

CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

Agenda – October 1, 2024

Prevention – Continuum of Care Workgroup

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

FMI: (603) 301-1252

Jennifer Thomas, jennifer.thomas@graniteuw.org

Catalina Kirsch, catalina.kirsch@graniteuw.org



See Minutes and Agendas here:

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


See Shared Folder for flyers and announcements here:

https://drive.google.com/drive/folders/1BFsX-kCE6IZ2VfKwWa2gB6IJ0vWaV_wr?usp=sharing

8:55 Register for Zoom Meeting <https://us02web.zoom.us/meeting/register/tZwtceigqDIuHtRorTn80ou-lizThDOxggR8>

Attendance:

- Strategic Planning for Fiscal Year 2025

Objectives	Updates	Follow up items, By Who
Guest: Youth Success Project. Youth Homelessness  YOUTH SUCCESS PROJECT	Molly Houle , Madison LeMay Youth Success Project Facebook: Youth Success Project Instagram: @nhyouthsuccess Website: nhyouthsuccess.com	
Assets and Gaps Analysis –	Carroll County Sequential Intercept Mapping Event – Bridging Criminal Justice System and Mental Health/SUD Services. Save the Dates 10/31 & 11/1. Anne Zinkin Memorial Hospital Community Health Needs Assessment. Sue Ruka	

	NH BDAS DUI Response Pilot Program. Fall 2024.	
Increasing Awareness of and Access to Services -	<p>School Open Houses update</p> <p>Tobacco/Nicotine/Vaping Resources List</p> <p>Interest in LGBTQIA Resources list?</p> <p>NAMI NH Family to Family Ossipee</p> <p>SOS Recovery is working to gather information on all the Recovery Family Support Services in the state. White Horse and MWVSR have submitted information. Send info to catalina.kirsch@graniteuw.org</p> <p>See all our Resource Guides at https://www.c3ph.org/resource-center/resource-guides</p>	
Communication and Collaboration among providers – Capacity and Delivery of Services	<p>Alternative Peer Groups – recruitment and referrals</p> <p>MCAP Access Line for PCPs, Schools. See flyer</p> <p>Housing Charrette Events. How did they go?</p> <p>Carroll County Veterans Coalition – October 18th VA SAVE/CALM training</p> <p>Other announcements about services delivery or capacity?</p>	
Disseminating resource guides and other information - Catalina	<p>See C3PH.org https://www.c3ph.org/resource-center/resource-guides</p> <p>YRBS Resource Guide and Infographic news</p>	
Stakeholder assistance in information dissemination - Catalina	See CC Responds to SUD Flyers Folder here	
Strategic Prevention Model: assessment, capacity development, planning, implementation, evaluation - Jen	<p>Update on Prevention objectives for 2024-2025</p> <ol style="list-style-type: none"> 2023 YRBS priority indicators – mental health/suicide, dating violence, vaping, alcohol Identifying military families. Working with DOE, DMAVS, VA, DHHS. <ol style="list-style-type: none"> Utilizing Ask The Question Ask the Question (nh.gov) 	

	<ul style="list-style-type: none"> b. Schools and youth servicing organizations identified as an area of focus <p>3. Providing technical assistance with strategic planning to partners who are assessing substance use or mental health needs in their organization</p>	
Reducing Risk Factors and Strengthening Protective Factors - Jen	<p>Update on Prevention Objectives for 2024-2025</p> <ul style="list-style-type: none"> 1. Alternative Peer Groups – peer to peer support for youth intersecting with substances in some part of their lives and substance free activity opportunities with resources <ul style="list-style-type: none"> a. North with MWV Supports Recovery and TERRA Equine Therapy Center – b. South with Kingswood Youth Center and White Horse Recovery 2. Continued interest and feedback from you on what our community needs for programming! 	
Community engagement and mobilization – Catalina	NH Charitable Foundation Grant for 2024-2025	
Leadership Team membership and structure	Are we going in the right direction? What else should we be doing?	
Other updates? Early ID & Intervention Treatment & Recovery		

10:25 Other updates? Announcements?

Do you have event flyers to share? Please upload them here: [CC Responds to SUD Flyers to Share](#)

What's posted there now?

10:30 Adjourn.

Happy Autumn! 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.

Jennifer Thomas, jennifer.thomas@graniteuw.org

Catalina Kirsch, continuum@c3ph.org

Next meeting:

You are invited to a Zoom meeting.

When: December 3, 2024 09:00 AM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZwtceigqDluHtRorTn80ou-lizThDOxqgR8>

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

Resources on next page(s) (Information Dissemination)



The Family Connections Resource Center is holding



A free, 7 week caregiver Workshop to offer tips through effective evidence-based strategies to help with communication

- Session 1: Making a Connection — bonding, relating, making it happen, play, development
- Session 2: Making it Happen – developing friendship skills in children
- Session 3: Behavior Has Meaning - Why do children do what they do?
- Session 4: The Power of Routines
- Session 5: Teach Me What to Do – social emotional development in children
- Session 6: Responding With a Purpose
- Session 7: Putting it all together - review and plan

Offered at no charge online through Google Meet
Tuesdays September 10, 2024 -October 22, 2024

9:30am-10:30am OR 5:30pm-6:30pm

To register call 603-901-3052

Or email Ariel at

acallanan@childrenunlimitedinc.org

Please specify time you would like to join



FREE TRAININGS

VA S.A.V.E

AND

COUNSELING ON ACCESS TO LETHAL MEANS (CALM)

.....

The Carroll County Veterans Coalition is hosting a one-day event featuring two FREE trainings. The VA S.A.V.E. training teaches participants how to help a veteran in crisis, while the Counseling on Access to Lethal Means (CALM) training is designed to improve the ability to have conversations about, reduce access to, and make safety plans regarding lethal means in a household where someone is at risk for suicide. These trainings are open to all community partners, with a focus on information related to veterans and service members.

**Free lunch and
snacks provided!**

REGISTER NOW



SCAN ME

Or go to: <https://tinyurl.com/2p9uv9xh>

DATE: Friday, October 18, 2024

TIME: 0900 - 1530 hours

**LOCATION: King Pine Ski Area
Base Lodge Fireplace Room
Route 153
Madison, NH 03849**

FMI:

jennifer.thomas@graniteuw.org



What Are Alternative Peer Groups?

Creating Connections NH is building supportive recovery communities called Alternative Peer Groups (APGs) for youth and young adults with substance use challenges. APGs offer young people a chance to connect at least once a week with peers in an environment that is fun, safe, substance-free, and recovery-focused.

APGs Provide...

- Connection through a supportive peer environment
- Fun, substance free activities
- Sense of belonging
- Focus on health and wellness

More Than Just Meeting Up

- APG Facilitators are trained recovery support professionals
- Youth help choose fun group activities that match their interests
- Opportunities for family/ caregiver involvement

Connect with a Group Near You

Southern NH

Revive Recovery (Nashua)
reviverecovery.org | 888.317.8312

Seacoast Area

Safe Harbor Recovery Center (Portsmouth)
granitepathwaysnh.org | ph. 603.570.9444

Live Free Recovery (Dover, Somersworth)
livefreerecovery.com | ph. 603.702.2461

Franklin/ Tilton/ Concord/ Plymouth
Archways of Greater Franklin and Plymouth
archwaysnh.com | ph. 603.286.4255

Carroll County

Kingswood Youth Center (Carroll Cty. South)
zachary.porter@thekyc.org | ph. 603.569.5949

Terra Equine Center (Carroll County North)
ph. 603.487.6745



**University of
New Hampshire**

✉ IOD.CBH@unh.edu

🌐 iod.unh.edu/creating-connections-nh

Creating Connections NH is a project of the UNH Institute on Disability (IOD).

The IOD promotes full access, equal opportunities, and participation for all persons by strengthening communities and advancing policy and systems change, promising practices, education, and research.
Supported by funding from the NH Department of Health and Human Services.



NH MCAP

Mental Health Care Access **in Pediatrics**

Empowering Educators

Strategies for Staff Well-Being ECHO

Learn about:

- Vicarious Trauma
- Self Regulation and Coping Mechanisms
- Time Management and Work/Life Integration
- Building Supportive Relationships
- And more!



When:

Wednesdays

October 2nd - November 20th

8:00am - 9:00am

Audience:

Professionals working
in K-12 schools



Register here

Questions?

Please contact

Cait.McAllister@unh.edu



**Institute for Health
Policy and Practice**



NH DIVISION OF
Public Health Services
Improving health, preventing disease, reducing costs for all
Department of Health and Human Services



NH
CITIZENS
HEALTH
INITIATIVE



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(603) 650-4741

Provider-to-provider
child psychiatry support



Frequently Asked Questions

Q. What kind of questions can providers call NH MCAP Access Line about?

- A. The Dartmouth Health Children's Child and Adolescent Psychiatrist that supports the Access Line can answer mental health questions about assessment, diagnosis, and treatment planning including medication management or other treatments. Examples include questions about specific medication dosing or side effects and help with differential diagnoses or appropriate levels of care.

Q. What's the best way to frame my question?

- A. Prior to speaking with the Dartmouth Health Children's Child and Adolescent Psychiatrist we will collect some basic intake data. During the consultation, it is helpful to understand what you are looking for help with and what you have tried so far.

Q. What is the average wait time to speak with a Child and Adolescent Psychiatrist?

- A. Most consults are available within 2 days of request, depending on the overall volume of requests.

Q. How long will a call take?

- A. The average consultation takes about 15 minutes, but you will get as much consultation as you need.

Q. What if I need a response right away?

- A. The NH MCAP Access Line is not a crisis service, but NH does have resources to help! NH Rapid Response Access Point (833-710-6477) is a 24-hour service that can help you and your patient determine next steps which may include phone support, dispatch of a Rapid Response Team, or referral to an Emergency Department. More information can be found here:

[Acute Crisis Care | Children's Behavioral Health Resource Center \(nh.gov\)](#)

Q. How do I bill for this?

- A. Interprofessional telephone/internet Electronic Health Record Consultation code 99452 may be reported by the treating/requesting physician, NP, or PA for 16-30 minutes in a service day preparing for the referral and/or communicating with the consultant.

Q. How does NH MCAP manage patient data?

- A. Patient data and recommendations made during the consultation are recorded in Dartmouth Health's secure, HIPAA protected electronic health record and e-faxed to the requesting provider following the consult. All data used by NH MCAP for program evaluation is de-identified.



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NH MCAP

ACCESS LINE

(603) 650-4741

Provider-to-provider child psychiatry support

NH MCAP is your connection to provider-to-provider support from the Child Psychiatry team at Dartmouth Health Children's. Consults are available to primary care providers that care for children and adolescents in NH and are provided by phone, during regular business hours.

HOW IT WORKS

1

PCP needs support managing a pediatric behavioral health concern

Support needs may be patient-specific or more general and include diagnosis, medication, and other treatment options.

2

PCP or support staff call the Access Line at (603) 650-4741 to schedule a provider to provide a phone consultation

Be prepared to provide patient demographic data, a direct line to the PCP (back office or cell), and scheduling availability.

3

Child & Adolescent Psychiatrist returns call at scheduled time to complete consult

Most consults are scheduled within 1-3 business days and last about 15 minutes. PCPs can bill for time spent preparing and completing the consult.

4

Consult recommendations are e-faxed to PCP

A summary of the consult is sent to include in the patient chart.



**Institute for Health
Policy and Practice**



**Dartmouth
Health Children's**



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NAMI Family-to-Family is a free, 9-session education program for family, friends, loved ones, and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment, and recovery.

The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit nami.org/research.

NAMI NH offers the NAMI Family-to-Family Education Program **FREE** of charge to participants. Tuesday evening classes begin September 10, 2024, from 6:00pm to 8:30pm and will be in person in Ossipee, NH. Registration is required, please contact Wendy Wickman at 603-491-0123.



Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers...it has helped me to understand better and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."



Questions about the program?

Contact Martha Dorey

mdorey@naminh.org

(603) 573-1565

<https://www.naminh.org/education/>

About NAMI NH

NAMI New Hampshire is a grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness and suicide. Comprised of a network of affiliate chapters and support groups, staff and volunteers, NAMI NH provides information, education and support to all families and communities affected by mental illness and suicide.

Please join us on Oct. 4 at 6 pm for our annual Candlelight Vigil in Schouler Park with a walk to M&D Theatre

Following the Vigil, at 7 pm, there will be a fundraising event for Starting Point - Underground Sunshine: A Celebration of Women in the Arts. For tickets or more information please visit www.catwolfllove.org

Tickets start at \$20. A portion of the proceeds and all of the money raised from the "Live Art" drawing will go toward direct service care at Starting Point.



Candlelight Vigil

An evening of remembrance
for those whose lives
were lost to domestic violence,
for those whose lives
were shattered by
domestic violence,
and for those
who survived and lit
the way for others.

Schouler Park
October 4 at 6 pm



StartingPointNH.org



★ Veterans Food Assistance Program ★

What?

Starting October 1st DVNF will be offering a one-time grant per veteran household to support their nutritional needs.

How to Apply

We have an online application that will need to be completed by the Veteran. The application can be found at <https://www.grantinterface.com/sl/dl4NjA>. The link will be open starting October 1st, 2024.

Veteran Qualifications

- Must have a DD214 or Veteran ID
- Was discharged or released under conditions other than dishonorable
- A letter of reference from a case worker or advocate may make the application more favorable.

Other Details

- This is not a monthly grant.
- The groceries will be delivered directly to the Veteran using Walmart or grocery store delivery service.
- Veterans can receive up to \$450 worth of groceries

For more information, please contact us: (202) 737-0522 - info@dvnf.org
www.dvnf.org



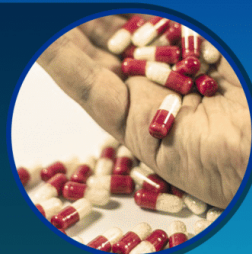
HELP CREATE A **SAFER COMMUNITY**

LEARN ABOUT THE **OPIOID EPIDEMIC**

FREE ONLINE MODULE

Opioid Use Disorder
Education
Overdose Response
Resources
for rural
New England

Free online training
on how to recognize
and respond to an
overdose



Option to receive free
naloxone (Narcan)
nasal spray by mail



Invitation to complete
an anonymous
5-minute research
survey



**University of
New Hampshire**
Extension

**This research has been approved By The University of
Rhode Island Institutional Review Board**



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HHS.gov

ASPR Administration for Strategic
Preparedness & Response



COVID-19 Testing

Order Your 4 Free At-home COVID-19 Tests

Every U.S. household is eligible to order 4 free at-home tests.

covidtests.gov