

## **CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER**

### **Minutes – October 5, 2021**

Prevention – Continuum of Care Workgroup

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

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

[See Minutes of August 3, 2021 here.](#)

**8:55 Login to Zoom Meeting** <https://us02web.zoom.us/j/88061869440>

#### **9:00 Introductions and attendance**

Kim Perkinson, C3PH; Catalina Kirsch, C3PH; David Dube, Huggins Hospital; Lauren Orsini, Children Unlimited; Julie Everett Hill, White Mountain Community Health Center; Jane Johnson, Memorial Hospital; Adriane Apicelli, UNH Nursing, Harm Reduction Ed & Tech Asst Project; Cathy Livingston, Children Unlimited; Anika Hastings, Kingswood Regional Middle/High School SAU 49; Lisa MacDonald, Thistledown Sober Home; Kera Favorite, Huggins Hospital; Michaela Thomas, Kennett HS; Christian Seasholtz, Office of Chris Pappas; Crystal Sawyer, CC Adult Education; Katie Parziale, New Futures.

#### **9:05 Focus on Prevention: Kim Perkinson**

- [DEA Take Back Day October 23, 2021, 10-2. See Flyer here and please post/share.](#)
- Youth Prevention subcommittee update – a subcommittee had its first meeting, well attended. Next steps are to survey participants and get input on what’s happening in prevention, what’s working, what’s needed. FMI [kim.perkinson@graniteuw.org](mailto:kim.perkinson@graniteuw.org) Next meeting 10/19 2-3pm by zoom
- [UNH Chronic Pain Self-Management Program](#) – There is a training series available to train new leaders.
  - [Chronic Pain Self-Management Program New Leader Training Nov 9 – Dec 14](#)
  - [Next Living Well with Chronic Pain Series via Zoom Oct 12 – Nov 16](#)
  - [Next Take Charge of Your Health Series via Zoom \(Chronic Disease\) Oct 19-Nov 23](#)
- Red Ribbon Week, Oct 23-31<sup>st</sup> - SAU 49 is planning activities. SAU 9 Seeking donors, sponsors to purchase red tulips for a “Plant the Promise” activity, the symbolism is “the work you do now turns into something beautiful over time” Contact Kim if you have ideas for sponsors to help purchase bulbs.
- 2019 YRBS Data Analysis – Infographics here for
  - [Carroll County Youth & SUD](#) Key take-aways: Parental limit-setting and Limiting access to substances is making a difference; some good news is that Most CC youth don’t use alcohol, tobacco, other drugs; Access to Marijuana is linked to higher alcohol and/or other drug use.
  - [Carroll County Youth & Mental Health](#) Key Take-Aways: Significant percentages of youth report experiencing signs of depression, engaging in self-harm behaviors and suicidal ideation, planning and attempts. Mental health challenges are related to Alcohol and other drug use. Connecting youth to normalized conversations about mental health, to normalize help-seeking, to welcoming environments that embrace diversity, inclusion; to mental health resources and support are key.
- Youth Suicide Prevention Team- E-Learning Slots Available. Register at links below. Let us know “My organization needs (x) slots” and we can set you up with an access code that is good for that many uses for your staff at your organization. Contact us at your earliest convenience. The trainings are by NAMI

NH, online, self-paced. Once you login you have two weeks to complete the course (2-4 hours depending on which module you complete)

- [Healthcare, Mental Health/SUD Provider, School Personnel, Gatekeeper.](#)
- Film Screening: [Tre Maison Dasan Oct 5 6pm Register here.](#) (Katie Parziale) This is a compelling film about challenges faced by adolescents growing up while a parent is incarcerated. Filmed in New England. Tre, Maison and Dasan are three young boys and the film follows their experience.
- [DEA Counterfeit Pills Fact Sheet here.](#) Please review, post and share. The DEA recently released a public advisory that there are counterfeit pills laced with fentanyl being sold as well known prescriptions often used for ADHD, for pain, and others that are anti-depressants. The public message to youth and families: ***The only safe medications are ones prescribed by a trusted medical professional and dispensed by a licensed pharmacist.*** Any pills that do not meet this standard are unsafe and potentially deadly. DEA has launched the public awareness campaign, One Pill Can Kill, to educate the public on dangers of counterfeit pills and how to keep Americans safe. For more information, visit [DEA.gov/onepill](http://DEA.gov/onepill)

#### 9:45 Focus on the Continuum of Care (Early Identification/Intervention, Treatment, Recovery)

#### HRETA Harm Reduction Study – Carroll County Findings.

- Guest Presenter – Adriane Apicelli, UNH Nursing, Harm Reduction Education and Technical Assistance.
  - [See slides here.](#)
  - [See summary document here.](#)
  - [FMI about HRETA at UNH](#)

#### 10:05 Workplan Update 2021-2022 – Continuum of Care

- Highlights. [Review Full Document here.](#)
- Main Goals
  - Update an Assets and Gaps Assessment of services
  - Update the Carroll County regional development plan
  - Strengthen partnerships in order to
    - Improve awareness and access to services
    - Improve communication and collaboration among providers
    - Improve capacity and delivery of services
  - Support other collaborations that improve Social Determinants of Health

#### 10:10 Updates from the Field.

- Recovery –
  - Thistle Down Recovery Housing for Men – Lisa MacDonald. [See more information at this link.](#) A new sober living home which will work towards capacity for 20 men. Available now for up to 17 men. Applications being accepted now for late October move in. Working on certification as a sober living facility.
- [NH DMI August Report Here.](#) [NH DMI Product Survey Here.](#)

- Carroll County SUD Expansion Project Update – Damian Santana – Scholarship funds are available to help local service providers access training related to SUD, mental health and other related topics. Contact [damian.santana@graniteuw.org](mailto:damian.santana@graniteuw.org) for more information
- Treatment – Updates from Treatment Providers
  - Memorial Hospital Behavioral Health Collaborative Update – Dr Jen Smith with support from C3PH leads a collaborative meeting of BH providers. FMI contact [damian.santana@graniteuw.org](mailto:damian.santana@graniteuw.org)

10:25 Other updates? Announcements?

- [Memorial Hospital CHNA Nov 9 Save the Date](#) Click the link for info. Service providers in the region served by Memorial Hospital are invited to participate.
- Next NH Food Bank Mobile Food Pantry, 12-2pm: Laconia Oct 8; Gorham Oct 14; Rochester Oct 21; Conway Oct 28. Volunteers always needed. Check this site regularly: <https://nhfoodbank.org/next-mobile-food-pantry/> FMI [volunteercoordinator@nhfoodbank.org](mailto:volunteercoordinator@nhfoodbank.org) They always need non-profits to pick up left over boxes of food fmi [clanglois@nhfoodbank.org](mailto:clanglois@nhfoodbank.org)

10:30 Adjourn.

Thanks for all you do! If you would like to unsubscribe from this email list, send a message that says “unsubscribe” to [continuum@c3ph.org](mailto:continuum@c3ph.org) .

Catalina Kirsch, [continuum@c3ph.org](mailto:continuum@c3ph.org)

Kim Perkinson, [prevention@c3ph.org](mailto:prevention@c3ph.org)

Please check your meeting link. The link below will be used for our next meetings. C3PH Carroll County is inviting you to a scheduled Zoom meeting.

Topic: Carroll County Responds to SUD

Time: Oct 5, 2021 09:00 AM Eastern Time (US and Canada)

Every 2 months on the First Tue, until Jun 7, 2022, 5 occurrence(s)

Dec 7, 2021 09:00 AM

Feb 1, 2022 09:00 AM

Apr 5, 2022 09:00 AM

Jun 7, 2022 09:00 AM

Please download and import the following iCalendar (.ics) files to your calendar system.

Monthly: [https://us02web.zoom.us/meeting/tZwtceigqDIuHtRorTn80ou-lizThDOxqgR8/ics?icsToken=98tyKuGgrj0rEtKctB2HRpw-Ao\\_od\\_zwplhbgdrvkw3RDxgDbRa7H-tYBrpbP8DB](https://us02web.zoom.us/meeting/tZwtceigqDIuHtRorTn80ou-lizThDOxqgR8/ics?icsToken=98tyKuGgrj0rEtKctB2HRpw-Ao_od_zwplhbgdrvkw3RDxgDbRa7H-tYBrpbP8DB)

Join Zoom Meeting, <https://us02web.zoom.us/j/88061869440>

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