



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

### **AGENDA – December 6, 2022**

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 and Agendas here:

<http://www.c3ph.org/initiatives/continuum-of-care-for-substance-use-disorders>

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

#### **Attendance:**

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

- [Youth Prevention Subcommittee update –](#)
  - Youth Prevention subcommittee will continue to meet while we work at C3PH to fill the SMP position opening. Meetings will be held on the third Tuesday of Sept, Nov, Jan, Mar, May, (summer off) 2-3:30pm, by zoom, <https://us02web.zoom.us/j/89220970878> or join by phone at One tap mobile +13017158592,,89220970878# or dial +1 301 715 8592 , meeting id 892 2097 0878
  - Nicotine / Tobacco – Quit Kits, Vaping Unveiled, Restorative Justice
  - share data - [HHS Releases New National Guidelines for Improving Youth Mental Health Crisis Care](#) . The U.S. Department of Health and Human Services (HHS), through the Substance Abuse and Mental Health Services Administration (SAMHSA), on Nov 14 released a new report, [National Guidelines for Child and Youth Behavioral Health Crisis Care](#), which describes the urgent need to improve crisis response services for children, youth, and families and provides guidance on how communities can address the existing gaps in care for youth.
- Legislative Updates – New Futures <https://new-futures.org/issues/2022-bills-were-following>
- Overdose Prevention Kits
- Holiday Season Resources? Revolving Closet Parent Shopping Night Dec 9, 5-7
- Other Prevention Updates from around the table?

#### **9:30 Focus on the Continuum of Care (Early Identification/Intervention, Treatment, Recovery)**

- SUD Expansion Project Update – Damian Santana
- Rapid Response Access Point - any update from regional Mobile Crisis Unit or Northern Human Services?
  - RRAP is available for response to mental health and/or substance use related crisis. Deploys Mobile Crisis Unit when indicated. [Flyer here](#). FMI <https://www.nh988.com/> 988 is operational
- Updates from the Field.
  - Early Identification/ Intervention –
    - Pregnancy & THC. What more resources are out there?
  - Treatment –
    - Updates from Treatment Providers?
  - Recovery – Updates?
    - White Horse Recovery?
    - MWV Supports Recovery?
  - Harm Reduction
    -

10:25 Other updates? Announcements?

**Emergency Rental Assistance** still open: <https://www.caph.org/> or [WWW.NHHFA.ORG/EMERGENCY-RENTAL-ASSISTANCE](http://WWW.NHHFA.ORG/EMERGENCY-RENTAL-ASSISTANCE)

fmi NH Emergency Rental Assistance Application or payments call TCCAP 603-444-0184 or email [covidinfo@tccap.org](mailto:covidinfo@tccap.org).

Other contacts at TCCAP:

Tyler Blain House (603) 788-2344

Burch House (603) 444-0624

Homeless Outreach (603) 444 - 0184

10:30 Adjourn.

Happy Healthy Holiday Season! Healthcare systems are seeing high incidence of RSV, Flu and Covid-19 still is circulating the community. Remember to get a COVID19 Booster and a Flu Shot and take precautions to protect yourself and especially the vulnerable. 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)

Carroll County Responds to SUD

You are invited to a Zoom meeting.

When: Oct 4, 2022 09:00 AM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZwtceigqDIuHtRorTn80ou-lizThDOxgR8>

After registering, you will receive a confirmation email containing information about joining the meeting.

Source: NH Health And Human Services Data Portal 5/31/22 [www.wisdom.dhhs.nh.gov](http://www.wisdom.dhhs.nh.gov)

### **Resources on next page(s)**

## **Police Assisted Addiction & Recovery Initiative (PAARI)**

12 Broadway  
Beverly, MA 01915  
(617) 394-8452  
<http://paariusa.org>

### **UPCOMING EVENTS**

#### **DECEMBER 15th: PAARI 101 Webinar**

Join us every third Thursday of the month at 1:00 p.m. EST to learn more about non-arrest diversion/deflection models, highlights from our program partners, and the benefits of joining PAARI. Register for our next webinar [HERE](#).

#### **DECEMBER 9th and DECEMBER 21 First Responders Retreat**

Equine Encounter at Ironstone Farm  
Experience Healing with More Horsepower for First Responders in Recovery. This life-changing experience will be held 11AM-3PM EST in Andover, MA. Email [DFullerton@MayflowerRecovery.com](mailto:DFullerton@MayflowerRecovery.com) for more information or to register.

#### **JANUARY 6th: Opioid Settlement Funds Virtual Office Hours**

Join us every first Friday of the month at 1:00 p.m. EST to get any information needed to successfully receive and utilize Opioid Settlement Funds. Conversations will be guided by attendees and all questions posed will be answered to the best of our ability. Register for virtual office hours [HERE](#).

#### **JANUARY 31st: PAARI Partner Spotlight Series**

Join us in our first Partner Spotlight! On the last Tuesday of every month, we will hold a webinar featuring one of our partners and their work in diversion and deflection. Stay tuned for more information to come.

## Today is For Me NH

501 South Street  
2nd Floor, Bow NH 03304  
**Phone:** 603-573-3300  
<https://todayisfor.me/>

The logo for 'Today is for me.' is displayed in white text on a teal rectangular background. The words 'Today is for' are in a clean, sans-serif font, while 'me.' is in a larger, more casual, handwritten-style font.

*Today Is For Me* is a health campaign designed specifically for individuals seeking information on staying healthy before, during and after pregnancy. By sharing science-based information about alcohol and marijuana use, this campaign provides information on how these substances affect your body, mind and health and the potential impact on your baby. Using alcohol or marijuana use is okay at certain times in your life, but not when you find yourself pregnant.

**For professionals looking for resources to support your clients or patients, please [contact us](#) to request a Provider Toolkit or training opportunity.**

### Resources for Healthcare Professionals

#### [Today is For Me. Toolkit for Healthcare Professionals](#)

This toolkit provides background research and conversation starters for healthcare professionals to engage in meaningful conversations with the people they see who may become or are planning a pregnancy. [Request the Toolkit.](#)

#### [At-a-Glance: Perinatal Provider Toolkit](#)

Find the right resources at the right time for patients with perinatal substance use. This PDF provides access to reliable and easy-to-access patient resources based on the [online toolkit](#) by the Mid-America Addiction Transfer Center.

#### [The Center for Addiction Recovery in Pregnancy and Parenting \(CARPP\)](#)

Connect directly with a network of experienced clinicians and researchers working together to support women who are pregnant and parenting through their recovery from addiction and to promote healthy growth and development in their children. CARPP providers are available to answer questions from providers about the care of pregnant and parenting women with substance use disorders, as well as their newborns and their children.

#### [Alcohol Screening and Brief Intervention Efforts – Centers for Disease Control and Prevention](#)

A summary of the CDC's efforts related to alcohol screening and brief intervention among pregnant patients. This resource includes implementation guides for providers.

#### [QuitWorks-NH](#)

Refer your patients to free, confidential and convenient telephone coaching services to quit any form of tobacco. Enhance services are available for pregnant and post-partum women. Services are available in English and Spanish with translation for many other languages. Access [free professional development modules](#) for tobacco treatment.

#### [2022 CDC Clinical Guidelines for Prescribing Opioids](#)

As of October 2022, the U.S. CDC has issued new guidance on the use of opioids for pain treatment, including for pregnant and postpartum patients. Includes recommendations for determining whether or not to initiate opioids; selection and dosing, tapering, assessing risk and mitigating harms, and treating opioid use disorder.

# In Our Own Voice

## Your Story of Recovery with Mental Illness

Would you like to help reduce stigma, change people's view of mental illness and inspire others by sharing your story of recovery?

NAMI NH is looking for individuals between ages 18 and 26 to share their personal story of recovery and resilience.



The free training under the GLS Grant consists of 8 hours of self-paced online training and 8 hours of facilitated virtual (Zoom) training  
1/14/2023

Please complete the application by 12/14/22 here:

<https://naminh.wufoo.com/forms/m254dqq07zjvzz/>

### ***In Our Own Voice* presenters offer insight to recovery by sharing their story**

The IOOV presentations are held to broaden people's knowledge of mental illness. It replaces misunderstanding, fear and judgment with insight, awareness and acceptance of mental illness.

The training provides insight on:

- How to write your story
- How to prepare for a presentation
- How to modify your story for specific audiences

For more information, please contact

Michelle Wagner, IOOV Coordinator: [mwagner@naminh.org](mailto:mwagner@naminh.org)

Receive \$40 upon successful completion of the training!

Training made possible with Funding and Support from the US Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) with Support from NAMI NH.

 **NAMI** | New Hampshire  
National Alliance on Mental Illness

85 N. State Street, Concord, NH 03301 • (603) 225-5359 • [www.NAMINH.org](http://www.NAMINH.org)

# New Hampshire Alcohol & Drug Abuse Counselors Association

**12/08/2022 Human Trafficking, Sex Trafficking, and Substance Use Disorders.** Pamela Morgan, MBA/CADC/CPRM. Virtual via Zoom. (6 hours, 8:30am-3:30pm, NHADACA members \$65; non-members \$75; \*NBCC add \$5). For more information click [here](#).

**12/08/2022 The Basics of Suicide Prevention: Terms and Topics.** The Connecticut Women's Consortium. Hamden, CT. (12:00pm-1:00pm, Free). For more information click [here](#).

**12/08 to 12/09/2022 ASAM Criteria for Beginners: An Intensive Skill-Building Workshop.** Paul Kiernan, LADC. 130 Pembroke Road, Suite 150, Concord, NH. (6 hours, 8:30am-12:00pm, NHADACA members \$65; non-members \$75; \*NBCC add \$5). For more information click [here](#).

**12/08 to 12/09/2022 Substance Abuse Professional's U.S. DOT Alcohol and Drug Testing Regulation Qualification & Requalification Live Trainings.** NAADAC. Online. (8:30am-4:00pm, \$300-\$550). For more information click [here](#).

**12/09/2022 Opioid Use & Co-Occurring Disorders.** Joseph Zannella, MA, LADC. 130 Pembroke Rd. Suite 150, Concord, NH. (6 hours, 8:30am-4:00pm, NHADACA members \$65; non-members \$75; \*NBCC add \$5). For more information click [here](#).

**12/09/2022 Facilitating Effective Groups.** The Connecticut Women's Consortium. Online. (9:00am-4:00pm, \$90). For more information click [here](#).

**12/09/2022 Suicide Prevention: (#364) QPR Certification Training.** Massachusetts Department of Public Health. Westborough, MA (9:30am-4:30pm, Free). For more information click [here](#).

**12/12/2022 Motivational Interviewing: Advancing the Practice.** HETI. 130 Pembroke Rd. Suite 150, Concord, NH. (9:00am-4:00pm, \$95). For more information click [here](#).

**12/12/2022 Suicide Prevention: (#361) Understanding Trauma and Trauma-Informed Care.** Massachusetts Department of Public Health. Worcester, MA. (9:00am-4:30pm, \$40). For more information click [here](#).

**12/14/2022 Developing Performance Measurement and Management Plans that Make Sense.** NAADAC. Online. (3:00pm-4:00pm, Free). For more information click [here](#).

**12/14/2022 Adolescents and Substance Abuse: What We Are Doing and What We Can Do Better Using Evidence-Based Research to Foster Connectedness and Effectiveness for Youth in Need.** Bridgewell. Westford, MA. (9:00am-4:00pm, \$169). For more information click [here](#).

**12/14/2022 Practical Essentials of FASD-Informed Care.** NASW Maine Chapter. Online. (9:00am-10:30am, \$25). For more information click [here](#).

**12/14 to 12/15/2022 Conflict Resolution for Recovery (CRR).** NAADAC. Online. (12:00pm-7:00pm, \$150-\$350). For more information click [here](#).

**12/15/2022 Dealing with Loss from Overdose and Suicide: Ethical and Self-Care Implications.** Jacqui Abikoff, LICSW, MLADC. 130 Pembroke Road, Suite 150, Concord, NH. (6 hours, 8:30am-4:00pm, NHADACA members \$65; non-members \$75; \*NBCC add \$5). For more information click [here](#).

**12/15/2022 Understanding Withdrawal Management Within the ASAM Criteria.** Scott Boyes. Online. (2 hours, 8:30am-10:30am, NHADACA members \$25; non-members \$35; \*NBCC add \$5). For more information click [here](#).

**12/16/2022 Opioid and Stimulant Use & Personality Disorders.** Joseph Zannella, MA, LADC. 130 Pembroke Rd. Suite 150, Concord, NH. (6 hours, 8:30am-4:00pm, NHADACA members \$65; non-members \$75; \*NBCC add \$5). For more information click [here](#).

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## **The Institute for Research, Education and Training in Addictions (IRETA)**

**Upcoming Webinars** <https://ireta.org/webinars/>

**Social Isolation: A Communal Health Issue and the Impact on Mental Health**

*Wednesday, December 14, 2022 – 12:00 – 1:00 PM EST*

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## **NH Harm Reduction Coalition - Training for Your Organization**

**NHHRC proudly offers the following training for any organization:**

- **Harm Reduction 101 (1-hour session)**
- **Overdose Response/Narcan Training (1-hour session)**
- **General Harm Reduction – Training Tailored to the Needs of Your Organization (1-hour session)**

Harm reduction training benefits everyone and is especially helpful for those who work with the public. Training can be geared to staff who work in healthcare and non-healthcare-related fields. Fmi <https://www.nhhrc.org/training-for-all> or [info@nhhrc.org](mailto:info@nhhrc.org) to discuss your needs and schedule your training.



MWV Supports

Recovery

Helping our community advocate for those struggling with Substance Use Disorder

603-662-0668

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[Community Resources](#)

[Contact Us](#)

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## Schedule of Programs

### CERTIFIED RECOVERY COACH SUPPORT

**Monday – Friday from 9:00 am to 5:00 pm**

Plan your path to recovery. Recovery coaching is a form of strengths based support for people with addictions or in recovery from alcohol, drugs, codependency, or other addictive behaviors. Our coaches work with those in active addiction and/or those in recovery.

### A WOMAN'S WAY THROUGH THE 12 STEPS

**Mondays from 1 pm to 2 pm**

A women's recovery group where people can speak of their struggles and support one another.

### SMART RECOVERY Self Management and Recovery Training

**Mondays from 11:00 am to 12:30 pm and Thursdays from 6:00 pm to 7:00 pm**

A Science-based addiction recovery support group – where participants learn self-empowering techniques such as cognitive behavioral therapy or motivational interviewing to aid their recovery through mutual help, face-to-face, and online meetings and services.

### PARENT OF A TEEN SUPPORT MEETING

**Mondays from 6 pm to 7 pm (1st and 3rd Monday of the month)**

Do you have a student in Middle school or High school that's struggling with substance use. We'll discuss how substance abuse treatment works, how family interventions can be the first step to recovery and how to help children in families affected by alcohol and drug abuse.

### MARA SUPPORT MEETINGS Medically Assisted Recovery Anonymous

**Tuesdays from 6 pm – 7 pm**

A support meeting to help those in medically assisted treatment and/or MAT programs.

### NA SUPPORT MEETINGS Narcotics Anonymous

**Wednesdays from 6 pm to 7 pm**

NA provides support for those attempting to recover from drugs other than just alcohol. Narcotics Anonymous uses a 12-step model developed for people with varied substance use disorders.

### F.A.S.T.E.R. FAMILY SUPPORT Families Advocating Substance Treatment, Education & Recovery

For families, friends, and community members affected by an individual with a substance use disorder. Come hear others share their stories and gain information, support, and resources to answer your questions and address your concerns.

**\*\*This meeting is being held online every other Thursday.** Please contact the facilitators to provide them your email address so you can receive an invite to the meeting.

Facilitators: Robin Hain: [rhain7742@gmail.com](mailto:rhain7742@gmail.com) and Jane M Gunn: [nubba7742@gmail.com](mailto:nubba7742@gmail.com)