

**CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER
MINUTES – June 2, 2020**

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

Welcome. Topic: Carroll County Responds to Substance Use Disorder

Time: Jun 2, 2020 09:00 AM Eastern Time (US and Canada)

Join Zoom Meeting. <https://us02web.zoom.us/j/85616351391?pwd=ODdtWVdIRVlzMkRHFQRWNIUHZoNld0Zz09>

Meeting ID: 856 1635 1391 Password: 029773, One tap mobile; +13017158592,,85616351391# US (Germantown)
 Dial by your location, +1 646 558 8656 US (New York); Meeting ID: 856 1635 1391

Introductions and attendance. Regrets for technical difficulties. Delayed meeting start at 9:15am

COVID-19 Update – Jarrid Pike, Public Health Emergency Preparedness

- As of June 2, in Carroll County, there have been 48 confirmed cases of COVID-19, 9 of which are active cases. NH has confirmed 245 deaths related to COVID-19. There are currently 98 hospitalized cases. There have been 74,344 individuals tested. There is some antibody testing available at some private labs such as Lab Corp and Quest Diagnostics. The testing ability is expanded. Contact tracing is ongoing with support from National Guard, though some National Guard troops have been pulled to the ongoing response to rioting and protests related to the death of George Floyd and racial injustice.

Focus on Prevention: Brief Updates and Adjustments in face of COVID-19

- DOE Student Wellness Resources. See attached. FMI <https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-wellness>



Through several collaborative partnerships between NHDOE, NHDHHS, and other community partners, we have health-related supplies available for schools to disseminate to students and families such as:

- **Dental Kits and Tip Sheet** – toothbrush, toothpaste, floss, and a timer tip sheet for proper oral health care at home provided by the NH State Oral Health Program
- **“Deterra” Pouches** – Drug Deactivation System (for prescriptions and medications) & Information Sheet for Parents/Guardians (NOTE: These are not for dissemination to children)
- **Healthy Habits for Well-Being Handout** professionally printed copies (see left)
- Other supplies requested

Please let us know if you are interested in the available items by completing [this request form](#), and we will be in touch to determine the best way to get the supplies to you or where they can be available for pick up in your community.

Just want to order some Healthy Habits & Wellness Handouts? Use [this form!](#)

- YRBS Carroll County Data, Jennifer
 - See link: <https://www.dhhs.nh.gov/dphs/hsdm/documents/carroll-yrbs-results-2019.pdf>
 - Highlights
 -
- SAU 9, students & families, Marissa Maitland or other SAU 9 staff
 - Marissa. Connecting with students in need continues to be a challenge. Students are receiving a high volume of emails to sort through. Marissa will be leaving her position at Kennett High School. Best wishes to you, Marissa! She can be reached at m_maitland@sau9.org
- SAU 49, students & families, Sheryl Power, Deb Bunting or other SAU 49 Staff
 - SAU 49 will end the school year for students Friday 6/5. Staff last day will be Jun 19.
 - Summer food program. Food pick distribution system continues on Mondays at OCS and KRHS through Jun 30th. On July 2nd food distribution at same locations continues on Mondays and Thursdays and will between the two days will provide 7 day supply of breakfast and lunch offerings.
 - Dental kit donations received and will be distributed with food
 - Census 2020 info received and will be distributed with food
 - NH Healthy Families will be sending some promotional materials to hand out as well. Catalina will follow up with Deb B.
- Children Unlimited/ Family Resource Center, Barbara Ross or Cathy Livingston
 - Staff who are coming into the building here at CU complete a COVID survey (google form) daily.
 - We are putting protocols in place to start looking at in person visits for our Resource Center and Clinic.
 - Our therapists will continue to work remotely with preschoolers who have IEPs and Extended School Year Services over the summer.
 - We have set our reopen date for child care as August 31st. From their Facebook page: we have “ set August 31st as the date to reopen childcare at Children Unlimited. Our staff will be reaching out to you in the next few weeks to start to gather enrollment information from you about your child(ren) and their fall schedule. We will continue to update you through the summer as protocols are created and plans are finalized for our fall reopening.”
- Other prevention updates?
 - Building Resilience MWV. Heather Phillips, Memorial Hospital. Follow BRMWV on Facebook at <https://www.facebook.com/BuildingResilienceMWV> The group has hosted two successful Facebook live events. The first was Students: Ask your Doctor, Q&A for local students with local docs, Ross Emery, Rich Laracy and Wenda Saunders. The second was Youth & Mental Health with local clinicians Kelley Marcello, Jette Glazer and Melissa Kanter. Next events will include another FB live, June 11, 4pm, focused on Domestic Violence during COVID19 as well as a FB live focused on the mental health needs of adults and another on the needs of young adults under 25.

- New Futures Film Screening. We invite you to join us for a virtual screening of [Tre Maison Dasan](#), a powerful documentary about children who experience trauma as a result of having an incarcerated parent. New Futures' Children's Behavioral Health Program is teaming up with the Family Connections Center at the NH Department of Corrections, NAMI NH, and Reach 1 Teach 1 Love 1 to bring you this thought-provoking film. The screening will be followed by a panel discussion hosted by Annmarie Timmins, Communications Associate at NH Legal Assistance, and will feature several individuals who have been impacted by parental incarceration. Here are the details: [Wednesday, June 17th](#), 4:30-6 Movie Screening, 6-6:30 Discussion Panel. Online Zoom Meeting; **If you would like to watch the movie beforehand, it is available for rent on Amazon.* Please [register here](#) and feel free to share this event with folks who might be interested. We look forward to seeing you on June 17th!
- VAPING UNVEILED Thursday June 4, 3:30pm by Conway Public Library
 - Topic: Vaping Unveiled
 - Time: Jun 4, 2020 03:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89635274683>

Meeting ID: 896 3527 4683

One tap mobile

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Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 896 3527 4683

Find your local number: <https://us02web.zoom.us/j/kcmfzIV108>

10:00

Focus on the Continuum of Care (Early Identification/Intervention, Treatment, Recovery)
Updates from the Field.

Early ID/ Intervention

White Mountain Restorative Justice

Town of Tufonboro. Bill Marcussen. Expressed concern for the impact of isolation, especially for children and families who may not be safe at home. Please see the following links for related resources.

<https://waypointnh.org/programs/the-family-support-warm-line>

The toll-free number is 1-800-640-6486 and there is never a charge for the service. The NH Family Support Warm Line is a free phone-in service where callers can talk confidentially to a family support professional to get help with everything from coping strategies, child behaviors, family dynamics, household management and emotional distress, to gaining access to tools, resources, and services that can help navigate life during challenging times. Callers may need advice or just a trusted, nonjudgmental ear. Either way, it's a good way for families to feel less isolated and more supported. The Waypoint Family Support Warm Line can accommodate just about any language spoken in NH.

Sheryl Power. SAU 49. Connecting families with resources continues to be a challenge. Will need to continue to seek creative ways to connect with families if school remains remote in the future.

Beth Dyson. White Mountain Community Health Center. Working remotely 7hr/week. WMCHC offering some telehealth services. FMI <https://www.whitemountainhealth.org/>

From the website...

[New testing options, in-person visits, and safety guidance](#)

We are now seeing patients in person for a wider array of visits, although we're continuing to use telehealth for many visits.

[\[READ MORE\]](#)

[Expanded access to our services in this time of community need](#)

We have changed our new patient process to ensure that everyone in the area can get the healthcare they need right now.

[\[READ MORE\]](#)

[COVID-19 update](#)

We want to make sure you know that we are here for you in this difficult time.

[\[READ MORE\]](#)

Treatment

Groups. Carolee Longley. Candi Kane. Services available via telehealth. From their website: <https://www.groupsrecovery.com/covid-19-response>

Groups will continue to provide MAT and counseling through the use of telehealth.

NEW MEMBERS. We offer rapid access intake appointments for new members seeking treatment, now via telehealth. Call now to schedule: [888-519-6279](tel:888-519-6279) You can call any time of day or night, 7 days a week. Our intake specialists are always available to answer questions or get new people into treatment ASAP. Once sheltering in place restrictions are lifted, you will have the option to continue treatment in one of our office locations.

EXISTING MEMBERS. During the COVID-19 pandemic, Groups has transitioned to a fully virtual, telehealth model to ensure limited disruption to your medication and clinical experience. Your weekly meetings will be conducted via videoconferencing, and will be at the same time as your current group. Once you attend your first telehealth group, your counselor will share info on how to continue to comply with our urine drug screen, pill count, and medication policies. Our care navigators are available to assist in connecting you with resources in your area such as obtaining health insurance, unemployment benefits, internet, medical or dental services, or access to emerging programs that are available as a result of COVID-19.

You can visit our member portal for more information: [Groups Member Portal](#)

Farnum Center. Peter Burke From their website <https://farnumcenter.org/>

COVID-19 Pandemic Update. We are safely continuing inpatient and outpatient admissions during the COVID-19 Pandemic and delivering Telehealth Services

One of our new methods of delivery includes **Telehealth Services for substance use treatment services**. This allows us to safely continue **Open Access** assessments, accept admissions to our **Detoxification** Program, and deliver much needed **Medication Assisted Treatment (MAT) Services** and **Outpatient Counseling**.

A Message From Farnum Leadership About the COVID-19 Pandemic

You can count on continued transparent communication regarding new and ongoing services at Farnum. **Our phone lines are open if you or a loved one is in need of help and know that we prioritize your health and safety above all else. Please call our admissions team at 603-263-8021.**

We appreciate you,
Kathleen Murphy, M.Ed, LADC, SVP of Substance Use Services
Dennis Theriault, MBA, VP of Substance Use Services
Roland Lavallee, MD, Medical Director
Christine Habermann, MBA, VP of Policy, Procedure and Compliance

Gatehouse Treatment. Sent in by Sarah Rawlins

I am available to assist in navigating really good treatment for individuals needing a higher level of care anytime via call or e-mail seven days a week. We can take clients for PHP/IOP with structured housing In-Network with United Healthcare/Optum products as well as the following insurances: **Aetna, Tufts, Cigna, Magellan , Multiplan, Tricare (East), Humana, Beacon Health Strategies, Beacon Health Options, Compsych, BHCP-Maine Health: Martin's Point US Family Health Plan, Maine Community Health Options, Health Partners (Anthem) also known as Maine Health or Maine Medical Center (Medical Center Employee Only)**

We also can take several BCBS carveouts that fall under the above in-network contracts.

We are currently in the process of finalizing Blue Cross Blue Shield and will be able to take these policies on 7/1/2020! As always, we can take any policy with Out-Of-Network benefits as well. If you have anyone who you would like me to verify benefits or discuss our program over the phone or in person, please call me any time!

Best,

Sarah Rawlins, Clinical Outreach Coordinator, Gatehouse Treatment
491 Amherst Street, Nashua, NH, 03063; Cell: (603) 948-5218,
SRawlins@gatehousetreatment.com
Admissions: (844) 307-0702; srawlins@gatehousetreatment.com
<https://gatehousetreatment.com/>

Recovery

MWV Supports Recovery. Sent in from Janice Spinney:

MWV Supports Recovery reopened for services on Monday June 1st. We are observing all social distancing protocols set forth by the state of NH phased opening. Clients can meet with a recovery coach in the center or outside at our tables but will be asked to wear a mask, fill out a questionnaire and have their temperature taken. We have PPE available provided by the state (masks, wipes, gloves and sanitizer wipes). We have also asked people wanting to access the building to call us when they arrive, and we let them in for resources or appointments being sure no one is within 6 feet of another client in offices or waiting areas

Our SMART recovery group started meeting last week outside at tables behind the building on Thursday evenings. The family FASTER group will restart soon as well as an additional NA meeting coming to the center this summer. Will announce meeting startups and programs offerings on Facebook and our web site as they roll out.

Endeavor House has vacancies and will consider applications -we have three room vacancies. Our SSP (syringe service program -harm reduction) program is available call the center to arrange services. Collaborating partners for referral of clients in the SSP are WMCH and Saco River Medical if a medical situation from injection use should arise or a client's needs, Prep , HIV or Hepatis testing or treatment.

MWV Supports Recovery can direct people to detox and in-patient programs and will provide transportation if needed. We can help individuals find community-based stability through the local MAT providers. We can sit with clients and make calls with them for treatment, housing, jobs, food bank, health appointments and referrals to an insurance navigator. Our coaches meet weekly with clients during the first day they ask for assistance through the first few months of recovery and beyond. We also support families seeking help for a loved one providing phone list and internet referrals information for treatment.

We have a radio commercial starting the 4th letting people know we are her to help and understand how COVID-19 may have caused some to rely heavily on substance for anxiety and depression.....

Let me know if you have any questions or feedback. Janice, mwvaddictionresource@gmail.com
Please call 603-662-0668 and ask for Rose if you have any questions.

Thank you so much for your understanding. From their website:

[FREE ONLINE MEETINGS AND VIRTUAL PLATFORMS](#)

[RECOVERY COLORING PAGES](#)

White Horse Recovery. The Shed is open normal hours with masks required and counseling was pushed out until June 15th to reopen but will continue via Zoom. From their website....

- White Horse Recovery will be providing some intake assessments, therapy sessions, case management, and recovery coaching services via telephone and Zoom video conference calls. Beginning June 15, 2020 these services will also be available on site in our clinical locations.
- This technology allows a large number of White Horse Recovery staff to perform their jobs remotely, while maintaining service delivery, reducing the number of onsite staff, clients, and guests being seen in our facilities and minimizing the potential spread of illness.
- We will have reduced staffing onsite in our Recovery Community Organization buildings (The Shed) available to see clients or emergency cases that come to the building.

Hours of Operation:

Our main phone will be staffed during hours of operation. You may reach us at 603-651-1441. The Shed in Ossipee is open 9am – 5pm Monday – Friday. Shed North in North Conway is open on Wednesday 10am – 5pm with additional hours by appointment. The Sheds will be staffed during those hours. We will be complying with the Governor’s order of no gatherings of 10 or more individuals and therefore will be limiting the number of staff, guests, and clients on the property at any time.

White Horse Recovery has a Recovery Coach on call 9am – 5pm Monday – Friday at 603-733-8571. If you need support outside of those hours, we will do our best to have someone get back to you as soon as possible.

Clinical operations will continue to be available remotely. On site appointments are available beginning June 15, 2020. Our hours of operation are 9am – 5pm Monday – Friday with select evening appointments available. Clients will be contacted with instructions as to how their sessions will be conducted.

IOP Sessions will be held on site beginning June 15, 2020. IOP will continue remotely until then.

The White Horse Thrift Store will be closed until further notice

For our full COVID-19 RCO Procedures go [HERE](#)

For our full COVID-19 Clinical Procedures go [HERE](#)

Other updates?

- Public Health Advisory Council (PHAC) Caleb Gilbert
 - IDN Region 7 is making plans for its next funding cycle. For more information or questions about the Region 7 IDN, please contact: IDN7@NCHCNH.org . Be sure to follow [Region 7 Integrated Delivery Network](#) on Facebook to keep up with what's happening with the IDN.
 - The Ossipee Roundtable meets bi-monthly to collaborate on needs of the greater Ossipee area communities. FMI see <https://www.facebook.com/groups/979679432228955>
 - Granite United Way local hub for COVID Emergency Relief Fund assistance. Stay tuned. GUW is in conversation with a local non-profit to act as a Carroll County hub where individuals, families can apply for assistance from the GUW relief fund.
- Legislative, New Futures or Shaheen, or Pappas
 - Tobacco 21? Fmi <https://tobacco21.org/state/new-hampshire/> Feb 25: **Recent updates!** – *Tobacco 21 Progress – [Statewide Bill Tracker](#)*. New Hampshire currently has a near national average rate of high school smoking and adult smoking rates. High school student's e-cigarette usage rate is 23.8%; driving up New Hampshire's overall youth tobacco use rates. An estimated 22,000 children now under the age of 18 will eventually die early due to smoking, with 500 children becoming daily smokers every year. The result is an annual health cost of \$729 million that is directly attributable to smoking. The state only spends 7.6% of the CDC recommended amount on tobacco prevention.
 - NH Tobacco Laws info page: <https://www.nh.gov/liquor/enforcement/laws-rules/tobacco-laws.htm>
- Sent in from Julie Bosak, from Dartmouth-Hitchcock Substance Use and Mental Health Initiative COVID-19 and Substance Use in New Hampshire, Survey Report, May 2020
Executive Summary
<https://med.dartmouth-hitchcock.org/documents/survey-report-covid-19-substance-use-new-hampshire.pdf>

Survey methods

In order to elucidate the impact of the COVID-19 pandemic on drug use and people who use drugs (PWUD) in New Hampshire, an online survey exploring drug use patterns and COVID safety practices among PWUD was developed using Qualtrics software. The survey included 13 fixed choice response items and 3 opportunities for narrative responses and was emailed to 383 diverse stakeholders asking them to share their observations and to forward the link to other observers. Leaders of 11 relevant NH networks agreed to circulate the survey to their constituents. Total number of recipients is unknown.

Conclusions

While the direction of changes in opioid and other street drug use were not clearly elucidated by this survey, it is clear that respondents observe alcohol use to be rising in the state. Actions at clinical and societal levels to educate, recognize and intervene in unhealthy alcohol use are critical to avoid a wave of increased alcohol-related morbidity, mortality and social harm as a consequence of COVID-19 associated distress, potentially compounding the challenges of the pre-existing opioid epidemic.

Optimizing technology access, increasing quality and availability of telehealth treatment and recovery services, and enhancing public awareness of these opportunities is important to reduce substancerelated harm during the COVID Era, and possibly going forward. Early advocacy for retention of those elements of telehealth that have proven safe and effective will help retain

positive gains when emergency orders are no longer in effect as COVID resolves. At the same time, safe strategies to provide in-person treatment and groups to support recovery during COVID for those for whom virtual care is unsatisfactory are needed. Outreach to people who use drugs that supports social distancing, mask wearing, and increased opportunities for personal hygiene is needed to reduce their risk of developing COVID. Continued aggressive distribution of naloxone is critical as some PWUD appear to avoid calling 911 or presenting to emergency rooms with overdoses due to fear of COVID-19. In addition, education on balancing the relatively low risk of contracting COVID in the state health systems with the risk of inadequately treated overdose, infections or other substance-related problems is needed.

10:30 Adjourn

NEXT MEETING: via ZOOM.COM, Aug 4 and Oct 6, 2020, 9:00-10:30.
C3PH Carroll County is inviting you to a scheduled Zoom meeting.

Topic: Carroll County Responds to Substance Use Disorder
Time: Aug 4, 2020 09:00 AM Eastern Time (US and Canada)

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<https://us02web.zoom.us/j/84875564742?pwd=eSt3TFpzRXZRNGpMd1VEWkNCQ0txUT09>

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