggest barrier YSP is facing is reducing stigma/bias, along with housing and transportation issues, especially in Central NH and north of there.</p> <p><b>Erin White/WMCHC-</b> Is seeing homelessness in general (not just youth), have a lot of people that are couch surfing who are referred to the Way Station for support. Has been doing housing applications (which have waiting lists and require income), not a lot of housing available.</p> <p><b>Matt Plache/White Horse-</b> Sees a lot of homelessness and youth, especially in North Conway (closer to where many people experiencing homelessness are staying). Anyone can come in and get help at their RCOs (located in Ossipee, North Conway, Berlin, and Littleton) Monday-Friday from 9am-5pm, staffed with CRSWs and they can arrange for transportation. The goal for next year is to put up sober living in Carroll County. Molly would love to have youth voice represented in their future plans/resources.</p> <p>White Horse has been reaching out to police departments in Laconia, Berlin, and Littleton and initiating recovery friendly policing. Not sure if there</p>	<p>justice system, etc.).</p> <p><b>Molly</b> will follow-up with a training outline.</p> <p><b>Jen can connect Molly and Madison with Crystal Sawyer</b> at CC Adult Education (may have young adults who are interested).</p> <p><b>Connect Molly and Madison with Matt Plache/White Horse</b> to discuss collaborating and having youth voice present at future plans.</p> <p><b>Heather will share out YSP flyers and info with the NH DOE</b>, especially for National Youth Homelessness Awareness Month in November. Molly and Madison could also connect with Christy Dotson (<a href="mailto:Christina.l.dotson@doe.nh.gov">Christina.l.dotson@doe.nh.gov</a>) who does work with the <a href="#">McKinney-Vento Homelessness Assistance Act</a>.</p> <p><b>Catalina/Jen will look into best practices for recovery friendly policing</b> for White Horse.</p>
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	<p>are best practices about recovery friendly policing but would like to share/publish information about it. Jen and Catalina could help look into best practices, then White Horse could take that to local police departments and sheriffs.</p> <p><b>Heather/NH DOE-</b> YSP could contact Christy Dotson (<a href="mailto:Christina.l.dotson@doe.nh.gov">Christina.l.dotson@doe.nh.gov</a>) who does work with the <a href="#">McKinney-Vento Homelessness Assistance Act</a> and with school liaisons across the state. This national law requires every school to have a designated person that oversees responding to issues and concerns relating to homelessness that students/families experience, along with special transportation, free/reduced lunch, and IEP meetings. Heather also sits on a subcommittee for homeless youth and can help share YSP information/trainings, especially for National Youth Homelessness Awareness Month in Nov.- <a href="mailto:heather.m.clogston@doe.nh.gov">heather.m.clogston@doe.nh.gov</a>  <a href="#">NH DOE Education for Homeless Children and Youth Program</a></p>	
Assets and Gaps Analysis –	<p><b>Carroll County Sequential Intercept Mapping Event</b> – Bridging Criminal Justice System and Mental Health/SUD Services. Save the Dates 10/31 &amp; 11/1. Anne Zinkin. To discuss how to identify places where we can make referrals for mental health/SUD services as people move through the criminal justice system. By invitation only but if you’re interested, contact Catalina for an invitation- <a href="mailto:Catalina.kirsch@graniteuw.org">Catalina.kirsch@graniteuw.org</a></p> <p><b>Memorial Hospital Community Health Needs Assessment.</b> Sue Ruka. C3PH is partnering with Memorial to gather data about the community needs in the hospital catchment area. More info coming soon, it’s scheduled for Nov. 12. Everyone in this meeting is most likely on the list for more info, but if not, reach out to Catalina- <a href="mailto:Catalina.kirsch@graniteuw.org">Catalina.kirsch@graniteuw.org</a></p> <p><b>NH BDAS DUI Response Pilot Program.</b> Fall 2024 in Carroll County to bring stakeholders together, waiting to hear back from them about how to proceed. Data had showed there was a significant number of impaired driving incidents in this area.</p>	<p><b>Catalina will send info about SIM Event to Matt/White Horse.</b></p> <p><b>Caleb will ensure that Huggins Hospital has Shannon Cloos’ contact info for their Community Health Needs Assessment next year.</b></p>
Increasing Awareness of and Access to Services -	School Open Houses update- C3PH has tabled at 10 open houses this year with resources for caregivers and schools, with one more open house next week. More schools have been interested this year and C3PH would love to come to future events as well.	<b>If your school is interested in having C3PH table</b> at any event that involves parents/caregivers,

	<p><a href="#">Tobacco/Nicotine/Vaping Resources List</a>- Contains quit resources, curricula, alternatives to suspension, presentations, and best practices for adults and youth.</p> <p>Interest in LGBTQIA Resources list? 2023 YRBS showed LGBTQIA youth were high risk, wanted to pull something together for info/resources. Rachel/Better Life Partners- Has seen that a different public health network, possibly Greater Sullivan County Network, has a youth LGBTQIA handbook – Rachel will track it down and send it out.</p> <p><a href="#">NAMI NH Family to Family Ossipee</a></p> <p>SOS Recovery is working to gather information on all the Recovery Family Support Services in the state. White Horse and MWVSR have submitted information. See more info here Send info to <a href="mailto:catalina.kirsch@graniteuw.org">catalina.kirsch@graniteuw.org</a></p> <p>See all our Resource Guides at <a href="https://www.c3ph.org/resource-center/resource-guides">https://www.c3ph.org/resource-center/resource-guides</a></p>	<p>please reach out to Jen- <a href="mailto:Jennifer.thomas@graniteuw.org">Jennifer.thomas@graniteuw.org</a></p> <p><b>Rachel will look for the Youth LGBTQIA Handbook</b> from Greater Sullivan County Network and send it to Jen/Catalina. <a href="https://childrens.dartmouth-health.org/sites/default/files/2020-03/NH-PIP-LGBTQ-Brochure-2018.pdf">https://childrens.dartmouth-health.org/sites/default/files/2020-03/NH-PIP-LGBTQ-Brochure-2018.pdf</a></p> <p>Catalina will send SOS Recovery info about the Family Resource Centers across NH/Children Unlimited and Alternative Peer Groups. See SOS Recovery Family Supports page: <a href="https://sosrco.org/what-we-do/family-recovery-program/">https://sosrco.org/what-we-do/family-recovery-program/</a></p> <p>See APG flyer: <a href="#">Alternative Peer Group Flyer here</a></p>
<p>Communication and Collaboration among providers – Capacity and Delivery of Services</p>	<p><a href="#">Alternative Peer Groups – recruitment and referrals</a> See more info/updates below.</p> <p><a href="#">MCAP Access Line for PCPs, Schools. See flyer</a> NH MCAP Access Line- Provider-to-provider child psychiatry support. Allows PCPs, clinicians (e.g. clinicians at White Horse Recovery), school counselors, school psychologists, etc., to schedule a consult with a provider from Dartmouth Health Children’s Psychiatry team for guidance/support to care for a child/family and the provider can bill for the time.</p> <p>Housing Charrette Events. How did they go? Caleb- Listening session went well, lots of perspectives and ideas, waiting for the design team’s video for the project- geared towards a subdivision style of single-family homes. The video should be posted on the</p>	<p><a href="#">Alternative Peer Group Flyer here</a></p>

	<p>MWV Housing Coalition <a href="#">website</a> or <a href="#">Facebook page</a> soon.</p> <p><a href="#">Carroll County Veterans Coalition – October 18<sup>th</sup> VA SAVE/CALM training</a></p> <p>Carroll County Veterans Coalition is hosting two free trainings on Oct. 18 at King Pine Base lodge ski area. VA SAVE is a suicide prevention training (data geared towards veterans and servicemembers but info is for everyone) and Counseling on Access to Lethal Means (CALM) training is about how to start conversations about safety planning for someone who is in a crisis moment. Still have space for 14 more people. Sign up <a href="#">here</a> or reach out to Jen-<a href="mailto:Jennifer.thomas@graniteuw.org">Jennifer.thomas@graniteuw.org</a>. Please share the flyer and info!</p> <p>Other announcements about services delivery or capacity?</p>	
<p>Disseminating resource guides and other information - Catalina</p>	<p>See C3PH.org <a href="https://www.c3ph.org/resource-center/resource-guides">https://www.c3ph.org/resource-center/resource-guides</a></p> <p>YRBS Resource Guide and Infographic news- Infographic coming soon.</p>	
<p>Stakeholder assistance in information dissemination - Catalina</p>	<p>See <a href="#">CC Responds to SUD Flyers Folder here</a></p> <p><a href="#">See C3PH Flyers Folder here</a></p>	
<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"> <li>1. 2023 YRBS priority indicators – mental health/suicide, dating violence, vaping, alcohol</li> <li>2. Working on infographics with Growth Partners, they will be ready soon. Target audience is parents/caregivers and school administration and staff.</li> <li>3. Identifying military families. Working with DOE, DMAVS, VA, DHHS. <ol style="list-style-type: none"> <li>a. Utilizing <a href="#">Ask The Question   Ask the Question (nh.gov)</a></li> <li>b. Schools and youth servicing organizations identified as an area of focus</li> <li>c. CCVC is aiming to host a training about this</li> </ol> </li> <li>4. Providing technical assistance with strategic planning to partners who are assessing substance use or mental health needs in their organization</li> </ol>	

<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"> <li>1. <a href="#">Alternative Peer Groups</a> – Peer to peer support for youth (ages 12-25) intersecting with substances in some part of their lives and substance free activity opportunities with resources and opportunities for parent/caregiver/family engagement. <ol style="list-style-type: none"> <li>a. North with MWV Supports Recovery and TERRA Equine Therapy Center on Thursday afternoons, currently accepting referrals.</li> <li>b. South with Kingswood Youth Center and White Horse Recovery on Monday afternoons, still have plenty of space and are accepting referrals.</li> <li>c. Referrals can be self-referrals, from parents, schools, or providers.</li> <li>d. Discussions about using APGs as alternatives to suspension.</li> </ol> </li> <li>2. Continued interest and feedback from you on what our community needs for programming!</li> </ol>	<p><a href="#">Alternative Peer Group Flyer here</a></p>
<p>Community engagement and mobilization – Catalina</p>	<p>NH Charitable Foundation Grant for 2024-2025- C3PH will be doing more community engagement work this year, including messaging and training about how to get involved in community engagement and having your voice heard, along with public health outreach work. More details in the winter.</p>	
<p>Leadership Team membership and structure</p>	<p>Are we going in the right direction? What else should we be doing?</p>	<p>Send ideas to Jen Thomas or Catalina Kirsch</p>
<p>Other updates?  Early ID &amp; Intervention   Treatment &amp; Recovery</p>	<p>Rachel Miller/Better Life Partners- Provides services on Zoom and same day appointments- group and individual counseling, recovery coaching, and virtual care (can prescribe antibiotics, etc.). Accepts any type of insurance and won't turn anyone away for lack of insurance. Currently has meetings in person once a month in Center Conway.</p> <p>Jackie Difonzo/Children Unlimited - Working on expanding Kinship support groups- Groups at the Conway Library, Ossipee Church, and a new virtual group. Jackie will send the updated flyer to Catalina.</p> <p>Shannon Cloos/KRHS- New school social worker at Kingswood Regional High School, learning the ins and outs of the school and about available</p>	<p>Catalina will ensure we have the most up to date <b>Children Unlimited flyers</b>.</p> <p><a href="#">Children Unlimited October Newsletter</a></p> <p><a href="#">Kinship Support Group</a></p>

resources. C3PH is available at any time if you have questions/need resources.

Angelic/Memorial- Comprehensive Addiction Medicine Program is still taking new referrals, trying to work with the ED to get them on board with referring to us. We are starting a weekly women’s group for our patients. Rose from MWV Supports Recovery is leading this group. We are trying to get more attendance at our weekly SMART Recovery group on Thursdays from 3-4pm.

Matt/White Horse- White Horse has 5 clinicians on staff along with recovery supports. Accepts insurance but it’s okay if they can’t pay and can provide transportation. Operates IOP with an active IOP group and IOP aftercare on Tuesday evenings, along with SMART recovery meetings, including two SMART recovery groups at the Carroll County jail which have been going well. The RCOs are active, anyone can come in and get help. Looking to extend APGs into the northern side and trying to do more family and youth engagement- Potentially collaborate with Jackie/Children Unlimited. Red Ribbon Week collaboration? The goal for 2025 is to open sober living, especially in Ossipee area. (Thistledown is still in operation and has room.)

Heather- [NH Suicide Prevention Council Annual Conference](#) is on Nov. 24, scholarships are available. Heather used to coach Governor Wentworth School district on MTSS-B, can connect with Shannon about that. Heather attended the NHADACA annual meeting in Meredith and there was an Opioid Drug Overdose Review- opportunity to connect with Jennifer Sabin about how they do their reviews and about building community level strategies for substance use prevention- potentially collaborate with that commission. [Suicide Prevention in New Hampshire | NH Suicide Prevention Council \(preventsuicidenh.org\)](#)

Catalina- Death from overdose has gone down nationwide (although numbers are still pretty high). Idea to have people from the Drug Monitoring Initiative come to present the year in review data for the February meeting.

[October Playgroup Flyer](#)  
[Children Unlimited](#)  
[Halloween Party Flyer](#)

Angelic will send Catalina flyers for **women’s group and SMART Recovery**. [See flyer here](#)

Catalina will follow-up with the Opioid Drug Overdose Review to get the summary data from their presentation at NHADACA.

Catalina will forward the latest Drug Monitoring Initiative data and will reach out to them about having them present the year in review data at our February meeting.

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?**

10:30 Adjourn.

Happy Autumn! 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](mailto:continuum@c3ph.org).

Jennifer Thomas, [jennifer.thomas@graniteuw.org](mailto:jennifer.thomas@graniteuw.org)

Catalina Kirsch, [continuum@c3ph.org](mailto:continuum@c3ph.org)

Next meeting:

You are invited to a Zoom meeting.

When: December 3, 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)





 WE ARE RECRUITING

# YOUTH LEADERS



- Use your lived experience to help **end youth homelessness** in New Hampshire
- Build **leadership skills** and learn how to use your voice for **change**
- Meet other young people who have experienced homelessness
- Use your lived experience to help **end youth homelessness** in New Hampshire



LEARN MORE BY  
SCANNING THE QR CODE OR TYPING  
“[BIT.LY/YSPLEADER24](https://bit.ly/y spleader24)” INTO YOUR  
BROWSER



**JOIN US!**



YOUTH  
SUCCESS  
PROJECT

# Recruiting Members

A board of **young people who have experienced homelessness** in New Hampshire while under the age of 25 and without a parent or guardian.



**Paid at  
\$20 per  
hour**



- Use your lived experience to help **end youth homelessness** in New Hampshire
- Build **leadership skills** and learn how to use your voice for **change**
- Meet other young people who have experienced homelessness
- Attend meetings **when you are available** and share only what you are comfortable with



Join us on zoom **twice a month** as we work to end youth homelessness in New Hampshire!

**Let us know you are interested** in joining by scanning the QR code or typing "bit.ly/joinysp" into your browser







## YOUTH SUCCESS PROJECT

**What we do:** the YSP makes sure that youth voices and lived experience are a part of decision making by adults about services and supports for young people experiencing homelessness



**What we've done:** The YSP has helped write plans for how to end youth homelessness in NH, trained case managers on how to work with young people, pushed for support for students on college campuses, made an artbook, and so much more!!

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**How it works:** We have youth leader positions and general member positions. Anyone who is 16-25 and has experienced homelessness in New Hampshire can be a general member. We have general member meetings twice a month and there is no required attendance-- you can join when it makes sense for you. General members are paid \$20/hour by check. There are 4 YSP leaders that work about 24 hours a month and attend community meetings with adult partners. They are required to attend weekly meetings and lead projects with support from the YSP directors. Leaders are employees, complete a timecard, are paid \$30/hr by biweekly direct deposit.

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**More info:** If you want more information, have questions, or want to get involved you can message us on social media, email us, or fill out the form that is linked on the front of this page.

 @nhyouthsuccess  
 @YouthSuccessProject  
nhyouthsuccess@gmail.com  
www.nhyouthsuccess.com

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# BLACK LIVES MATTER.



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](mailto:acallanan@childrenunlimitedinc.org)

Please specify time you would like to join



## FREE TRAININGS

# VA S.A.V.E

AND

# COUNSELING ON ACCESS TO LETHAL MEANS (CALM)

.....

The Carroll County Veterans Coalition is hosting a one-day event featuring two FREE trainings. The VA S.A.V.E. training teaches participants how to help a veteran in crisis, while the Counseling on Access to Lethal Means (CALM) training is designed to improve the ability to have conversations about, reduce access to, and make safety plans regarding lethal means in a household where someone is at risk for suicide. These trainings are open to all community partners, with a focus on information related to veterans and service members.

Free lunch and  
snacks provided!

**REGISTER NOW**



SCAN ME

Or go to: <https://tinyurl.com/2p9uv9xh>

**DATE:** Friday, October 18, 2024

**TIME:** 0900 - 1530 hours

**LOCATION:** King Pine Ski Area  
Base Lodge Fireplace Room  
Route 153  
Madison, NH 03849

**FMI:**

[jennifer.thomas@graniteuw.org](mailto:jennifer.thomas@graniteuw.org)





# Alternative Peer Groups

Supporting One Another to Make Healthy Choices about Substance Use

## 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



**University of  
New Hampshire**

✉ [IOD.CBH@unh.edu](mailto:IOD.CBH@unh.edu)

🌐 [iod.unh.edu/creating-connections-nh](http://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.*



# NH MCAP

Mental Health Care Access **in Pediatrics**

## Empowering Educators

*Strategies for Staff Well-Being ECHO*

### Learn about:

- Vicarious Trauma
- Self Regulation and Coping Mechanisms
- Time Management and Work/Life Integration
- Building Supportive Relationships
- And more!



### When:

Wednesdays  
October 2nd - November 20th  
8:00am - 9:00am

### Audience:

Professionals working  
in K-12 schools



Register here

Questions?  
Please contact  
[Cait.McAllister@unh.edu](mailto:Cait.McAllister@unh.edu)



**Institute for Health  
Policy and Practice**



NH DIVISION OF  
Public Health Services  
Improving health, preventing disease, reducing costs for all  
Department of Health and Human Services



NH  
CITIZENS  
HEALTH  
INITIATIVE



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



(603) 650-4741

Provider-to-provider  
child psychiatry support



## 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.



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 visit [HRSA.gov](https://www.hrsa.gov).





# NH MCAP ACCESS LINE

**(603) 650-4741**

Provider-to-provider child psychiatry support

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

## HOW IT WORKS

**1**

**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.

**2**

**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.

**3**

**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.

**4**

**Consult recommendations are e-faxed to PCP**

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



**Institute for Health  
Policy and Practice**



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# NAMI Family-to-Family

National Alliance on Mental Illness

**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](https://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."*



## NAMI New Hampshire

National Alliance on Mental Illness

### Questions about the program?

Contact Martha Dorey

[mdorey@naminh.org](mailto: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.

Please join us on Oct. 4 at 6 pm for our annual Candlelight Vigil in Schouler Park with a walk to M&D Theatre

Following the Vigil, at 7 pm, there will be a fundraising event for Starting Point - Underground Sunshine: A Celebration of Women in the Arts. For tickets or more information please visit [www.catwolfllove.org](http://www.catwolfllove.org)

Tickets start at \$20. A portion of the proceeds and all of the money raised from the "Live Art" drawing will go toward direct service care at Starting Point.

Schouler Park  
October 4 at 6 pm

### Candlelight Vigil

An evening of remembrance  
for those whose lives  
were lost to domestic violence,  
for those whose lives  
were shattered by  
domestic violence,  
and for those  
who survived and lit  
the way for others.



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





## ★ Veterans Food Assistance Program ★

### What?

Starting October 1st DVNF will be offering a one-time grant per veteran household to support their nutritional needs.

### How to Apply

We have an online application that will need to be completed by the Veteran. The application can be found at <https://www.grantinterface.com/sl/dI4NjA>. The link will be open starting October 1st, 2024.

### Veteran Qualifications

- Must have a DD214 or Veteran ID
- Was discharged or released under conditions other than dishonorable
- A letter of reference from a case worker or advocate may make the application more favorable.

### Other Details

- This is not a monthly grant.
- The groceries will be delivered directly to the Veteran using Walmart or grocery store delivery service.
- Veterans can receive up to \$450 worth of groceries

For more information, please contact us: (202) 737-0522 - [info@dvnf.org](mailto:info@dvnf.org)  
[www.dvnf.org](http://www.dvnf.org)



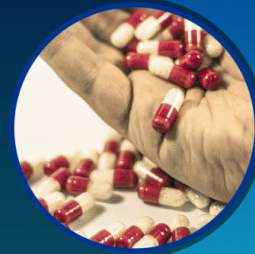
# HELP CREATE A SAFER COMMUNITY

## 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



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**HHS.gov**



**ASPR** Administration for Strategic  
**Preparedness & Response**



**COVID-19 Testing**

**Order Your 4 Free At-home COVID-19 Tests**

Every U.S. household is eligible to order 4 free at-home tests.

**[covidtests.gov](https://covidtests.gov)**