

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!
Guest Presentation: Northern Human Services Behavioral Health Community Needs Assessment	Nate Allard Chalifour Consulting Stakeholder Listening Session Northern Human Services Behavioral Health Community Needs Assessment	
Advocacy	1. Advocacy 101 Training Sep 11, Moultonborough https://bit.ly/advocate03254 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: • https://new-futures.org/ • https://www.naminh.org/take-action/ • https://www.nhhungersolutions.org/advocate#/ • 3. Other Legislation/ Advocacy	
Strategic Prevention Model: assessment, capacity development, planning, implementation, evaluation - Jen	- Juvenile Diversion Network - National Night Out - Public Health Messaging - Veterans Coalition - Outreach and Engagement for Schools 2026-2027	
Other updates? Early ID & Intervention Treatment & Recovery	- Carroll County Sequential Intercept Model (criminal justice and mental health collab) - o Mental Health Court - o White Horse Transitional Housing - o Juvenile Diversion for Carroll County - o other - Updates from Treatment Providers - o	

	- Updates from Recovery Providers	
Flyers/Announcements	Click here to access flyers folder and get information about current resources and upcoming events Emily- Protect Your Brain, a free online course from the Addiction Policy Forum, provides evidence-based information about brain development, substance use, and prevention. Aimed at youth, parents, educators, youth-serving professionals, and community members. Access the free course here: - English: https://bit.ly/4b8KhZc - Spanish: https://bit.ly/3SJJSXs Awareness Campaigns for 2026-2027 August 8/31 International Overdose Awareness Day September Attached below 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	

10:30

Adjourn.



Happy Back to School Season! 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

Carroll County Coalition for Public Health, an initiative of Granite United Way

August 2026

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: Aug 5, 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: [Link to register for zoom meeting series. Carroll County Responds to SUD](#)

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

[Join instructions](#)



COMMUNITY NEEDS ASSESSMENT

Help Shape Behavioral Health Services in Our Community

Northern Human Services is asking the community to help us understand the mental health, substance use, crisis, and access-to-care needs across the region.

Please take a few minutes to share your perspective.

Your input helps us better serve the community and plan stronger care for the years ahead.

Open to everyone

Confidential

2 to 3 minutes

We want to hear from everyone: residents, families, people with lived experience of mental health or substance use challenges, providers, schools, first responders, employers, and community organizations. You do not need to have used our services to take part.



Scan the code to take the survey

or visit northernhs.org

Questions, or want to take part in an interview?

Contact **Nate Allard**

nate@chalifourconsulting.com · 603-722-6174

Northern Human Services Community Needs Assessment · Your voice matters.

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

Behavioral Health & Recovery Awareness Calendar page 1 of 2

August – June. A month-by-month reference for observances related to mental health, substance use, suicide prevention, and recovery.

----- Back to School -----

August • International Overdose Awareness Day — August 31 • National Wellness Month — throughout August • Children's Eye Health & Safety Month (<i>unrelated, common co-occurring campaign</i>) • Good entry point for back-to-school stress and transition-related mental health messaging	September • National Suicide Prevention Month • National Recovery Month (SAMHSA) • World Suicide Prevention Day — September 10 • National Suicide Prevention Week — week containing September 10 • National Yellow Ribbon Suicide Prevention Program awareness activities
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----- Fall 2026 -----

October • National Depression and Mental Health Screening Month • National Substance Abuse Prevention Month • Red Ribbon Week — last week of October (drug-free lifestyle campaign, esp. schools) • World Mental Health Day — October 10 • National Bullying Prevention Month • Domestic Violence Awareness Month • National Collegiate Alcohol Awareness Week — typically mid-October	November • International Survivors of Suicide Loss Day — Saturday before Thanksgiving • Movember — men's health awareness (mental health, suicide prevention among men, plus prostate/testicular cancer) • National Family Caregivers Month • Great American Smokeout — third Thursday of November (ties in with vaping/nicotine prevention messaging)	December • National Impaired Driving Prevention Month ("3D Month" – Drunk and Drugged Driving) • Seasonal Affective Disorder (SAD) awareness ramps up with shortening daylight • Holiday season mental health and grief support messaging (loss, isolation, financial stress)
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Behavioral Health & Recovery Awareness Calendar page 2 of 2

----- Winter 2027 -----

January • Dry January • Mental Wellness Month • Continued Seasonal Affective Disorder (SAD) awareness (peak season) • National Mentoring Month	February • 211 Day — February 11 (2/11), United Way's day highlighting the 211 helpline for health and human service referrals • Teen Dating Violence Awareness Month • National Eating Disorders Awareness Week — last full week of February • American Heart Month (<i>often paired with stress-heart health messaging</i>)	March • Self-Injury Awareness Month, anchored by Self-Injury Awareness Day — March 1 • National Problem Gambling Awareness Month • Brain Injury Awareness Month • Kick Butts Day — third Wednesday of March (youth tobacco/vaping prevention, American Lung Association/Truth Initiative)
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----- Spring 2027 -----

April • Alcohol Awareness Month • Distracted Driving Awareness Month • Stress Awareness Month • Sexual Assault Awareness Month • National Minority Health Month • Early prom/graduation safe celebrations messaging typically begins here and runs into May	May • Mental Health Awareness Month • National Prevention Week (SAMHSA) — early May • Children's Mental Health Awareness Week — first full week of May • Mental Health Action Day — a designated day within the month (date varies by year) • Safe celebrations for prom and graduation — peak season for messaging on substance-free events, safe rides, and impaired driving prevention • Older Americans Month	June • LGBTQ Pride Month • Men's Health Month, capped by Men's Health Week (week ending Father's Day) • PTSD Awareness Month, with PTSD Awareness Day — June 27 • National Safety Month
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Cross-Cutting / Ongoing Touchpoints

These don't belong to a single month but are worth weaving in year-round:

- **988 Suicide & Crisis Lifeline** — ongoing awareness, with anniversary messaging around July 16 (the date 988 went live in 2022)
- **Vaping and Nicotine Prevention** — spans Kick Butts Day (March) and Great American Smokeout (November), but relevant for youth-focused messaging in back-to-school (August/September) and prom/grad season (April/May) as well
- **Grief and survivor support** (suicide loss, overdose loss) — relevant around ISOS Day (November) but also meaningful during holidays (December) and around Overdose Awareness Day (August)

Note: A few dates shift slightly year to year (e.g., "third Thursday," "week containing," designated days within a month). Worth double-checking exact dates each year against SAMHSA, NAMI, or the sponsoring organization's calendar before finalizing campaign materials.



FREE

VETERANS & FIRST RESPONDERS ART PROGRAM



2ND SAT OF THE MONTH
9 AM - 11 AM
TAMWORTH COMMUNITY
NURSE ASSOCIATION
86 MAIN STREET, TAMWORTH



**MORE INFO:
ARTSTAMWORTH.ORG**



REGISTER HERE:
forms.gle/pWkKvPmrLBGUiRqL9





FOSTER, ADOPTIVE, & KINSHIP PARENT TRAINING CHOOSE LOVE AUGUST 8TH 8AM-12:30PM BBQ LUNCH TO FOLLOW



Spaulding Academy & Family Services invites you to join us for a **FREE** Parent Training to provide valuable education and support for your family using methods of trauma informed care developed by CHOOSE LOVE, including:

A lens for interpreting behavior and responding intentionally
In the moment strategies for regulation
Connection before Correction

Limited spaces available for free childcare

8:00-9:00

Registration & Continental Breakfast

9:00-12:30pm

Learn practical Choose Love strategies
you can use right away

12:30pm

BBQ Lunch

Offering

Free Continental Breakfast and

BBQ Lunch

Raffle Prizes

Child Care-limited spaces

Guest Speakers



SHANNON DESILETS
EXECUTIVE DIRECTOR
CHOOSE LOVE



DEEDEE THURBER
CHOOSE LOVE
COURSE TRAINER

REGISTRATION ENDS 7/26



Located at:
Spaulding Academy & Family Services
72 Spaulding Rd
Northfield, NH 03276
Email fostercare@spauldingservices.org
for help to register

Scan to Register





University of
New Hampshire
Extension



Food will be
provided!

Way Station Resource Day

**THURSDAY, AUGUST 13TH 12PM-4PM
AT THE WAY STATION**

You are invited to the Way Station Resource Day!

Come and learn what services are available to you

If you need transportation

Contact White Horse Recovery

603-651-1441 extension 1302



Service Providers register for a table here

<https://forms.gle/9vnyuaHpQfSja4aL7>

The Way Station

15 Grove Street

North Conway, NH 03860

Accommodations available, including language access services, upon request before an event at unh.how/request

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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.



Be the
Difference!

REGISTER

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



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.

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



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JOIN US SATURDAY, AUGUST 22, 7:00 PM FOR A WAY STATION FRIENDRAISER BENEFIT CONCERT



featuring



HEATHER MASSE & JED WILSON

Heather Masse, a beloved local talent turned international star with The Wailin' Jennys, has graced stages around the world with her stunning voice and heartfelt performances. She'll be joined by the exceptionally talented pianist and composer **Jed Wilson**, making for a truly special musical homecoming. There's nothing quite like hearing these two incredible artists perform together. Capturing the spontaneity and creative spark that only comes from a true musical partnership, Heather and Jed's 20 plus year collaboration reflects their mutual love of jazz and folk music as well as their abiding friendship. **Don't miss it!**



FREE TICKETS so everyone can come!
Please donate if you can. Suggested ticket starting at \$50

AUGUST 22, 7:00 PM - Doors open at 6:30 • General Seating
LEURA HILL EASTMAN PERFORMING ARTS CENTER
18 BRADLEY STREET, FRYEBURG, ME

THANK YOU WAY STATION SUPPORTERS



Caregiver Conversation Summer Series, Session 3

Support. Education. Connection.

Caring for a loved one is meaningful—but it can also feel overwhelming. Join us for conversations intended especially for family caregivers who want practical tools, trusted information, and a supportive community.

Each session focuses on real-life challenges caregivers face and provides strategies you can use right away led by experienced professionals.

Whether you're new to caregiving or have been supporting a loved one for years, these conversations will help you feel more confident, prepared, and connected.

Take time this summer to strengthen your skills, protect your well-being, and connect with others who understand the caregiving journey.



Dementia: Strategies for Care

Wolfeboro Public Library

259 South Main Street, Cynthia A. Beaver Room

Tuesday, August 25, 10 -11 a.m.

Melissa Grenier, LCSW, Regional Manager of NH Alzheimer's Association will discuss practical and positive strategies for navigating the challenges of dementia care.

To register, call Granite VNA at **603-224-4093, ext. 85664**



Offices in Concord, Laconia & Wolfeboro • 603-224-4093 | 800-924-8620 • granitevna.org

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ADVOCACY 101

MOULTONBOROUGH, NH

PRESENTED BY NEW FUTURES AND
CARROLL COUNTY COALITION FOR PUBLIC HEALTH

Want to make a real difference in our community?
This FREE, NON-PARTISAN training will show you simple,
practical ways to speak up on the issues you care about
—like housing, healthcare, jobs, and the environment.

- **No experience needed:**
Just bring your questions and your passion.
- **Connect with leaders:**
Learn how easy it is to reach local decision-makers.
- **Voter updates:** Get the latest NH voter registration
info so everyone's voice is heard at the ballot box.

When:

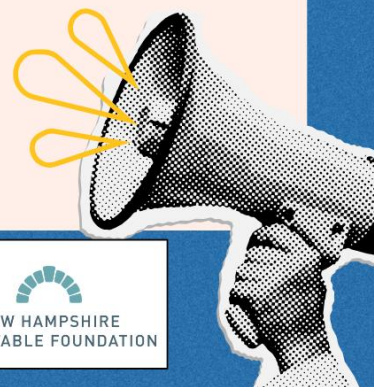
Friday, Sept. 11
Doors open 7:30am
complimentary breakfast
Training 8-9:30am

Where:

Moultonborough Function Hall
139 Old Route 109
Moultonborough, NH 03254

Register now!

or at
<https://bit.ly/advocate03254>
fmi 603-301-1252



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

newfutures
SOLVING PROBLEMS THROUGH POLICY CHANGE

NEW HAMPSHIRE
CHARITABLE FOUNDATION



Looking for support? **Connect with a live Resource Navigator today!**

A real person will be in touch to connect you with services like food, healthcare, and more, or help you explore what resources are available in your community.

Scan the QR code or visit online to request support - we will reach out within 48 hours Monday - Friday to assist you.

www.dhhs.nh.gov/programs-services/nh-care-connections/request-connect-navigator





- ✓ Care starts in a matter of weeks
- ✓ Evidence-based approach grounded in CBT
- ✓ Most major insurances accepted

Referring Patients to InStride Health

InStride provides specialty outpatient care for young people **ages 7–24** with **anxiety and/or OCD**.

Recognizing the signs and symptoms

- School avoidance
- Generalized anxiety and worry
- Obsessions and compulsions
- Panic attacks
- Social anxiety
- Separation anxiety
- Perfectionism
- Fears (of crowded places, vomiting, etc.)
- Academic anxiety
- Health anxiety
- Selective mutism
- Tics
- Hair pulling (trichotillomania)
- Skin picking (excoriation)
- Eating-related fears (ARFID)
- Obsessive concerns about body features
- Pediatric Acute-onset Neuropsychiatric Syndrome (PANS)
- Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS)

InStride Health is uniquely equipped to support families experiencing any of the following as a result of their child's anxiety or OCD:



Impairment with daily life

- Restricted activities (e.g., school, social, family)—“shrinking” the child's world
- Parent/caregiver strain, e.g., missed social activities and/or work



Previous unsuccessful treatment

- Lack of traction in prior therapy
- Need for increased wrap-around support and/or medication



Medical and other complexity

- Physical symptoms like headaches or GI issues
- Psychiatric comorbidities (see below)
- Passive suicidal ideation

Patients can have other co-occurring disorders, such as depression, ADHD, and high-functioning autism spectrum disorder (ASD), as long as their primary presenting issue is anxiety and/or OCD.

InStride is not suitable for active self-harm, active suicidality, substance use disorders, post-traumatic stress disorder, or eating disorders other than avoidant-restrictive food intake disorder (ARFID).

Insurances we accept in your region:

- Aetna (MA Only)
- Anthem BCBS (Empire)
- Blue Cross Blue Shield of Massachusetts
- ConnectiCare
- First Health Network
- Government Employees Health Association (GEHA)
- Harvard Pilgrim
- Horizon BCBS
- Mass General Brigham Health Plan
- National Association of Letter Carriers (NALC)
- Optum/UnitedHealthcare
- Oscar
- Oxford Health Plan
- Wellpoint (UniCare)

Refer a patient today.



Scan the QR code or visit InStride.Health to complete our quick referral application.

Families are typically connected with a trained InStride Health clinician for an intake call within just a few days.

For questions call **401.573.0208** or email jeff.roy@instride.health

Medicaid Matters: Speak Up NH

Turning Advocacy into Action

Fall 2026 Advocate Training Series



Join a supportive community of New Hampshire health care champions learning to create real policy change through effective advocacy skills.



What You'll Learn

Become a confident advocate for Medicaid:

- **Navigate NH Legislative Process** → Understand how NH government and budgeting works and how to engage effectively
- **Deepen Knowledge on Medicaid** → Become more confident with the Medicaid program: how it's funded and where it's vulnerable
- **Tell Your Story** → Learn to share your experiences in ways that influence policymakers
- **Master Advocacy Skills** → Practice testifying, writing letters to editors, and communicating with legislators

Who Should Apply?

- Medicaid recipients including Granite Advantage/Medicaid Expansion
- Caregivers for a Medicaid beneficiary
- Front line health care community outreach, insurance navigation, and case management staff including waivers

Limited slots available, applications are now OPEN

Sessions

- ▶ **Sept. 16th | Medicaid 101** - Meet with fellow cohort members and learn together what you need to know about Medicaid.
- ▶ **Sept. 23rd | Advocacy 101** - Learn an overview of the legislative and state budget processes.
- ▶ **Oct. 7th | Skill Building Lab** - Build power by writing your personal story with the support of a mentor.
- ▶ **Oct. 21st | Field Trip** - Gather with experienced advocates and legislators & tour NH State House.
- ▶ **Nov. 4th | Skill-Building Lab** - Build confidence with turning your story into action and practice verbal advocacy.

Program Details

- ▶ **When:** - 5 Wednesday evenings (dinner & gas card provided)
Exact times/locations coming soon.
- ▶ **Cost** - FREE, this program is supported by NH Medicaid Matters Coalition members
- ▶ **Apply** - Visit the webpage:
nhneedsmedicaid.com/speakupnh



nhneedsmedicaid.com
info@nhneedsmedicaid.com
[@nhneedsmedicaid](https://www.facebook.com/nhneedsmedicaid)
[@nhmedicaidmatters](https://www.instagram.com/nhmedicaidmatters)