

Prevention Leadership Team Minutes

March 14, 2017; 8:15 – 9:45 am

Runnells Hall, Chocorua

Attendance: Emily Benson, PHAC Coordinator; Lance Zack, White Mountain Restorative Justice, Julie Hill, White Mountain Community Health Center; Sue Ruka, Memorial Hospital, Sheryl Power, Kingswood Regional High School; Bill Nicholl, Resilience Counseling & Training Center; Bob Batson +3, First Christian Church of Wolfeboro, Michelle Ward, C3PH & Mt. Washington Valley Supports Recovery; Eric Moran, White Horse Addiction Center, Yvonne Meisner, White Horse Addiction Center, Jennifer Selfridge C3PH

Updates

Stakeholders Survey

A Stakeholder Survey, developed by the NH Center for Excellence for the Carroll County Public Health Network (as well as for the other 12 regional public health networks) was sent out to some prevention partners on March 1st. As of last week, we had a 25% response rate. Jennifer thanked those who had already completed the survey and asked that if people had not yet completed it, please do so. The results will help inform strategies for prevention in the region moving forward.

Student Assistance Applications

Kennett submitted an application to expand to full time student assistance for the high school and to hire an additional student assistance professional to expand the middle school program at Kennett Middle School to the Bartlett School and the Brett School, both K-8 buildings that feed into Kennett High School.

Regional Access Point Services (RAPS)

Doreen Shockley, Program Director for Granite Pathways' Regional Access Point initiative provided the Leadership Team with an overview of the services available through the Regional Access Point person. Individuals who access the NH Statewide Addiction Crisis Line (1-844-711-HELP) by calling the number directly or by dialing 2-1-1 will be directed to a RAP Recovery Coach who will help that individual or individual's family access necessary services.

The RAP Mission is to help individuals with mental health diagnoses remove barriers to get access to necessary help. At the present time, Granite Pathways has people in the training center in Concord. They are working toward having RAPS based in Carroll County. They are working toward having more than one individual in the RAPS role in each of the eleven public health regions they serve.

MWV Supports Recovery Sober Living Facility

Michelle Ward reported that MWVSR is continuing to fund raise in order open Female Sober house in May. In the meantime. Peer Support available. A Recovery Coach is onsite Monday, Wednesday, and Friday 8-4. A Family Support Group (F.A.S.T.E.R.) meets Thursdays. The center is offering Yoga on Wednesdays, Coffee and Art Drop in on Fridays.

In the near future, MWV Supports Recovery will be starting a Grasp group for those that have lost a loved one (<http://grasphelp.org/>) and a Narcotics Anonymous on Fridays starting 3/31. Visit the website for completed list of resources, events and programs www.mwvsupportsrecovery.org

White Horse Addiction Center

Yvonne Meisner reported that White Horse has received a grant from the county to expand their outpatient services. At the present time, they are offering:

- 2 IOPs – 3 hour 3x week (a morning and an evening IOP)
- Recovery House (The Shed) opened in Ossipee
- AA Meetings, working on adding NA meetings as well
- Working toward 4 -16 sober living year long program 2-Male and 2-Female, in addition to a 28/90 Day Program

Eric Moran reported that transportation remains a challenge.

Naloxone Distribution Update

The Carroll County Public Health is part of the *Anyone Anytime* statewide campaign to dispense Naloxone to the general public. To date we have dispensed 118 kits to individuals in Ossipee, Jackson, Sandwich, Wakefield, Tamworth, and Wolfboro plus the following:

- Moultonborough & GWRSD Schools (training provided to school staff, nurses, crisis team)
- Sandwich Public Event (February 27th – 13 kits)
- Wakefield (scheduled for March 27th 5-6:30, Wakefield Fire & Rescue)
- Tamworth (scheduled for March 28th 5 – 6:30 Tamworth Congregational Church)
- North Conway (scheduled for March 28th 5:00 – 8:00 North Conway Rec Center)
- Freedom (scheduled for April 6th at Freedom Library from 5:00 – 6:00)

If your organization would like to provide Narcan kits to your staff, C3ph will provide the training for your staff and the state will dispense kits directly to your organization.

If your organization would like to host a public Narcan Training and Dispensing event, please contact Jennifer Selfridge at prevention@c3ph.org or call 603-301-1252.

Resource Guide

A brief discussion about the future of the Carroll County Treatment Resource Guide took place. Because the landscape and resources are constantly changing, the Resource Guide will be an on-line Resource Guide at www.c3ph.org. C3ph will look into designing a rack card with key information to be distributed more widely.

There was interest in having services listed in the local newspapers.

Follow up to 2015 Pathways from Silence to Solutions

Lance Zack

- Pathways from Silence to Solutions II, May 16th, 9:30 to 4:00 at Sandwich Fairgrounds - more info to come
- Where we were and where we are now- and what do we still need to do
- James Vara coming from the state
- Forum planning meeting took place immediately following the Carroll County Round Table.

Other Updates

- Angels Faces program in Wolfeboro was highlighted as a potential model for recovery support. The Angel Faces program was established by a burn victim and is a program for girls who have suffered disfiguring burns. The girls are provided with a summer experience on Lake Winnepesaukee with peers facing similar challenges. The program works well and provides opportunities for those with the same conditions to be together, share stories, and realize they are not alone. The Peer-to-Peer Recovery Support is theoretically based on a similar model.
- Recovery Coach Training provides valuable information for individuals working with persons with Substance Use Disorder. Yvonne and Eric clarified that an individual does not have to be in recovery to become a Recovery Coach or a Certified Recovery Support Worker. Eric pointed out that for some individuals with substance use disorder there is a preference for working with someone in long term recovery but that is not always the case.
- Jim Stoddard, Program Director at Carroll County Jail described the Trust Program operating at the Carroll County House of Correction. The program is for individuals who are to be incarcerated for 90 days or longer and is usually part of the judicial sentencing. Substance use disorder and mental health treatment is available. And, the jail is able to provide detox services when warranted. The program is in its early stages. The program is eventually intended to provide case management and follow up services to facilitate access to housing, employment, additional treatment and recovery support as necessary.
- Julie Hill described the SBIRT program at White Mountain Community Health. SBIRT is a screening tool that each person 12 and over completes during their annual physical. The tool is intended to identify persons at risk for substance use disorder. When warranted referrals are made to the appropriate therapist.
- Lance Zack said that his Restorative Justice program uses a modified SBIRT Screening tool in conjunction with motivational interviewing techniques. The SBIRT model, originally developed for use in a medical setting has been refined to make it more user friendly and effective in a restorative justice/court diversion setting.
- Stigma – Jennifer discussed the possibility of providing some training in the county to help reduce stigma associated with substance use disorders and help-seeking.
- Sue Ruka reported some positive statistics for the New Life Program at operating at Memorial Hospital. Of the 11 or 12 women who have gone through the program, 100% reported quitting the use of marijuana, tobacco smoking decreased, and all babies born have been able to go home with their mothers. The New Life Program provides counseling, subutex support, nutrition information and other educational opportunities to maternity patients with substance use disorder. In partnership with Healthy Families America, home visits are conducted with all new mothers and their newborns. All babies have been able to go home with Mom.
- Lance Zack reported that as of April 1st, Felony's First is being implemented in the Carroll County Court system. This means that all felony charges have been moved from district to superior court. Lance reported that this is a first step toward implementing a Drug Court in Carroll County. While the funding barrier is eliminated because of state funding for the program, Carroll County's implementation faces challenges due to limited resources in the county.
- Sheryl Power reported that she had accompanied Kingswood Regional High Schools Peer Outreach students to the Statewide Opioid Summit at the SNU Arena. Kingswood students came away anxious to make a difference.

Next meeting: May 2, 2017 9:00 – 11:00 a.m. TCCAP Conference Room

Minutes prepared by Michelle Ward, C3PH; posted at <http://www.c3ph.org/substance-misuse>