

CARROLL COUNTY COALITION FOR PUBLIC HEALTH



An Initiative of Granite United Way

CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

Minutes – October 1, 2019

Prevention – Continuum of Care Workgroup

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

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

9:00 – 9:10

- Attendance: Nichole Cray, Huggins Hospital; Katie Foster, New Futures; Caleb Gilbert, C3PH; Candi Kane, Groups; Carolee Longley, Groups; Yvonne Meisner, White Horse Addiction Ctr; Heather Phillips, Memorial Hospital; Jennifer Selfridge, C3PH; Susan Ticehurst, NH House of Reps; Doug Wyman, Sandwich PD; Jeanne Venuti, Recovery Friendly Workplace; Lance Zack, White Mtn Restorative Justice; Kerry Nolte, NH Harm Reduction; Steve Kelly, Better Life Partners; Eric Moran, White Horse Addiction Ctr; Donna Sargent Ossipee Concerned Citizens; Kathy Livingston, Ch Ultd; Nicole Beckwith, Road to a Better Life; Sheryl Power, Kingswood Reg HS;

FOCUS ON PREVENTION

9:10– 9:20

- Progress to date on Strategic Plan, Annual Report, and 2020 Workplan – Jennifer Selfridge. Jennifer is finalizing these documents. Copies are available and input is appreciated. Contact Jennifer at prevention@c3ph.org

9:20 – 10:00

- Recovery Friendly Workplaces (Carroll County) Jeanne Venuti
 - New employers in the county: Installed Building Products in Tamworth and White Horse Addiction Center, which is soon receiving official designation as a RFW.
- Leaders in Prevention for Middle School (NH Teen Institute)
 - The Teen Institute will be holding a weekend retreat/training. Scholarships are available. Contact Jennifer for more information regarding this.
- Breathe NH Vaping Resources and Training of Trainers. Breathe NH has resources on their website: <https://www.breathenh.org/programs/vaping-unveiled> ; <https://www.breathenh.org/lung-health/e-cigarettesvaping>
- CDC Press release from 9/27/2019: THC Products May Play a Role in Outbreak of Lung Injury Associated with E-cigarette Use, or Vaping. <https://www.cdc.gov/media/releases/2019/p0927-thc-vaping.html>

- NH Children’s Behavioral Health Collaborative (Creating a System of Care) The Collaborative is a multi-disciplinary initiative fixing barriers and improving behavioral health outcomes children, youth and their families in New Hampshire. The Collaborative represents the largest ever collaboration of New Hampshire child and family organizations and agencies-more than 50- focused on mental health and substance use disorders for children, youth and families. The goal of the Collaborative was to develop and implement a plan that would transform the current delivery system. FMI see <http://www.nh4youth.org/>
 - Schools are working to integrate systems of care for mental health into their overall services. An invite will be made to the coordinator Dellie Champagne to come to the December meeting. Katie Foster will reach out and invite.
- Team Wolfeboro Forum
 - Faith based group out of Wolfeboro <https://teamwolfeboro.org/> . A public forum is being planned and an invitational event will be held in Ossipee. Jennifer will gather more information at a meeting with Team Wolfeboro in October.
- Sandwich Forum
 - Tentatively scheduled for May at the Sandwich Fairgrounds. This will be the third forum. Initially started as an event to inform the public of resources available for support around opioid related issues. The second forum was an update on progress made on this front. The idea for the third forum will be a celebration for progress made and a chance to address root causes of substance use. Ideas to address basic needs (food, shelter, clothing, etc.) have been put forth. Lance Zack will be working to organize a planning meeting next month. BOLO for an email from Lance.
- Kingswood Youth Center
 - C3PH participated in 10th annual chili cook-off fundraiser, along with White Horse. Support for safe, prosocial alternatives is needed and Kingswood YC provides this.
- Student led Town Hall Meetings (2)
 - Jennifer is hoping to hold student led town hall underage drinking forums, one in the south of the county and one in the north. More information will be forthcoming.
- DEA Drug Take Back Day October 26th
 - All but 2 law enforcement agencies in the county participated in spring of 2019. Jennifer will be gathering supplies and working with Catalina to distribute materials. C3PH staff will work to attend Carroll County Chief’s meeting next Thursday, October 10th.

10:00 – 10:30

Partner Updates:

- LEAD
 - LEAD NH will be holding a training at NH Police academy, November 4th through 8th. FMI: www.leadrugs.org. K1 curriculum is being reviewed by Mendez Foundation now. K and pre-K to follow. LEAD is partnering with Communities the Care and providing training for community coalitions. Online portals are going to be launched soon. Civil air patrol partnership in the works (senior cadets and junior cadets). LEAD National conference in February in Atlantic City.

- White Horse is working to have more staff visit KYC. Eric Moran is not able to spend as much time at the Youth Center, so other staff will be filling his role. The Shed facilitator will be continuing “Prevention Wednesday.”
- Lance Zack raised concerns about the re-emergence of misusing pills and also voiced concerns about the continuing trend of methamphetamine use, especially among youth.
- Kingswood HS: Peer outreach is working to establish programming for Red Ribbon Week. NAMI will be offering a Connect training for SAU 49 on November 25th. Kingswood HS has a large Freshman class (230). A resource fair was held for Freshmen. SAGA (Sexuality and Gender Alliance) is trying to grow numbers. Awaiting YRBS Data (late fall, likely).
- Groups Recover Together: Recovery work with Parents as prevention. Most group attendees are parents.
- Ossipee Concerned Citizens: Grandparents raising grandchildren (this is a significant issue in the county) and collocating with adult children that are experiencing substance misuse issues. Food insecurity can be a problem for these families.
- Basic needs and the inability to meet these can cause/exacerbate substance use issues.
- Through SAU 49, Ossipee and Effingham now has a family outreach position (Deb Bunting).
- Heather Phillips (Memorial): ACEs group is trying to formulate its mission and develop ideas for future trainings.
 - Exploring the idea of bringing Resilience Screening to other parts of the County – will work with SAU 49 Wellness Committee / Wolfeboro Rec. Also explore Moultonborough as a venue to screen.
- Questions were raised about “Opioid Record Expungement” bill. Look for more information at future meetings. Follow up note: <https://legiscan.com/NH/text/HB399/2019> Bill Title: Relative to annulment of arrests or convictions for possession of a certain quantity of marijuana. Spectrum: Slight Partisan Bill (Democrat 5-2)
Status: (Passed) 2019-07-16 - Signed by Governor Sununu 07/12/2019; Chapter 211; Eff: 01/01/2020
- Urinalysis info from White Horse. Fmi contact Eric Moran, eric@whitehorseac.com
- Suicide Prevention: The play “Night Mother” was performed in Sandwich in August. C3PH staff teamed up with Sandwich PD, Northern Human Services, and Huggins Hospital to help facilitate a community forum, addressing suicide prevention. Off the Dock Players (group that put on the play) were supportive of the forum and providing information to audience. “Talk Back” sessions were held after each play. The play was performed in North Conway by M&D Productions in September and early October. C3PH worked to help provide support to these performances as well. Chief Wyman shared information regarding the large number of first responders impacted by suicide. We will continue to pursue more opportunities to engage the community in suicide prevention.
 - *the Nantucket Project <https://nantucketproject.com/about/>
 - Concord: “First Responders Thrive” Cheryl P. shared information regarding this project related to mental health and first responders. This project helps to address stigma among this population. Fmi <https://firstrespondersthive.com/> Concord, NH
 - Susan Ticehurst shared that more work on this topic will be pursued during the upcoming legislative session. PTSD and Acute Stress added to Worker’s Comp def of injury. Establish committee to study causes of PTSD (Aces HB 111 and SB 59).

- HB 111. **Bill Title:** Establishing a committee to study the effect of the opioid crisis, substance misuse, adverse childhood experiences (ACEs), and domestic violence as a cause of posttraumatic stress disorder syndrome (PTSD) and other mental health and behavioral problems in New Hampshire children and students.
Spectrum: Moderate Partisan Bill (Democrat 9-2)
Status: (*Passed*) 2019-05-16 - Signed by Governor Sununu 05/15/2019; Chapter 19; Eff: 05/15/2019 [[HB111 Detail](#)]
Download: [New Hampshire-2019-HB111-Introduced.html](#)
- NH SB 59. **Bill Title:** Adding post traumatic stress disorder and acute stress disorder to the definition of "injury" for purposes of workers' compensation, establishing the commission to study the incidence of post-traumatic stress disorder in first responders, and clarifying workers' compensation for firefighter and heart, lung, or cancer disease.
Spectrum: Bipartisan Bill
Status: (*Passed*) 2019-07-18 - III. Remainder Effective 07/17/2019 [[SB59 Detail](#)]
Download: [New Hampshire-2019-SB59-Introduced.html](#)

- Identification of Prevention Needs: Attendees review Strategic Plan Outline. Send notes to Jennifer.
 - What's working well?
 - What could use more attention
 - Where do we go from here?

10:30 – 11:00

Networking and Break

FOCUS ON THE CONTINUUM OF CARE (prevention) + intervention + treatment + recovery

11:00

- UNH Harm Reduction: Kerry Nolte
 - See handout materials. Nurse Practitioners are waived for MAT upon graduation. Kerrie is Chair of NH harm Reduction Coalition, is here to share resources (project is grant funded, may end in November). 4 focus areas for projects: 1) EBP for opioid prescribing and tapering 2) Routinely screening for substance use (SBIRT) 3) Engage individuals who inject drugs to reduce harm 4) Provide compassionate care to individuals w/ opioid use disorder. More info is contained in packet that was handed out. Addresses specific harm of drug injection. Here is a link to the resources provided: <http://nhhrc.org/resources/>
 - Effects of diseases related to intravenous injection are very dangerous and expensive to treat.
 - Discussion on needle exchange/syringe service programs. What are next steps in Carroll County – (look for NPR story, put link in notes). Kerry's contact information is contained within handouts. C3PH will explore sponsoring a more in-depth training/conversation on needle exchanges/syringes services. BOLO for more information.

11:05 Roundtable updates on Early Identification/Intervention

- Memorial Hospital - Mental Health supports implemented in the ED, through Psychiatric Nurse Practitioner, NHS Employee, and case manager. Reduced length of wait for placement to 4 days (was as high as 21 days).

11:30 Roundtable updates on Treatment

- Groups: Carolee Longley - Located in Center Conway (collocated with MWV Support Recovery). Has built network of prescribers. Started “rapid access” program to ensure individuals are seen within a day. Thorough screening to ensure good fit for individuals. Require weekly group participation to receive prescription. Requires pill-counts. Most participants are parents. Help to address basic needs through local resources (big plug for the Way Station: www.waystationnh.org). Available capacity- hoping to have people seen within 24 hours, through “rapid access” programs.
- Better Life Partners: Steve Kelly - Community-based treatment model. Use an emergency/disaster response model. Integrating treatment into the sites of other local social service providers. Partnering with White Horse in North Conway to implement MAT. Willing to take MAT services to multitude of community sites. Preferred medication is suboxone but support many path to recovery. Mental health component focuses on ACEs and trauma-informed care. <https://www.betterlifepartners.com/> Requires prescribers to monitor PDMP weekly.
- Road to Better Life: Nicole Beckwith - Newly started with the agency. Exploring telehealth options to help mitigate transportation issues. Are receiving referrals through Doorway Site in Dover. Required drug screening. MAT provider – Buprenorphine and Suboxone (some sites use Sublocade). Located in Wolfeboro.

12:00 Roundtable updates on Recovery Supports

- Recovery Supports in the ED:
 - Program is up and running at Memorial, through White Horse and MWV Supports Recovery (funded by IDN Region 7). Progress and placements have already been facilitated through this program.
- Acupuncture training opportunities.

12:20 Other announcements, resource sharing?

- Huggins MSW Intern Nicole Cray: working to compile information on resources related to MAT, as a part of Huggins MAT program implementation committee.
- Job Corps: Changes to policies related to? (missed this)

Next Meetings: **NEW DATE: DEC 10.** ...then, Feb 4, Apr 7, Jun 9.

Snow advisory: If SAU 49(Wolfeboro) or SAU 13(Tamworth) is delayed/closed, meeting is cancelled.

12:30 Adjourn