

Agenda – October 7, 2026

Meets First Wednesday of Aug, Oct, Dec, Feb, Apr, Jun.

FMI:

Catalina Kirsch, catalina.kirsch@graniteuw.org



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

https://drive.google.com/drive/folders/1BFsX-kCE6lZ2VfKwWa2gB6lJ0vWaV_wr?usp=sharing

Register for Zoom Meeting <https://us02web.zoom.us/join/96781234567>

Attendance:

[illegible]

Objectives	Updates	Follow up items, By Who
Stakeholder assistance in information dissemination -	See CC Responds to SUD Flyers Folder here	Add your own flyers, event/service announcements. Take a look in the Google Folder. Lots of valuable info!
Guest Presentation:	Presenting C3PH CHIP 2029 Priorities related to SUD - SDOH - Behavioral Health & Wellness - Other priorities ○ Chronic Conditions ○ Emergency Preparedness	
Advocacy	1. Registration is open for the Crisis Response Advocacy Cohort, a free program from New Futures designed to help New Hampshire's crisis responders become confident, effective advocates. Fmi wchase@new-futures.org 2. Medicaid Matters Webinars and Recordings: Upcoming changes to coverage. Help your clients apply, prevent or navigate loss of coverage. https://www.nhneedsmedicaid.com/ 3. AbleNH Medicaid Work Requirements Plain Language Facts Booklet 4. NH Voter Registration Updates: https://www.sos.nh.gov/elections/register-vote 5. Follow these organization pages and social media sites for opportunities to speak up for access to behavioral health services, prevention, intervention, treatment and recovery: • https://new-futures.org/ • https://www.naminh.org/take-action/ • https://www.nhhungersolutions.org/advocate#/ • https://www.nhneedsmedicaid.com/ •	

	6. Other Legislation/ Advocacy	
Strategic Prevention Model: assessment, capacity development, planning, implementation, evaluation - Jen	- Juvenile Diversion Network - Take Back Day - Public Health Messaging – Wolfeboro Community TV - Veterans Coalition - Outreach and Engagement for Schools 2026-2027 - SAU 49 Strategic Plan - YMCA Exploration	
Other updates? Early ID, Harm Reduction, Intervention Treatment & Recovery	- Carroll County Sequential Intercept Model (criminal justice and mental health collab) - o Mental Health Court - o White Horse Transitional Housing - o Juvenile Diversion for Carroll County - o Mental Health Training for 911 Dispatchers – Rochester - - Updates – Harm Reduction - o SOS Recovery Event re-cap - Updates from Treatment Providers - o - Updates from Recovery Providers	
Flyers/Announcements	Click here to access flyers folder and get information about current resources and upcoming events Emily- Protect Your Brain, a free online course from the Addiction Policy Forum, provides evidence-based information about brain development, substance use, and prevention. Aimed at youth, parents, educators, youth-serving professionals, and community members. Access the free course here: - English: https://bit.ly/4b8KhZc - Spanish: https://bit.ly/3SJJSXs Awareness Campaigns for 2026-2027 Attached below 1. PFLAG Mt Washington Valley Support Group 2. MCAP Child Psychiatry Provider Access Line 3. MWV Perinatal Coalition Flyer	

	4. NH Teen Institute 2026 Summer Leadership Program flyer 5. Unregulated Intoxicants 2 pager 6. Jun 20 Carroll County SUD Conference	
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10:30 Adjourn.



Happy Autumn Season! Thanks for all you do! If you would like to unsubscribe from this email list, send a message that says "unsubscribe" to catalina.kirsch@graniteuw.org.

Jennifer Thomas, jennifer.thomas@graniteuw.org

Catalina Kirsch, catalina.kirsch@graniteuw.org

C3PH Carroll County is inviting you to a meeting series

[Register here](#)

Carroll County Responds to SUD

Please find agendas for upcoming meetings and minutes for past meetings at this page:

<https://www.c3ph.org/initiatives/continuum-of-care-for-substance-use-disorders>. Organizing the community for prevention, early identification, intervention, treatment and recovery related to substance use disorder across Carroll County, NH. Open to those who work in public safety, healthcare, education, human services, treatment, recovery, faith community, business, government, and concerned citizens.

Next meeting Date & Time

C3PH Carroll County is inviting you to a scheduled Zoom meeting.

Topic: Carroll County Responds to SUD

Time: Dec 2, 2026 12:30 PM Eastern Time (US and Canada)

Every 2 months on the First Wed, until Jun 2, 2027, 5 occurrence(s)

Please download and import the following iCalendar (.ics) files to your calendar system.

Monthly: https://us02web.zoom.us/join/tZwtceigqDluHtRorTn80ou-lizThDOxqgR8/ics?icsToken=DLGNbcYUsnQkgBvqvQAALAAAABFy308NdY2JqwcTChaaq_VoNqR2rXeD0wC_F4Xf76xvTMV3928LmvREFEI_8WWUixd1XbxCMQg-AdxQijAwMDAwMg

Join Zoom Meeting

<https://us02web.zoom.us/j/88061869440>

Meeting agenda

https://docs.zoom.us/agenda/doc/88061869440_1626233195000

Meeting ID: 880 6186 9440

One tap mobile

+13017158592,,88061869440# US (Washington DC)

Join by SIP 88061869440@zoomcrc.com

Join instructions

<https://us02web.zoom.us/join/88061869440?signature=C0ESoTxxk8QwfCFMAF8pPTg1roUHdpNGUyBtLFa0qJs>

Behavioral Health & Recovery Awareness Calendar

----- Fall 2026 -----

October	November	December
• National Depression and Mental Health Screening Month • National Substance Abuse Prevention Month • Red Ribbon Week — last week of October (drug-free lifestyle campaign, esp. schools) • World Mental Health Day — October 10 • National Bullying Prevention Month • Domestic Violence Awareness Month • National Collegiate Alcohol Awareness Week — typically mid-October	• International Survivors of Suicide Loss Day — Saturday before Thanksgiving • Movember — men's health awareness (mental health, suicide prevention among men, plus prostate/testicular cancer) • National Family Caregivers Month • Great American Smokeout — third Thursday of November (ties in with vaping/nicotine prevention messaging)	• National Impaired Driving Prevention Month ("3D Month" – Drunk and Drugged Driving) • Seasonal Affective Disorder (SAD) awareness ramps up with shortening daylight • Holiday season mental health and grief support messaging (loss, isolation, financial stress)

----- Winter 2027 -----

January	February	March
• Dry January • Mental Wellness Month • Continued Seasonal Affective Disorder (SAD) awareness (peak season) • National Mentoring Month	• 211 Day — February 11 (2/11), United Way's day highlighting the 211 helpline for health and human service referrals • Teen Dating Violence Awareness Month • National Eating Disorders Awareness Week — last full week of February • American Heart Month (<i>often paired with stress-heart health messaging</i>)	• Self-Injury Awareness Month, anchored by Self-Injury Awareness Day — March 1 • National Problem Gambling Awareness Month • Brain Injury Awareness Month • Kick Butts Day — third Wednesday of March (youth tobacco/vaping prevention, American Lung Association/Truth Initiative)

----- Spring 2027 -----

April • Alcohol Awareness Month • Distracted Driving Awareness Month • Stress Awareness Month • Sexual Assault Awareness Month • National Minority Health Month • Early prom/graduation safe celebrations messaging typically begins here and runs into May	May • Mental Health Awareness Month • National Prevention Week (SAMHSA) — early May • Children's Mental Health Awareness Week — first full week of May • Mental Health Action Day — a designated day within the month (date varies by year) • Safe celebrations for prom and graduation — peak season for messaging on substance-free events, safe rides, and impaired driving prevention • Older Americans Month	June • LGBTQ Pride Month • Men's Health Month, capped by Men's Health Week (week ending Father's Day) • PTSD Awareness Month, with PTSD Awareness Day — June 27 • National Safety Month
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Year-Round

These don't belong to a single month but are worth sharing year-round:

- **Strong as Granite** - a platform that's raising awareness of the mental health and substance use support and resources available throughout New Hampshire. It's part of a coordinated effort to bring help, hope and healing to all Granite Staters. <https://www.dhhs.nh.gov/programs-services/health-care/behavioral-health/strong-granite>
- **NH Rapid Response Access Point & 988 Crisis Lifeline** — ongoing awareness, with anniversary messaging around July 16 (the date 988 went live in 2022) <https://nh988.com/>
- **Vaping and Nicotine Prevention** — spans Kick Butts Day (March) and Great American Smokeout (November), but relevant for youth-focused messaging in back-to-school (August/September) and prom/grad season (April/May) as well. In NH, free resources and free online health coaching for quitting at <https://nh.mylifemyquit.org/en-us/enroll-now/>, also at <https://www.breathenh.org/get-help/quit-smoking-vaping>
- **Stronger Than You Think Campaign (NH)** The *Stronger Than You Think* campaign supports open conversations between parents, caregivers, and adults who have strong relationships with youth, and the young people in their lives, about cannabis, tobacco, alcohol, or other drugs. <https://drugfreenh.org/prevention-campaigns-toolkits/stronger-than-you-think/>
- **Grief and survivor support** (suicide loss, overdose loss) — relevant around ISOS Day (November) but also meaningful during holidays (December) and around Overdose Awareness Day (August).
 - For Survivors in NH of Loss to substances/addiction see <https://grasphelp.org/community/meetings/united-states-chapters/new-hampshire/>
 - For Survivors in NH of suicide loss, see
 - <https://www.naminh.org/sosl/>
 - <https://afsp.org/chapter/nhlocalresources>



FREE

VETERANS & FIRST RESPONDERS ART PROGRAM



2ND SAT OF THE MONTH
9 AM - 11 AM
TAMWORTH COMMUNITY
NURSE ASSOCIATION
86 MAIN STREET, TAMWORTH



**MORE INFO:
ARTSTAMWORTH.ORG**





- ✓ Care starts in a matter of weeks
- ✓ Evidence-based approach grounded in CBT
- ✓ Most major insurances accepted

Referring Patients to InStride Health

InStride provides specialty outpatient care for young people **ages 7–24** with **anxiety and/or OCD**.

Recognizing the signs and symptoms

- School avoidance
- Generalized anxiety and worry
- Obsessions and compulsions
- Panic attacks
- Social anxiety
- Separation anxiety
- Perfectionism
- Fears (of crowded places, vomiting, etc.)
- Academic anxiety
- Health anxiety
- Selective mutism
- Tics
- Hair pulling (trichotillomania)
- Skin picking (excoriation)
- Eating-related fears (ARFID)
- Obsessive concerns about body features
- Pediatric Acute-onset Neuropsychiatric Syndrome (PANS)
- Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS)

InStride Health is uniquely equipped to support families experiencing any of the following as a result of their child's anxiety or OCD:



Impairment with daily life

- Restricted activities (e.g., school, social, family)–“shrinking” the child’s world
- Parent/caregiver strain, e.g., missed social activities and/or work



Previous unsuccessful treatment

- Lack of traction in prior therapy
- Need for increased wrap-around support and/or medication



Medical and other complexity

- Physical symptoms like headaches or GI issues
- Psychiatric comorbidities (see below)
- Passive suicidal ideation

Patients can have other co-occurring disorders, such as depression, ADHD, and high-functioning autism spectrum disorder (ASD), as long as their primary presenting issue is anxiety and/or OCD.

InStride is not suitable for active self-harm, active suicidality, substance use disorders, post-traumatic stress disorder, or eating disorders other than avoidant-restrictive food intake disorder (ARFID).

Insurances we accept in your region:

- Aetna (MA Only)
- Anthem BCBS (Empire)
- Blue Cross Blue Shield of Massachusetts
- ConnectiCare
- First Health Network
- Government Employees Health Association (GEHA)
- Harvard Pilgrim
- Horizon BCBS
- Mass General Brigham Health Plan
- National Association of Letter Carriers (NALC)
- Optum/UnitedHealthcare
- Oscar
- Oxford Health Plan
- Wellpoint (UniCare)

Refer a patient today.



Scan the QR code or visit **InStride.Health** to complete our quick referral application.

Families are typically connected with a trained InStride Health clinician for an intake call within just a few days.

For questions call **401.573.0208** or email **jeff.roy@instride.health**

ONLINE COURSE

Beyond the Clinic: Navigating Community Supports for Behavioral Health



Mental Health Care Access in **Pediatrics**



Department of
**HEALTH &
HUMAN SERVICES**

Division of
Public Health

PURPOSE

Equip your primary care team with the knowledge, skills, and strategies to collaboratively address pediatric behavioral health issues, strengthen team-based care, and effectively connect children and families with community resources.

AUDIENCE

Primary care providers and healthcare support staff who treat kids and teens in NH.

OVERVIEW

- Self-paced, asynchronous learning
- 10 modules



**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 \$1,698,032 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.

Modules

- Understanding Pediatric Behavioral Health
- Relationships with Community Resources
- Barriers to Behavioral Health Access
- Responding to Needs
- Supporting Families
- Creating a Resilient Culture
- Trauma-Informed Communication
- Integrated Behavioral Health
- Meeting Rural Needs
- Sustainability

REGISTER

Scan to register!



Questions?

Email Corina.Park@unh.edu



You are invited to the Carroll County Food Access Network Gathering

October 13 • 2:00-3:30pm • Ossipee Concerned Citizens

3 Dore Street, Center Ossipee



- Meet The Carroll County Food Access Network members
- Celebrate the formation of our Backbone Leadership Team
- Learn about the Meals on Wheels Programs in the county

The Carroll County Food Access Network is a resource to optimize access to affordable, nutritious food for all people with efforts focused on supporting the local food system in Carroll County, NH.



TRUNK OR TREAT **for Wellness**

FRIDAY, OCTOBER 23
4 PM – 7 PM

2977 WHITE MT. HWY, NORTH CONWAY, NH
ACROSS THE STREET FROM DELANEY'S

Come in your best costume! Decorate your trunk – get creative!
Space is limited. Call now to reserve your trunk.

603-651-1441 ext. 1302

PRESENTED BY WHITE HORSE RECOVERY & COMMUNITY PARTNERS

Free Winter Gear Giveaway

FREE GENTLY USED WINTER CLOTHING ITEMS FOR THE WHOLE FAMILY

NOVEMBER 14TH | 9:00 AM - 2:00 PM

Tri-County Community Action Program Resource Center
448A White Mountain Hwy, Tamworth, NH 03886

Stay warm this winter! Stop by to pick up FREE gently used winter clothing items for the whole family, coats, hats, gloves, and more (while supplies last).

Enjoy a cup of hot chocolate.

Connect with local resources, including TCCAP to learn about services available in your community.



JOINED BY:



And More!





Northeast Passage Popcorn Stories



An introduction to storytelling event for veterans, national guard members, military first responders, and their loved ones.

In collaboration with Carroll County Veterans Coalition

Everyone Has a Story to Tell. Let Yours POP!

Come together in a welcoming exploration of storytelling,
listening and connection.



November 4 6-8 PM



To Register

www.nepassage.org/calendar
or call 603/862-0070



Wright Museum of WW II
77 Center St
Wolfeboro, NH 03894



Parking on sight



Please contact us regarding ASL interpreter needs



The Northeast Passage Popcorn Stories Series is funded in part by Creative Forces®: NEA Military Healing Arts Network, an initiative of the National Endowment in partnership with the U.S. Departments of Defense and Veterans Affairs. Creative Forces Community Engagement Grant program is managed by Mid-America Arts Alliance. Matching funds are provided by the J.D. McGonagle Foundation and in collaboration with Stellar Story Company.





Make It. Share It. Get It Seen.

A Nonprofit Communications 101 Crash Course

QR Codes

Inclusive
Messaging

Hashtags

LAYOUT

AI

POST SCHEDULING



Fonts

File
Size

Newsletters



Pixels



Jan 7th, 12 PM

FREE - One Hour Virtual Class

All Experience Levels Welcome!

Presented by designer & author

JulianneDiBlasi.com

<https://bit.ly/January7class>

REGISTRATION CLOSING 01.06.27



Looking for support? **Connect with a live Resource Navigator today!**

A real person will be in touch to connect you with services like food, healthcare, and more, or help you explore what resources are available in your community.

Scan the QR code or visit online to request support - we will reach out within 48 hours Monday - Friday to assist you.

[www.dhhs.nh.gov/programs-services/
nh-care-connections/
request-connect-navigator](http://www.dhhs.nh.gov/programs-services/nh-care-connections/request-connect-navigator)

