

CARROLL COUNTY COALITION FOR PUBLIC HEALTH



An Initiative of Granite United Way

CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER Minutes – December 10, 2019 (date change)

Prevention – Continuum of Care Workgroup

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

FMI: (603)301-1252; prevention@c3ph.org ; continuum@c3ph.org

9:00

- Attendance: Lisa Ransom/Inter-Lakes School District; Deb Bunting/ GWRSD Outreach; Crystal Sawyer/ CC Adult Ed; Caleb Gilbert/C3PH; Susan Ticehurst/ NH House of Reps; Yvonne Meisner/ White Horse Recovery; Bill Nicoll, Resilience Counseling & Training Center; Katie Foster/New Futures; Rosemary Normandin/MWV Supports Recovery; Lance Zack, Wt. Mt Restorative Justice; Cathy Livingston/Children Unlimited; Marissa Maitland/ SAP, SAU 9; Chuck Henderson/Office of Senator Shaheen, Catalina Kirsch, Jennifer Selfridge
- *Jill Burke (BDAS) was scheduled to attend today but had to cancel. Will attend a future meeting.

FOCUS ON PREVENTION

Carroll County RPHN Substance Misuse Prevention Announcements

State Opioid Response Scholarships Available through NHADACA

For training attendance through the New Hampshire Training Institute. Contact Jennifer for more information. List of training topics available through the [NHADACA website](#). There are several opportunities for training and conference scholarships. NHADACA facilitates several Bureau of Drug and Alcohol Services (BDAS) scholarships as well as its own scholarship opportunities. NHADACA provides two member scholarships to regional/national conferences in addition to Train It Forward Scholarships and Clinician Scholarships to our NH Training Institute on Addictive Disorders events.

<https://www.nhadaca.org/Scholarships>

Leaders in Prevention, NH Teen Institute:

NHTI's Winter Programming for Middle School Students

The Leaders In Prevention (LIP) program brings together teams of eight middle school students and two advisors for a long weekend of activities and Action Planning with numerous other teams from across New Hampshire. Schools, after-school groups, and community organizations identify students -- from all walks of life and levels of skill -- with leadership potential who can work as part of a team, and willing to bring new skills and energy back to their community.

Students participate in an array of learning opportunities – both within their own team and together with all the participating teams – around topics in school climate, substance abuse prevention, and community involvement. Every participant can develop or expand their leadership skills, build positive relationships with their peers and youth & adult mentors, and explore new ideas to improve their schools & communities. Through this process, they learn more about themselves and each other, and about how to work effectively as a team.

To culminate the program, each team also designs an Action Plan for a project they will implement in their school or community. For Middle School students, overnight training retreat opportunities. Brings together students from across NH and connects students from different backgrounds. A great chance to build leadership skills for MS students.

New Futures Advocacy Training Opportunities:

January 23rd and March 26th 2020. <https://new-futures.org/trainings-calendar>. Susan Ticehurst is also happy to provide ad-hoc trainings as needed, feel free to email/call her: Susan.Ticehurst@leg.state.nh.us or 603.960.1454

NH Young Adult Survey:

“Let Your Voice be Heard” survey for adults 20 to 30 years of age. NH YOUNG ADULTS: LET YOUR VOICE BE HEARD BY DECEMBER 23RD! The Center for Excellence is excited to announce the launching of the 2019 New Hampshire Young Adult Survey! WE WANT TO HEAR FROM NEW HAMPSHIRE RESIDENTS BETWEEN THE AGES OF 18 AND 30. THE SURVEY TAKES ABOUT 10-15 MINUTES TO COMPLETE AND ALL RESPONDENTS ARE ELIGIBLE TO SUBMIT AND ENTRY INTO A LOTTERY FOR ONE OF TWELVE \$50 CASH PRIZE AND TWO \$250 GRAND PRIZES. Here is the link to the survey:

<HTTPS://WWW.SURVEYGIZMO.COM/S3/5273032/2019-NH-YOUNG-ADULT-ASSESSMENT>

The purpose of the survey is to understand the behaviors and perceptions of young adults living in New Hampshire relative to a specific health issue in the state, including the use of alcohol, prescription medication, and other drugs. The information collected will be used to help decision-makers in the state to develop and support health, wellness and substance misuse prevention programs for youth and young adults.

Legislative Breakfast, January 16th, 2020. Entire NH House & Senate Representatives are invited. Details to follow.

- o 7:30 – 8:30 Senate Cafeteria
- o Volunteers needed for recruitment and day-of facilitation
- o What should be included on the template?

Third Sandwich SUD Forum in the planning stages. Lance Zack and Doug Wyman are primary contacts.

Planning for a third forum is underway. 1st focused on lack of resources, 2nd focused on highlighting new/available resources, 3rd will focus more on root causes of substance use/despair. Looking to highlight basic needs and ACEs/early trauma. Will focus on action items. First part of forum will focus on resources and second will focus on action items. The forum will also offer a venue for networking amongst providers/participants.

Marijuana <https://legiscan.com/NH/bill/HB481/2019>:

Interim Study for Marijuana bill (HB 481) is being taken up by Sen. Judiciary Committee. No other marijuana bills have been introduced for 2020. Report will be created at some point.

Discussion was held on marijuana legalization, commercialization vs other options (legal, but not commercialized; issues related to decriminalization; remaining illegal; etc.).

Kennett HS and MS SAP works with students who have violated certain School Substance Use policies. Students see SAP Coordinator 3 times to explore use, triggers, etc. Discussion was held about what other resources exist for youth in the county (mentorship, curriculums, holistic approaches to wellness).

Tobacco Compliance:

Violation rate is nearing 20% in NH. This can have some serious implications for health of youth in our state and funding through the SAPTBG.

Vaping:

Marissa (SAU 9 SAP) is working with Pam from Kennett HS to bring Breathe NH to the Conway Public Library (for public) and bringing the program to Kennett MS. Hoping to have this happen in March. Hoping to utilize student leaders in this work – Marissa has developed a student leadership team at Kennett and there is a cadre of students who attended the leadership conference at Kennett HS in January of 2019.

10:30 – 11:00

Networking and Break

-----FOCUS ON THE CONTINUUM OF CARE (prevention) + intervention + treatment + recovery -----

11:00 Roundtable updates on Early Identification/Intervention & Treatment

NH Providers' Association Behavioral Health Summit, Dec 16-17, Manchester:

<https://www.nhproviders.org/annual-conference-website> . Catalina will be attending. Contact

Mental Health Town Hall, St. Anselm College, Dec. 16th, 6:30pm, Manchester. Will be broadcasted via Facebook Live: <https://www.facebook.com/events/580016062745720/>

<https://www.mentalhealthforus.net/news-and-events/news-and-events-new-hampshire/> Mental Health for US is heading to New Hampshire! Mark your calendars for a town hall with national and local policymakers, experts, and community leaders on mental health and addiction.

The event, brought to you by the Mental Health for US coalition, the National Council for Behavioral Health, and the NH Community Behavioral Health Association, will feature speeches by former U.S. Rep. Patrick J. Kennedy and other community advocates. We'll be announcing more speakers in the coming weeks – including several presidential candidates <https://www.eventbrite.com/e/unite-for-mental-health-new-hampshire-town-hall-tickets-77531018363>

Open Enrollment:

Open until Dec. 15th. Connect with WMCHC for a Health Care Navigator. Also on www.healthcare.gov

Transportation:

RCC will be conducting listening sessions throughout Carroll County to hear about transportation issues and concerns in the county. One will take place next Thursday, December 19th at the Carroll County PHAC Meeting: TriCAP in Tamworth, 10am to 12pm.

WMCHC:

Working w/ NHS to offer counseling for MAT patients. Contact Julie Hill at WMCHC for more information.

Northern Human Services:

Eve Klotz has retired. Sarah Fenton, Clinical Director, sfenton@northernhs.org will be filling in for the interim.

Resilience Counseling and Training Center, Bill Nicoll:

Remote MH counseling options, family resilience, internet and broadband, and utilizing technology more advantageously. FMI <https://www.resiliencetrainingcenter.com/>

Telemedicine Legislation, Susan Ticehurst:

<https://legiscan.com/NH/text/SB258/id/1872305> ; SENATE BILL 258; AN ACT relative to telemedicine and telehealth services. This bill adds definitions to and clarifies the statute governing telemedicine and Medicaid coverage for telehealth services.

Roundtable updates on Recovery & Community Supports

Whitehorse Recovery:

Yvonne M: 2 p/t MH services for youth ages 6+. There is a waitlist in Ossipee, but not N. Conway.

Applying for USDA funding for housing.

Continues to work with [Better Life Partners](#).

WH has rebranded: to embrace recovery and behavioral health services, now “White Horse Recovery: Behavioral Health Services.” Website is now www.whitehorserecovery.org.

Looking to relocate the Thrift Store, as Ossipee Campus expands. Always looking for volunteers.

MWV Support Recovery

Telephone Recovery Services have started and the program is growing: Recovery Support Workers/Coaches touch base with individuals in recovery via phone.

Looking for a House Manager.

Issues related to Homelessness are becoming more prevalent, staff is helping people to prepare necessary documents related to support services (Town Welfare, etc.).

Soup and Song fundraiser: MWV SR has reached out to The Way Station to partner on this fundraising event. Date, location, details forthcoming.

Will be handing out clean syringes along with harm reduction/treatment resources. This will be an exchange system. First of its kind in the North Country.

ER Recovery Supports, WH Recovery and MWV Supports Recovery

Program is wrapping up on Dec. 15th, but WH and MWV SR are applying for an extension. MWV SR is committed to continuing these services, even if there is no extension of funding. Some communication issues exist between the program and the ER staff, trying to resolve these issues.

Children Unlimited/Early Childhood, Cathy Livingston: <https://www.childrenunlimitedinc.org/>

Yoga with children – new program that is taking place at CU. Also focuses on mindfulness, coping skills, stress reduction.

Play therapist Kelly Marcello – anyone can refer to CU for these services. Also has Jette Glazier providing MH older children and adults (11 and up).

Crossings child grief support programs are still happening in N. Conway and Ossipee. Close to outgrowing their pace in Ossipee, looking for other options.

Shen Dao Integrated Health: <https://www.shendaointegrativehealth.com/>

MLADC now performing Adolescent SUD assessments. For more information, contact shendaoacupuncture@yahoo.com

ACEs Collaboration

MWV Aces Collab and Memorial Hospital will be hosting a training on Trauma and the brain on January 21st, more info forthcoming and will be shared. FMI Caleb Gilbert, phac@c3ph.org

Supplemental Nutrition Assistance Program, Chuck Henderson,
Chuck_henderson@shaheen.senate.gov

The Trump Administration has formalized new requirements for SNAP benefits. Currently there is a work requirement of at least 20 hours per week to qualify for food stamps but states have been able to request waivers. As of about a year ago, 14 towns in NH, all in the North Country and all with fewer than

1,000 residents, had this waiver but were expected to lose it under this rule. The new rule would only allow waivers for areas that have a 6 percent unemployment rate or higher. The USDA said about 688,000 people would lose access to food stamps and the change will take place April 1, 2020.

This only affects abled-bodied adults without dependents (nobody disabled or with children), who are subject to the work requirement. USDA has now made it more difficult for states to get waivers to the work requirement for areas of high unemployment.

https://www.usatoday.com/story/news/nation/2019/12/04/food-stamps-trump-administration-tightens-snap-work-requirements/2608297001/?utm_source=AMP&utm_medium=UpNext

IDN Region 7: <http://www.nchcnh.org/region7IDN.php>

Catalina will be attending Quarterly Meeting on December 12, 2019 and will share information with the group. Be sure to follow [Region 7 Integrated Delivery Network](#) on Facebook to keep up with what's happening with the IDN.

Check out this video created by North Country Health Consortium in IDN7 about Prevention.

Video: What is prevention? The following [video](#) produced by NCHC's Substance Misuse Prevention team was featured in November at North Country Health Consortium's 2019 Annual Meeting. We invite you to hear more about what [Prevention is](#) from some of the community-level faces of prevention in North Country communities.

Carroll County House of Corrections:

MAT program in the jail: the policy still has not been approved by Carroll County Commissioners. Thanks for the support on this, work is ongoing. Budget hearing will be held on Friday, December 13th and there will be a public comment period. To reach Superintendent Jason Henry, contact jhenry@cchoc.org

Next Meetings: Feb 4, Apr 7, Jun 9.

Snow advisory: If SAU 49 (Wolfeboro) is delayed/closed, meeting is cancelled.

12:30 Adjourn

Attachments

Magnify Voices Student Art Contest – Mental Health awareness;
http://www.c3ph.org/assets/pdf/magnify_voices_2020.pdf ; for more info:
<https://sites.google.com/view/magnify-voices/home?authuser=2>

New Futures Campaign Priorities 2020

http://www.c3ph.org/assets/pdf/New_Futures_Campaign_Priorities_2020.pdf; for more info:
<https://new-futures.org/>

About Granite United Way VITA Initiative: Granite United Way's Volunteer Income Tax Assistance (VITA) program offers free tax preparation to low to moderate-income households. Volunteers are trained by the IRS and last year prepared more than 5,000 federal returns.