

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

MINUTES

DATE: 10/2/2018

PRESENT	John Morrissey, candidate; Wendy Lee, Hope House; Evan Stuart, Groups; William Marsh, NH House; Cathy Livingston, Ch Ultd; Lance Zack, WMRJ; Sarah Freeman, NH Providers Assoc; Rosemary Normandin, MWVSR; Yvonne Meisner, WHAC; Eric Moran, WHAC RC; Caleb Gilbert, PHAC; Patricia Pustell, candidate; Sarah Rawlins, Granite Recovery Ctrs; Hannah Willette, Granite Recovery Ctrs; Julie Everett-Hill, WMCHC; Chuck Henderson, Sen Shaheen; Douglas Wyman, Sandwich PD; Katie Foster, New Futures; Theresa Swanick, candidate
ABSENT	
NOTE TAKER	Catalina Kirsch
START TIME	9:00
MEETING END TIME	12:30
DATE OF NEXT MEETING	December 4, 2018
AGENDA ITEMS FOR NEXT MEETING	
SPECIAL NOTES	For the meetings scheduled December 4, 2018 and February 5, 2019,

Agenda topics

Topic: Welcome Caleb Gilbert, Public Health Advisory Council Coordinator, C3PH

DISCUSSION	Please join us in welcoming Caleb Gilbert to our C3PH team.	
	For more information about Caleb see: http://www.c3ph.org/about/staff	
CONCLUSIONS	Caleb Gilbert is the Public Health Advisory Council Coordinator for the Carroll County Coalition for Public Health and has been with Granite United Way since September 2018. Caleb has worked in the public health field since 2014, working for state government and local nonprofit programs. He grew up in neighboring Maine, enjoying the outdoors, and is excited to start a new chapter of life in the Granite State. Caleb attained a Master's degree in Social Work from the University of Southern Maine School of Social Work in 2015, focusing on community social work and systems level approaches to problems facing communities. He is excited to use the experience he already has in the field and gain invaluable new experiences working in Carroll County. Caleb can be reached by email at phac@c3ph.org or phone at 603.301.1252 x307	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Welcome Caleb! phac@c3ph.org		

Topic: Prevention – Strategic Planning for Prevention – Jennifer Selfridge

DISCUSSION	Jennifer is seeking to form a subcommittee from this group to work over the next year to create a Carroll County Substance Misuse Strategic Plan.	
The goal is to create a plan that is culturally competent, inclusive, addresses needs across the lifespan.		
CONCLUSIONS	A draft is due by July 2019. A subcommittee will include representation from diverse communities. The timeline for data collection will be developed by November.	
Data collection process will include public focus groups and public forum in the spring. A volunteer facilitator will be valuable. Input will inform a draft plan by May 2019.		
You may receive a call from Jennifer to invite you to this process.		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Contact Jennifer Selfridge if you would like to be on the Prevention Strategic Plan subcommittee	all	Nov 1

Topic: Prevention - Youth Empowerment Conference

DISCUSSION	Kennett High School will invite Dover Youth to Youth to come and help lead a Youth Empowerment Conference January 29 in North Conway.	
CONCLUSIONS	Carroll County area middle and high school students will be invited to participate.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
FMI contact Jennifer Selfridge	all	Nov 1

Topic: Prevention – Team Wolfeboro

DISCUSSION	Because of changes in funding, The Partnership for a Drug Free NH will not be able to fund the purchase of materials for school activities in Governor Wentworth School District for Red Ribbon Week in October.	
CONCLUSIONS	Team Wolfeboro may be able to support the purchase of some materials.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Contact Jennifer Selfridge about feasibility of materials purchase.	Bob Batson	asap

Topic: Prevention – Take Back Day Oct 27, 10-2 across Carroll County

DISCUSSION	The DEA National Prescription Take Back Day will take place on Oct 27 across Carroll County. Eleven Police Departments are participating.	
The Carroll County Sheriff's Office in Ossipee now has a drop box in the lobby near Registry of Deeds.		
CONCLUSIONS	Please share out the information: http://www.c3ph.org/assets/pdf/C3PH_National_Prescription_Take_Back_Day_2018_10.pdf	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Please share out the information: http://www.c3ph.org/assets/pdf/C3PH_National_Prescription_Take_Back_Day_2018_10.pdf	all	Oct 22
Share flyer with schools	Rose	Oct 22

Topic: Prevention – Vaping, Info, Workshops & Trainings

DISCUSSION	Workshops and trainings are available through the Northern New England Poison Control Center. More info on vaping here: https://www.breathenh.org/lung-health/e-cigarettesvaping	
Comment from Lance, Restorative Justice: Kingswood is prosecuting vaping related violations under current tobacco policy; Kennett HS is responding with school suspension plus required vaping education. A community gap is the availability of vaping cessation education.		
CONCLUSIONS	FMI contact Laurie Warnock She has a background in emergency medical services and a master's degree in public health. Contact her by Email: warnol@mmc.org Phone: (603) 770-7954; Fax: (603) 271-4519; Mailing Address: NH Department of Health and Human Services, 29 Hazen Drive, Concord, NH 03301	
Patricia Pustell expressed interest in training for seniors		
Providers would like a training in Carroll County		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Seek information to bring training resource to seniors	Patricia P.	
Organize training for providers	Jennifer, Catalina	Winter 2019

Topic: Guest – Lynn Fuller, Karen Morton-Clark, Granite Pathways

DISCUSSION	Lynn shared information about support groups for friends and family of individuals living with substance use disorder. For more information Contact Lynn Fuller to start a group in your area. hopeforfamilies123@gmail.com	
Link to Family Support Groups in NH . Printable flyer here to share.		
Eric and Rose expressed interest in a support group for grandparents. Support for grandparents may represent a gap in services in the county.		
Karen Morton Clark shared an overview of the Granite Pathways organization.		
Karen shared info about other regional efforts. In Laconia, Sober Parenting Journey, a dinner/family meal; 2 hr per night x 14 weeks; partnership with Families First; Also, Strength to Succeed, a peer support, assistance for individuals involved with DCYF		
Karen shared about working with businesses to support recovery among the workforce. There is a customized modular program that's been developed over 2 years to work with employers.		
There is a list of early adopters of the Recovery Friendly Workplace Initiative .		
There will be a Recovery Friendly Job Fair Oct 24 in Portsmouth for Employers and Job Seekers		
Examples of recovery friendly employers include Chameleon Group (support in terms of transportation, emergency food, wellness check-ins); Dunkin Donuts (certain franchises, awareness of substance misuse in public restrooms). Industries that are significantly impacted include but are not limited to hospitality and construction. TurboCam manufacturing is willing to train entry level employees who are in recovery.		
In the statewide Recovery Friendly Workplace Initiative, regional Substance Misuse Prevention coordinators, like Jennifer in Carroll County will be dispatch to provide orientation to the initiative to employers who would like to become a recovery friendly workplace. The initiative is hiring advisors at the state level to implement the program.		
Yvonne commented that there are businesses, employers that have told her they can't hire enough people. WHAC is interested in connecting businesses to this initiative. Eric and Lance shared that WHAC has been trying to develop the concept of a sober workforce initiative that would help connect individuals in recovery to employment.		

CONCLUSIONS	Lynn will follow up with Eric, Yvonne of White Horse Addiction Center and Rose of MWVSR to explore the possibility of a support group facilitator training in Carroll County.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Plan support group facilitator training in Carroll County	Lynn Fuller, Eric Moran, Yvonne Meisner, Rose Normandin	Winter 2019
For more information about Recovery Friendly Workplace reach out to Karen Morton Clark, Karen Morton-Clark, CRSW, Assistant Director of Recovery Services Granite Pathways, (603) 892-5890 Cell Regional Access Point Services (RAPS): 1-844-640-RAPS (7277), Safe Harbor Recovery Center: (603) 570-9444, www.granitepathwaysnh.org	all	ongoing

--Break --

Topic: Continuum of Care – Early ID an Intervention Updates

DISCUSSION	Young Adult Strategies – Catalina is seeking ideas for setting in Carroll County where more screening and early identification of SUD related concerns can be conducted for the 18-24 yr old population. Screening currently happening at White Mountain Community Health Center and Saco River Medical Group.	
CONCLUSIONS	Lance shared idea for 18-24 early ID: Mt Ctr Physical Therapy. (young adults seek sports medicine and pain mgmt for injuries. Potential prevention/early intervention opportunity)	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Reach out to Carroll County sports medicine and physical therapy providers	Catalina	Dec 4

Topic: Continuum of Care – Guest – Evan Stuart, Groups, Center Conway

DISCUSSION	Groups, a suboxone Medication Assisted Treatment and group therapy program is now open and accepting new patients. Co-located in Center Conway at MWV Supports Recovery. 4K members nationwide. Started in NH.	
Groups is designed as a 18-24 month outpatient program, but client centered. Weekly participation is expected. Weekly tox screen and prescription. The program promotes acceptance and accountability.		
Program accepts NH Healthy Families (Medicaid). The goal of the program is to get individuals into treatment within 7 days of initial contact.		
Intakes take place Tuesdays and Thursdays with Clinician Melissa Fernald. This program increases access to care for patients who may encounter wait lists at other providers.		
CONCLUSIONS	For more information and to refer patients for care contact (800) 683-8313	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Share information with providers who can refer for treatment	all	Dec 4

Topic: Continuum of Care – Sarah Freeman – NH Providers Association

DISCUSSION	Sarah is available to bring the needs of Carroll County to the roundtable discussions that happen in Concord and speak for our communities' concerns. She can advocate to state legislature.	
NH Providers Association has worked with Medicaid payment structures to support recovery support services. NHPA will be at the state Behavioral Health Conference. Sarah is also connected to the Healthcare Taskforce on the Governor's Commission, examining medication assisted treatment.		
There was a discussion about the Prescription Drug Monitoring Program which tracks prescriptions for pain but does not monitor prescriptions under the "X-Waiver" in medication assisted treatment (MAT). There is a conversation at the state level about open the PDMP to LADc/MLADCs		
CONCLUSIONS		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
FMI Contact Sarah Freeman, sarah@nhproviders.org	all	

Topic: Continuum of Care – Hannah Willette – Granite Recovery Centers

DISCUSSION	Hannah will be joining our workgroup representing GRC. They offer 12-step abstinence based programs. Available to share resources. GRC/Green Mountain Treatment Center accepts premium package Medicaid products and private insurance.	
CONCLUSIONS	Hannah is organizing a tour of Green Mountain Treatment Center in Effingham for Carroll County Service providers Friday Oct 19, 12:30-2:30	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
To join tour, contact Hannah at hwillette@graniterecoverycenters.com	all	Oct 18

Topic: Continuum of Care – Yvonne Meisner, Eric Moran, White Horse Addiction Center

DISCUSSION	White Horse Addiction Center will host a grand opening for its North Conway location on Oct 30, 2-5pm at 2977 White Mountain Highway, North Conway. Services available include Counseling with Master Lic Drug and Alcohol Counselor (MLADC), Recovery Community Organization (RCO) known as The Shed North.	
WHAC is working with MWV Supports Recovery to create a recovery coach dispatch system for connecting individuals in the ER for SUD related care to recovery coaches and or to dispatch recovery coaches to naran administration scenes to provide recovery support and access to care.		
WHAC also offers Prevention Wednesday activities to students who attend Kingswood Youth Center and regularly serves about 19-25 kids there.		
CONCLUSIONS		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
FMI contact White Horse Addiction Center White Horse Addiction Center, Inc., 68 Route 16B PO Box 487, Center Ossipee, NH 03814, 603-651-1441		
White Horse Recovery Resource Center, 70 Route 16B PO Box 487, Center Ossipee, NH 03914, 603-301-0041		

Topic: Continuum of Care – Rose Normandin -Mount Washington Valley Supports Recovery

DISCUSSION	The Walk for Recovery was a success, attracted about 100 participants and exceeded its fundraising goal.	
	The Trust Program out of Carroll Co House of Corrections provides after care case management at MWVSR. Clinician, Jim Stoddard. Jim also provides supervision for recovery coaches.	
	Identified need: They are over budget for training coaches. Need support in this area.	
CONCLUSIONS	There is a need of funding for training recovery coaches.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Let us know if there is any action our group can take to help MWVSR secure training funds.	Rose	Dec 4

Topic: Continuum of Care – Lance Zack for Dorian Kramer, Shen Dao Acupuncture

DISCUSSION	In 2017 there came about legislation that allow acupuncture to be accepted as treatment for opioid use disorder. FMI: http://www.unionleader.com/NH-lawmakers-embrace-ear-acupuncture-to-treat-opioid-addiction	
CONCLUSIONS	Shen Dao Integrative Health in North Conway is available to provide this service.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
FMI see https://www.shendaointegrativehealth.com/		

Topic: Continuum of Care – Julie Everett Hill – White Mountain Community Health Center

DISCUSSION	Julie shared some information about the telehealth services available at Dartmouth Hitchcock. FMI: https://med.dartmouth-hitchcock.org/connected-care/telespecialty-services.html	
	Hepatitis C treatment program is starting at WMCHC.	
	The health insurance navigator service will continue under a different funding stream since the original federal program funding was cut. The navigator program has been discontinued and we have applied for a new assistance program via the federal Certified application counselor designated organization (CDO) Program; our former navigator will then serve as a Certified Application Counselor. We are hoping that this transition will be complete by October.	
CONCLUSIONS		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
FMI about WMCHC see http://www.whitemountainhealth.org/	all	

Topic: Continuum of Care – Kathy Livingston, Family Resource Center, Children Unlimited

DISCUSSION	The Family Resource Center at Children Unlimited is tracking referrals to services related to SUD.	
	Children Unlimited continues to provide parenting education at Carroll County Jail.	
CONCLUSIONS		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
FMI about Children Unlimited and Family Resource Center see http://childrenunlimitedinc.org/familysupport	all	