

**Carroll County Responds to Substance Use Disorder
Prevention / Continuum of Care Work Group**

MINUTES

DATE: 8/7/18

PRESENT	Jennifer Selfridge, Cathy Livingston, Sarah Rawlins, Eve Klotz, Mary Reed, John Morrissey, Lynette Nason, Wendy Lee, Lance Zack, Heather Phillips, Lisa Ransom, Patricia Pustell, Suzanne Thistle, Katie Foster, Janice Spinney, Catalina Kirsch, Kat Howland, Doug Wyman
ABSENT	
NOTE TAKER	Catalina Kirsch
START TIME	9:05am
MEETING END TIME	12:30
DATE OF NEXT MEETING	
AGENDA ITEMS FOR NEXT MEETING	
SPECIAL NOTES	Guest Today, Kat Howland, Partnership for a Drug Free NH

Agenda topics

Topic: Roles and Responsibilities of the Workgroup

DISCUSSION	From Carroll County Promise 2020 (Community Health Improvement Plan or CHIP): Workgroups associated with each priority will be identifying and establishing benchmarks that are readily measurable on an annual basis and for which baseline data exists or can efficiently be gathered. Benchmarks will be chosen to closely align with key objectives outlined in the New Hampshire State Health Improvement Plan. To Address each goal, we will highlight a small group of promising evidence-informed approaches that are already underway or can be embarked upon by county wide workgroups to make a difference. The benchmarks will be used to measure our progress and hold ourselves accountable to our promise.
	Handout: Review of CHIP Priority Focus: Substance Misuse and Addiction
	Handout: Review of CHIP Priority Focus: Access to Comprehensive Behavioral Health Services
CONCLUSIONS	Our Carroll County Responds workgroup will function as both the Prevention Leadership Team as well as the Continuum of Care Workgroup for Carroll County to share resources, identify community priorities, and work in collaboration towards solutions.

ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Review handout: CHIP Priority Focus: Substance Misuse and Addiction	all	Oct 2, 2018
Review handout: CHIP Priority Focus: Access to Comprehensive Behavioral Health Services	all	Oct 2, 2018

Topic: Creating Group Ground Rules

DISCUSSION	Group brainstorm of ground rules that will help our workgroup to be inclusive, respectful and productive.	
CONCLUSIONS	Group generated list of ground rules: Respect the ideas of others and add your own “I like your idea AND I share an idea of mine...” (no “BUT”); Encourage participation of all; Create clear action items; Use time keeper as needed, start/end on time; Give time for review, debate & discussion, especially to inform new members; It is OK to agree to disagree (disagreement ≠ opposition); Keep solution focused.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Membership will review each meeting and have opportunity to amend as needed.	all	Bi-monthly
Distribute Ground Rules to membership	Catalina	Oct 2

Topic: Guest, Kat Howland, Partnership for a Drug Free NH

DISCUSSION	Kat presented information about the newly launched Recovery Hub website. See handout. Website has info regarding NH Recovery Community Organizations (RCO's), updated contact information, meetings and events calendar. Site has been live 1.5 months. Also shared other materials for distribution on vaping and e-cigarettes (electronic nicotine delivery systems or ENDS)	
	Idea: Senior Citizen communities would benefit from information on vaping and e-cigarettes.	
CONCLUSIONS	Partnership is seeking input from the community about the Recovery Hub website. Contact info@nhrecoveryhub.org	
	Eve Klotz invites Kat H to present to No Human Services Treatment Team	
	More information about vaping and e-cigarettes here: http://drugfreenh.org/get-information/drug-guide/vaping https://www.breathenh.org/lung-health/e-cigarettesvaping https://www.dhhs.nh.gov/dphs/tobacco/e-cigarettes.html	
	Chief Doug Wyman, Sandwich PD: Related to the discussion about vaping, there are statutes that address the marketing of such items. For more information see: http://www.publichealthlawcenter.org/resources/us-e-cigarette-regulations-50-state-review/nh	
	Katie Foster, New Futures: stay tuned for legislation soon in NH regarding vaping. When the info comes out, it will be shared with Public Health Networks. An advocacy road trip is in the works.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Go online and explore and share: http://nhrecoveryhub.org/ Send feedback, edits, updates to khowland@drugfreenh.org or info@nhrecoveryhub.org	All, especially Sue Thistle, Eric Moran (White Horse), Janice Spinney, Rosemary Normandin	Oct 2

	(MWV Supports Recovery)	
Share pamphlets with your organization and community partners. For materials available see http://drugfreeh.org/ or http://drugfreeh.org/get-information/materials and order from khowland@drugfreeh.org	all	Oct 2
Meet to plan a Vaping Workshop for Carroll County	Kat Howland Jennifer Selfridge Catalina Kirsch	Oct 2
Discuss whether a Vaping Workshop might be offered to local senior citizens' groups	Kat Howland Patricia Pustell Jennifer Selfridge Catalina Kirsch	Oct 2

Topic: Prevention Update from Team Wolfeboro, Doug Wyman

DISCUSSION	There will be a community event on Aug 23, 7pm	
<p>On Thursday evening August 23 at 7 PM, the 2nd annual Faith Forum for Drug Prevention will be presented by Team Wolfeboro to inform and encourage the community with information about Drug Prevention in New Hampshire and our local communities. Our goal is to create a Drug-Free Community.</p> <p>This year's forum hosted by Wolfeboro Bible Church, 533 Center Street, Wolfeboro highlights the importance of Parents in preventing drug abuse. Learning to know how to speak to children according to their age levels and understanding along with tools to help describe the problem and how to avoid drug-related tragedies will be presented.</p> <p>After presentations by experts in the field, an informal time of question and answers will be available at the end of the session.</p>		
CONCLUSIONS	Spread the word about the upcoming event.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
For more information see: https://teamwolfeboro.org/forum/ and help spread the word	all	Aug 23

Topic: Prevention update from Inter-Lakes School District, Lisa Ransom

DISCUSSION	Lisa is the new Drug and Alcohol Outreach Counselor for Inter-Lakes School District k-12. Welcome, Lisa! She can be reached at lisa.ransom@interlakes.org	
There will be a parents' meeting in September and a small coalition starting. Contact Lisa for more info.		
CONCLUSIONS	Lisa is seeking to collaborate across the community in her new role.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Please send details about upcoming Parents Meeting and coalition updates to the public health network.	Lisa Ransom	September

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Topic: Prevention Update from Hope House, Wendy Lee

DISCUSSION	Hope House in Wolfeboro is open to serve up to 7 families in the Kingswood school district area.	
CONCLUSIONS	Wendy is seeking to connect and collaborate with service providers in the region Hope House has created a registry that outlines everything we will need to suit up and open the doors of the Hope House. Items include bedding, dishes, basic needs and so much more. Please visit our registry by clicking here .	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
For more information about Hope House see: https://www.housingbenefitsnh.org/wolfeboro	all	Oct 2
Hope house has created a registry that outlines everything we will need to suit up and open the doors of the Hope House. Items include bedding, dishes, basic needs and so much more. Please visit our registry by clicking here . Spread the word	all	Oct 2

Topic: Prevention update from Workforce Innovations & Opportunity Act, Lynette Nason

DISCUSSION	Welcome Lynette, first time attendance at our workgroup. Lynette.nason@nhes.nh.gov Conway office, (603) 447-1440	
Lynette is working on a state grant to provide services to individuals and family members living with or impacted by substance use disorder.		
“WOIA is an employment and training program funded by the U.S. Department of Labor to help Dislocated Workers and other Eligible Adults access the tools they need to manage their careers through information and high-quality services, and to help U.S. companies find skilled workers.”		
CONCLUSIONS	Group would like more information.	
<p>YOU MAY BE ELIGIBLE FOR WIOA IF:</p> <ul style="list-style-type: none"> You have been recently laid-off or terminated You are unemployed You are collecting Food Stamps or TANF You are employed, and your income is below the self-sufficiency guideline (based on family size; see an Employment Counselor for details) You are a displaced homemaker You are homeless You are an individual with a disability <p>Services are available statewide in all 12 NH Works offices.</p> <p>To schedule your meeting with a WIOA Employment Counselor. please call NH Works Today! NH Works locations are open Monday–Friday from 8 AM–4:30 PM</p>		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
For more info see https://www.snhs.org/programs/workforce-development/workforce-investment-act-wia	All	Oct 2

Topic: Candidates; John Morrissey, candidate, NH House of Representatives. Patricia Pustell,

DISCUSSION	Candidate for NH State Representative for Carroll County 04, Sandwich, Moultonborough, Tuftonboro	
	Candidate for NH State Representative for Carroll County 05, Wakefield, Ossipee, Effingham, Brookfield	
CONCLUSIONS	Came to learn more about the issues.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
For more information: http://www.morrissey4nh.com/index.html	all	n/a
For more information: http://pustell.com/	all	n/a

Topic: Granite Recovery Centers, Green Mountain Treatment Center, Sarah Rawlins

DISCUSSION	Sarah shared an overview of services available from Granite Recovery Centers. Handouts shared.	
	Working in partnership with Recovery Friendly Workplace Initiative , with Chris Placy. Helping employers to put together workplace policies that are recovery friendly.	
CONCLUSIONS	For more info see https://www.graniterecoverycenters.com/	
	For more information about Green Mountain Treatment Center in Effingham, where detox is available, see: https://www.graniterecoverycenters.com/green-mountain-treatment-center/ Program Highlights: Medical Detoxification, Co-Occurring Disorders, 12 Step Centered, Adventure-based Therapy, Gender Separate Treatment, Highly-trained Clinical Team of Experts, Nutrition, On-site Gym, Yoga, Transportation, Continuing Care, Accepts Most Insurance. (including premium Medicaid products)	
	Membership of workgroup interested in a tour of Green Mountain Treatment Center.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Meet to set up a tour of Green Mountain Treatment Center	Sarah Rawlins Catalina Kirsch	September

Topic: Prevention update from Memorial Hospital, Heather Phillips

DISCUSSION	Memorial Hospital will be sending out notices to patients regarding new policies around medication management. As of Aug 7, the letters had not yet gone out.	
	Primary Care and Behavioral Health are working together to collect data about the number of patients who receive medication for chronic pain.	
	The new policy will surpass state requirements and will ensure all patients on medication for chronic pain will be monitored. New protocols will include care in the form of pill count visits.	
	SAVE THE DATE: The Community Health Needs Assessment Public Forum will be on Nov 14, 3-5pm at Red Jacket Mountain View in North Conway.	
	Memorial Hospital is seeking to run focus groups of health care consumers to inform their Community Health Needs Assessment.	
CONCLUSIONS	Memorial Hospital will share patient advisory notice with our public health network as they become available	
	Please forward ideas of existing groups to invite to participate in a health focus group to Heather Phillips.	

ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Share patient notice about medication management policy.	Heather Phillips	Oct 2
Save the date for Community Health Needs Assessment Public Forum. Nov 14, 3-5pm, North Conway	all	Nov 14
Send ideas for healthcare focus groups to Heather.	all	September

Topic: Prevention update from Northern Human Services. Eve Klotz

DISCUSSION	Northern Human Service is trying to re-activate the Moultonborough Suicide Prevention & Mental Health Coalition . Please send Eve information for contacts to recruit partnership for this effort.	
Lakes Region General Hospital has closed a practice in the Moultonborough area. Eve is trying to find space to provide services in Moultonborough and within Huggins Hospital. She has been in communication with Walter Johnson, Town Administrator, Moultonborough.		
CONCLUSIONS		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Send ideas to Eve Klotz for potential community partners to activate the MSPMHC	all	Oct 2

Topic: Prevention Update from Sandwich PD, Doug Wyman

DISCUSSION	“ Stand Up Laconia is a growing coalition of youth and adults who live, go to school, and/or work in Laconia, together to create positive change, and we need YOUR help! For positive change to happen, we need to work together as a community. Who else needs to be involved? Parents - Youth - Healthcare Providers - Business - Education - Law Enforcement - Faith Community - Local Government”	
LEAD (Law Enforcement Against Drugs) is now happening in all five 5 th grade classes in Inter-Lakes. There was a talk for grandparents at the public library in Sandwich.		
Lisa Remick presented about LEAD to the statewide Prevention Coordinators meeting.		
Doug and Lisa met with NH Assistant Commissioner of Safety and Office of Student Wellness (Dept of Education). There are \$23M in state funds coming in. Doug & Lisa recommended earmarking funds for LEAD.		
Recent LEAD instructor training was completed. LEAD is now part of the training curriculum for School Resource Officers. Too Good For Drugs , from the Mendez Foundation, includes components that involve officers and teachers together, as well as components for parents.		
CONCLUSIONS		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
CONGRATULATIONS to Doug Wyman, chosen as LEAD Instructor of the month for August 2018	all	

Topic: Prevention Update from Mount Washington Valley Supports Recovery, Janice Spinney

DISCUSSION	MWVSR has partnered with North Country Health Consortium to house an Outpatient program with a LADC (licensed drug and alcohol counselor) and their Impaired Driver Care Management Programs (IDCMP) may also be locating there soon.	
	The organization Groups. Recover Together is also exploring the possibility of locating there. More to come.	
	Community Activities coming up: see https://www.mwvsupportsrecovery.org/ Save the Date: Sun Sep 16 th , Take a Walk in Our Shoes event, accepting sponsorship support. Chem-Free Canoe and Paddle, date?; Sober Sip and Paint: Aug 21. For more info call 603-662-0668	
CONCLUSIONS		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
see https://www.mwvsupportsrecovery.org/	all	Oct 2
Help Promote Sep 16 Take a Walk in Our Shoes event	all	Sep 16

-----Break -----

11:00 A Focus on the Continuum (Intervention, Treatment, Recovery)

Topic: Update from the Continuum of Care Facilitator, Catalina Kirsch

DISCUSSION	Moving forward in 2018-2019, with 50% of funding from Bureau of Drug and Alcohol services, compared to last year. Catalina's work continues with funding from three programs: Continuum of Care , Young Adult Strategies (substance misuse prevention focused on NH 18-25 year olds) and Young Adult Leadership (peer education for young adults 18-25 in suicide and substance misuse prevention)	
	Information about local stats related to substance misuse are available from the Drug Monitoring Initiative. See https://www.dhhs.nh.gov/dcbcs/bdas/documents/dmi-june-2018.pdf	
CONCLUSIONS	Continuum of Care (CoC) Priorities and activities will be sharpened to focus on 1. Increasing awareness of and access to Substance Use Disorder (SUD) services 2. Increasing the capacity of services and delivery of services by promoting and supporting collaboration among service providers.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
For more information contact Catalina	All	Oct 2

Topic: Continuum Update from Restorative Justice, Lance Zack

DISCUSSION	Lance had been doing screenings using the SBIRT tool (https://sbirtnh.org) but has faced challenges including, for example, a 90+ day wait period in the region for LADC assessment and the tool recommends an assessment within that time period. Also, the tool is designed for a medical setting and does not seem to fit within a justice setting.	
	Another familiar instrument is GAIN (http://gaincc.org/instruments/) however it is cost prohibitive for the restorative justice office.	

CONCLUSIONS	Perhaps there is an opportunity to explore funding avenues to support the use of the GAIN instrument.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Explore the possibility of funding through IDN7 or other sources to acquire GAIN instrument system	Catalina, Lance	Oct 2

Topic: Continuum update from Northern Human Services, Eve Klotz

DISCUSSION	There is a MATCH (Modular Approach to Therapy for Children) training coming up at the end of August. Contact Eve at Northern Human Services for more information	
NHS received a VOCA Victim Assistance Grant (Victims of Crime Act). https://www.ovc.gov/VOCA-Administrators.html They will be getting referrals from police, domestic violence workers to offer victim assistance services.		
NHS has 4 LADCs in training. Other Intervention updates: Moultonborough schools has a student assistant wrap around team. Governor Wentworth School District has a Social Worker, Sheryl Power, who helps identify needs and connect families to services. MWVSR is willing to train a recovery coach for Kennett High School. There might be individuals among the Key Club or Educators Rising program interested.		
CONCLUSIONS		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Ask Kennett High School if there is interest to connect young adults to recovery coach training.	Catalina, Jennifer	September

Topic: Continuum update from Sandwich Police Dept, Doug Wyman

DISCUSSION	Chief Wyman gave a presentation about LEAD to SAU9. Contacts, Pam Stimpson, Dir. of Special Services; Jessica Whitelaw, School Board Member.	
Chief Wyman is involved with the Governor's Advisory Council on Diversity and Inclusion .		
CONCLUSIONS	For more info https://www.governor.nh.gov/news-media/press-2018/20180607-diversity-inclusion.htm	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Share information about upcoming Listening Sessions in Laconia and Conway	Chief Wyman	September

Topic: Granite Recovery Centers, Sarah Rawlins

DISCUSSION	Granite Recovery Centers runs a private treatment facility in Effingham. 9 out of 10 referrals come to Effingham, since detox care is available there. Intake includes verification of health benefits. Green Mountain Treatment Center is in network with Blue Cross, Tufts Health Plan, and Optum. Optum plans include Harvard Pilgrim Healthcare, United Behavioral Healthcare (UBH), United Healthcare, Optum, and Health Plans Inc. and Premium Medicaid plans. Transport available within a four-hour drive.	
	After 5-7 days of detox, residential treatment in Effingham or Canterbury (New Freedom Academy), based on client choice and insurance coverage. The center is "Medication Resistant" and is not a MAT provider. Stays are typically 28 days. Past that, there are programs at Granite House (for men and women) in Concord. 7am-9pm programs. \$3500 out of pocket, with insurance covering the IOP.	
	Women's IOP in Manchester. Hopefully another opening in Effingham or Ossipee.	
	Headquarters is in Salem. There is a Recovery Center there 5 days/week with workshops on Sat's.	
	Women's Sober Living in Manchester. Patients are always discharges with an after-care plan with a LADC.	
	GRC keeps a database with recovery centers listed, coaches, sponsors for AA	
CONCLUSIONS	Community partners are interested in a tour of Green Mountain Treatment Center in Effingham.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Arrange a tour for Carroll County SUD Providers or Green Mountain Treatment Center	Sarah Rawlins	October

Topic: Continuum Update from White Horse Addiction Center

DISCUSSION	Whitehorse Addiction Center North is now open in North Conway. Outpatient Treatment and Recovery Services now in Ossipee and North Conway. Three IOPs with offerings during day and evening hours, secular and Christian focus. Most Medicaid and insurances accepted. No one turned away due to inability to pay.	
	WHAC has a few CRSW's (Certified Recovery Support Workers) and more are being trained. WHAC has about 10 recovery support workers. Master LADCs service substance use and mental health needs. Other services include AA meetings, recovery support meetings/	
	Aug 25 Motorcycle Ride Fundraiser in North Conway.	
	WHAC also runs prevention activities at Kingswood Youth Center.	
CONCLUSIONS	WHAC uses evidence-based practices. Impact on the community evidenced in reduction in reported overdoses in the areas served. MLADCs have extensive experience among them.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
For more info: https://www.whitehorseac.com/	all	Oct

Topic: Continuum Update from MWV Supports Recovery, Janice Spinney

DISCUSSION	MWVSR is now a quarterly education and distribution site for Narcan.	
	Sep 16 is Walk in Our Shoes Recovery Awareness event. Expecting 400 participants.	
	The House of Corrections Trust Program runs a program there on Fridays for individuals recently release from incarceration, to provide care transitions services and counseling.	
	Working with Ryan Fowler and Hands Up Harm Reduction Coalition to promote harm reduction activities, services in the region.	

August 31 is Overdose Awareness Day. MWVSR will have an awareness event with the release of black balloons representing loss. Other awareness activities have included presentations to local Rotary and Kiwanis groups.		
CONCLUSIONS	MWVSR has 1 CRSW and 3 in training to become CRSW.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Promote the Sep 16 event: https://www.mwvsupportsrecovery.org/	all	Sep 16

Topic: Continuum Update from Children Unlimited, Cathy Livingston

DISCUSSION	Children Unlimited is running a Parenting from Prison education program at Carroll County House of Corrections.	
The Family Resource center is open to the public to provide info and resources including for families facing challenges related to substance use disorder.		
CONCLUSIONS		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
For more information: http://childrenunlimitedinc.org/familysupport	all	October