



CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

Agenda – April 11, 2023

Prevention – Continuum of Care Workgroup

Meets First Tuesday of Feb, Apr, Jun, 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:

9:05 Guest: Stephanie Higgs, Clinical Director, Easterseals NH Veterans Count

Overview of Easterseals Veterans Count Program. Easterseals VC is a recipient of a couple recent grants to address housing instability, substance misuse, and NH's goals of decreasing veteran social isolation and helping to prevent veteran suicide. We are able to provide case mgmt. support to homeless/at-risk veterans and family members needing substance misuse treatment, and we are able to provide clinical mental health counseling to veterans and/or their spouses (individual and couples).

[See flyer here](#)

Focus on Prevention: Jennifer Thomas, SMP

- Youth Prevention Subcommittee update –
 - Youth Prevention subcommittee meetings will be held on the third Tuesday of Sept, Nov, Jan, Mar, May, (summer off) 1:30-3:00pm, (NEW TIME) 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
 - Kennett Middle School – National Alcohol and other Drugs Facts Week
 - [NH DOE Results from New Hampshire's Youth Risk Behavior Survey released](#)
 - Big Brothers/Big Sisters
 - Youth Success Project; Looking to collaborate with more partners in Carroll County.
 - Legislative Updates – New Futures <https://www.new-futures.org/take-action/overview>

- Community Engagement – Children’s Behavioral Health - <https://www.new-futures.org/issues/childrens-behavioral-health>
- Community Engagement – The NH Alcohol Fund, Cannabis Commercialization, Fentanyl Test strips <https://www.new-futures.org/issues/alcohol-and-other-drug-policy>
- Community Engagement – Medicaid Expansion <https://www.new-futures.org/issues/medicaid-expansion>
- Magnify Voices Expressive Arts contest
http://www.c3ph.org/assets/pdf/Magnify_Voices_PSU_2023_Flyer_Deadline_Extended.pdf
- **The Partnership’s Stronger Than You Think Campaign Materials are Available to Order**
Produced by The Partnership, the [Stronger Than You Think Campaign](#) increases adult awareness around substance use risks for youth and young adults. It supports open conversations between parents, caregivers, or adults who have strong relationships with young people, and the young people in their lives about expectations around substance use and age-appropriate boundaries, planning safe activities, accountability, and talking about the risks and consequences of using any substance. Visit the campaign page on our website for more information at [StrongerNH.org](#), #strongerNH - Free campaign materials are available to [order now!](#)
- New Hampshire Liquor Commission Poster Contest to raise awareness about alcohol misuse; materials available in chat or here:
http://www.c3ph.org/assets/pdf/Alcohol_Awareness_Poster_Contest_2023.pdf
- Outreach to current and potential partners.
- Looking to increase family and community engagement activities.
- Looking to increase public health presence in schools and community events.
- Strategic Plan Framework completion and submission.
- Provider interest for new child care facility in Ossipee? PT, OT, speech, behavioral health etc.
- Other Prevention Updates from around the table?

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

- SUD Expansion Project Update – Damian Santana
- RICH Conference – Sharing slidedecks from seven of the workshops:
<https://drive.google.com/drive/folders/1RX0zDJNHcKbBiEDXQthxtrUTWHruXqZu?usp=sharing>
- Overdose Prevention Kits – contact catalina.kirsch@graniteuw.org
- Narcan Training, opportunities for collaboration.
- Updates from the Field.
 - Early Identification/ Intervention –
 - Treatment –
 - Updates from Treatment Providers?
 - Recovery – Updates?
 - White Horse Recovery?
 - MWV Supports Recovery?
- Harm Reduction
 - Xylazine
 - http://www.c3ph.org/assets/pdf/DEA_Xylazine_Public_Safety_Alert.pdf
 - <http://www.c3ph.org/assets/pdf/Xylazine-in-the-Drug-Supply-one-pager.pdf>

Beyond the Alerts: Practical Guidance for Responding to Xylazine Webinar

Additional resources and supplemental information shared on the webinar:

- This [Google Drive folder](#) has a compilation of information on Xylazine such as studies, veterinary pharmacology information, info sheets, etc.
- [Learning Thursdays: Xylazine](#) - a webinar where Dr. Ramsey, Chief of Medical Services at OASAS, leads a discussion about xylazine (A PDF of the Power Point that accompanies this webinar is in the Google Drive folder mentioned above).
- [Xylazine effects on wounds: Why and how we care](#) - a webinar where Rebecca A. Hosey, from the Harm Reduction Nurses Association, provides an overview on xylazine-associated wounds and wound care.

■

10:25 Other updates? Announcements?

10:30 Adjourn.

Happy Spring Season! 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

Hi there,

You are invited to a Zoom meeting.

When: Apr 11, 2023 09:00 AM Eastern Time (US and Canada)

Register in advance for this meeting:

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

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

Resources on next page(s)

May 20, 2023!

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
5/20/2023

Please complete the application 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.



NAMI New Hampshire

85 N. State Street, Concord, NH 03301 • (603) 225-5359 • www.NAMINH.org

Deadline Extended to April 17



2023
FIFTH ANNUAL

EXPRESSIVE ARTS CONTEST

GRANITE STATE STUDENTS in grades 5-12 are invited to submit a creative piece about their experience and connections to mental health. Winners will be awarded cash prizes at the celebration event on May 24, 2023, held at Silver Hall, Plymouth State University!

HOW? CHOOSE THE FOLLOWING:

- ✓ CREATE A SHORT FILM, SING A SONG, PRODUCE A PERFORMANCE, SUCH AS A SPOKEN WORD PIECE, OR INTERPRETIVE DANCE (MAXIMUM OF 2 MINUTES).
- ✓ WRITE AN ESSAY OR POEM (1000 WORDS OR LESS).
- ✓ DESIGN EXPRESSION USING A MEDIUM, SUCH AS SCULPTURE, PHOTOGRAPHY, PAINTING, OR DIORAMA, ETC.

**ENTRIES DUE
MONDAY, APRIL 17, 2023**

DEADLINE EXTENDED!



VISIT US AT: [NHCSOC.ORG/MAGNIFY-VOICES](https://nhcsoc.org/magnify-voices) OR SCAN QR CODE

FOR QUESTIONS AND INQUIRIES, CONTACT [MAGNIFYVOICES@GMAIL.COM](mailto:magnifyvoices@gmail.com)

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

#TAKEBACKDAY

DEA NATIONAL ^{Rx}
TAKEBACK

Participating Police Departments Carroll County, NH

Bartlett PD	Ossipee PD
Carroll County Sherriff's Dept.	Sandwich PD
Conway PD (24-7-365)	Tamworth PD
Freedom PD	Tuftonboro PD
Jackson PD	Wakefield PD
Madison PD	Wolfeboro PD
Moultonborough PD (24-7-365)	

**Turn in unneeded medication
for safe disposal.**

**Saturday, April 22
10 a.m.–2 p.m.**

Keep them safe. Clean them out. Take them back.

Visit DEATakeBack.com for a collection site near you.

Links you can use!

Mental Health First Aid May 11 Chocorua

http://www.c3ph.org/assets/pdf/AHEC_SUDPreventionSeriesMHFA_2023_05_11.pdf

YOUTH Mental Health First Aid Chocorua May 12 Chocorua

http://www.c3ph.org/assets/pdf/AHEC_SUDPreventionSeriesYouthMHFA_2023_05_12.pdf

Online Suicide Prevention Training still available through C3PH CONNECT Free Online Training Modules

http://www.c3ph.org/assets/pdf/Carroll_County_CONNECT_eLearning_thru_2023_01_15.pdf

April 22 Take Back Day: Please mark your calendars for Saturday, April 22nd from 10am -2pm for DEA's 23rd National Prescription Drug Take Back event at participating police departments in Carroll County. In the Ossipee vicinity, usually PDs in Ossipee, Freedom, Tamworth, Wolfeboro, Tuftonboro, Madison, Moultonborough, Carroll County Sheriffs/Admin Building participate <https://www.dea.gov/takebackday>
https://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html

Carroll County Take Back Day Poster:

http://www.c3ph.org/assets/pdf/DEA_TakeBack_Poster_8.5x11_Carroll_County_2023_04_22_.pdf

Lived Experience Speaker Training: Seeking persons 18-26 with lived experience to participate in “**In Our Own Voices Training**”(IOOV) **May 20, 2023**. Learn how to give a public presentation to raise awareness about mental health, substance use recovery using your life experience to tell the story. See attached flyer. (IOOV Speaker Training) [http://www.c3ph.org/assets/pdf/Flyer_IOOV_Speaker_Training_\(Online\)_May_2023_GLS.pdf](http://www.c3ph.org/assets/pdf/Flyer_IOOV_Speaker_Training_(Online)_May_2023_GLS.pdf) To apply for this opportunity, Please complete the application here: <https://naminh.wufoo.com/forms/m254dqq07zvzz/>
The free training consists of 8 hours of self-paced online training and 8 hours of facilitated virtual training on zoom. Participants receive \$40 stipend upon completion of training. Fmi Michelle Wagner
mwagner@naminh.org

Please promote: **Magnify Voices Expressive Arts Contest** for students grades 5-12 to submit artwork by EXTENDED DEADLINE April 17 of any media to raise awareness about mental health. The event is coming to Plymouth NH this year so we are hoping that more students from central and northern NH communities will participate and be recognized! See flyer http://www.c3ph.org/assets/pdf/Magnify_Voices_PSU_2023_Flyer.pdf

NH Food Bank Mobile Food Pantry

NH Food Bank – Next Mobile Food Pantry events in Carroll County

<https://nhfoodbank.org/find-food/mobile-food-pantry-schedule/>

Thursday, April 13 – Conway

Date: Apr 13th

Time: 12:00pm – 2:00pm (while supplies last)

Address: Ham Ice Arena | 87 W. Main St. | Conway, NH

Flyer: http://www.c3ph.org/assets/pdf/Conway_Mobile_Food_Pantry_Apr_13_2023.pdf

VOLUNTEERS MUST REGISTER (no walk-ups please)

<https://nhfoodbank.volunteerhub.com/vv2/>

NEWS FROM AROUND THE STATE AND BEYOND

NH No Safe Experience Campaign

There is No Safe Experience without a prescription.

Get the facts about fentanyl and how it is becoming more prevalent in illicit substances and fake pills. Don't take a chance: with fentanyl, there is no safe experience.

<https://nosafeexperience.org/>

Focus on YOUTH

Think Trauma Training Series: A Training for Working with Justice Involved Youth Series

(Participants must sign up for all 4 days to complete the training)

Tuesday, April 11 at 11:00am

Thursday, April 13 at 11:00am

Tuesday, April 25 at 11:00am

Thursday, April 27 at 12:00pm

The aim of this webinar series is to make creating trauma-informed juvenile justice systems easier to implement. Many youth in the juvenile justice system have survived horrific traumatic experiences including chronic exposure to violence that has profoundly shaped how they think, behave, and respond. Direct care professionals working with youth in juvenile justice-related facilities have very challenging and emotionally draining roles; they are responsible for preserving their safety and the safety of others and serve as parent, counselor, mentor, role model, disciplinarian and advocate.

Goals of the Training Series include:

- To educate juvenile justice professionals about the impact of trauma on the development and behavior of youth in the juvenile justice system
- To provide juvenile justice professionals with the knowledge and skills needed to:
 - Respond appropriately to the behavioral and emotional challenges of traumatized youth
 - Help traumatized youth develop the ability to recognize trauma or loss reminders
 - Help traumatized youth recognize and develop their strengths
 - Help traumatized youth recognize survival coping strategies and develop positive coping strategies needed to grow into healthy, productive, and functional adults
 - Take care of themselves and seek support from others
- To learn strategies for supporting youth reintegration into the community
- Understand the role of intergenerational, historical, and system-induced trauma on youth behavior
- Develop strategies for adjusting agency practices and procedures to more effectively address the impact of trauma on youth, their families, and staff
- Review the role of youth cultural experiences for building resilience among traumatized youth

Vaping and Marijuana: What Parents Must Know

Tuesday, April 11 from 1:00pm - 2:30pm

Vaping remains a huge problem for teens both at school and at home - not just with nicotine vapes, but also for THC and marijuana products. Join Dr. Aaron Weiner, President of the Society of Addiction Psychology, for an exploration of vaping, including flavor restrictions, federal regulations, and THC products sold at gas stations. Most importantly, learn what you as parents can do to keep your teens healthy and safe. Register to watch live OR to get a recording of the webinar sent to you.

Alcohol Industry Influences on Underage Drinking

Tuesday, April 11 from 2:00pm - 3:30pm

The alcohol industry knows its message: That alcohol is part of having fun, having friends, playing sports, or being sexy or manly. This webinar will focus on the influence of advertising and alcohol industry practices on underage drinking. Presenters will provide a thorough inspection of industry practices that get kids' attention with a special emphasis on emerging high risk alcohol products, which are defined as products that are produced, marketed or advertised in a way that creates an unreasonable risk of being attractive to teens or kids. Presenters describe and provide examples in 7 categories of high risk products, such as products designed to be "healthy", youthfully packaged, flavorings, and the creation of alcoholic versions of beverages that are traditionally teen-oriented (and non-alcoholic). The session will also examine the role of social media in promoting these products.

Building Confidence in Kids and Teens

Wednesday, April 12 at 12:00pm

We all want to help our kids in every stage of life, whether it's cutting up food for a toddler or helping a teen navigate college applications. At certain ages, though, children and adolescents should feel confident in their abilities to do some things for themselves. That's confidence and self-reliance at their core. What skillsets should kids know in order to become self-reliant? How can we tell, as our children grow, when we should parent and when our loved ones should be leading the charge? And how can we help shape our kids into empowered and responsible adults while keeping their mental health in mind? In this previously recorded session, David H. Rosmarin, PhD, ABPP, shares tips and tricks about teaching confidence and self-reliance, offers insight into when we should be letting our loved ones lead, and answers audience questions about how these skills can lead to better overall mental health.

Focus on EQUITY

Xylazine and How it Harms People Who Use Drugs

Tuesday, April 11 from 3:00pm - 4:00pm

We will review what is known to date on Xylazine, a CNS depressant, which has been linked to an increasing number of overdose deaths in the US. This roundtable will discuss its physiologic effects, and risk of Xylazine harms including overdose and wounds along with suggested clinical best practices for providers and patients as well as discussing substance use disorder treatment in a post-COVID world. Discussion is designed to promote interactivity through an informal "round table" conversation. Attendees will be given the opportunity to speak directly with the presenter to ask questions and discuss issues. Target Audience: This activity was developed to meet the needs of physicians and all interprofessional healthcare providers.

2023 Maine Alcohol Misuse Prevention Virtual Conference: Examining the ripple effects of alcohol on a population

Thursday, April 13 from 9:00am - 3:30pm (this is a virtual ZOOM conference)

Alcohol use has increased since 2020 and the consequences of alcohol use remain higher than before the pandemic. In 2022, the deaths from alcohol use were more than 140,000, surpassing those from the opiate epidemic. In addition to frequent concern for impaired driving and youth access to alcohol, we've become more aware of the link between alcohol use and cancer, as well as the wide-spreading impact from the 1/6 pregnancies in Maine that are exposed to alcohol. And once again, this conference asks: What about the rest of the picture? The Maine Center for Disease Control and Prevention and AdCare Educational Institute of Maine, Inc. are partnering to bring this one-day virtual conference to shed light on the impacts of alcohol on our

population. How are individual lifestyles and future generations affected in the long term by the choices made with alcohol today?

Exploring Community-led Racial Healing Models to Deepen Partnerships between Community Development and Healthcare

Thursday, April 13 at 2:00pm

This webinar will explore models for racial healing and reconciliation that are community-led and grounded in ancestral and traditional knowledge. Racism is the biggest obstacle to solving the health inequities we face in historically marginalized communities. Join us to hear from BIPOC-led Community Development Corporations that are leading this transformative work to interrogate the role healthcare institutions can play in reconciling past harms and discuss their approaches to repair the harm of racism by building relationships, trust and collective community power. Racial healing can support systemic change and advance healthcare commitments to racial equity by partnering to create anti-racist institutions, policies, and practices.

Substance Use Disorders, Sexual Health & the LGBTQ+ Community, Part 2: Facilitating Sexual Health Conversations

Thursday, April 13 from 2:00pm - 3:00pm

Part two is designed to improve treatment outcomes and client engagement by integrating sexual health into mental health and SUD treatment. Providing affirmative care has been shown to improve outcomes for LGBTQ+ clients in mental health and substance use disorder treatment. An underappreciated component of affirmative care is facilitating conversations about sexual health that positively engages LGBTQ+ clients in the treatment process. Segments of the LGBTQ+ community experience higher rates of mental health and substance use disorders or engage in ChemSex behaviors, all of which can contribute to higher rates of sexually transmitted infections. Behavioral health providers have an ethical responsibility to facilitate sexual health conversations and address the connection between mental health, sexual health and substance use disorders. This interactive workshop is designed to improve treatment outcomes and client engagement by integrating sexual health into mental health and substance use disorder treatment.

Virtual Film Screening & Panel Discussion - Ernie and Joe: Crisis Cops

Thursday, April 13 from 6:30pm - 8:00pm

Free and open to the public virtual film screening via Zoom webinar, followed by a panel discussion and Q & A. The documentary is an intimate portrait of two officers from the San Antonio Police Department's Mental Health Unit who are helping to change the way police respond to mental health calls. [Ernie and Joe: Crisis Cops](#) is a documentary film that follows two police officers in San Antonio, Texas who specialize in responding to mental health calls, showing their innovative approach to policing and highlighting the importance of addressing mental health in law enforcement, while also shedding light on the need for systemic change in the criminal justice system to better serve individuals with mental health issues.

End of the X-Waiver: A New Frontier in Addiction Treatment

Wednesday, April 19 at 1:00pm

The recent elimination of the X-Waiver, a burdensome requirement for clinicians to prescribe addiction treatment, is now gone ... what's next? Dr. Roneet Lev, an emergency and addiction physician who served as the first Chief Medical Officer of the White House Office of National Drug Control Policy joins us for a conversation breaking down the new legislative move, what it means for providers, and steps you can take to get more clinicians to prescribe addiction treatment in your community.

NAMI NH Listening Session: NH Court Diversity and Inclusion

Wednesday, April 26 from 5:30pm - 6:30pm

This virtual listening session will include two questions: 1. Do you have a court experience, positive or negative, that you want to share? and 2. What would a positive court experience mean to you, i.e., what would you like to see/not see upon entering the court system, either physically in the building or via remote filings/phone calls?

We ask anyone who may want to share their perspective or be part of the process to join. Two or three members of the Diversity and Inclusion steering committee will listen to comments from our community, one of those will likely be a judge. After the session, the comments will be reduced to writing so that we can send along for your review/approval. An important part of the process is to not mischaracterize what has been shared. You may join but there is no requirement to provide names or contact information. Alternatively, you can provide details about your experience and have a leader or NAMI NH staff share them on your behalf. We know there are those in our communities involved in the judicial system, and hope some will consider sharing their perspective. Register in advance for this meeting:

https://naminh-org.zoom.us/meeting/register/tZMrduChqT0rGtXRHI1br6JFW_mzBAGqd-p4

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

6th Annual Older Adult Mental Health Awareness Day Symposium

Thursday, May 11 from 10:00am - 3:30pm

Mental health is critical to well-being at every age. Join this free virtual event that will empower aging services professionals with the latest tools to improve the lives of older adults in their communities. This all-day symposium is sponsored by the National Council on Aging, the U.S. Administration for Community Living, the Substance Abuse and Mental Health Services Administration, the Health Resources and Services Administration, and the E4 Center of Excellence for Behavioral Health Disparities in Aging.

Racial Trauma and Generational Healing

Thursday, May 18 at 7:00pm

In this session, Director of Diversity, Equity, and Inclusion, Catarina Campbell (they/she), invites participants to understand racism through a trauma lens and to contextualize social justice through a frame of healing across generations. Through a praxis of auto-ethnography, history, and ancestral wisdom, and folk practices, we will explore how people of the global majority have survived some of the most unspeakable oppressions and transformed suffering into liberation. Catarina will encourage participants to engage with somatic, reflective, and meditative practices as a means of embodying healing and racial justice for ourselves in the here and now.