

Substance Misuse Prevention/Continuum of Care Work Groups

October 3, 2017

Cook Memorial Library, Tamworth NH
Downstairs Meeting Room

Prevention Leadership Team Notes

Introductions

- Bob Batson, Team Wolfeboro; Jim Poole, Team of Wolfeboro; Emily Benson, C3PH Public Health Advisory Council Coordinator; Lance Zack, White Mountain Restorative Justice; Sheryl Power, Kingswood Regional High School; Deb Bunting, Kingswood Regional Middle School; Mary Thomas, Ossipee Central School Counselor; Mary Croasdale, Northern Human Services; Ryan Fowler, RAPS; Rep. William Marsh, Health Officer, Brookfield,; Jennifer Selfridge, SMP, Coordinator, C3PH; Catalina Kirsch, COC Coordinator, C3PH; Michelle Ward, Program Assistant C3PH; Peter Burke, Farnum Center; Yvonne Meisner, White Horse Addiction Center; Eric Moran, Manager, The Shed; Susan Houghton, Huggins Hospital; William Nicoll, Resilience Center; Chief Doug Wyman, Sandwich Police Chief

New Meeting Format

- We have scheduled the Substance Misuse Prevention and Continuum of Care meetings back to back in order to minimize all our travel time. This is an experiment. Since we are all interested in the substance use disorder issues, and often are at the same tables, it's our hope that this combination meeting will continue to meet all our needs. Please send feedback to me or Catalina.

Activity Updates (3 minutes each)

- Wolfeboro Faith Forum, August 17th -Bob Batson
 - Collaborated with Jennifer and Chief Doug Wyman
 - Forum similar to Sandwich with presentations of information about the extent of the problem and resources to help address it.
 - Representatives from five churches attended
 - One goal is to replicate the model in other towns.
 - There were 90 people in attendance on the 17th.
 - Next step is to build on Red Ribbon Forum in conjunction with Red Ribbon Week recognition going on in the Governor Wentworth schools.
 - A Red Ribbon forum will be held at the Kingswood Performing Arts Center on October 26th to encourage parents and the community to become more involved in prevention.
- [Red Ribbon Week](#) (Kennett, Kingswood, Moultonborough)
 - Oct 23rd – 30th; theme is "The Future is Key"
 - Kingswood focused on building community to include dress up day district wide,
 - The High School Peer outreach group working with younger students on project with keys cut outs and future goals to be submitted to the national Red Ribbon Week contest.

- Students coming back from the Teen Institute Summer Leadership Program identified the need for an Ala Teen group, which is an Alanon-sponsored group for students whose parents (or others) are involved in substance misuse.
 - Sheryl and Ryan to connect on AA Group geared towards adolescents and young adults.
 - RAPS part of Granit Pathways – well marketed phone number for those affected by drugs and/or alcohol, provides continuous recovery support for individuals and families
 - Kennett High and Middle - Halloween theme safe messaging
 - Ossipee Central working on classroom projects
 - Jennifer will deliver state-provided Tulips to Ossipee Central, Kingswood Middle and High School, Kennett High School and Moultonborough Academy
 - Bob Batson and Team Wolfeboro will provide bracelets for Kingswood Middle School students.
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- Kennett Student Assistance/JAG at Kennett-progressing making more contact with students
 - Kingswood Youth Center – Summer Program Report-Zachary Porter, Mara Michno
 - Absent
 - Naloxone Distribution Update
 - Continuing to do events around the county working on a regular monthly schedule
 - Representative Peter Marsh, MD is available to fill clinical role at Naloxone Dispensing events.
 - Youth Leadership – [Teen Institute Summer Leadership](#)
 - Jennifer to collaborate with students at Kingswood on next steps
 - Other Updates
 - [Drug Take Back on Oct 28th](#)
 - A free Parenting Program facilitated by Julie Yerkes from Teen Institute, Staying Connected to your Teens, is now available to be presented in Carroll County. It is an evidence-based program, consisting of 5 sessions.
 - Susan Houghton - hospital may be interested in hosting a Parent Program bigger turn out if the 10-week class was lessened
 - Eric Moran- market it as a Date Night with possible dinner, childcare etc.
 - William Nicoll - 8-10 week Parent Program will covers most upper class community members, to reach additional community member less weeks will be better effective
 - Sheryl Powers - Family Matters of Carroll County was a great resource. The Family Resource Center in Conway is not centrally located.
 - A rich discussion of bringing additional family resources to Carroll County followed. Catalina said that it's possible to apply for 6 Month Funding through IDN to research Centrally located and/or satellite Family Resource Centers
 - Emily, Susan, Yvonne, Jennifer and William work on committee and possible proposal to IDN
 - Children Unlimited, Sandwich Children's Center, local Children's Center and schools will all be involved.

2017-2018 Prevention Work Plan & Logic Model Review All

- **<Insert Electronic Copy>**
- Highlights: to engage additional sectors and engaging more of the community involved in prevention; reduce substance misuse by disseminating information and engaging in activities focused on promoting healthy choices for a healthy community.
- Working on strategies to reach and involve more families
- Focusing on empowering youth to participate in advocacy as well as prevention activities.

2017 YRBS - Initial Results

Jennifer

- Preliminary results sent to Kennett High and Moultonborough – state is waiting for CDC to weigh the NH data to enable comparisons between state and local data.
- **Jennifer to send a summary of YRBS data from Carroll County to workgroup when schools have had a chance to release their own data.**

Break: Open Networking. Leave Early. Arrive Late.

Continuum of Care Workgroup Notes

COC Priorities & Plan 2017-2018

Catalina Kirsch

Early Identification / Intervention

- **SBIRT** : Screening for Brief Intervention and Referral to Treatment, is a brief screening to identify substance misuse early starting at 12, but also available in adult format
 - C3PH subcontracted to CCVNA/Huggins to screen young mothers in Home Visiting program; White Mountain Restorative Justice screens 200 +/- juveniles per year; SBIRT is being implemented by White Mountain Community Health, Children Unlimited, Huggins Hospital, Saco River Medical Group
 - Ages and Stages is a developmental screen through Watch Me Grow through Childcare Center to be brought in to Healthcare Centers; Ages and Stages is being piloted by 2 practitioners at Saco River Medical Group; Also it may be in place at Head Start
- Law Enforcement Update – Doug Wyman, Chief, Sandwich PD
 - InterLakes, Holly Vieten, recreating a Prevention Coalition, new Superintendent interested in prevention programming in the Elementary Schools.
 - Sandwich Central changing from DARE to **LEAD (Law Enforcement Against Drugs)** – Lisa Remick has become the NH trainer – specific curriculum to each age group
 - Local trends: need for prevention not just in early childhood, but across the lifespan, since the age group 30s-50s is being severely impacted by the alcohol/drug epidemic.
 - Importance for community education so that individuals can recognize the signs of addiction and connect people to help
- Restorative Justice – Lance Zack, White Mountain Restorative Justice –
 - Challenges in working with individuals addicted to opioids. For example, 21 referrals and only 2 show up for LADAC; Trend is that cases go back to court resulting in transition to IOP in Jail;

- Trend: change in marijuana laws – need for media messaging that is accurate – Marijuana is decriminalized but still not legal; arrests are continuing; penalties have not changed for minors; parents attitude toward marijuana that it is not a problem – clients under 18 are reporting that they are sourcing marijuana from parents who are condoning use.
- Upcoming Training, Oct 20 by Kevin Sabet: The Economic Impact of the Commercialization of Marijuana . Training: <http://new-futures.org/NF17OctLunch>
- IDENTIFIED PRIORITY/TREND: Methamphetamine is the concern across the workgroup, schools are seeking additional info
 - **Opportunity: Chief Wyman, Lance Zack and C3PH to collaborate on materials to be shared with the school on current trends, meth etc.**
<https://www.dhhs.nh.gov/dcbcs/bdas/documents/methamphteamine.pdf>
- William Nicoll left behind some materials for review working on addition metrics and logistics on why current programs are not working. FMI contact: Resilience Counseling & Training Center , 24 Reporter Court, PO Box 1435, North Conway, NH , 603-730-5467, [Email: resiliencectc@aol.com](mailto:resiliencectc@aol.com)
- Schools
 - Deb Bunting GW Middle School – Trends: dealing daily with parent substance abuse, sexual abuse, poverty, trauma; Stress Education; Suicide Prevention; School Nurses are a point of contact where students tend to confide in them about health issues.

Treatment/Recovery Supports

- **Easter Seals Farnum Center** – Peter Burke - Manchester Medical Detox, Residential Homes in Franklin Ray House 21 female beds & Webster House 41 male beds, added an IOP in Franklin, Open Access Drop in daily at Webster Place between 1-3 for an evaluation.
- **RAPS report – Ryan Fowler - Safe Station** in Manchester & Nashua have people coming in from other communities, filling up homeless centers, detoxing in station on mats - if not resident of Manchester or Nashua try to referral other safe stations. **RAPS** will walk individual through process and follow up on progress to sustainability. FMI: <http://www.granitepathwaysnh.org/rap/>
- **Northern Human Services - Mary Croasdale**, only MLADC at Northern Human Services,
 - completed Drug Court Training; unsure when Drug Court will and if it can be implement but lots to be done in Carroll County Challenge: Infrastructure gaps in Carroll County to provide needed elements to operate a Drug Court.
 - **Mary Croasdale to report back at December meeting on Drug Court in Carroll County.** FMI: <https://www.courts.state.nh.us/drugcourts/docs/Drug-Court-Policy-Procedure.pdf>
 - Facilitates weekly dual diagnosis group meeting.
- **Huggins Hospital** - increasing focus on community health, hired 1st Social Worker-Wendy Allen for the Medical Practices, SBIRT in the future, discussing an IOP; stepping toward behavioral health integration into Primary Care.
 - **Jennifer to connect Rex Brunell with Susan Houghton**
- **Whitehorse Addiction Center** – recovery resource and addiction center,
 - Serve up to 80 individuals in IOPs
 - Serve up to 200 pp per month at The Shed recovery center
 - 2 day IOP day and night access(one secular, one Christ centered) ,

- currently have 4 MLADC soon 5 and, 1 LADC to becoming MLADC,
- adding 4th IOP, working toward Detox Certification,
- Recovery Coach Academy starting early next year, possible forum to educate
- Vision: local residential treatment facility
- Sue Thistle went to Wash DC to do advocacy work
- Need: Manchester saw 100+ ODs this month
- Trend: Fast Taxi is adding drivers to serve medicaid subsidized public transport
- Identified Need: Public Awareness to introduce WHAC to the community to garner support
- Friendship House Groundbreaking, Bethlehem, NH, September
- Hope House Groundbreaking, Wolfeboro, NH, September
- **MWV Supports Recovery-**
 - Obtain 501 C(3)-accepting women starting Nov. 1st ,
 - hiring a house manager, pending punch list of items for town compliance satisfy occupancy permit,
 - M, W, F Recovery Coach on site, Peer Support NA, Family Support, Healthily Life Style – Coffee & Art, Yoga, collaborate on workforce training, life coaches, community members NA Friday, Carroll County Jail Trust Program, residence 1x week as need outreach

Next steps / Roundtable share of updates

Adjourn

Next Meeting: Tuesday, December 5th starting at 9:00, Cooks Memorial Library