

Carroll County Responds to Substance Use Disorder



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; 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:

Valeda Cerasale, NHS; Richard Melillo, NHS; Heather Clogston, NH DOE; Kim White-Feather, Live Free in Recovery; Soyla Hernandez, C3PH; Janet Hunt, New Futures; Sara Sacco, SNHS; Karen Santuccio, CCHOC; Chuck Henderson, Office of Sen. Shaheen; Ann Crawford, NH BDAS; Brittini Cusson, KHS; Steven Roche, WMCHC;; Julie Hill, WMCHC; Nicole Jackson, Memorial; Dave Poland, NHS; Anika Hastings, KRHS; Damian Santana, GUW/C3PH

Meeting Facilitator: Catalina Kirsch

Notes: Caleb Gilbert

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
 Initial Conversation with KRHS regarding "Quit Kits" for students. These would be mostly for raising awareness, but can provide support for students experiencing problems with vaping/nicotine use. Catalina and C3PH volunteer are working to build kits and will also work to distribute to other high schools in the county (KHS & Moultonborough Academy).

- o 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://www.new-futures.org/training/overview

Regarding the **Alcohol Fund**: these funds are a percentage of alcohol revenue generated by Liquor Commission and overseen by Govenor's Council on Alcohol and other drugs. NF is advocating and conducting outreach to program recipients to generate stories, to collect impact stories about how the funding makes a difference in their programming. The goal is to advocate for those funds, approximately **\$10M** (possibly expanded) for Substance Misuse Prevention. *Organizations who are recipients of alcohol funds are invited to submit impact stories* at the following Link from New Futures:

https://docs.google.com/document/d/1SvY_C23n4fhfopNrscT0In8OS4qiOwnedzdoOC3cL0c/edit?usp=sharing and https://new-futures.org/advocacy/power-personal-story

Overdose Prevention Kits

C3PH does still have a limited supply of OD prevention kits. Please reach out to Catalina, catalina.kirsch@graniteuw.org if you are interested. Question – can minors possess Naloxone? Following up with NH Harm Reduction and BDAS for clarification. NH Harm Reduction can provide TA and resources on this topic: NHHRC Director of Education Phoebe Axtman phoebe.axtman@nhhrc.org Can offer TA to any partners in Carroll County with questions around SUD, Harm Reduction, NARCAN etc. Also can reach out to Damian: Also feel free to reach to me if you ever need a warm hand off to NHHRC. damian.santana@graniteuw.org

FOLLOW UP NOTE: 12/7/22. Catalina verified from NH Harm Reduction Coalition. NH Standing Orders for Naloxone state that naloxone can be distributed as follows:

- In accordance with NH RSA 318-B:15, IV, New Hampshire law allows an organization to dispense or distribute naloxone pursuant to a prescription or standing order, when acting in good faith and with reasonable care, and in accordance with specific procedures, training and safeguards, as outlined in this Standing Order.
- Naloxone HCl Nasal Spray 4mg (Narcan brand name)
 - Dispense one two-pack box of single-step Naloxone HCl Nasal Spray 4mg (Narcan brand name) which contains two (2) 4mg doses of naloxone HCl in 0.1 ml of nasal spray.
 - Dispensing instructions:
 - Call 911.
 - Spray the contents of one sprayer (0.1ml) into one nostril. May repeat every 2-3 minutes if symptoms of an opioid emergency persist, alternating nostrils.
 - Written step-by-step instructions for administration of intranasal naloxone must be given to patient and reviewed with patient by pharmacist.
- Holiday Season Resources? Revolving Closet Parent Shopping Night Dec 9, 5-7
- Other Prevention Updates from around the table?

County High Schools are getting first look at YRBS data. We will keep tabs on when the County data gets released and we will put a data overview on the agenda in the new year (early 2023). Follow this page for updates: https://www.dhhs.nh.gov/programs-services/population-health/health-statistics-informatics/youth-risk-behavior-survey

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

- SUD Expansion Project Update Damian Santana, damian.santana@graniteuw.org
 NH Harm Reduction Coalition has been contracted to provide training on topics related to SUD and Harm Reduction (OD prevention, etc.). Please contact Damian if interested. There was a Harm Reduction and Faith Community event on harm reduction and SUD held in November. Will debrief and work to plan future events on the topic for the public. Also working with the NH Brain Injury Association to explore opportunities to bring educational events to the county.
 - Rapid Response Access Point any update from regional Mobile Crisis Unit or Northern Human Services. Rich Melillo 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 Please continue to use 833-710-6477 to connect with NH Rapid Response. Mobile Crisis went live in January 2022. 988 became active in August 2022. Teams are deploying from noon to midnight, M-F, five days a week (Conway, Littleton, Berlin). Telehealth clinician coverage is available 24/7. Looking to build up to response from 8:30am to midnight. Telehealth can be requested anytime through Access Point, which has clinicians on standby for coverage. They are seeing more adolescents than adults. In response they are scheduling meetings and presentations with school districts. They may be in other states. Schools who are experiencing any challenges can reach out to Rich and his team directly. Rich Melillo, 603-447-3347 x8592 rmelillo@northernhs.org or ask for Jamie Rose.
 - Updates from the Field.
 - Early Identification/ Intervention
 - o Pregnancy & THC. What more resources are out there?

Nicole Jackson, Memorial Hospital Pediatrics and New Life: Seeing some challenges related to use during pregnancy and breastfeeding. Working to try and provide resources to providers. Feel like it is not as understood as the effects of alcohol on developing babies. New Life is still active and serving mostly MWV communities. New Life offers pregnant and postnatal women with substance use disorder a program where they receive prenatal care, group counseling, integrated medication assisted treatment and patient education on pregnancy and infant care. Also working to help connect with providers for individuals who want to work on the issue with their providers.

- Treatment
 - O Updates from Treatment Providers?
 - CCDOC TRUST Program and Recovery Resources: no current participants in TRUST, but
 always evaluating individuals who may be appropriate. Looks like they will be starting a TRUST
 program early in the new year. Still assisting inmates in connecting to recovery resources and
 education (life beyond release) resources. Working to setup 12-step programs in the HOC (AA
 & NA). Can always use resources for MAT and other treatment and recovery resources.
- Recovery Updates?
 - White Horse Recovery? N/A

- MWV Supports Recovery. ADDED: will be hosting table at Jacinta Film Screening in Fryeburg see more information below.
- WMCHC: Steve R. (clinical coordinator) will be participating in a FREE Film Screening of <u>Jacinta</u>, a documentary film about recovery in Maine and community discussion to confront the opioid crisis put on by Recovery Maine. <u>Flyer Here</u> Website info here: https://pointsnorthinstitute.org/community/points-north-impact/recovery-in-maine/
- O From Chuck Henderson / Office of Sen Shaheen: Cliff Effect Pilot Projects and Income Disregard, info and program being offered by NH Employment Security FMI: https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/cliff-effect-progress-report-07252022.pdf In September 2021, the Department of Health and Human Services (Department) submitted a plan to mitigate the Cliff Effect, https://www.dhhs.nh.gov/solving-benefits-cliff-effect. As part of this plan were action steps that the DHSS would begin during State Fiscal Year 2022. See link above for status of this plan. Includes changes to rules about income counted towards eligibility for TANF, for employment support benefits, for accesible car purchasing program with takethewheelnh.com, for employer recognized credentials (using time on TANF to upskill as well as work), for post TANF support services, for food security (ask Debra Sorli (Debra.E.Sorli@dhhs.nh.gov), for childcare scholarships (ask, Debra.J.Nelson@dhhs.nh.gov)
- Sara Sacco, WIOA: If you are working with someone who needs help getting back into the
 workforce or assistance with the cost of training, you can refer them to our WIOA Adult
 website: https://www.snhs.org/services/wioa

Harm Reduction

 Overdose Prevention Kits available. Contact Catalina , <u>catalina.kirsch@graniteuw.org</u> See the resources and information listed under the OD Prevention Kits bullet.

10:25 Other updates? Announcements?

Emergency Rental Assistance still open: https://www.capnh.org/ or www.NHHFA.ORG/EMERGENCY-RENTAL-ASSISTANCE

fmi NH Emergency Rental Assistance Application or payments call TCCAP 603-444-0184 or email 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.

Catalina Kirsch, 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/tZwtceigqDluHtRorTn80ou-lizThDOxqgR8

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

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 <u>HERE</u>.

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 <u>DFullerton@MayflowerRecovery.com</u> 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 <u>HERE</u>.

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

https://todayisfor.me/ 501 South Street 2nd Floor, Bow NH 03304

Phone: 603-573-3300 https://todayisfor.me/



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 <u>online</u> 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.

<u>Alcohol Screening and Brief Intervention Efforts – Centers for Disease Control and</u> 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 you 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

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.



85 N. State Street, Concord, NH 03301 • (603) 225-5359 • 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 <u>here</u>.

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.

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

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 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

Home

Support

About Us

Calendar

Community Resources

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rojects

ober Events

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 and Jane M Gunn: nubba7742@gmail.com



Upcoming Trainings

January

11 AM

Advocacy Webinar

Learn how to advocate during the 2023 legislative session. This webinar will cover the basics of the NH legislature, how a bill becomes a law, tips on writing your advocacy message, and best practices for different ways of advocating.

January

Budget Process Webinar

It's a budget year in New Hampshire! In this one-hour webinar, New Futures' staff budget expert Kate Frey will provide insight into the budget process in New Hampshire and how to advocate for critical funding.

January

Child Care Webinar

Affordable child care is a critical tool in keeping New Hampshire's families physically and economically healthy. Learn about the senate bill that aims to ease the burden on Granite State families in this one-hour webinar with New Futures Kids Count Policy Director Rebecca Woitkowski.

4 -5 PM

Alcohol Fund Webinar

New Hampshire's Alcohol Fund is an innovative, fiscally responsible, common-sense approach to support programs that address substance use disorder prevention, treatment, and recovery in the Granite State. However, it has been historically underfunded or diverted. In this one-hour webinar, learn more about how your voice is needed to help protect this critical funding from New Futures Vice President of Advocacy Kate Frey.

February

In-Person Advocacy Training

Learn how to advocate in the 2023 legislative session in this fivehour in-person training at the New Futures office in Concord covering the basics of the NH legislature, how a bill becomes a law, tips on writing your advocacy message, and best practices for different ways of advocating. This session features breakfast and lunch, guest speakers, hands-on practice, and a tour of the State House.



FREE FILM SCREENING NEW YORK TIMES CRITIC'S PICK JACINETA

THURSDAY, DECEMBER 8
LEURA HILL EASTMAN
PERFORMING ARTS CENTER
FRYEBURG ACADEMY
18 BRADLEY STREET
FRYEBURG, MAINE
DOORS 5:00PM

DOORS 5:00PM FILM 6:00PM

FOOD & BEVERAGES PROVIDED

RECOVERY IN MAINE USING DOCUMENTARY FILM AND COMMUNITY DISCUSSION TO CONFRONT THE OPIOID CRISIS

Join us for **JACINTA**, a hopeful and powerful award-winning film about a Maine resident who struggled with generational adversity and substance misuse and beat the odds. Jacinta, the subject of the film, will be present and participating in a panel discussion following the screening.



