### CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

Agenda – April 1, 2025

Prevention – Continuum of Care Workgroup Meets First Tuesday of Feb, Apr, Jun, Oct, Dec.

FMI:

Jennifer Thomas, <a href="mailto:jennifer.thomas@graniteuw.org">jennifer.thomas@graniteuw.org</a>
Catalina Kirsch, <a href="mailto:catalina.kirsch@graniteuw.org">catalina.kirsch@graniteuw.org</a>



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 <a href="https://us02web.zoom.us/meeting/register/tZwtceigqDluHtRorTn80ou-lizThDOxqgR8">https://us02web.zoom.us/meeting/register/tZwtceigqDluHtRorTn80ou-lizThDOxqgR8</a>

### Attendance:

Ellie Masson	Recovery Friendly Advisor, Recovery Friendly Workplace,	
	ellie@recoveryfriendlyworkplace.com	
Jennifer Smith	Director of Addiction Medicine, Maine Health Memorial Hospital	
Chuck Henderson	Senator Shaheen's Office	
Jamie Morrison	LICSW, Addiction Medicine, Maine Health Memorial Hospital	
Sarah Cain	Community Engagement Coordinator, New Futures, scain@new-futures.org	
Angelic Macut	Addiction Medicine, Maine Health Memorial Hospital	
Kate Ratka	Recovery Friendly Advisor, Recovery Friendly Workplace,	
	kate@recoveryfriendlyworkplace.com	
Jennifer Thomas	Prevention Coordinator, C3PH, jennifer.thomas@graniteuw.org	
Catalina Kirsch	Continuum of Care Facilitator, C3PH, catalina.kirsch@graniteuw.org	
Emily McArdle	Young Adult Outreach, C3PH, <u>u25carrollcounty@outlook.com</u>	

### • Strategic Planning for Fiscal Year 2025

Objectives	Updates	Follow up items, By Who
Special Guest Speaker:		
Ellie Masson	Led by the NH Governor's Office, New Hampshire's	Completing this form is
	"Recovery Friendly Workplace Initiative" promotes	the <b>first step</b> of the
Recovery Friendly	individual wellness for Granite Staters by	Recovery Friendly
Workplace	empowering workplaces to provide support for	Workplace designation
ellie.masson@graniteuw.org	people recovering from substance use disorder.	process. By <u>completing</u>
		this form, your
	The Recovery Friendly Workplace Initiative gives	organization is
	business owners the resources and support they	demonstrating its
	need to foster a supportive environment that	readiness to meet with
	encourages the success of their employees in	a Recovery Friendly
	recovery.	Workplace

	https://www.recoveryfriendlyworkplace.com/	representative and its
	Discussion about if RFW is connected to the Annulment Clinics out of North Country Health Consortium- Jeanie, who works on the hiring side, would have more info.	interest in attaining the Recovery Friendly Workplace designation. <a href="https://www.recoveryfriendlyworkplace.com/interest">https://www.recoveryfriendlyworkplace.com/interest</a>
		Jen Smith will reach back out to leadership at Memorial to discuss refreshing their Recovery Friendly Workplace designation and focus on education and policies about background checks.
		Ellie will get an update about how Maine and NH RFWs are connected and update Jen Smith.
		Jen Thomas will connect Angelic to the North Country Health Consortium to learn more about the Annulment clinics.
Assets and Gaps Analysis –	<ol> <li>Update- NH Juvenile Diversion Network- Has some start-up funds to help start this service in Carroll County, currently in talks with local providers</li> <li>Getting To Y – YRBS – in line with BDAS Gaps in needs – LGBTQIA+, service members, veterans and their families, first responders, aging, Bi-POC</li> <li>Prevention – Getting to Y at Moultonborough Academy and trying to pull additional youth group; Promoting Student Assistant Program Coordinators; Working hard to engage more SAU admins</li> <li>Climate/health behavior survey for young adults done and ready to share</li> <li>Concerns about violence/bullying; knowledge and skills low per 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grades</li> </ol>	If anyone has any contacts at SAU 9 who may be interested in Getting to Y or youth groups, please let Jen Thomas know
Increasing Awareness of and Access to Services -		

	<ol> <li>CCVC Conference – service provider connections across multiple sectors - Ask         The Question   Ask the Question     </li> <li>CCVC will be having another Resource Fair on Saturday, June 14<sup>th</sup> at Schouler Park, looking for more community partners, including recovery organizations. FMI:         Jennifer.thomas@graniteuw.org     </li> <li>CCVC- Focus on family support</li> <li>Mental Health Providers Resource Guide</li> <li>LGBTQIA+ / BIPOC resource list done</li> </ol>
Communication and Collaboration among providers – Capacity and Delivery of Services	<ol> <li>Northern Human Services – wait list is decreasing.</li> <li>Other announcements about services delivery or capacity?</li> <li>Memorial Hospital Addiction Medicine is waiting for their LICSW to get approved by NH Medicaid- if anyone has any contacts/tips to expedite this please reach out to Jen Smith</li> </ol>
Disseminating resource guides and other information - Catalina	<ol> <li>Resource list of Mental Health / Behavioral Health Providers is complete:         <ul> <li>https://www.c3ph.org/assets/pdf/Mental Health Behavioral Health Providers 2025 0</li> <li>3 24.pdf</li> </ul> </li> <li>For service members, veterans and their families –         www.carrollcountyveteranscoalition.org</li> <li>See C3PH.org for more resources         <ul> <li>https://www.c3ph.org/resource-center/resource-guides</li> </ul> </li> <li>NH DMI Drug Environment Report Feb 2025         <ul> <li>New Hampshire's Drug Environment</li> </ul> </li> <li>There are currently 282 confirmed overdose deaths for 2024 with 4 pending; at this time in 2023 there were 422 confirmed deaths and 5 pending.         <ul> <li>Confirmed overdose deaths so far in 2024 are over 33% less than at this time in 2023.</li> <li>Carroll County 2024 OD Deaths per 10k population is at 1.76, 7<sup>th</sup> highest of 10 counties, trending upward in 2024.</li> <li>Overdose deaths in Carroll County between Jan – Mar 2025 occurred in Jackson, Bartlett, Conway, Madison,</li> </ul></li></ol>

Stakeholder assistance in	Freedom, Ossipee and Wolfeboro. To date there have been 9. (compared to 22 in 2015)  • EMS Drug Overdose/Abuse Incidents between 1/2024 – 2/2025 were reported in all Carroll County towns except Chatham, Eaton, Freedom, Brookfield.  • EMS Narcan Administration between 3/2024 – 2/2025 occurred in all Carroll County towns except Chatham, Eaton, Tamworth, Freedom, Effingham, Brookfield.  See CC Responds to SUD Flyers Folder here and	
information dissemination -	add your own flyers, event/service announcements. Take a look in the Google Folder. Lots of valuable info!	
Advocacy	<ol> <li>Upcoming legislation related to SUD/Behavioral Health. Follow <a href="https://new-futures.org/news">https://new-futures.org/news</a></li> <li>Medicaid Expansion is at risk of going away because of the Trigger Law. Share your story if you have any connections/experience using Medicaid. Medicaid Story Collection-https://www.nhneedsmedicaid.com/take-action</li> <li>Recovery housing bill has died</li> <li>YRBS Bill- Currently going to the Senate without any amendments attached to it. Governor Kelly Ayotte has officially said that she will be upset if the opt-in version of it lands on her desk. (Opt-in would mean caregivers would have to opt-in to allow their students to participate and this would result in a loss of participation and data).</li> <li>Alcohol Fund- Proposed to be fully funded but looking for story forms for that as well. For any organizations that use the alcohol fund, please share how you use it and how it helps-https://secure.everyaction.com/86PdcB5GpkipwsfmvJSQaQ2https://new-futures.org/post/All-About-The-Alcohol-Fund</li> <li>Looking to schedule more Advocacy 101 trainings, Carroll County would like to do some either virtually or in person</li> <li>Chuck Henderson/Senator Shaheen's Office:         <ul> <li>Receiving many calls from the healthcare field with concerns about funding</li> </ul> </li> </ol>	Contact Sarah with any questions/to get involved scain@new-futures.org  Sarah will put Catalina in contact with Tracie to learn more about what the Alcohol Fund is funding in Carroll County  Sarah and Catalina will discuss Advocacy 101 trainings for Carroll County

Strategic Prevention Model: assessment, capacity	Update on Prevention objectives for 2024-2025
development, planning, implementation, evaluation - Jen	<ol> <li>Climate survey for young adults for ages 18+</li> <li>Trying to engage youth and young adults in prevention</li> <li>Working on pulling together focus groups to run an SPF</li> </ol>
Reducing Risk Factors and Strengthening Protective Factors - Jen	<ol> <li>Update on Prevention Objectives for 2024-2025</li> <li>Promote Magnify Voices Expressive Arts Contest among NH students grades 5-12 to create art to raise awareness about mental health. The deadline for submitting work is April 20, 2025. Celebration event at Currier Museum of Art in the spring. See Flyer. Also website https://nhcsoc.org/magnify-voices/</li> <li>Increasing collaboration among community level organizations serving youth – GTY Group</li> <li>Getting into elementary level health classes and Carroll County Adult Ed HiSET class – great conversations</li> <li>C3PH will be at White Mountains Pride on Saturday, June 28 at the North Conway Community Center Park. FMI or to have a resource table: https://www.whitemountainspride.com/</li> <li>DEA Take Back Day is on Saturday, April 26. Turn in unneeded medication for safe disposal at a location near you: https://www.dea.gov/takebackday (see flyer below)</li> </ol>
Other updates?  Early ID &	Memorial Hospital Addiction Medicine is waiting for their LICSW to get approved by NH Medicaid- if
Intervention	anyone has any contacts/tips to expedite this please reach out to Jen Smith
Treatment & Recovery	

10:25 Other updates? Announcements?

10:30 Adjourn.

Happy Spring! Thanks for all you do! If you would like to unsubscribe from this email list, send a message that says "unsubscribe" to <a href="mailto:continuum@c3ph.org">continuum@c3ph.org</a> .

Jennifer Thomas, <a href="mailto:jennifer.thomas@graniteuw.org">jennifer.thomas@graniteuw.org</a>

Catalina Kirsch, <a href="mailto:continuum@c3ph.org">continuum@c3ph.org</a>

Next meeting:

You are invited to a Zoom meeting.

When: Jun 3, 2025 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.

### NH LSW/LSWA LSW and LSW-A Information (click here to download the info sheet)

July 2024 This video can answer many of your questions about LSW and LSW-A

Why tiered licensure?

Billing requirements from insurance providers for	Professional development & career ladder
licensure to provide/receive care	

• LSW covers primarily case management and counseling: Psychotherapy, top signature on treatment plans, differential diagnosis are NOT in the scope of practice for LSW's

LSW (Licensed Social Worker)

2011 (2.00.000 000.a. 110.110.)	
Attend and graduate from an accredited BSW program	2 years/100 hours of supervision
UNH and Plymouth State (St. Anselm College working	ASWB BSW Exam required
towards this also)	
Supervision agreement on file and approved by Board	You can sit for the exam once you've been
of Mental Health Practice	supervised for 18 months
Supervision Agreement in on OPLC website under	You can find the request to sit for the exam on the
"Education"	OPLC website under "Education"
Can be someone outside the organization (off-site	Application for the full license at the end of the
supervisor)	two years
You will receive your LSW-C (Licensed Social Worker - Conditional) once the supervision agreement is on file	

### LSWA (Licensed Social Work Associate)

For people who have attended a program other than a BSW	You will receive your LSWA-C (Licensed Social Work	
(AA, BA, BS) with courses in human services	Associate - Conditional) once the supervision	
(psychology, addiction, etc.)	agreement is on file	
Supervision agreement on file	ASWB BSW Exam (ASWB might be able to offer	
	an associate's exam, stay tuned)	
Supervision Agreement in on OPLC website under	You can sit for the exam once you've been supervised	
"Education"	for 18 months	
Can be someone outside the organization (off-site	You can find the request to sit for the exam on the	
supervisor)	OPLC website under "Education"	
If Bachelors (BA/BS degree): 2 years/100 supervision hours	Bachelor's degree - 4000 hours of work, no fewer	
(from an LICSW, LCMHC, LMFT)	than 2 years	
If Associates (AA) degree: 3 years/150 supervision hours	Associate's degree - 6000 hours of work, no fewer	
(from an LICSW, LCMHC, LMFT)	than 3 years	
Sometime between when your supervision agreement is on f	ile and when you complete the required supervision	
hours, you will need to complete a 30-hour training (prior to full licensure)		
What if I've been practicing for 10 years and have alread	dy have supervision but no supervision agreement	
on file? Submit a request to the Board for a waiver		
If you are in between your MSW and LICSW with a supervision agreement on file, you will have your LICSW-		
C (Conditional)		
Conditional licenses can only be renewed once		

You can find the rules, application, and supervision agreement information on the NH Board of Mental Health Practice website. <a href="https://www.oplc.nh.gov/board-mental-health-practice">https://www.oplc.nh.gov/board-mental-health-practice</a>

You can find the application <u>here</u>. On the top of the form where it says "Profession for which application is being filed" you will put "Conditional Social Work License". Some parts of this application will not apply to you and you can leave those parts blank.



# SUBMISSIONS ARE NOW ODEN

Artwork Deadline 04/20/2025

### **SEVENTH ANNUAL**



The Magnify Voices Expressive Art Contest recognizes and celebrates the creativity of youth. Submit your artwork and help raise awareness about the vital importance of mental health for all!

- Open to NH students grades 5-12
- 12 finalists art appears in planner and cash prize
- Celebration Date: Wednesday, May 21, 2025



AN INITIATIVE OF

**Questions?** Reach out to: <u>magnifyvoices@gmail.com</u>



LEARN MORE

# FOSTER PARENT SUPPORT GROUP

Join us for an in person or virtual support group for foster and adoptive parents. Discuss with others who have similar circumstances, learn about community resources and build connections.



### THIRD MONDAY OF EACH MONTH

IN PERSON @ POPE MEMORIAL LIBRARY, NORTH CONWAY 10:15am-11:15am

VIRTUAL VIA ZOOM 6:00pm-7:00pm

PLEASE CALL/TEXT OR EMAIL FOR LINK!



SAMANTHA JONES 603.651.7480 SJONES@CHILDRENUNLIMITEDINC.ORG

JACKIE DIFONZO 603.960.2942 JDIFONZO@CHILDRENUNLIMITEDINC.ORG

**REGISTER NOW** 



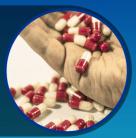
# HELP CREATE A SAFER COMMUNITY

### LEARN ABOUT THE OPIOID EPIDEMIC

FREE ONLINE MODULE

Opioid Use Disorder
Education
Overdose Response
Resources
for rural
New England

Free online training on how to recognize and respond to an overdose



Option to receive free naloxone (Narcan) nasal spray by mail



Invitation to complete an anonymous 5-minute research survey









This research has been approved By The University of Rhode Island Institutional Review Board



This project was supported by the Substance Abuse and Mental Health Services Administration of the National Institutes of Health under award number 1H79Ti085612-01. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the NIH.



# (603) 650-4741

# Provider-to-provider child psychiatry support

Dartmouth Health Children's. Consults are available to primary care providers that care for children NH MCAP is your connection to provider-to-provider support from the Child Psychiatry team at and adolescents in NH and are provided by phone, during regular business hours.

# **HOW IT WORKS**



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.



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.



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.



Consult recommendations are e-faxed to PCP

A summary of the consult is sent to include in the patient chart.







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





# 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.







### WHAT IS CARROLL COUNTY'S

# **2021 YRBS**

CARROLL COUNTY COALITION **EPUBLIC HEALTH** 

TELLING US?



Most Carroll County youth
DO NOT use alcohol or tobacco

In the past 30 days...

85%

of students **did not** binge drink

85%

of students **did not** use marijuana

72%

of students have **never used** an electronic vapor product

Most Carroll County youth DO NOT take illicit drugs

97%

of students have **never** used ecstasy

90%

of students have **never** taken prescription pain medication without a doctor's prescription

# What increases students' chances of substance use?

Students who reported...

### **Ease of Access**

...higher perceived ease of obtaining marijuana had up to 13 times greater likelihood of more frequent marijuana use in the past 30 days.

...higher perceived ease of obtaining prescription drugs without a prescription had up to 40.35 times greater likelihood of ever having used ecstasy.

### Violent Relationships

...being forced by a dating partner to engage in unwanted sexual activities one or more times in the past 12 months are 22.2 times more likely to have vaped in the past 30 days.

...experiencing more instances of physical harm from a parent or other adult at home had up to 12 times higher likelihood of using a prescription drug without a prescription in the past 30 days.

### Poor Mental Health

...more frequent days of poor mental health are associated with up to 7.2 times higher likelihood of using prescription pain medicine without a prescription or contrary to a doctor's instructions.

...missing more days of school due to feeling unsafe are up to 31 times more likely to have ever used ecstasy.

# How do schools and communities use YRBS data?

- + School guidance counselors and principals use YRBS data during back-to-school nights.
- School districts use YRBS data to develop appropriate educational health initiatives and establish curriculum objectives.
- + Teachers use YRBS data to teach students data interpretation and critical thinking by analyzing trends, comparing years, and evaluating intervention effectiveness.
- + Health education teachers use YRBS data to discuss current health issues facing youth and to compare current levels of healthy and unhealthy behaviors.
- + Schools and communities can use YRBS data to develop and strengthen health promotion and disease prevention programs and access funding for grants.

# What is the Youth Risk Behavior Survey?

The Youth Risk Behavior Survey (YRBS) asks students about risky behaviors and those behaviors that keep them safe. YRBS data is used to enhance state and local grant applications, develop more effective youth prevention programs, and offer a consistent long-term tool for measuring progress in reducing youth health risk behaviors.



### For more resources, go here









# NALOXBOX Indoor Overdose Rescue Station

What were the circumstances surrounding overdose deaths in 2022, New Hampshire?



Opportunity for Change

Potential opportunities for intervention include linkage to care or life-saving actions at the time of the overdose

- 73.4% of drug overdose deaths had at least one potential opportunity for intervention
- 60.6% potential bystander present

\*https://www.cdc.gov/drugoverdose/fatal/dashboard/index.html



CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

fmi: continuum@c3ph.org





### **Mission**

To improve the capacity of bystander rescuers to save the lives of victims of opioid overdose with overdose response tools, including naloxone.

### **Benefits**



- Increase access to publicly available overdose response tools
- Provide technical assistance for naloxone storage
- Improve the capacity of bystander rescuers
- Reduce stigma associated with substance use disorders
- Reduce morbidity and mortality from opioid overdose

# COMMUNITY-BASED SOLUTION TO A NATIONWIDE EPIDEMIC

"Opioid overdose can quickly lead to death if no intervention is made. If we begin to treat opioid overdose like any other bystander enabled medical response, we will begin to reduce the stigma often associated with opioid overdose."

NaloxBox units are installed in many public-facing spaces including city and state offices, libraries, universities, public housing authorities, recovery centers, and more.