

CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

Agenda – February 4, 2025

Prevention – Continuum of Care Workgroup

Meets First Tuesday of Feb, Apr, Jun, Oct, Dec.

FMI:

Jennifer Thomas, [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-kCE6IZ2VfKwWa2gB6IJ0vWaV\\_wr?usp=sharing](https://drive.google.com/drive/folders/1BFsX-kCE6IZ2VfKwWa2gB6IJ0vWaV_wr?usp=sharing)

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

Attendance:

Carrie Duran	Advocacy and Community Engagement Coordinator with Lakes Region Community Services
Zachary Porter	Executive Director at Kingswood Youth Center, <a href="mailto:Zachary.porter@thekyc.org">Zachary.porter@thekyc.org</a>
Mark Dorman	The Doorway Laconia, <a href="mailto:mdorman@crhc.org">mdorman@crhc.org</a>
Jennifer Smith	DO, Maine Health Memorial Hospital Comprehensive Addiction Medicine
Jeanne Venuti	Director of Workplace Development, Recovery Friendly Workplace
Kate Ratka	Advisor with Recovery Friendly Workplace, <a href="mailto:kate@recoveryfriendlyworkplace.com">kate@recoveryfriendlyworkplace.com</a>
Sarah Cain	Community Engagement Director with New Futures, <a href="mailto:Scain@new-futures.org">Scain@new-futures.org</a>
Jack O'Connor	Outreach Coordinator with Avenues Recovery Centers, <a href="mailto:jack.oconnor@avenuesrecovery.com">jack.oconnor@avenuesrecovery.com</a>
Chuck Henderson	Senator Shaheen's Office
Jessica Parker	Executive Director at Step Up Parents, <a href="mailto:jparker@stepupparents.org">jparker@stepupparents.org</a>
Angelic Macut	Maine Health Memorial Hospital Comprehensive Addiction Medicine
Ryan Donelan	Clinical Outreach Manager, Aware Recovery Center
Julie Hill	White Mountain Health Center
Mitchell Henderson	White Horse Recovery, <a href="mailto:Mitchell@whitehorseac.com">Mitchell@whitehorseac.com</a>
Danielle Dye	Groups Recover Together, <a href="mailto:Danielle.dye@joingroups.com">Danielle.dye@joingroups.com</a>
Caleb Gilbert	Director of Public Health with C3PH, <a href="mailto:caleb.gilbert@graniteuw.org">caleb.gilbert@graniteuw.org</a>
Jen Thomas	Prevention Coordinator with C3PH, <a href="mailto:Jennifer.thomas@graniteuw.org">Jennifer.thomas@graniteuw.org</a>
Emily McArdle	Young Adult Outreach with C3PH, <a href="mailto:u25carrollcounty@outlook.com">u25carrollcounty@outlook.com</a>

- Strategic Planning for Fiscal Year 2025

Objectives	Updates	Follow up items, By Who
Assets and Gaps Analysis –	1. Carroll County Sequential Intercept Mapping Event – Bridging Criminal Justice System and	SIM updates are coming soon.



	<p><a href="mailto:alissa@nhcourtdiversion.org">alissa@nhcourtdiversion.org</a> or <a href="mailto:catalina.kirsch@graniteuw.org">catalina.kirsch@graniteuw.org</a></p> <p>4. YRBS 2023 – C3PH is working with Growth Partners to do a statistical analysis. There is some encouraging news regarding some substances, but mental health and dating violence are high priority without many resources.</p> <p>5. Jen is working with Starting Point to develop healthy relationships lessons</p>	
<p>Increasing Awareness of and Access to Services -</p>	<ol style="list-style-type: none"> <li>1. Zackary Porter/Kingswood Youth Center (KYC): <ul style="list-style-type: none"> <li>- The KYC offers free programs for students in grades 7-12 in the Gov. Wentworth Regional School district, including after school programs and programs during school vacations and the summer. Programs include life skills, team building, art and creativity, and leadership. The KYC has a free food pantry at the center as well (generally for families with teens but won't turn anyone away) and free clothing. KYC has been focusing on substance use prevention and collaborating with White Horse Recovery.</li> <li>- Alternative Peer Groups (APGs): APGs run at the KYC on Monday afternoons from 3:30pm-5pm, facilitated by Zachary and Eric Moran. Have had a good start and have had many try out the APGs with a small group who has stuck with them. Have received positive feedback from students about how the group has helped them. Trying to better promote this within the county (main source of participants are people already at KYC). Eric Moran has done a great job at allowing the program to be participant driven. For questions or referrals, reach out to Zachary Porter: <a href="mailto:Zachary.porter@thekyc.org">Zachary.porter@thekyc.org</a></li> </ul> </li> <li>2. Conway APGs: Are running and were going to be on Thursday afternoons but unsure about the status of the facilitators. Jen Thomas will touch base again and keep Jen Smith in the loop.</li> </ol>	<p>Reach out to Zachary Porter FMI about the KYC and APGs: <a href="mailto:Zachary.porter@thekyc.org">Zachary.porter@thekyc.org</a></p> <p>Jen Thomas will update about the Conway APGs.</p>

	<p>3. NH Care Connections (Unite Us NH) Outreach. Introduce Gary Bleddyn <a href="mailto:gary.bleddyn@graniteuw.org">gary.bleddyn@graniteuw.org</a></p> <p>4. C3PH will be doing outreach to businesses to recruit new Recovery Friendly Workplaces. FMI contact <a href="mailto:catalina.kirsch@graniteuw.org">catalina.kirsch@graniteuw.org</a> or Matt Plache, Eric Moran at White Horse Recovery or <a href="https://www.recoveryfriendlyworkplace.com/">https://www.recoveryfriendlyworkplace.com/</a></p> <p>5. Kate Ratka/Recovery Friendly Workplace- The Recovery Friendly Workplace program connects with businesses to help them create a recovery friendly culture in their business to support their employees or employee’s families who are struggling with SUD. Can connect them to support in the area, provide trainings, etc., and meets the business where they’re at to create a healthy and safe environment at work where people can come forward and have SUD treated like any other medical disease. Hoping that the program will be continued with the new governor. Kate is working on getting connected to everyone, wants to get connected to Huggins and Memorial Hospital and other large organizations. Have over 400 workplaces in the program right now. All services are free. Email or go to <a href="https://www.recoveryfriendlyworkplace.com/">https://www.recoveryfriendlyworkplace.com/</a> Businesses can fill out a letter of interest online and they will be assigned an advisor. What typically sparks businesses’ interest- personal reasons, see their logo on the doorway of other businesses, word of mouth, other businesses refer.</p> <p>6. C3PH has many resource guides, including a general community resource guide, Veterans Resources, Tobacco/Nicotine, LGBTQ+ resources, and Emily is working on a resource guide of local mental health providers. See all our Resource Guides: <a href="https://www.c3ph.org/resource-center/resource-guides">https://www.c3ph.org/resource-center/resource-guides</a></p> <p>7. Carroll County Veterans Coalition 2<sup>nd</sup> annual conference on March 22<sup>nd</sup> from 1100- 1400 at the North Conway Community Center, open to all community service providers to network or have a table! Register at</p>	<p>FMI and to fill out the interest form to get connected to an advisor, go to <a href="https://www.recoveryfriendlyworkplace.com/">https://www.recoveryfriendlyworkplace.com/</a></p> <p>Register to have a table or network at the CCVC 2<sup>nd</sup> Annual Conference: <a href="https://forms.gle/WP1qC4FY4DqqAt8e6">https://forms.gle/WP1qC4FY4DqqAt8e6</a></p>
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	<p><a href="http://www.carrollcountyveteranscoalition.org">www.carrollcountyveteranscoalition.org</a> and see flyer below. Theme of <a href="#">Ask The Question   Ask the Question</a> – to raise awareness on the importance of identifying service members, veterans and their families.</p> <p>8. State level YRBS workgroup with BDAS – working to increase awareness of YRBS, help reduce barriers to school admin and learn how we can support the districts – tool kits and videos available – FMI <a href="mailto:jennifer.thomas@graniteuw.org">jennifer.thomas@graniteuw.org</a></p>	
<p>Communication and Collaboration among providers – Capacity and Delivery of Services</p>	<ol style="list-style-type: none"> <li>1. <a href="#">Alternative Peer Groups – recruitment and referrals</a> See flyer below.</li> <li>2. <a href="#">NH MCAP Access Line – see flyer.</a> FMI <a href="https://www.nhpiip.org/nh-mcap">https://www.nhpiip.org/nh-mcap</a> Not many providers are using it yet. Please promote among primary care and school behavioral health professionals. Access to Dartmouth Child Psych for consults, youth behavioral health concerns.</li> <li>3. See flyer below about LICSW-Associate Program</li> <li>4. Statewide roll out of the Getting to Y Program with CADY Inc and BDAS: Jen has been working with the state YRBS administrative group to ensure the YRBS gets out there. There is a Getting to Y state-wide program for schools to allow students to review the YRBS and come up with solutions, state-wide program. Jen is a trained facilitator, and Cady Inc. is the program manager.</li> <li>5. Other announcements about services delivery or capacity: <ul style="list-style-type: none"> <li>- Jessica Parker/Step Up Parents: Provides financial assistance to kinship caregivers in NH and Southern Maine who are raising children of parents with substance use disorder. Can help with rental assistance, electrical assistance, heating/fuel assistance, food, clothing, diapers formula, summer camp, drivers’ education, and enrichment program costs, etc. Average assistance is \$500 or under but it depends on the need of the family. People can apply on their own or</li> </ul> </li> </ol>	<p>If you or a school you know is interested in the Getting to Y program, contact Jen: <a href="mailto:Jennifer.thomas@graniteuw.org">Jennifer.thomas@graniteuw.org</a></p> <p>FMI about Step Up Parents, reach out to Jessica Parker: <a href="mailto:jparker@stepupparents.org">jparker@stepupparents.org</a> or go to <a href="https://stepupparents.org/">https://stepupparents.org/</a></p>

	<p>work with someone in the community to apply- Recommend that people work with a social worker or school counselor, etc. for the validator portion, so they don't need to provide as much documentation. People can apply directly on the website and will find out within 24-48 hours if you're being funded, and the funds will be provided within a business week. Funds go directly to the vendor, not the family. Last year the program helped 163 families throughout the state of NH and York and Cumberland County, ME. Jessica can also come to speak to agencies, organizations, coworkers, or Rotary/Lions Clubs, etc.</p>	
<p>Disseminating resource guides and other information - Catalina</p>	<ol style="list-style-type: none"> <li>1. For service members, veterans and their families – <a href="http://www.carrollcountyveteranscoalition.org">www.carrollcountyveteranscoalition.org</a></li> <li>2. See C3PH.org <a href="https://www.c3ph.org/resource-center/resource-guides">https://www.c3ph.org/resource-center/resource-guides</a></li> <li>3. <a href="#">NH DMI Drug Environment Report Nov 2024</a> New Hampshire's Drug Environment Summary: <ul style="list-style-type: none"> <li>• There are currently 238 confirmed overdose deaths for 2024 with 46 pending; at this time in 2023 there were 361 confirmed deaths and 50 pending.</li> <li>• Confirmed overdose deaths so far in 2024 are over 34% less than at this time in 2023.</li> <li>• Carroll County 2024 OD Deaths per 10k population is at 1.76, 6<sup>th</sup> highest of 10 counties, trending upward in 2024.</li> <li>• Overdose deaths in Carroll County between Jan – Nov 2024 occurred in Jackson, Bartlett, Conway, Madison, Freedom, Ossipee and Wolfeboro. To date there have been 9 (compared to 22 in 2015).</li> <li>• All Carroll County towns except Chatham, Eaton, Freedom, Brookfield have recorded EMS Drug Overdose/Abuse Incidents between Jan-Nov 2024</li> <li>• EMS Narcan Administration occurred in all Carroll County towns except Chatham, Bartlett, Eaton, Tamworth, Freedom, Effingham, Brookfield Jan-Nov '24.</li> </ul> </li> </ol>	
<p>Stakeholder assistance in information dissemination -</p>	<p>See <a href="#">CC Responds to SUD Flyers Folder here</a> and add your own flyers, event/service announcements</p>	

<p>Advocacy</p>	<ol style="list-style-type: none"> <li>1. See New Futures Flyer for winter training opportunities</li> <li>2. Upcoming legislation related to SUD/Behavioral Health. Follow <a href="https://new-futures.org/news">https://new-futures.org/news</a></li> <li>3. Sarah Cain/New Futures updates: <ul style="list-style-type: none"> <li>- House Bill 446- YRBS- The opt-in option looks like it's going to pass out of committee- you can still contact your legislators to state that opt-out would be the best option. CDC has taken down a lot of pages relating to the YRBS so there is a lot of work to do there.</li> <li>- The 988 bill is coming up this week, hearing on the 6<sup>th</sup>, you can remote sign in any day up to midnight on the 6<sup>th</sup>, it would make a crisis center, crisis response teams, and a crisis stabilization center.</li> <li>- Tomorrow (2/5) at 10:30 is the 13 Steps in SUD Oversight hearing- More oversight in SUD treatment facilities, you can remote sign in or contact legislators until midnight about it.</li> <li>- Recovery Housing bill last week- not many testifiers but if you're passionate about it, contact Sarah.</li> <li>- Harm reduction bill- HB226- to make use and distribution of test equipment legal.</li> <li>- Alcohol fund- Don't know governor's budget yet, would appreciate if people (or organizations, like Recovery Friendly Workplace) have stories about prevention of SUD, can turn your story into testimony or Op-Ed. Please share with anyone who uses the funding to share their story. If you are unsure if you are funded by this Sarah can also share a webinar that gives more detail: Alcohol Fund Story Form: <a href="https://secure.everyaction.com/86PdcB5GpkipwsfmvJSQaQ2">https://secure.everyaction.com/86PdcB5GpkipwsfmvJSQaQ2</a> -</li> </ul> </li> <li>4. YRBS- Jen Thomas- Talking to a local school district that said they'd like to get the data out to the community about what the YRBS is and how it's used at the community level. Jen could put together a community level YRBS 101.</li> </ol>	<p>Alcohol Fund Story Form: <a href="https://secure.everyaction.com/86PdcB5GpkipwsfmvJSQaQ2">https://secure.everyaction.com/86PdcB5GpkipwsfmvJSQaQ2</a></p> <p>Contact Sarah with any questions or if you want to get involved: <a href="mailto:scain@new-futures.org">scain@new-futures.org</a></p> <p>If you're interested in a YRBS 101 presentation for the community, reach out to Jen: <a href="mailto:Jennifer.thomas@graniteuw.org">Jennifer.thomas@graniteuw.org</a></p>
<p>Strategic Prevention Model: assessment, capacity</p>	<p>Update on Prevention objectives for 2024-2025</p>	

<p>development, planning, implementation, evaluation - Jen</p>	<ol style="list-style-type: none"> <li>1. Climate survey for young adults</li> <li>2. Trying to engage youth and young adults in prevention</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. Carroll County Veteran Coalition Conference – Youth and Young Adult Creative Arts Contest to honor Service Members, Veterans, and their Families (SMVF). See flyer below or email Jen.</li> <li>2. Promote Magnify Voices Expressive Arts Contest among NH students grades 5-12 to create art to raise awareness about mental health. Celebration event at Currier Museum of Art in the spring. See flyer below.</li> </ol>	
<p>Other updates? Early ID &amp; Intervention  Treatment &amp; Recovery</p>	<p>Danielle Dye/Groups Recover Together- Low-level outpatient service, specializes in suboxone treatment, located in Nashua, Manchester, Rochester, and Keene, and offers virtual services. Accepts Medicare, Medicaid, and many commercial insurances, offers case management, and peer support. FMI: <a href="mailto:Danielle.dye@joingroups.com">Danielle.dye@joingroups.com</a>, 603-400-4784, <a href="https://joingroups.com/">https://joingroups.com/</a></p> <p>Chuck Henderson/Senator Shaheen’s Office- Senator Shaheen working on a new bill to help prevent opioid use in youth, Keeping Drugs Out of Schools Act- more info coming.</p> <p>Ryan Donelan/Aware Recovery Care- Provides 52 weeks of in-home treatment (and telehealth) for ages 18+ for primarily SUD, can also treat mental health. The Family Wellness Program now includes groups with other family members, facilitated by the a trained facilitator. Getting more insurance contacts this year, close to being able to bill out of network this year. FMI: <a href="https://www.awarerecoverycare.com/">https://www.awarerecoverycare.com/</a></p> <p>Mitchell Henderson/White Horse Recovery: Peer recovery centers in Ossipee, North Conway, Littleton, and Berlin. IOP and counseling in Ossipee, plus family support groups (Mitchell will send out flyers). Provides family support, mutual support, recovery coaching, referrals to treatment, etc. FMI: <a href="mailto:Mitchell@whitehorseac.com">Mitchell@whitehorseac.com</a> <a href="https://whitehorserecovery.org/">https://whitehorserecovery.org/</a></p>	<p>Mitchell will send out White Horse Recovery flyers or add them to the shared flyers folder.</p>

	<p>Jack O'Connor/Avenues Recovery Centers- Provides substance use and mental health recovery services, detox (located in Dublin) and step-down partial hospitalization. Serves the entire state and accepts most insurances (including VA and Tri-Care). Has consistent availability. FMI:  <a href="https://www.avenuesrecovery.com/">https://www.avenuesrecovery.com/</a></p> <p>Jen Smith/Maine Health Memorial Hospital Comprehensive Addiction Medicine- Open to referrals from the community. Recently hired a therapist who started training this week (will be just for the addiction medicine program). Maine Health Memorial Hospital also provides behavioral health and has many psychiatric nurse practitioners, requires a referral from primary care. Excited for the presentation from the Recovery Friendly Workplace. Has also created a list of mental health providers and will send it to Emily, something that C3PH can maintain on the C3PH website.</p>	<p>Jen Smith will send Emily the list of mental health providers.</p>
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10:25 Other updates? Announcements?

10:30 Adjourn.

Happy Valentine's Day! Thanks for all you do! If you would like to unsubscribe from this email list, send a message that says "unsubscribe" to [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: Apr 1, 2025 09:00 AM Eastern Time (US and Canada)

Register in advance for this meeting:

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

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

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

July 2024 This [video](#) can answer many of your questions about LSW and LSW-A

- Why tiered licensure?

Billing requirements from insurance providers for 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.





**SUBMISSIONS  
ARE NOW  
OPEN**  
Artwork Deadline  
04/20/2025



# SEVENTH ANNUAL



EXPRESSIVE ART CONTEST

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

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



LEARN MORE

Questions? Reach out to: [magnifyvoices@gmail.com](mailto:magnifyvoices@gmail.com)

AN INITIATIVE OF





# 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](https://new-futures.org/trainings)





**FREE  
ENTRY**

**OPEN TO  
THE  
PUBLIC!**

# CARROLL COUNTY VETERANS COALITION



## 2ND ANNUAL CONFERENCE



03.22.25



Join us for our 2nd Annual Conference! This year's theme is from the Department of Military and Veterans Affairs Services, "Ask the Question," campaign. All community members are invited, especially service members, veterans, and their families (SMVF). Refreshments will be served.

### Join us to:

- Raise awareness on the need to identify SMVF and provide culturally appropriate resources
- Learn about resources in the community
- Engage with other SMVF and community service providers
- Learn more about SMVF mental health and suicide prevention



**Saturday, March 22, 2025, 1100-1400 hours (snow date March 29th)**  
**North Conway Community Center**  
**78 Norcross Circle, North Conway, NH 03860**

If you are a community partner that would like to have a table at our event, please register here:



<https://forms.gle/T12upBRXh38r1dSv5>

**Free light  
refreshments!**

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

FMI:

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

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

Click here to register: <https://forms.gle/cCQupE13CwgdF8MYA>

CARROLL COUNTY  
VETERANS COALITION

# CREATIVE ARTS CONTEST



SUBMISSIONS  
OPEN UNTIL  
2/28/25



LET YOUR CREATIVITY SHINE THROUGH THIS COMPETITION  
TO HONOR SERVICE MEMBERS, VETERANS, AND THEIR  
FAMILIES. PLUS, THE TOP 3 FINALISTS WILL WIN A PRIZE!

The Carroll County Veterans Coalition is hosting a Creative Arts Contest for our 2nd Annual Conference. Youth and young adults are encouraged to submit a creative piece of work that honors service members, veterans, and their families.

Examples of creative work:

- Thank you letters
- Poems
- Essays
- Art (paintings, drawings, sculptures)
- Digital art (krita.org is a free platform)
- Videos (short films, songs)
- Any other medium of expression!

FMI AND TO  
SUBMIT YOUR WORK:

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





# KINGSWOOD YOUTH CENTER

The KYC provides **FREE** out of school programs to 7th-12th graders in the Governor Wentworth Regional School District (including those who are homeschooled, or otherwise!)

Life skills, career exploration, arts and creativity, outdoor recreation, cooking and baking, team building and MORE all happen at the KYC!

## ALL FOR FREE!

**Know someone in 7th-12th grade who would like to get involved?**

Great! All they have to do is have a guardian fill out a permission form and they can then attend any of our programs! This can be found on our website, or shoot us an email and we will get it right over to you!

## When are programs?

M & T: 2:45pm-6pm      W & Th: 2:45pm-7:30pm

*Plus during school vacations, summer, and the occasional weekend!*

**Transportation is provided from the Kingswood campus after school, and pick up is at the KYC, with the option to take late bus home on Weds and Thurs!**

**Located at 565 Center St. Wolfeboro**

**Contact Us:**

(603) 569-5949    info@thekyc.org    www.thekyc.org

*Our mission is to provide a safe and positive environment in which youth may grow, learn and develop important life skills critical to their success in the adult world*



UNH Project ECHO® & MCD's Collaborative  
for Advancing Rural Excellence & Equity  
(CARE<sup>2</sup>) Present:



## SUBSTANCE USE DISORDER ECHO®: THE PRINCIPLES OF HARM REDUCTION

FEB 26, MAR 12,  
MAR 26, and APR 9

BIWEEKLY 12-1PM  
ON ZOOM

**CLICK HERE TO REGISTER!** 

### INTENDED AUDIENCE

Students, nurses, pharmacists, peer recovery organizations, emergency responders, prescribers, and allied health (social work, OTs, behavioral health) professionals in rural ME, NH, VT, & NY who want to learn more about stigma, bias, and the principles of harm reduction for persons with substance use disorder (SUD)

### NEED MORE INFO?

[care2.echo@unh.edu](mailto:care2.echo@unh.edu)

### TOPICS COVERED

- Syringe harm reduction, deaths of despair, and overdose
- Roles of trauma, stigma, and bias
- Interdisciplinary perspectives
- Effects of COVID-19 on behavioral health of persons with SUD

### NEW TO ECHO®?

Visit [ruralcare2.org](http://ruralcare2.org) to learn more

This curriculum is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$475,000 annually with 100% funded by HRSA/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA/HHS, or the U.S. Government.





**Disaster Behavioral Health  
Response Team**

# JOIN OUR TEAM

JOIN OUR VOLUNTEER TEAM

## Requirements:

- FEMA's IS-100 Introduction to Incident Command System (ICS) FEMA's IS-100
- National Child Traumatic Stress Network's (NCTSN) Psychological First Aid (PFA) NCTSN
- DBHRT Basic Training

THIS COMBINATION EQUIPS PARTICIPANTS WITH BOTH THE PRACTICAL SKILLS OF INCIDENT RESPONSE THROUGH ICS AND THE KNOWLEDGE TO PROVIDE CRUCIAL EMOTIONAL SUPPORT IN CRISIS SITUATIONS.



**For More Information please contact:**

**Skyler Conway**  
Disaster Behavioral Health Coordinator  
[skyler.f.conway@dhhs.nh.gov](mailto:skyler.f.conway@dhhs.nh.gov)

**Cassie McNelly**  
Disaster Behavioral Health Liaison  
[cassie.l.mcnelly@dhhs.nh.gov](mailto:cassie.l.mcnelly@dhhs.nh.gov)



**IF YOU CHOOSE  
TO JOIN THE  
TEAM, PLEASE  
RETAIN YOUR  
CERTIFICATES OF  
COMPLETION  
FOR THE ONLINE  
TRAINING  
MODULES AND  
SUBMIT THEM TO  
CASSIE MCNELLY  
VIA EMAIL.**

# VAPING EDUCATION FOR CAREGIVERS AND HEALTH PROFESSIONALS

FREE WEBINAR

TUESDAY **11** FEBRUARY

6:00-7:00 pm via Zoom

**REGISTER NOW**



## COME LEARN ABOUT:

- What is vaping? • Dangers of vape use • Current trends •
- How to support youth around not vaping or quitting •
- Tips for conversation starters • Q&A •



Greater Sullivan County  
Public Health Network



Dartmouth  
Health Children's



# Addressing Stigma and Bias in SUD and Mental Health

## Target Audience Includes:

Behavioral health professionals, physicians, physician assistants, nurse practitioners, nurses, and others working in healthcare and human services

Even the most well-intentioned people carry stigma and bias that is projected to their patients/clients. Learning how to identify and mitigate this can make a huge difference in someone's recovery path!

Virtual live training via Zoom

July 7, 2027  
6:00 AM-8:00 PM

Continuing Education  
Provided!

## Register Today!

## This Presentation Will Guide Participants To:

- Identify biases common for professionals working with patients/clients experiencing behavioral health and mental health related symptoms
- Identify tools to use in mitigating personal and organizational bias



<https://nchcnh.info/StigmaBias0225>

For questions contact: Jennifer Goulet,  
SUD Program Manager  
Jgoulet@NCHCNH.org

This training is provided in partnership between the North Country Health Consortium, PETRA Direct Program and the NH Bureau of Mental Health Services, and is financed under a contract with the State of NH, Department of Health and Human Services, with funds provided in part by a Substance Abuse and Mental Health Services Administration Mental Health Block Grant.

### CEU Information:

**Nursing:** North Country Health Consortium/NNH AHEC is approved as a provider of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This activity was approved for 2.0 Nursing Contact Hour(s). Activity #587

**Physician:** The North Country Health Consortium/NNH AHEC is accredited by the NH Medical Society to provide continuing medical education for physicians. The North Country Health Consortium/NNH AHEC designates this live activity for a maximum of 2.0 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Social Work:** This program has been approved for 2.0 Category A Continuing Education Credits by the National Association of Social Workers, NH Chapter. CE #3924.

**Certified Prevention Specialist:** This program has been approved by the New Hampshire Prevention Certification Board for 2.0 Continuing Education Unit (CEUs) in the CPS Domain 6.

**For Other Professionals:** 2.0 Professional Hours of Continuing Education.



# 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**







# 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.*

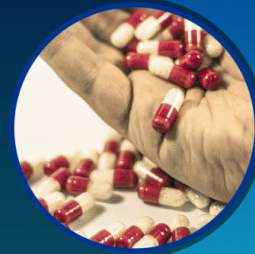
# HELP CREATE A SAFER COMMUNITY

## 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.**

<p><b>About Carroll County Regional Coordination Council</b></p> <p>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.</p> <p>Service Area</p> <p>Ossipee, Effingham, Tamworth, Madison, Tuftonboro, Albany, Conway, Bartlett, Moultonborough, Freedom, Wolfeboro, Hart’s Location, Sandwich, Eaton, Chatham, Jackson, Hale’s Location</p>		
<p><b>The Role of the Carroll County RCC is to:</b></p> <ul style="list-style-type: none"> <li>• Guide the development and coordination of community transportation services and information within the CCRCC area,</li> <li>• Collaborate with and support regional transportation coordinators and/or mobility managers in the delivery of community transportation services,</li> <li>• Advise community officials, philanthropic organizations, business leaders, and institutional leaders of the need for a coordinated approach to community transportation services,</li> <li>• Monitor the implementation of a regional system of coordinated transportation services that provide all citizens access to services within the region and surrounding areas,</li> <li>• Seek out additional public and private funding sources to support mobility management and transportation coordination efforts,</li> <li>• Communicate with the State Coordinating Council for Community Transportation (SCC) on existing and future policies affecting community transportation services, and</li> <li>• 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.</li> </ul>	<p><b>Mobility Manager</b>  <b>Scott Boisvert</b>  <b>Mobility Manager, Region 2</b>  <b>(Carroll County)</b>  <b>Phone: (603) 723-4318</b>  <b>Email: <a href="mailto:sboisvert@tccap.org">sboisvert@tccap.org</a></b></p> <p><b>FMI</b>  <a href="https://keepnhmoving.com/">https://keepnhmoving.com/</a></p> <p><b>and</b>  <a href="#"><u>Carroll County</u></a>  <a href="#"><u>Transportation Guide 2021</u></a></p> <p><a href="#"><u>Carroll County (Region 2)</u></a>  <a href="#"><u>Transportation</u></a></p>	
<p><b>Members</b></p> <ul style="list-style-type: none"> <li>• Carroll County Coalition for Public Health</li> <li>• North Country Council</li> <li>• MWV Economic Council</li> <li>• Adult Day Center</li> <li>• The Gibson Center for Senior Services</li> <li>• CCRVSP</li> </ul>	<ul style="list-style-type: none"> <li>• Tri-County CAP</li> <li>• Carroll County Adult Education</li> <li>• Maine Health</li> <li>• Ossipee Concerned Citizens</li> </ul>	<ul style="list-style-type: none"> <li>• White Horse Recovery</li> <li>• NH Community CareGivers</li> <li>• Interlakes Community CareGivers</li> </ul>



# 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](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.



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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](http://www.c3ph.org) | Carroll County Coalition for Public Health (C3PH)

1230 Route 16 | Ossipee, New Hampshire 03864 | 603.301.1252 | [info@c3ph.org](mailto:info@c3ph.org)



**OFFICE OF  
CHIEF  
MEDICAL  
EXAMINER**

JENNIE V. DUVAL, M.D.  
Chief Medical Examiner

MITCHELL WEINBERG, M.D.  
Deputy Chief Medical Examiner

246 Pleasant St, Suite 218  
Concord, NH 03301  
603-271-1235, Fax 603-271-6308

**Drug Deaths by Year**

Year	Deaths
2011	201
2012	163
2013	198
2014	342
2015	444
2016	486
2017	490
2018	471
2019	415
2020	417
2021	436
2022	487
2023	431

To receive monthly updates:

susan.c.watkins@doj.nh.gov  
Enter "request for drug data" in the  
subject line.

# 2024 NH Overdose Deaths as of 1/30/2025

Drug Category	Total
Fentanyl alone <sup>1</sup>	135
Fentanyl and methamphetamine <sup>2</sup>	28
Fentanyl and cocaine <sup>3</sup>	27
Fentanyl, methamphetamine, and cocaine <sup>4</sup>	3
Fentanyl ± other drugs <sup>5</sup>	20
Methamphetamine <sup>6</sup>	6
Cocaine <sup>7</sup>	9
Methamphetamine and cocaine <sup>8</sup>	1
Other opioids ± other drugs <sup>9</sup>	19
Non-opioids <sup>10</sup>	25
Unknown drugs	3
<b>Total confirmed drug deaths</b>	<b>276</b>
<b>Pending Toxicology</b>	<b>14</b>

<sup>1</sup>Fentanyl alone, without other drugs

<sup>2</sup>Fentanyl and methamphetamine with or without other drugs excluding cocaine

<sup>3</sup>Fentanyl and cocaine with or without other drugs excluding methamphetamine

<sup>4</sup>Fentanyl, methamphetamine, and cocaine with or without other drugs

<sup>5</sup>Fentanyl with or without other drugs excluding methamphetamine and cocaine

<sup>6</sup>Methamphetamine with or without other drugs excluding fentanyl and cocaine

<sup>7</sup>Cocaine with or without other drugs excluding fentanyl and methamphetamine

<sup>8</sup>Methamphetamine and cocaine with or without other drugs excluding fentanyl

<sup>9</sup>Other opioids with or without other drugs excluding fentanyl, methamphetamine, and cocaine

<sup>10</sup>Non-opioids excluding fentanyl, methamphetamine, cocaine, and all other opioids

*'Drug Category' refers to the drug(s) that caused death, not necessarily all drugs detected by toxicology testing.*

*'Pending Toxicology' means that the death may be due to drug intoxication based on circumstances, scene investigation and/or autopsy findings but the final determination also depends on the results of toxicology testing. It can take up to 2 to 3 months to finalize the death certificate following a suspected drug intoxication death. This delay reflects the time required for specimen processing, toxicology testing and reporting and interpretation of the report by the pathologist.*

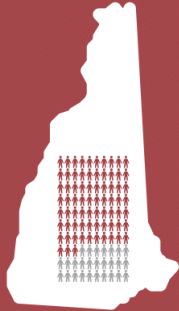
*Xylazine was detected in 41 overdose deaths and considered contributory to death in 6 cases.*

*Carfentanil was detected in 8 overdose deaths and considered contributory to death in 7 cases.*



# 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](mailto:continuum@c3ph.org)



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

the doorway.nh.gov