

CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

Minutes – June 3, 2025

Prevention – Continuum of Care Workgroup

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

FMI:

Jennifer Thomas, jennifer.thomas@graniteuw.org

Catalina Kirsch, catalina.kirsch@graniteuw.org



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 <https://us02web.zoom.us/meeting/register/tZwtceigqDluHtRorTn80ou-lizThDOxggR8>

Attendance:

Chuck Henderson	Senator Shaheen's Office chuck_henderson@shaheen.senate.gov
Sara Rodriguez	School Nurse at Madison Elementary School srodriguez@mes-nh.com
Jennifer Smith	Director of Addiction Medicine, Maine Health Memorial Hospital jennifer.l.smith@mainehealth.org
Zachary Porter	Executive Director of Kingswood Youth Center zachary.porter@thekyc.org
Angelic Macut	Addiction Medicine, Maine Health Memorial Hospital angelic.macut@mainehealth.org
Sarah Cain	Community Engagement Director at New Futures, scain@new-futures.org
Kate Ratka	Recovery Friendly Advisor at Recover Friendly Workplace, kate@recoveryfriendlyworkplace.com
Catalina Kirsch	Continuum of Care Facilitator at C3PH, catalina.kirsch@graniteuw.org
Jen Thomas	Prevention Coordinator at C3PH, jennifer.thomas@graniteuw.org
Emily McArdle	Young Adult Outreach at C3PH, u25carrollcounty@outlook.com

Objectives	Updates	Follow up items, By Who
Special Presentation: Youth Risk Behavior Survey Trends in Carroll County, NH: 2019–2023	<p>Key Data for Schools and Community Partners Presented by Jennifer Thomas, M. Ed. CPS and Catalina Kirsch M. Ed</p> <p>We will</p> <ul style="list-style-type: none"> - Share Carroll County NH trends in youth substance misuse and mental health - Identify areas of progress and concern - Inform school and community-based prevention and support strategies - Highlights: Encouraging downward trends for vaping and marijuana; mental health, 	<p>Catalina/Jen will send out the PowerPoint slides and the Trends Report for the YRBS. See shared pdf here</p> <p>Jen will connect Sara Rodriguez to Liz Bronson at Kingswood to discuss prevention programming for elementary schools.</p>

	<p>prescription and substance misuse needs more attention; family instability and trauma exposure are impactful; decreased perception of harm among youth and family- attitudes impact behavior.</p> <ul style="list-style-type: none"> - Call to action: Increase school-based mental health and trauma-informed practices; expand prevention, early intervention, and education; strengthen school nonprofit community collaboration; engage families in prevention messaging and activities. - Feedback: Discussion about prevention in the elementary school level (not currently in the curriculum)- Sara Rodriguez is interested in learning more. Liz Bronson at Kingswood does prevention curriculum for elementary school. - Info about prevention can be found on the CSAP website. - Jen is working with partners to create a prevention program for caregivers, please contact her if you're interested. 	<p>Catalina recommends Mendez foundation curriculum for elementary school level, with better evidence base than DARE. See https://toogoodprogram.org/</p> <p>See C3PH YRBS handouts: YRBS 2021 Carroll County-Public final 2024 10 04</p> <p>YRBS 2021 Carroll County-School Leadership-final 2021 10 01</p>
Stakeholder assistance in information dissemination -	<p>See CC Responds to SUD Flyers Folder here and add your own flyers, event/service announcements. Take a look in the Google Folder. Lots of valuable info!</p>	
Advocacy	<p>Follow these organization pages and social media sites for opportunities to speak up for access to behavioral health services, prevention, intervention, treatment and recovery:</p> <ol style="list-style-type: none"> 1. https://new-futures.org/ 2. https://www.naminh.org/take-action/ <p>Sarah Cain/New Futures:</p> <ol style="list-style-type: none"> 1. Alcohol Fund- It looks like it will be fully funded at 10k 2. Tobacco Control and Cessation Program- Looks like it will be eliminated and is currently out of the budget 3. Concerned about the YRBS- Passed as an opt-in at the Senate, now it's up to Governor Ayotte. Encouraging people to contact her to let her know we're against the opt-in. 	<p>If you're interested in advocating or have questions about the budget, contact Sarah at scain@new-futures.org</p>

	<ol style="list-style-type: none"> 4. On the budget- 988 looks to be fully funded along with SB128 wrap around care for children in behavioral health 5. Encouraging people to email their senators to them let them know what you care about 6. Any questions about the budget or if you want to advocate, reach out to Sarah: scain@new-futures.org 	
<p>Strategic Prevention Model: assessment, capacity development, planning, implementation, evaluation</p> <p>- Jen</p>	<p>Update on Prevention objectives for 2024-2025</p> <ol style="list-style-type: none"> 1. We have launched a Carroll County Youth Wellness Team. For more information contact jennifer.thomas@graniteuw.org The group will meet monthly on 2nd Wednesday at 11 by zoom. Meeting ID: 811 5121 1790 The Wellness Team is a combination of Be the 1 Suicide Prevention and SUD Prevention, going to run a strategic prevention framework (SPF) throughout the year to assess needs, gaps, and capacity and then prioritize items and brainstorm creative solutions within Carroll County Next meeting: June 11 to brainstorm needs and gaps, please contact Jen if you're interested in joining. 	<p>Topic: Carroll County Youth Wellness Team Time: Jun 11, 2025 11:00 AM Eastern Time (US and Canada) Every month on the Second Wed, until Jun 10, 2026, 13 occurrence(s) Please download and import the following iCalendar (.ics) files to your calendar system. Monthly: Join Zoom Meeting https://us02web.zoom.us/j/81151211790</p>
<p>Other updates?</p> <p>Early ID & Intervention</p> <p>Treatment & Recovery</p>	<ul style="list-style-type: none"> - Chuck/Senator Shaheen: No updates. - Zachary/Kingswood Youth Center: Working with Mitchell and Drew from White Horse Recovery for prevention work along with Jen Thomas. KYC participated in Magnify Voices and did a watch party. 15 KYC members went to the NH UP Conference, which was an amazing event, with guest speaker Kevin Hines, and KYC is planning on making attending it a tradition. KYC will be swimming with Chucky from Chucky's Fight on July 31 to raise awareness for youth substance misuse prevention and anyone who is interested in swimming with him can contact him. Congrats to The KYC for celebrating their 25th Anniversary! - Sara Rodriguez/Madison Elementary School- No updates. - Jen Smith/Memorial- Meeting with Kate Ratka to reinvigorate their Recovery Friendly Workplace status. Full time Addiction Medicine program hit their 1-year anniversary-Looking for staffing, new therapist started some women's groups and 	<p>Jen Smith and Kate Ratka will connect about Recovery Friendly Workplace.</p>

	<p>planning on opening other group therapies. Maine Health is planning on providing stigma training for every employee (clinic and non-clinical)- Both Catalina and Recovery Friendly Workplace can provide trainings for Memorial. Memorial has been having requests from students looking for MSW hours and will be working with Maine Behavioral Health to advertise to schools as a training site.</p> <ul style="list-style-type: none"> - Kate/Recovery Friendly Workplace- Has had many businesses from Carroll County interested in becoming a Recovery Friendly Workplace and setting up orientations. Recovery Friendly Workplace provides no-cost services, trainings, and can connect businesses to partners including public health networks. Excited to meet with Memorial Hospital soon. - Jen/C3PH: The Carroll County Veterans Coalition will be providing more suicide prevention, military culture, and trauma-informed practices trainings- Reach out if you're interested or would like to be added to the Veterans Coalition email list. Please reach out if you're also interested in the Caregiver Prevention Program. - Emily/C3PH- Recently had several resource tables at the Ossipee Resource Fair, a NHADACA training for behavioral health providers, and at MWValley Joy- Gave out several packs of Narcan and harm reduction supplies. Promoting on behalf of Tamworth Community Nurses- A Survivors of Suicide Loss support group is starting this month, on the third Tuesday of the month. Please call TCNA for more info and to register: 603-323-8511. See flyer below and please help promote it. C3PH will have a table with resources and activities at White Mountains Pride on Saturday, June 28, 10am-4pm at the North Conway Community Center Park. Follow our social media pages for mental health, substance use prevention, and Pride resources, information, and events: C3PH on Facebook and Instagram, Under 25 Network of Carroll County on Facebook and Instagram. 	<p>Catalina and Recovery Friendly Workplace are able to provide trainings to Memorial.</p>
Flyers/Announcements	<p>Click here to access flyers folder and get information about the following upcoming events, resources</p>	

	<ul style="list-style-type: none"> ○ June 12 Providing Services Through Lived Experience Webinar ○ June 12 – Survivor Stories, Tamworth. Survivors of Suicide Loss ○ June 14 – Military Family Fair, North Conway ○ June 14 – Northern NH Emergency Response Showcase, Lancaster Fairgrounds (North Country) ○ June 17- First meeting of the Survivors of Suicide Loss Support Group by the Tamworth Community Nurse Association. Call for more info: 603-323-8511 ○ June 29-July 4. NH Teen Institute Summer Leadership Program. Still time for students to apply! ○ NH MCAP Access Line. Provider to Provider Child Adolescent Psychiatry line at Dartmouth ○ NH DMI Drug Environment Report April 2025 	
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10:30 Adjourn.

Happy Healthy Summer! 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 .

Jennifer Thomas, jennifer.thomas@graniteuw.org

Catalina Kirsch, continuum@c3ph.org

You are invited to our next Zoom meeting.

When: Aug 5, 2025 09:00 AM Eastern Time (US and Canada)

Register in advance for this meeting:

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

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



Unleashing the unique potential
within each family

Parents know what's best for their families.
We're here to provide tools
to help along the journey.



Parenting Journey 1

The Program

Parenting is stressful. You are doing one of the hardest jobs imaginable; however, with the right support, it can make the journey not only manageable but enjoyable.

In Parenting Journey 1, a small group of parents and caregivers meet for 90 minutes a week for 9 weeks. The program includes a combination of hands-on activities and thoughtful conversations. In this group, you'll have a chance to gently explore your own childhood experiences and consider how they influence the way you parent today.

Parenting Journey prioritizes your self-care, explores positive parenting, and creates a strong, supportive community. Together, we'll work toward the goals you've set for yourself and your family!

Sign Up Today!

Parenting Journey 1 Group

Date:

May 2025

Contact:

melissa@startingpointnh.org

Cost:

Free



WHAT'S IN IT FOR YOU

- In a supportive setting, we will focus on your inner strengths.
- Learn to manage everyday stressors and challenging situations.
- Build community and strengthen your support network.
- Become more confident and optimistic about achieving personal goals.
- Grow your ability to nurture yourself and your children.
- Build greater trust, empathy, and honesty.
- Learn about local resources available to you.



www.parentingjourney.org



Enhancing Provider Skills Among People Who Use Substances

Target Audience Includes:

Behavioral health professionals, physicians, physician assistants, nurse practitioners, nurses, and others working in healthcare and human services

Learning Objectives:

- The Role of Harm Reduction in positive patient outcomes
- Understanding compassionate care for patients who use substances
- The importance of harm reduction for personal safety and public health

Virtual Live Training Via Zoom

May 29, 2025

10:00 - 11:00 AM

Register: bit.ly/3RMVCEZ

Continuing Education Provided!



CEU Information:

Nurses: North Country Health Consortium/NNH AHEC is approved as a provider of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This activity was approved for 1.0 Nursing Contact Hour(s). Activity #610

Physicians: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the North Country Health Consortium/NNH AHEC and the NH Foundation for Health Communities. The North Country Health Consortium/NNH AHEC is accredited by the NH Medical Society to provide continuing medical education for physicians. The North Country Health Consortium/NNH AHEC designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Social Workers: 1.0 Category A Continuing Education hours for licensure have been applied for through NASW NH.

LADC & CRSW: This workshop has been approved for 1.0 credit through CE Broker through the NH Office of Professional Regulation for Licensed Alcohol and Drug Counselors and Certified Recovery Support Workers.

For Other Professionals: 1.0 Professional Hour(s) of Continuing Education.



This training 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 \$500,000.00 under Award # H7NRH45747 with 0% percentage financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov), and the preparation of this training module was financed under a Contract with the State of New Hampshire, Department of Health and Human Services, with funds provided in part by the State of New Hampshire and/or such other funding sources as were available or required, e.g., the United States Department of Health and Human Services.



Free Webinar Series

Providing Services Through Lived Experiences

Thursday, June 12th
12:00 pm – 1:00 pm

Register here:

<https://tinyurl.com/OnwardNHJune12>

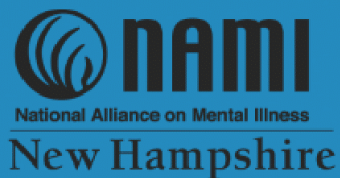
Presented by:



*With major support from the Substance Abuse and
Mental Health Services Administration (SAMHSA)
and the NH Department of Health & Human Services
Bureau of Mental Health Services.*



*Bret Smith, NCPRSS,
CRSW, CPSS
Peer Support Recovery
Supervisor
NAMI NH*



*Randy Stevens, BSW,
CRSW, CPSS, ADS
Executive Director
Hope for NH Recovery*



Survivor Stories

Stories of Loss, Healing and Hope

M Y S T O R Y
YO UR

Please join us for an evening of storytelling, hope and healing. Hosted by the Survivors of Suicide Loss Subcommittee of the New Hampshire Suicide Prevention Council.

*Registration is required and refreshments will be served.

Questions? Contact
continuum@c3ph.org



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

When:
Thursday
June 12, 2025
6:30-8:00pm

Where:
Cook Memorial Library
93 Main Street
Tamworth, NH

**Call Scan Code or
call to RSVP**



Contact Us Now
(603)301-1252



Our Website
www.c3ph.org



*Hosted by the
Carroll County
Veterans Coalition*

MILITARY FAMILY FAIR!

JUNE 14, 2025

**SCHOULER PARK,
NORTH CONWAY, NH**

1000 - 1400 HRS

Free & open to the public!

**Join us to have fun and explore services for
military families in NH!**

Any civilian or military
community partner that
would like to have a table at
our event, please register at:



<https://forms.gle/yoP3Z3m1fjSQAig49>

F M I:

jennifer.thomas@graniteuw.org





NORTHERN NH EMERGENCY RESPONSE SHOWCASE

**June 14th 10 AM-4PM
Lancaster Fair Grounds**

Join us for a day of excitement and education at the North Country Emergency Services Showcase, hosted by local fire departments, rescue organizations, and the Community Builders Hub. Bring your family and friends to experience firsthand the incredible work of our local heroes. Meet Smokey the Bear, Sparky the Dog and the North Woods law team!

Free Admission!



THE COMMUNITY BUILDERS
hub





TAMWORTH
COMMUNITY NURSE
ASSOCIATION
Caring for Tamworth since 1921



Survivors of Suicide Loss Support Group

**If you have lost someone to suicide,
you are not alone.**

Join our monthly Survivors of Suicide Loss Support Group, a safe and supportive space that offers bereavement support for those who have lost someone to suicide.

This group is open to family members, friends, co-workers, neighbors, clinicians, first responders, community members or anyone else impacted by a suicide loss.

Registration is required.

To learn more about the group and see if it might be a fit for you, please call 603-323-8511

Meeting Times:

**3rd Tuesday
of the month**

6pm - 7:15pm



CALLING ALL HIGH SCHOOL STUDENTS!

REGISTER TODAY!

FOR THE

**2025 Summer
Leadership Program**

WITH THE



**NEW HAMPSHIRE
TEEN INSTITUTE**

**Sunday, June 29 - Friday, July 4th
@ Lions Camp Pride, New Durham, NH**



NH MCAP

ACCESS LINE

(603) 650-4741

Provider-to-provider child psychiatry support

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

HOW IT WORKS

1

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.

2

PCP or support staff call the Access Line at (603) 650-4741 to schedule a provider to provide phone consultation

Be prepared to provide patient demographic data, a direct line to the PCP (back office or cell), and scheduling availability.

3

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.

4

Consult recommendations are e-faxed to PCP

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



**Institute for Health
Policy and Practice**



**Dartmouth
Health Children's**



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 visit [HRSA.gov](https://www.hrsa.gov).



(603) 650-4741

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.



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WHAT IS CARROLL COUNTY'S

2021 YRBS

TELLING US?

CARROLL COUNTY COALITION
FOR PUBLIC HEALTH



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



CARROLL COUNTY COALITION
FOR PUBLIC HEALTH

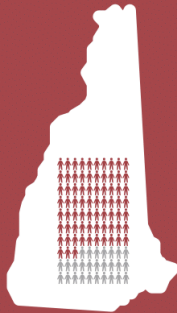


www.c3ph.org | Carroll County Coalition for Public Health (C3PH)
1230 Route 16 | Ossipee, New Hampshire 03864 | 603.301.1252 | info@c3ph.org

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>



Mission

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

Benefits



photo credit: nalobox.org

- 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.

CARROLL COUNTY COALITION
FOR PUBLIC HEALTH

CARROLL COUNTY RESPONDS
TO SUBSTANCE USE DISORDER

fmi: continuum@c3ph.org



HELP IS A CALL AWAY.
CALL 2-1-1

