

CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

Guest: ASK PETRA, North County Health Consortium

Agenda – June 3, 2026

Prevention – Continuum of Care Workgroup

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

FMI:

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/tZwtceigqDluHtRorTn80ou-lizThDOxqgR8>

Attendance:

Objectives	Updates	Follow up items, By Who
Stakeholder assistance in information dissemination -	See CC Responds to SUD Flyers Folder here	Add your own flyers, event/service announcements. Take a look in the Google Folder. Lots of valuable info!

<p>Advocacy</p>	<ol style="list-style-type: none"> 1. Advocacy 101 Training June 23, North Conway 2. Follow these organization pages and social media sites for opportunities to speak up for access to behavioral health services, prevention, intervention, treatment and recovery: <ul style="list-style-type: none"> • https://new-futures.org/ • https://www.naminh.org/take-action/ • https://www.nhhungersolutions.org/advocate#/ • 3. Other Legislation/ Advocacy 	
<p>Strategic Prevention Model: assessment, capacity development, planning, implementation, evaluation - Jen</p>	<ul style="list-style-type: none"> - Youth Wellness Team – Juvenile Diversion presentation, FY wrap up, summer plan and action item - Unregulated Products and new drug updates - Have a drug and prevention 101 for presentation for organizations - Carroll County Veterans Coalition – FY 2027 in person planning; Free veteran, spouse and veteran organization Breakfast (email jennifer.thomas@graniteuw.org with interest); Military Family Fair (looking for community partners to have information booths), register here https://forms.gle/ePMXrD8GY4MDVcpx9 	
<p>Other updates? Early ID & Intervention Treatment & Recovery</p>	<ul style="list-style-type: none"> - Carroll County Sequential Intercept Model (criminal justice and mental health collab) <ul style="list-style-type: none"> o Mental Health Court o White Horse Transitional Housing o Juvenile Diversion for Carroll County - Updates from Treatment Providers <ul style="list-style-type: none"> o SUD Conference June 20, 2026 - Updates from Recovery Providers 	
<p>Flyers/Announcements</p>	<p>Click here to access flyers folder and get information about current resources and upcoming events</p> <p>June Awareness Campaigns 1. June is LGBTQ Pride Month</p> <p>Attached below</p>	

	<ol style="list-style-type: none"> 1. PFLAG Mt Washington Valley Support Group 2. MCAP Child Psychiatry Provider Access Line 3. MWV Perinatal Coalition Flyer 4. NH Teen Institute 2026 Summer Leadership Program flyer 5. Unregulated Intoxicants 2 pager 6. Jun 20 Carroll County SUD Conference 	
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10:30 Adjourn.



Happy Summer! Thanks for all you do! If you would like to unsubscribe from this email list, send a message that says “unsubscribe” to catalina.kirsch@graniteuw.org .

Jennifer Thomas, jennifer.thomas@graniteuw.org

Catalina Kirsch, catalina.kirsch@graniteuw.org

C3PH Carroll County is inviting you to a meeting series

[Register here](#)

Carroll County Responds to SUD

Please find agendas for upcoming meetings and minutes for past meetings at this page: <https://www.c3ph.org/initiatives/continuum-of-care-for-substance-use-disorders> . Organizing the community for prevention, early identification, intervention, treatment and recovery related to substance use disorder across Carroll County, NH. Open to those who work in public safety, healthcare, education, human services, treatment, recovery, faith community, business, government, and concerned citizens.

Next meeting Date & Time

C3PH Carroll County is inviting you to a scheduled Zoom meeting.

Topic: Carroll County Responds to SUD

Time: Jun 3, 2026 12:30 PM Eastern Time (US and Canada)

Every 2 months on the First Wed, until Jun 2, 2027, 7 occurrence(s)

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

Monthly: <https://us02web.zoom.us/meeting/tZwtceigqDluHtRorTn80ou-lizThDOxqgR8/ics?icsToken=DF-1xaFicOzGSj9UsgAALAAAADKVQsCP1JfOllh5eF-IJSidaG29CN7E2MmWeyKkj4UVMYzHLWIZ0wPhL-0OCb8Y8q2MhZ28UcEARVGr0TAwMDAwMQ>

Join Zoom Meeting

<https://us02web.zoom.us/j/88061869440>

Meeting ID: 880 6186 9440

One tap mobile

+13017158592,,88061869440# US (Washington DC)

+13052241968,,88061869440# US

Join by SIP

• 88061869440@zoomcrc.com

Join instructions

<https://us02web.zoom.us/join/88061869440?signature=COESoTxxk8QwfCFMAF8pPTg1roUHdpNGUyBtLFa0qJs>

PFLAG MOUNT WASHINGTON VALLEY



ALL ARE WELCOME AND AFFIRMED

BRING A FRIEND AND A SNACK TO SHARE

4th SUNDAY each month
6-8 PM

FOR MORE INFO & DETAILS
www.pflagnh.org/support



Recognize, Connect!

Helping Persons at Risk of Suicide

A CONNECT Training for Community Helpers

Empowering Communities. Saving Lives.

- CONNECT Community Helper training equips individuals of all types and roles (e.g., family, teachers, coaches, healthcare providers) within any community with skills to recognize suicide warning signs and offer support. It teaches how to identify at-risk individuals, engage in empathetic conversations, and connect them with resources. It aims to create a supportive network within the community, where people are empowered to intervene and prevent suicide.
- Recognized as a National Best Practice by the Suicide Prevention Resource Center (SPRC).

Key Topics Covered

- Warning signs, risk, and protective factors
- Safe messaging & communications
- How to connect with a person at risk and their families, caregivers, providers
- How to connect a person with resources
- Cross-system collaboration to keep people safe

Who Should Attend?

- Educators & school staff
- Social service providers
- Health & behavioral health professionals
- Businesses & organizations
- Community leaders, faith leaders, and concerned citizens

Date: Thursday, June 25, 2026

Time: 9:30am-12:00pm

Location:

Carroll County Adult Education
680 White Mountain Highway, Unit #10
Tamworth, NH 03886

Register Now



You will be prompted to register as a student of Carroll County Adult Education to participate.

Join us. Get trained. Become part of the safety net.
Together, we can save lives.





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 provider 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



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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.



This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$850,000 with 20% financed by nongovernmental sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement by, HRSA, DHHS, or the U.S. government. For more information, please visit [HRSA.gov](https://www.hrsa.gov).

We want to hear from YOU!



Are you or a partner currently pregnant or postpartum? We want to hear about your experiences and input about care and resources in the Mt. Washington Valley area!

What is working well? What could be better?



Please consider taking this brief survey to help inform what the Mt. Washington Valley Perinatal Coalition works to improve for perinatal care!



Scan or click the QR code



You will be entered into a raffle for one of ten \$100 gift cards!



Questions? Please contact NHPQC@hitchcock.org



NH TEEN INSTITUTE'S 2026 SUMMER LEADERSHIP PROGRAM REGISTER TODAY



2026 RETREATS ARE SUNDAY-FRIDAY! CHOOSE FROM
JUNE 28TH-JULY 3RD OR AUGUST 2ND-AUGUST 7TH
@ LIONS CAMP PRIDE IN NEW DURHAM, NH

SCAN THE QR CODE TO REGISTER
SCHOLARSHIPS AVAILABLE!
TO LEARN MORE ABOUT THE PROGRAM
VISIT WWW.NHTEENINSTITUTE.ORG/SLP



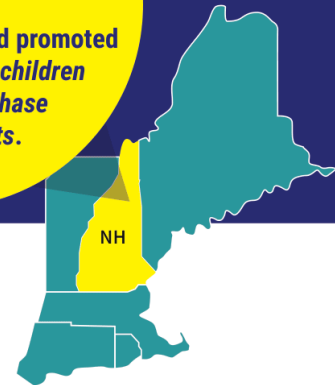
What you need to know about

UNREGULATED INTOXICANTS

None of these unregulated intoxicants are approved by the U.S. Food and Drug Administration (FDA).

All of these products are widely available in smoke/vape and convenience stores in NH.

They are packaged and promoted to appeal to youth; children can and do purchase these products.

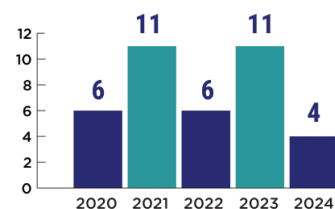


Kratom

Kratom has addictive properties and can cause confusion, tremors, seizures, heart and lung problems, vomiting, liver problems, and death. The FDA has issued repeated warnings about the dangers of kratom; the U.S. Drug Enforcement Administration made it a “drug of concern” in 2025. Six states have outright bans on the sale of kratom, and Vermont regulates it heavily. Franklin, NH has banned kratom sales, but it remains legal to sell in the rest of the state with no age restrictions. **Most kratom products are enhanced with powerful opioids that are nearly as potent as fentanyl**, which has earned kratom the nickname “gas station heroin.”

Hundreds of people in the U.S. die from kratom-involved overdose each year. Kratom is sold as gummies, tablets, or shots to increase focus and relaxation. It first acts as a mild stimulant before strong opioid-like effects kick in. Kratom use is more prevalent among adults than teenagers, with people using it to manage chronic pain, alleviate depression and other mental illness, or withdraw from opioid addiction.

NH Overdose Deaths Involving Kratom



Nitrous oxide (“whippets”)

Recreational nitrous use has increased since the pandemic. According to national data, **12- to 17-year-olds use nitrous more than those 18 and older.** Nitrous can cause loss of consciousness, blood clots, psychiatric disturbances, addiction, brain damage, and death. Nitrous provides a brief high, has been promoted in videos on TikTok and YouTube, and is sold in flavors like mango smoothie or vanilla cupcake. **There are no age restrictions on purchasing nitrous in NH.**

Scan for resources and product photos



All of these products are widely available in smoke/vape and convenience stores in NH. They are packaged and promoted to appeal to youth; *children can and do purchase these products.* None of these unregulated intoxicants are approved by the U.S. Food and Drug Administration.



Amyl nitrite (“poppers”)

Amyl nitrite is sold in small, colorful containers with names like TNT, Liquid Gold, and Hard Core with **no age restrictions**. Inhaling amyl nitrite induces brief euphoria but can cause severe headaches, dizziness, difficulty breathing, plummeting blood pressure, and brain death. Drinking amyl nitrite is especially dangerous, often resulting in poisoning and death. **It is illegal to sell amyl nitrite for people to get high and for consumers to use amyl nitrite to get high.** But because the substance can be used to remove nail polish and clean leather, it is easily available in stores and online via a legal loophole. The FDA strongly warns against inhaling the vapors.



Mushroom products

Mushroom products are legally sold as gummies, chocolates, and other candies. There are many reports of hospitalization because of rapid heartbeat, vomiting, confusion, and seizures after ingesting mushroom products. If marketed as food products (sometimes called functional mushrooms), there are no age restrictions. **You must be 21 to purchase psychoactive mushroom products in NH.** These are marketed with names like Shrumfuzed and Alice Brainstorm to improve cognitive performance, boost energy, and relieve stress. The active ingredient (*A. muscaria*) in most mushroom products rarely causes hallucinations, but **many of these products also include psilocybin and psilocin, which are powerful hallucinogens and illegal Schedule I drugs.**



Blue lotus

Blue lotus is derived from a flowering plant and is sold as extracts, resins, oils, powders, and vape cartridges. When prepared as a tea, blue lotus’s effects are relatively mild. But when vaped or infused into alcohol or inhaled it can induce chest pain, rapid heartbeat, agitation, disorientation, drowsiness, and slurred speech. Blue lotus sold in the U.S. is almost always adulterated with other stronger intoxicants. There are **no age restrictions** on its purchase in NH. **Blue lotus is banned in several European countries, and it is illegal for members of the U.S. armed forces to possess or consume blue lotus.**



THC Products

Hemp-derived cannabis products stronger than 0.3% THC are **illegal in NH.** Some products are labeled below 0.3% but have synthetic THC added to make them much more potent, in some products 90% THC or higher. These are marketed as stress relievers and sleep aids and are often sold as gummies, candies, and drinks packaged to appeal to youth. **Sedation, hallucinations, respiratory issues, seizures, and psychosis, can result from ingesting hemp-derived products. Hundreds of children each year are poisoned after accidentally ingesting these THC products, including children in NH.**



Department of
**HEALTH &
HUMAN SERVICES**

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FILM NEGATIVE



GATIVE

FILM NEGATIVE



FILM NEGATIVE

FILM NEGATIVE



A FREE IN -PERSON CONFERENCE

CARROLL COUNTY SUBSTANCE USE DISORDER CONFERENCE

This community conference brings people together to talk openly about substance use, recovery, and how we can better support one another in Carroll County, NH. The goal is to increase understanding, reduce stigma, and encourage compassion for individuals, families, and communities affected by substance use.

With a special focus on the impact of alcohol, tobacco, and other drug use on pregnancy and the health of parents and babies, the conference explores how early support, prevention, harm reduction, treatment and peer recovery supports can make a real difference. Participants will hear from local experts and people with lived experience, take part in interactive workshops, and connect with community organizations offering treatment, support, resources, and care for any individual or family facing substance use disorder.

10:00am - 2:00pm

June 20, 2026

door opens 9:30am; includes lunch

MWV Adult Day Center
987 East Main Street, Route 113
Center Conway, NH

This conference is open to: community members, healthcare and behavioral health providers, social service and prevention professionals, educators, first responders, individuals and families interested in learning more about substance use disorder, prevention, and recovery.

Free admission.

Register Now →



For more information: www.c3ph.org/newsevents/events





Department of
**HEALTH &
HUMAN SERVICES**

Division for
Behavioral
Health

**IN PERSON EVENTS
INCLUDE FREE LUNCH!**

We are happy to announce the below trainings available at no charge for individuals working in a school setting. Funded by the Bipartisan Safer Communities Act Funds.

CEUs available

Summer 2026

[REGISTER HERE](#)



**JUNE 22-
24, 2026**

CISM 3 day Basics training
8 AM to 4:30 PM
Held Virtually - 27 CEUs
[MORE INFO ABOUT TRAINING HERE](#)

**JUNE 29-
30, 2026**

CISM Application with Children
8 AM - 4:30 PM - 13 CEUs
Held at 105 Pleasant St, Concord NH
[MORE INFO ABOUT TRAINING HERE](#)

**JULY 27-
28, 2026**

Group Crisis Intervention
8 AM - 4:30 PM 14 CEUs
Held at 105 Pleasant St, Concord
[MORE INFO ABOUT TRAINING HERE](#)

**JULY 13-
14, 2026**
SEE BELOW**

CISM Advanced Assisting Groups
8 AM - 4:30 PM - 13 CEUs
Held Remotely
[MORE INFO ABOUT TRAINING HERE](#)

***** CISM 3 DAY BASIC TRAINING IS REQUIRED TO BE ATTENDED PRIOR TO
TAKING THIS COURSE. *****



**AUGUST 6-
7, 2026**

Workplace Violence
8 AM to 4:30 PM
Held Virtually
[MORE INFO ABOUT TRAINING HERE](#)

**AUGUST 9-
10, 2026**

Workplace Violence
8 AM to 4:30 PM
Held at 105 Pleasant St, Concord NH
[MORE INFO ABOUT TRAINING HERE](#)

**AUGUST 10-
11, 2026**

Grief Following Trauma
8 AM - 4:30 PM - 12 CEUs
Held Virtually
[MORE INFO ABOUT TRAINING HERE](#)

**AUGUST 13-
14, 2026**

Grief Following Trauma
8 AM - 4:30 PM - 12 CEUs
Held at 105 Pleasant St, Concord
[MORE INFO ABOUT TRAINING HERE](#)

**JULY 6-
7, 2026**

**Managing School Crises: From Theory to
Application** - 13 CEUs
8 AM - 4:30 PM Held Remotely
[MORE INFO ABOUT TRAINING HERE](#)

**AUGUST 3-
4, 2026**

**Managing School Crises: From Theory to
Application** - 13 CEUs
8 AM - 4:30 PM
Held at 105 Pleasant St, Concord NH

Awareness. Interaction. Direction.

Mental Health Training

Supporting Other's Mental Health

Join us to learn how to recognize and approach someone in mental distress

About

Awareness. Interaction. Direction. (A.I.D.) is a 90-minute mental health awareness training that equips individuals with the necessary information and skills to be a champion for mental health in their communities.

A.I.D training emphasizes a course of action that helps identify a person experiencing mental distress and helps connect them with necessary resources and care.



REGISTER

<https://bit.ly/4t9PI26>



FREE - Virtual Workshop

Workshop Dates

February 7, 2026 - 1:30-3:00pm

March 26, 2026 - 1:30-3:00pm

April 16, 2026 - 1:30-3:00pm

May 19, 2026 - 1:30-3:00pm

June 16, 2026 - 10:00-11:30am

July 14, 2025 - 1:30-3:00pm

August 18, 2026 - 10:00-11:30am

September 15, 2026 - 1:30-3:00pm

Contact Us

Kendra Lewis | kendra.lewis@unh.edu | 603-862-2495

If you need an accommodation to participate in our programming, please contact Kendra Lewis, kendra.lewis@unh.edu and 603-862-2495 prior to the event. Given ample time, we will make any reasonable effort to meet your needs, including language access services if requested, which will be provided free of charge.



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FREE Training
+CE Credits



Time : 10 am - 12 pm

Date : Thu, June 4, 2026

BE SENSITIVE, BE BRAVE FOR MENTAL HEALTH

Time : 10 am - 12 pm

Date : Thu, June 4, 2026

Location : Virtual

Note: Registration is required

<https://www.eventbrite.com/e/free-be-sensitive-be-brave-bsbb-for-mental-health-workshop-tickets-1986903433656>



Harbor Care

HOUSING ▾ HEALTHCARE ▾ VETERAN SERVICES



Democracy
on Tap *presents*

**TUESDAY, JUNE 23,
6PM AT
CHEESE LOUISE,
NORTH CONWAY**

ADVOCACY 101

**in partnership with New Futures and
Carroll County Coalition for Public Health**

Want your voice heard on housing,
healthcare, jobs, caregiving & the
environment?

Join our **FREE** advocacy training and learn
how to show up, speak out, and make
change locally.

**REGISTER
NOW:**



**Tuesday, June 23, 6pm
Cheese Louise,
2686 S. Main St.,
North Conway, NH**

<https://bit.ly/advocateJun23>

**CARROLL COUNTY COALITION
FOR PUBLIC HEALTH**
An Initiative of Granite United Way

newfutures 
SOLVING PROBLEMS THROUGH POLICY CHANGE


**NEW HAMPSHIRE
CHARITABLE FOUNDATION**

ARTISAN BAKED CHEESE
**CHEESE
LOUISE**
... & BEYOND

Save the date!

upcoming mobile food pantry



**Wednesday, June 10th
from 12:00-1:30**

(while supplies last)

**Ham Ice Arena
87W.MainSt.Conway**

The NH FoodBank will bring truckloads of food to distribute to families and individuals.

This event is open to all. No proof of residency or income needed.

This is a drive thru event. All items will be distributed to you in your vehicles.

**Sponsored by
caring neighbors.**

**FEEDING[®]
AMERICA**

Save the date!

upcoming mobile food pantry



Wednesday, July 8th

from 12:00-2:00

St. Joseph's Church

23 Moultonville Rd. Center Ossipee

The NH Food Bank will bring truckloads of food to distribute to families and individuals.

This event is open to all. No proof of residency or income needed.

This is a drive thru event. All items will be distributed to you in your vehicles.

**Sponsored by
caring neighbors.**

**FEEDING[®]
AMERICA**