

CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

Agenda – December 3, 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

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-kCE6IZ2VfKwWa2gB6lJ0vWaV_wr?usp=sharing

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

Attendance:

Jackie DiFonzo	Family Support Provider and Kinship Navigator, Family Resource Center
Matt Bohannon	Director of Outreach, Live Free Recovery Services
Chuck Henderson	Senator Shaheen’s Office
Ellie Masson	Recovery Friendly Advisor, Recovery Friendly Workplace
Shannon Cloos	MSW, Kingswood Regional School District
Jack O’Connor	Outreach Coordinator, Avenues Recovery Centers
Kim Ip	Community Engagement Coordinator, New Futures
Ryan Donelan	Aware Recovery Care
Jen Thomas	Substance Misuse Prevention Coordinator, C3PH
Catalina Kirsch	Continuum of Care Facilitator, C3PH
Emily McArdle	Young Adult Outreach, C3PH

- Strategic Planning for Fiscal Year 2025

Objectives	Updates	Follow up items, By Who
Assets and Gaps Analysis –	<p>1. Student Assistance Programs (SAPs)- JSI and C3PH are offering a presentation about SAPs, Friday, Dec. 13, at 12pm via Zoom. SAPs are for middle and high schools and the presentation covers how to include SAPs into schools’ existing supports and how JSI can provide funding for 3 years. There are currently no SAPs in Carroll County. Flyer below. Register here: https://forms.gle/UXsCfVoa42jUDDJP7 More info about SAPs: https://www.dhhs.nh.gov/programs-</p>	<p>Register for the SAP Info Session and Q&A: https://forms.gle/UXsCfVoa42jUDDJP7</p>

	<p>services/alcohol-tobacco-other-substance-misuse/student-assistance-program</p> <ol style="list-style-type: none"> 2. Resources and programs for LGBTQIA – per 2023 YRBS- Working on getting more resources, programs, and information out there. 3. Resources/curricula for Healthy Relationships -Per 2023 YRBS- Working on pulling together some curricula for schools with Starting Point, including for the GWRSD elementary schools. 4. Need for more Youth Behavioral Health options, especially LADC/MLADC- No accessible resources in the area right now, working on gathering options. If you know of any or have ideas, email Jen at Jennifer.thomas@graniteuw.org 5. Carroll County Sequential Intercept Mapping (SIM) Event – Bridging Criminal Justice System and Mental Health/SUD Services. Report out and follow up- Well-attended, worked with many different sectors. Created 3 subcommittees for the identified priorities: Subcommittees <ul style="list-style-type: none"> - MH Court for Carroll County – Jen Thomas is a member - Increasing Behavioral Health Providers – Catalina Kirsch is a member - Transitional Housing for Re-entry from Corrections – Caleb Gilbert is a member 6. Memorial Hospital Community Health Needs Assessment. Report out and follow up- Well attended in Conway, the report will come out soon. Interesting to note- social determinants of health needs (housing, transportation, basic needs) came to the surface this year. In the past, areas of concern were focused on chronic diseases. 7. NH Care Connections (Unite Us NH) is rebooting in Carroll County. Working with GUW/public health networks to create a closed loop referral system. Organizations can have the software and then can track their referrals. More info coming soon. FMI: https://uniteus.com/networks/new-hampshire/ 	<p>Jen/Emily will follow-up with LGBTQIA+ Resource Guide when it is ready. In the meantime see LGBTQ Mental Health Resources from NAMI NH</p> <p>Catalina will share final published CC SIM report once it becomes available. For more info contact Rachael Azotea, razotea@courts.state.nh.us</p> <p>Catalina will share the with the Community Health Needs Assessment report. See key findings report here: MWV Stakeholder Forum Key Findings</p> <p>For more info about NH Care Connections (Unite Us) closed loop referral systema and how to register your org., contact Yahaira Hood, yahaira.hood@uniteus.com</p>
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	<p>8. NH Coalition to End Homelessness Regional Roundtable Update- Meeting in Ossipee, gathered info from different sectors and from people with lived experience. A report will be coming soon.</p>	<p>Catalina will share the NH Coalition to End Homelessness report when it is ready. For more information contact Nicole Johnson, njohnson@nhceh.org</p>
<p>Increasing Awareness of and Access to Services -</p>	<ol style="list-style-type: none"> 1. Click on this link for the C3PH Tobacco/Nicotine resource list 2. LGBTQIA resource list coming soon 3. Youth BH/LADC list options (in-person, virtual etc.)- Discussed ideas/options at last Youth SMP meeting- talk to providers about contract positions, virtual options, volunteers, pre-certified behavioral health specialists, permanent in-house options. SAP position could help fill some of this role. 4. Avenues Recovery Center- Jack O’Conner Substance Use/Alcohol Use Disorder treatment program (also supports mental health- counseling, case management, and medications), for ages 18+, two locations in NH- Dublin and Concord. Dublin location offers detox and residential program (men and women), 49 bed facility, about 15 beds dedicated to detox from all substances. NPs on site, works with most/all medication-assisted treatments and works with most insurances. Concord location offers PHP (partial hospitalization programming) and IOP (intensive outpatient program) with sober housing in Manchester, up to 4 months (Medicaid only covers 1 month). Starts with 7 days of PHP and then steps down gradually, with smooth transition back to community. 24/7 supervision by nurses in Dublin and behavioral techs in Manchester. Can facilitate transportation to the treatment center. 5. Matt Bohannon- Live Free Recovery Services- Treatment program for ages 18+ with locations in Keene and Manchester. Provides detox, residential, and partial hospitalization. Working on expanding in Manchester (90-day treatment program for men, with community integration- opening end of year/beginning of next year with 20 beds, only for Medicaid). Expanding detox services- Will be opening 55-bed residential detox in Manchester in the downtown. Similar programming as Avenues, but also 	<p>Jen will follow up with Matt and Ryan about the info for the CCVC Conference so their organizations can table there.</p> <p>FMI Jack O’Connor 603-703-9549 , Jack.oconnor@avenuesrecovery.com https://www.avenuesrecovery.com/locations/new-hampshire-drug-rehab-center/</p> <p>FMI Matt Bohannon mbohannon@livefreerecovery.com https://livefreerecoverynh.com/ (888) 705-3759 Admissions (888) 610-2847 lfrsadmissions@livefreerecoverynh.com</p>

	<p>accepts clients on methadone. Offers transportation for any level of treatment using UberHealth- Can pick up from Carroll County and have also been working with White Horse to transport people to a half-way point.</p> <p>6. Ryan Donelan- Aware Recovery Care- 52-week in-home treatment program for substance use disorders and mental health for ages 18+ through a combination of in-home, in-person and telehealth appointments. Can serve as an aftercare program for those leaving more structured programs. Has a family wellness program as well. Each client is assigned a team for the 52 weeks (team- care coordinator, 2 recovery advisors, family program groups/support, individual therapy with a psychotherapist, family-systems therapy, and now also providing medication prescriptions as well). Insurance has been the biggest barrier (currently only accepts commercial insurance) but there will be new contracts in 2025.</p> <p>7. Continued resource table events- CCVC would like providers/organizations to have a resource table at our upcoming conference in March (doesn't have to be veteran related). Matt and Ryan are interested when more info is available</p> <p>8. Naloxbox Installation. See attached flyer. Contact Catalina if you're interested</p> <p>9. See all our Resource Guides at https://www.c3ph.org/resource-center/resource-guides</p>	<p>FMI Ryan Donelan Aware Recovery Care rdonelan@awarerecoverycare.com 508-517- 0381 www.awarerecoverycare.com</p> <p>To host a table at Carroll County Veterans Coalition Conference in March, contact jennifer.thomas@graniteuw.org</p> <p>To discuss installing a Naloxbox at your place of business, contact catalinackirsch@graniteuw.org</p>
<p>Communication and Collaboration among providers – Capacity and Delivery of Services</p>	<p>1. <u>Alternative Peer Groups – recruitment and referrals</u></p> <p>a. APG family night at Makers Mill – Create Recovery Night- in the works- called “Create Recovery”. APGs for youth that are intercepting with substances in some way.</p> <p>b. Working with Starting Point on “Healthy Relationship” curricula/information for GWRSD</p>	<p>Please refer youth/young adults for Alternative Peer Groups in Center Conway and Wolfeboro. See flyer: Alternative Peer Groups – recruitment and referrals</p>

	<p>2. LICSWA (Licensed Social Worker Associate) Program https://naswnh.socialworkers.org/Professional-Development/LSW-LSWA</p> <p>3. NH MCAP Access Line – see flyer below. Allows providers to consult within 2 days of request with the child psychiatry department at Dartmouth. FMI https://www.nhpiip.org/nh-mcap</p>	<p>FMI on LICSW Associate program : https://naswnh.socialworkers.org/Professional-Development/LSW-LSWA</p> <p>Primary Care Providers, School Behavioral Health, please take a look and take advantage of this program! FMI FMI https://www.nhpiip.org/nh-mcap</p>
<p>Disseminating resource guides and other information - Catalina</p>	<ol style="list-style-type: none"> 1. For service members, veterans and their families – www.carrollcountyveteranscoalition.org 2. See C3PH.org Resource Guides https://www.c3ph.org/resource-center/resource-guides 3. Carroll County Transportation: https://keepnhmoving.com/region/region-2/ See flyer below. 4. YRBS Resource Guide and Infographic- Click links or see infographics below. <ol style="list-style-type: none"> a. https://www.c3ph.org/assets/pdf/YRBS_2021_Carroll_County-School_Leadership-final_2021_10_01.pdf b. https://www.c3ph.org/assets/pdf/YRBS_2021_Carroll_County-Public_final_2024_10_04.pdf 5. <u>NH DMI Drug Environment Report Sept 2024</u> New Hampshire's Drug Environment Summary: <ul style="list-style-type: none"> • There are currently 201 confirmed overdose deaths for 2024 with 48 pending; at this time in 2023 there were 297 confirmed deaths and 61 pending. • Confirmed overdose deaths so far in 2024 are over 32% 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 9 months of 2024, the number of suspected opioid overdoses in both Manchester and Nashua continue to trend double digit percentage points below 	

	<p>last year. Manchester is on track to have 22% less suspected opioid overdoses than last year and 19% less deaths. Nashua is on track to have 15% less suspected opioid overdoses than last year and 35% less deaths.</p> <p>Added: NH DMI Drug Environment Report October 2024. Summary: There are currently 228 confirmed overdose deaths for 2024 with 33 pending; at this time in 2023 there were 327 confirmed deaths and 61 pending.</p> <ul style="list-style-type: none"> · Confirmed overdose deaths so far in 2024 are over 30% 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 10 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 21% less suspected opioid overdoses than last year and 17% less deaths. Nashua is on track to have 15% less suspected opioid overdoses than last year and 42% less deaths. 	
<p>Stakeholder assistance in information dissemination - Catalina</p>	<p>See CC Responds to SUD Flyers Folder here</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"> 1. Jen will be working with Carroll County Adult Ed and their students to assess Carroll County climate and what their needs are and involve them in strategic planning. 2. 2023 YRBS priority indicators – mental health/suicide, dating violence, vaping, alcohol 3. 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. Schools and youth servicing organizations identified as an area of focus- Kids experience large amounts of stress and different home lives and they are a high-risk 	

	<p>group for substance use and mental health issues</p> <p>4. Providing technical assistance with strategic planning to partners who are assessing substance use or mental health needs in their organization</p>	
<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. Carroll County Veterans Coalition- PTSD/STSD Presentation on December 19 at Tamworth Visiting Nurse (behind Town Hall) 1100-1300 Register here: https://forms.gle/mMPwU7QBUFHdjU3Z9 2. Additional CCVC trainings and activities coming soon, including our conference! <ol style="list-style-type: none"> 1. <u>Alternative Peer Groups</u> – 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 2. Continued interest and feedback from you on what our community needs for programming! 	<p>Register for the PTSD and Secondary Trauma Presentation: https://forms.gle/mMPwU7QBUFHdjU3Z9</p> <p>Please refer youth/young adults for Alternative Peer Groups in Center Conway and Wolfeboro. See flyer: <u>Alternative Peer Groups – recruitment and referrals</u></p>
<p>Community engagement and mobilization – Catalina</p>	<p>NH Charitable Foundation Grant for 2024-2025 for advocacy work- Looking for ways to raise awareness on how citizens can get involved and have a voice. New Futures offering:</p> <p><u>Winter Training Series Includes</u></p> <ul style="list-style-type: none"> • <u>Advocacy 101 Webinars:</u> Learn how the state legislature works and how to effectively engage. • <u>Full-Day Advocacy 101 Trainings:</u> Deep dive into advocacy skills, featuring workshops about messaging crafting and a State House tour. • <u>Budget Process Webinar:</u> Understand the ins and outs of New Hampshire's budget process and the best ways to get involved. <p>Whether you're a first-time advocate or looking to refresh your skills, these trainings will equip you with the skills to create meaningful change.</p> <p>Register for one or more sessions at new-futures.org/trainings.</p>	<p>See upcoming advocacy training series by New Futures here: <u>Winter Training Series</u> Register for one or more sessions at new-futures.org/trainings.</p>

Leadership Team membership and structure	Are we going in the right direction? What else should we be doing?	
<p>Other updates?</p> <p>Early ID & Intervention</p> <p>Treatment & Recovery</p>	<p>Chuck/Senator Shaheen’s Office – No updates</p> <p>Kim/New Futures- The legislative session will start in January- it is a budget year, so it is fiscal related. Bills regarding funding or not funding the Alcohol Fund and to address the 13th step- a bill to recategorize recovery homes will be coming up. Advocacy trainings coming up in January via Zoom.</p> <ul style="list-style-type: none"> • State budget trainings are available from New Futures at https://new-futures.org/trainings#custom-training • Agency Budget Presentations are found at nh.gov/budget/. • An analysis of current revenues and agency requests as of November 8, 2024, is available from the New Hampshire Fiscal Policy Institute at nhfpi.org/blog/state-agency-budget-requests-identify-16-9-billion-in-priorities-for-fiscal-years-2026-and-2027/. <p>Ellie/Recovery Friendly Workplace- Recovery Friendly Workplace is an Initiative by the Governor’s office and administered by Granite United Way. Provides free services to businesses- businesses are given a Recovery Friendly Workplace advisor to work with them, offer guidance, and connect them to public health and recovery resources. Also offers policy guidance. Services can help businesses that have employees with direct lived experience and those are impacted by substance use without direct lived experience. If you’re interested in becoming a Recovery Friendly Workplace: https://www.recoveryfriendlyworkplace.com/interest Pam Carvey has strong connection to Veterans Coalitions so she would likely be interested in joining the CCVC Conference.</p> <p>Jackie/Family Resource Center- Launched the Newborn Navigation Program (first Family Resource Center to do so in NH). The program is taking referrals from hospitals/health centers for people that are pregnant or just had a newborn, and it offers comprehensive services (home visiting, connecting to resources)- Arielle will be taking this on (Arielle will send more info to Catalina). Starting new Kinship Support Group for foster care guardians- Group starting on Monday, Dec. 16, at the Pope Memorial Library, 10:15-11:15am or via</p>	<p>C3PH is interested in hearing trends and knowing what the gaps are so we can offer resources, and any feedback about what a good use of time at these meetings would be, e.g. what presentations/trainings would be useful.</p> <p>Ellie will connect Jen with Pam Carvey about joining the Veterans Conference.</p> <p>See flyers attached for program offerings from Children Unlimited</p>

	<p>Zoom from 6-7pm, and will continue to be on the third Monday of the month. Still doing diaper depot program, kinship groups- Conway Kinship Group will be moving from the Conway Library to the Pope Memorial Library. See flyers below.</p> <p>Shannon/Kingswood Regional High School- These meetings are helpful for her to hear about the community resources. She has shared out Jen’s Quit Resources with students at the school, will look into the SAP program and presentation, and will share MCAT flyers at the school.</p> <p>Heather Clogston/NH DOE- Emailed this update: There will be a Know and Tell Training that will be held in March for those interested. You can learn more information about it here.</p> <p><u>Added: From UNH Institute for Health Policy and Practice</u></p> <p>Please find attached a flyer with information about an exciting new learning opportunity available for social workers, occupational therapists, nurses, clinical supervisors, students, and all behavioral health professionals working with youth. This ECHO series is titled <i>Anti-Oppressive Practices in Behavioral Health for Children, Adolescents, and Youth</i> and will be running October - April. Utilizing Project ECHO methodology, both participants and subject matter experts will learn together through brief presentations and case-based learning. The curriculum will include:</p> <ul style="list-style-type: none"> • October 29th: Overview of Power, Privilege, and Oppression • November 12th: Self-Reflection in Anti-Oppressive Work: Understanding Your Role and Impact • December 3rd: Power Dynamics Within Practice • February 11th: Beyond Stereotypes: Deepening Understanding of Personal and Cultural Diversity • March 11th: Respectful Engagement: Moving Beyond Cultural Imposition to Build Meaningful Connections • April 8th: Repairing Relationships: Managing Harm and Recovery in Practice 	<p>Find out more and register for this virtual series here. We hope to see you join our learning community! Please feel free to share this opportunity with anyone in your network who may be interested. If you have any questions please contact cait.mcallister@unh.edu</p>
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10:25 Other updates? Announcements?

10:30 Adjourn.

Happy Holiday 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:

When: Feb 4, 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.

If you save it to your calendar you will have all upcoming meetings saved.

1st Tue of Oct, Dec, Feb, Apr, Jun, Aug by Zoom. 9:00-10:30am This meeting is for anyone in healthcare, social services, public safety, education, business, government and concerned citizens who want to work together in a community wide response to substance use disorder.

9:00-10:30 Providers Updates

Prevention

Early Identification & Intervention

Treatment and Recovery

[Agenda and minutes available here.](#)

[Please register here. Free and open to the public.](#)

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 licensure to provide/receive care	Professional development & career ladder
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- 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 towards this also)	ASWB BSW Exam required
Supervision agreement on file and approved by Board of Mental Health Practice	You can sit for the exam once you've been supervised for 18 months
Supervision Agreement in on OPLC website under "Education"	You can find the request to sit for the exam on the OPLC website under "Education"
Can be someone outside the organization (off-site supervisor)	Application for the full license at the end of the 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 (AA, BA, BS) with courses in human services (psychology, addiction, etc.)	You will receive your LSWA-C (Licensed Social Work Associate - Conditional) once the supervision 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 "Education"	You can sit for the exam once you've been supervised for 18 months
Can be someone outside the organization (off-site supervisor)	You can find the request to sit for the exam on the OPLC website under "Education"
If Bachelors (BA/BS degree): 2 years/100 supervision hours (from an LICSW, LCMHC, LMFT)	Bachelor's degree - 4000 hours of work, no fewer than 2 years
If Associates (AA) degree: 3 years/150 supervision hours (from an LICSW, LCMHC, LMFT)	Associate's degree - 6000 hours of work, no fewer 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. <https://www.oplc.nh.gov/board-mental-health-practice>

You can find the application [here](#) . 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.



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

🌐 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.



★ 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
www.dvnf.org



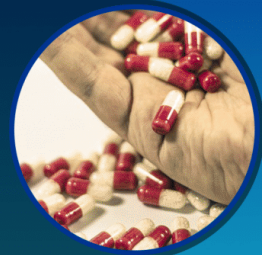
HELP CREATE A SAFER COMMUNITY

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



This project was supported by the Substance Abuse and Mental Health Services Administration of the National Institutes of Health under award number 1H79TI085612-01. 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.

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

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> • Carroll County Coalition for Public Health • North Country Council • MWV Economic Council • Adult Day Center • The Gibson Center for Senior Services • CCRVSP | <ul style="list-style-type: none"> • Tri-County CAP • Carroll County Adult Education • Maine Health • Ossipee Concerned Citizens | <ul style="list-style-type: none"> • White Horse Recovery • NH Community CareGivers • Interlakes Community CareGivers |
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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



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.



(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.



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WHAT IS CARROLL COUNTY'S

2021 YRBS

CARROLL COUNTY COALITION
FOR PUBLIC 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



Granite United Way

CARROLL COUNTY COALITION
FOR PUBLIC HEALTH



www.c3ph.org | Carroll County Coalition for Public Health (C3PH)
1230 Route 16 | Ossipee, New Hampshire 03864 | 603.301.1252 | info@c3ph.org

What is the Youth Risk Behavior Survey?

CARROLL COUNTY COALITION
FOR PUBLIC HEALTH

The Youth Risk Behavior Survey (YRBS) asks students about risky behaviors and those behaviors that keep them safe. Data from the YRBS helps pinpoint health issues that are common among students so that schools and communities can create programs to **help students make safer and healthier choices.**



How was the 2021 data analyzed?

YRBS data is **completely anonymous**; it isn't linked to individual students or classes. The data from the YRBS is analyzed to understand patterns and trends in behavior over time. The data doesn't point out causes, but it does **help schools understand links between conditions in students' lives and the behaviors they engage in.**



Protective Factors

Protective factors are traits or conditions that make positive outcomes more likely or lessen the impact of risk factors. Things like sleeping at home most nights, feeling safe going to and from school, and having friends who disapprove of smoking are all protective factors. For Carroll County youth, an important protective factor was being able to talk to a caring adult about their feelings.

Students who reported increased levels of being able to talk to an adult in their family or to another caring adult about their feelings have up to . . .

. . . **2.7 times reduced odds** of having poor mental health most of the time during the past 30 days.

. . . **12.6 times greater odds** of getting the help they need when they feel sad, hopeless, angry, or anxious.

. . . **5.1 times greater odds** of reporting not getting sad, hopeless, angry, or anxious.

. . . **4.2 times reduced odds** of having made a plan about how they would attempt suicide during the past 12 months, compared to students who never had a caring adult to talk to about their feelings.

. . . **up to 5.1 times reduced odds** of having seriously considered attempting suicide during the past 12 months, compared with students who reported never having a caring adult to talk to about their feelings.

Risk Factors

Think of risk factors as stumbling blocks on the way to positive outcomes. YRBS data shows us that some of the strongest risk factors Carroll County youth face are at home.

Students who reported increased lifetime instances of parents or other adults in their homes slapping, hitting, kicking, punching, or beating each other up have **up to 55.6 times greater odds of ever using ecstasy.**

Students who usually slept away from home during the past 30 days have **29.7 times greater odds of having had a suicide attempt** during the past 12 months that resulted in treatment by a doctor.

How To Be a Caring Adult

Having a caring adult to whom they can talk is a powerful protective factor for Carroll County youth. Being a caring adult who reaches out and shows support is a simple way to help teens and the whole community thrive.

Here are five critical aspects of a caring relationship that can support youth:

1. Showing students you care about them.
2. Challenging students to become their best selves.
3. Providing ongoing support.
4. Sharing power and showing respect.
5. Expanding their sense of possibilities and opportunities.



Teens who have stronger relationships with non-family adults (e.g., through involvement in volunteer work, youth programs, religious organizations) have higher levels of positive support, engage in less risky behavior, and have increased levels of overall well-being.

SOURCE: Scales, P., Benson, P., & Mannes, M. (2006). The contribution to adolescent well-being by nonfamily adults: An examination of developmental assets as contexts and processes. *Journal of Community Psychology*, 34:401-413. 10. 1002/jcop.20106.

How Adults Can Support Youth



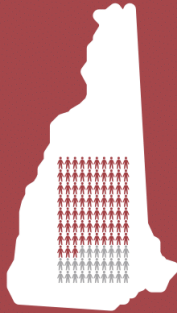
SOURCE: The Search Institute. Developmental Relationships: The Framework. https://d2pck6jxhqz4q6.cloudfront.net/Resources-Hub/Beyond-the-Classroom/DevRelationships_framework_english-1.pdf

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>



Mission

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

Benefits



photo credit: nalobox.org

- 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.

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

CARROLL COUNTY RESPONDS
TO SUBSTANCE USE DISORDER

fmi: continuum@c3ph.org



HELP IS A CALL AWAY.
CALL 2-1-1



STUDENT ASSISTANCE PROGRAM (SAP) INFORMATIONAL SESSION AND Q&A

Join us for an informational session and Q&A to learn about SAPs and how they can build capacity in your school! State-funded SAP staff are working in school systems across NH, helping young people to thrive and make healthy choices.

Objectives:

- ✓ To understand what SAPs are and what they do
- ✓ To learn how SAPs can be tailored to your school and how they tie into existing supports
- ✓ To learn how to implement SAPs with existing staff and how the program can be paid for



**FRIDAY,
DECEMBER 13,
2024**

**1200 -1330 hours
Via Zoom**

Presented by:

**Julie Yerkes
JSI**

FMI: jennifer.thomas@graniteuw.org

Register now:

<https://forms.gle/RWajWmRx5NHNrPex7>



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

PTSD and Secondary Trauma



FREE

Objectives

- To learn what they are
- To learn what impact they have
- To learn how to recognize signs
- To learn how to support and provide resources

Appropriate for general public, organizations that provide services, service members, veterans, and their families, school staff, and first responders.

When:

December 19th, 2024

1100- 1300 Hours

Location: Hybrid

Zoom

or

Tamworth Visiting Nurses

**86 Main St., Tamworth, NH
(behind town hall)**



Register here:



<https://forms.gle/fr6UqrzPMAHA3Gvq7>

Light snacks and drinks available!!

**Dr. Maisley Jones
and
Justin Moeling LICSW**
Manchester VA

 **Veterans
Crisis Line**
DIAL 988 then **PRESS 1**

For more information:
jennifer.thomas@graniteuw.org or
603.515.6544

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





**Family Connections
Resource Center at
Children Unlimited is
organizing a free
Indoor**

Playgroup

For children 5 and
under and their
caregivers



What is it?

A great opportunity for you and your children to make new friends. Each week we will have a different theme along with an activity around that weeks theme

When and Where?

Weekly on Mondays at the Pope Memorial Library in North Conway from 10:30AM- 11:30AM
We will be meeting in the children's room

AND

Moved: Our Wolfeboro playgroup is moving to Mondays from 1:30-2:30 at the Tuftonboro Free Library starting 12/9

AND

Weekly on Wednesdays From 10am- 11am at the First Congregational Church in Center Ossipee
We will be meeting in one of the children's classrooms in the family center. Please park around back and enter through the back door.

For questions or to find out more Contact Ariel Callanan, Family Support Provider:
603-901-3052
acallanan@childrenunlimitedinc.org

Themes for December

12/2, and 12/4 Gingerbread Men

12/9, and 12/11 Snowmen

12/16, 12/18 Holiday Party

12/23, and 12/25 No Playgroup

12/30 and 1/1 No Playgroup

-Children Unlimited- Newsletter

December, 2024

Come Join!

Playgroups for ages 0-5

(Tuesday Wolfeboro group moved. See below.)

Mondays~ Pope Memorial Library from 10:30-11:30

*****Mondays**~ Tuftonboro Library from 1:30-2:30

Starting December 9th

Wednesday~ First Congregational Church of Ossipee from 10:00-11:00

No Playgroup 12/23, 12/25, 12/30

Kinship Support Groups

Third Tuesday of the Month~ Conway Public Library 9:15-10:15

Third Wednesday of the Month~ First Congregational Church of Ossipee 1:30-2:30

Third Thursday of the Month~ Via zoom 6pm-7pm . Contact Samantha Jones for link at sjones@childrenunlimitedinc.org

*****NEW*** Foster Parent Support Group**

Third Monday of the month~ Pope Memorial Library 10am-11am

Third Monday of the month ~ Via Zoom 6pm-7pm Contact Samantha Jones for link at sjones@childrenunlimitedinc.org

New Program:

Newborn Navigation

This program is designed for expectant parents and those with newborns. Our aim is to offer resources and support for new parents. We will conduct 1-3 home visits following your baby's arrival. Additionally, we provide welcome baby bags filled with essentials like bibs, blankets, diapers, wipes, and more!

For further details, please reach out to Ariel at Acallanan@childrenunlimitedinc.org



Happy Holidays



For additional information, please reach out to Ellery at Ehunt@childrenunlimitedinc.org.

KINSHIP

Support Group

ARE YOU HELPING TO RAISE A CHILD THAT IS NOT BIOLOGICALLY YOURS? ARE YOU INTERESTED IN LEARNING ABOUT RESOURCES IN YOUR COMMUNITY AND MAKE CONNECTIONS? JOIN A KINSHIP SUPPORT GROUP TODAY!

In Person Support Groups:

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

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

Virtual Support Group:

3rd Thursday of each month via zoom
6:00pm-7:00pm
Email sjones@childrenunlimitedinc.org for link

FOR MORE INFORMATION PLEASE CONTACT

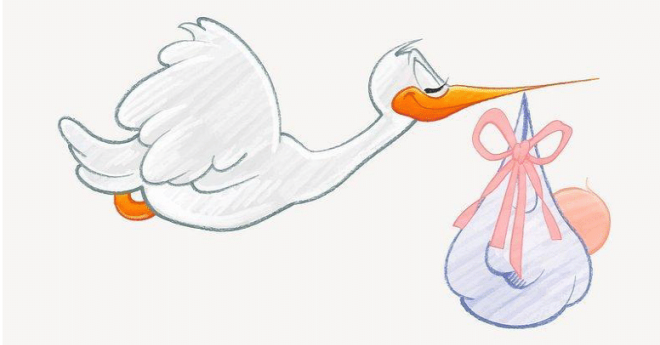
JACKIE DIFONZO: JDIFONZO@CHILDRENUNLIMITEDINC.ORG

SAMANTHA JONES: SJONES@CHILDRENUNLIMITEDINC.ORG

CHILDREN UNLIMITED



Newborn Navigation



Are you an expectant mother? Or have you recently had a baby

Children Unlimited is launching a Newborn Navigation program for expecting parents or parents with new babies. The goal is to share resources and help encourage baby and parent bonding.

What You Get:

- ❖ Newborn Navigator will provide 1-3 home visits after baby is born
- ❖ Welcome baby bag
 - Containing baby supplies such as bibs, blanket, diapers, wipes and so on
- ❖ Knowledge of many resources in the community for the following
 - Breastfeeding support
 - Breast pumps
 - Food/ Formula
 - Diapers
 - Financial support

For questions or to find out more Contact :

Ariel Callanan, Family Support Provide/ Newborn Navigator:

781-254-3863 or acallanan@childrenunlimitedinc.org

Anti-Oppressive Practices in Behavioral Health for Children, Adolescents, and Youth ECHO

Series Topics:

- Overview of power, privilege, and oppression
- Power dynamics within practice
- Beyond stereotypes: deepening understanding of personal and cultural diversity

And more!

Audience:

Social workers, occupational therapists, nurses, clinical supervisors, students, and all behavioral health professionals



Tuesdays

12:30pm - 1:30pm via Zoom

October 29th

November 12th

December 3rd

February 11th

March 11th

April 8th

[Register Here](#)

Questions?

Please contact:

Cait.mcallister@unh.edu



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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 in-depth 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.

REGISTER TO ATTEND!

New Futures trainings are offered at no cost.

Register at new-futures.org/trainings

