

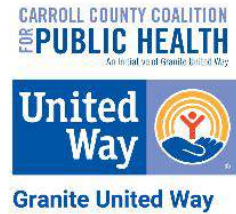
**CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER
BUILDING BRIDGES TO BETTER HEALTH OUTCOMES FOR YOUTH
Minutes – Feb 3, 2026**

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-lizThDOxqgR8>

Attendance:

Shannon Cloos	Social Worker at Kingswood Regional High School, scloos@sau49nh.gov
Angelic Macut	CMA- Addiction Medicine, MaineHealth Memorial Hospital, Angelic.Macut@mainehealth.org
David Dube	Huggins Hospital Social Services Coordinator, ddube@hugginshospital.org
Katie Bilodeau	Community Outreach Coordinator/Police Social Worker, Tamworth Police Department, katie.bilodeau@tamworthpd.org 603-556-3200
Aimee Lussier	Director, Ossipee School's Out Afterschool Program, alussier@sau49.org
Joy Burrill	White Horse Recovery (Conway), joy@whitehorseac.com
Pam Carbee	Recovery Friendly Workplace, pam@recoveryfriendlyworkplace.com
Chuck Henderson	Senator Shaheen's Office, chuck_henderson@shaheen.senate.gov
Jennifer Smith	Director of Addiction Medicine, MaineHealth Memorial Hospital, Jennifer.L.Smith@mainehealth.org
Carrie Duran	Huggins Hospital Board of Trustees and Lakes Region Community Services, acallanan@childrenunlimitedinc.org
Ariel Callanan	Newborn Navigator/Family Support Children Unlimited, acallanan@childrenunlimitedinc.org
Carrie Burkett	Community Health, Maine Health Memorial Hospital, carrie.burkett@mainehealth.org
George Barber	Peer to Peer Support Worker, White Horse Recovery,
Abbie Hickey	CHW, MaineHealth Memorial Hospital, Pop SUD, ahickey@tccap.org
Cheryl Frankowski	Care Coordinator, White Mountain Community Health, cfrankowski@whitemountainhealth.org
Sarah Cain	New Futures, scain@new-futures.org
Katherine Leswing	NH Department of Education, Office of Student Wellness, Katherine.A.Leswing@doe.nh.gov

Jamie Morrison	jamie.morrison@mainehealth.org
Jen Thomas	Prevention Coordinator, C3PH, jennifer.thomas@graniteuw.org
Catalina Kirsch	Continuum of Care Facilitator, C3PH, Catalina.kirsch@graniteuw.org
Caleb Gilbert	Director of Public Health, C3PH, caleb.gilbert@graniteuw.org
Emily McArdle	Outreach, C3PH, u25carrollcounty@outlook.com

Objectives	Updates	Follow up items, By Who
Stakeholder assistance in information dissemination -	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>PRESENTATION:</p> <p>BUILDING BRIDGES TO BETTER HEALTH OUTCOMES FOR YOUTH- Summary of the Youth Behavior Risk Survey Results 2019-2023</p>	<p>Click here for copy of the slides or email us for a digital copy.</p> <p>Discussion about if any similar data is also collected from young adults</p> <ul style="list-style-type: none"> - BDAS Young Adult Needs Assessment in 2019: https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/inline-documents/sonh/the-voice-of-nhs-yas.pdf - Other resources for young adults include: - NH Young Adult Advisory Council on Facebook and Instagram - Under 25 Network of Carroll County on Facebook and Instagram - UNH Wildcats for Recovery does virtual meetings for all college students in New England - UNH and Plymouth State University also have their own programs and data that Pam can access - Youth AA meetings in Concord, Newmarket, and Laconia <p>Discussion about resources in North Conway:</p> <ul style="list-style-type: none"> - Kennett High School counselors and family liaisons, Alternative Ed program, Carroll County Adult Ed, Conway Teen Center, and North Conway Community Center <p>Discussion about Recovery Friendly Workplace:</p> <ul style="list-style-type: none"> - Works with employers, including those that employ youth and young adults, to ensure they have this information about SUD and 	<p>Register for Carroll County Youth Wellness Team: https://www.c3ph.org/newsevents/events</p> <p>Jen will reach out to the Young Adult Advisory Council to inquire about their survey and to the state to see if there are any future Young Adult Needs Assessments in the works</p> <p>Pam will send Catalina and Jen info and data from UNH and Plymouth State to add to the minutes</p> <p>Jen will do warm handoff between Joy and a counselor at the high school.</p>

	recovery and that they can support their young employees	
Advocacy	<p>1. New Futures Lunch and Learn Webinars Fridays 1:30pm. Jan 30 Early Care and Education; Feb 6 Substance Use Prevention, Treatment, Recovery</p> <p>Sarah/New Futures:</p> <ul style="list-style-type: none"> - YRBS: Policy person is Kate Frey kfrey@new-futures.org - Wraparound: Policy person is Michele Merritt mmerritt@new-futures.org - Link to our landing page - Addictive Products: Policy person is Kate Frey kfrey@new-futures.org - HB 1538: preventing vape products from being marketed towards minors. - HB 1630: prohibiting the sale of nitrous oxide and certain inhalants for recreational purposes. - SB 557: prohibiting the sale of kratom products to anyone under 21 years of age and providing for the regulation of the sale of kratom products. - SB 624: restricting access to certain hemp-derived products. - SB 461: relative to the definition of hemp. This bill includes the total tetrahydrocannabinol concentration in the definition of hemp. Hearing was on 1/22 - SB549: prohibiting the state or local government from distributing or funding organizations that distribute drug paraphernalia (note that this would affect harm reduction supplies distribution) - Heads up that all Senate hearings will be taking place at the State House this session and all House hearings will be happening at 1 Granite Place, Concord NH. More information on our website: https://new-futures.org/post/Granite-Place/What-to-Expect-House-Hearings-at-Granite-Place Any questions about getting involved email scain@new-futures.org <p>2. 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> <ul style="list-style-type: none"> • https://new-futures.org/ • https://www.naminh.org/take-action/ • https://www.nhhungersolutions.org/advocate#/ 	

	3. Other Legislation	
Strategic Prevention Model: assessment, capacity development, planning, implementation, evaluation - Jen	<ol style="list-style-type: none"> 1. Monthly Youth Center Prevention Nights at Kingswood Youth Center 2. Middle School Health Curricula on alcohol and other drugs and prevention 3. Youth Wellness Team meets every month on the 2nd Wednesday of the month at 11am 4. Working on unregulated products and sales (kratom, blue lotus), raising awareness and working on different warrant articles in towns to have better regulations on these products, along with billboards and advertising unregulated products . see attached flyers. 5. Carroll County Veterans Coalition, Conference on April 18 at the Wright Museum, looking for civilian partners and collaborators to join us, networking opportunity and speakers 6. Magnify Voices Expressive Arts Contest, for NH students in grades 5-12 to raise awareness about mental health, awards ceremony in Wolfeboro May 27 at the Kingswood Arts Center- https://nhcsoc.org/magnify-voices/ 7. Work Ready NH Online HS – Jan 2026 8. NH Teen Institute 2026 Summer Leadership Program 	
Other updates? Early ID & Intervention Treatment & Recovery	<ul style="list-style-type: none"> - Carroll County Sequential Intercept Model (criminal justice and mental health collab) <ul style="list-style-type: none"> o Mental Health Court- In development for Carroll County, piloting on February 10 at the Ossipee District Court o Mental Health Training for 911 Dispatch- Have done 3 trainings so far in Moultonborough, Concord, and Derry, one coming up in Plaistow and another in Rochester, trying to spread throughout the state. With funding from HCA Healthcare in partnership with other Public Health Networks and regional dispatcher association o White Horse Transitional Housing- Moving forward . FMI Matt Plache at White Horse o Juvenile Diversion for Carroll County- SOS Recovery has 	

	<p>Professional-Development/Events/National-School-Counseling-Week</p> <p>- National Eating Disorders Awareness Week: https://www.nationaleatingdisorders.org/nedaw/</p> <p>Attached below</p> <ol style="list-style-type: none"> 1. PFLAG Mt Washington Valley Support Group 2. March 4 NAMI CONNECT Suicide Prevention Training. 2 hr Virtual, free 3. March 11 Youth Mental Health and Social Media training, free, virtual 4. Magnify Voices Expressive Arts Contest 5. NAMI NH Family Program Leader Training 6. Neighbors Helping Neighbors ECHO 7. Medicaid Waiver Non Medical Transportation 8. White Horse Recovery Family Support Meeting 9. NH Strong as Granite Graphic 10. MCAP Child Psychiatry Provider Access Line 11. MWV Perinatal Coalition Flyer 12. Work Ready NH HS Online Program 13. NH Teen Institute 2026 Summer Leadership Program flyer 14. Unregulated Intoxicants in NH 2-page flyer 15. Brain Injury Support Group 2-page flyer 	
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10:30

Adjourn.



Happy Valentine's Day! Thanks for all you do! If you would like to unsubscribe from this email list, send a message that says "unsubscribe" to catalina.kirsch@graniteuw.org .
 Jennifer Thomas, jennifer.thomas@graniteuw.org
 Catalina Kirsch, catalina.kirsch@graniteuw.org

C3PH Carroll County is inviting you to a meeting series

[Register here](#)

Carroll County Responds to SUD

Please find agendas for upcoming meetings and minutes for past meetings at this page:
<https://www.c3ph.org/initiatives/continuum-of-care-for-substance-use-disorders> . Organizing the community for prevention, early identification, intervention, treatment and recovery related to substance use disorder across Carroll County, NH. Open to those who work in public safety, healthcare, education, human services, treatment, recovery, faith community, business, government, and concerned citizens.
 Date & Time

- Dec 2, 2025 09:00 AM
- Feb 3, 2026 09:00 AM
- **Apr 7, 2026 09:00 AM**
- Jun 2, 2026 09:00 AM

PFLAG MOUNT WASHINGTON VALLEY



ALL ARE WELCOME AND AFFIRMED

BRING A FRIEND AND A SNACK TO SHARE

4th SUNDAY each month
6-8 PM

FOR MORE INFO & DETAILS

www.pflagnh.org/support

NAMI NH CONNECT PROGRAM

COMMUNITY HELPER TRAINING

FREE VIRTUAL EVENT!



MARCH 4, 2026 1100 AM

- ✓ Introductory Suicide Prevention
- ✓ Build capacity to support
- ✓ Comprehensive approach

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

 **nami**
National Alliance on Mental Illness
New Hampshire

FMI OR REGISTER

 jennifer.thomas@graniteuw.org

REGISTER HERE

OR



 **Veterans
Crisis Line**
DIAL 988 then **PRESS 1**

988
SUICIDE
& CRISIS
LIFELINE



www.c3ph.org

www.carrollcountyveteranscoalition.org



Join us for

YOUTH MENTAL HEALTH AND SOCIAL MEDIA



A Free, Virtual Training
Wednesday, March 11th, 12-1:30 p.m.

Learn about adolescent development, affects of social media on adolescents, preventing adverse affects, and intervention strategies.

Greater Nashua

GNMH
Mental Health

**AH
EC**

Southern
New Hampshire
Area Health
Education Center

EIGHTH ANNUAL
MAGNIFY VOICES
EXPRESSIVE ART CONTEST

SUBMISSIONS ARE NOW OPEN
Artwork Deadline
04/26/2026
tinyurl.com/MVinfo2026

Celebration Date:
May 27, 2026
Kingswood Arts Center
Wolfeboro, NH

- Open to NH students grades 5- 12
- Cash prizes for 12 finalists

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!

Questions? Reach out to: magnifyvoices@gmail.com

AN INITIATIVE OF  **CSOC**
Community Support Organization of Children



NAMI NH

FAMILY-TO-FAMILY EDUCATION PROGRAM LEADER TRAINING

March 28 and 29, 2026
Training will be virtual

*We ♥ our
Volunteers*

Qualifications:

- Have lived experience with an adult loved one with mental illness.
- Have taken Family-to-Family.
- Must be comfortable reading out loud.
- Must be comfortable handling sensitive and potentially triggering topics like self-harm, stigma, etc.
- Must be empathetic, supportive, a good listener, and non-judgmental.
- Must be reliable and a good communicator.
- Experience with Zoom, preferred.
- Recommendation from an Education Program Leader, preferred.
- Ability to pass a background check.

Interested?

Fill out a volunteer application at
www.NAMINH.org/volunteer.

To register or for more info, contact:

Martha Dorey

mdorey@NAMINH.org or 603-573-1565

**AS A NAMI NH VOLUNTEER
YOU CAN MAKE A
DIFFERENCE**

"There was not a moment wasted in unpacking information, yet, there was always time for discussion and the important stories we all share. I am most grateful for F2F and to all of the volunteers who dedicate their time and share their journey with mental illness. I am a better person for this opportunity."

– F2F Class Participant



NAMI New Hampshire



Neighbors Helping Neighbors ECHO: Rural Communities Sharing Successes and Solving Common Problems

Course Description:

Across New England, neighbors help their neighbors. Many communities create formal—or informal—groups to provide support to fellow community members, bringing over a meal, providing a ride to an appointment, helping with home repairs, and filling in when other assistance is missing. This ECHO series is designed to help community groups gain skills, learn about successful practices, and build sustainable models of community support. Through seven interactive sessions, participants will explore how to identify community needs, establish effective governance for building and maintaining a coalition, and secure funding to support their missions. The course will address key operational challenges—including confidentiality, data management, liability, transportation, and volunteer engagement—while providing tools for fostering strong community and healthcare partnerships. Participants will have opportunities to share experiences, assess their organization's current state, and collaborate on solutions that foster vibrant, connected, and resilient communities. Whether you are part of a formal organization or just beginning to think about developing supportive services, this ECHO is for you!



Who Should Attend

Community groups providing support to people in their community: town selectmen, welfare officers, fast squads members, police officers, community nurses, visiting nurses, school nurses, school principals, health care coordinators, librarians, faith-based organizations, welcoming committees, food pantries, social services and all others involved in this important work. Bring your full team!

ALL TEACH, ALL LEARN



Bringing together expertise, wisdom & experience to create positive change

Questions:

Email: ECHO@hitchcock.org

Website: <https://go.d-h.org/project-echo>

Registration

- Sessions are free of charge
- Scan QR code to register or [click here](#)

Schedule

- Every other Wednesday from 12-1pm EST
- January 14th through March 25th

Topics Include

- What is your purpose?
- Planning for success
- Building your volunteer workforce
- Common challenges
- Building key partnerships for success
- Learning together to move forward



Press or
Scan to view
the original
presentation

ABLENH
DISABILITY JUSTICE ADVOCATES

Non-Medical Transportation Service Option: MEDICAID WAIVER EVERYDAY TRANSPORTATION

Who's Eligible:

Individuals on NH Medicaid Home & Community-Based Services (HCBS) waivers managed by BDS

- IHS (In Home Supports)
- DD (Developmental Disabilities) and
- ABD (Acquired Brain Disorders)

Places to Go:

Anywhere you need to go except medical appointments

This includes:

- Shopping
- Entertainment
- Community Events
- Chores
- Visiting Friends

What's Covered:

- Bus, Streetcar and Rail Passes
- Taxi and Uber fares
- Mileage Reimbursement
- Prepaid transportation vouchers and cards
- Parking and Toll Fees
- Travel Training (learning how to use covered modes of transportation)

Ask your Bureau Liaison:

Regions 1, 3, 6 Ashley Wilson, (603) 271-7256

ashley.b.wilson@dhhs.nh.gov

Regions 2, 4 Brianna Belfontaine, (603) 271-5021

brianna.n.belfontaine@dhhs.nh.gov

Regions 5, 9 Stacy Merriam (603) 271-7471

stacy.j.merriam@dhhs.nh.gov

Regions 7, 8 Kristen Kather (603) 271-9209

kristen.e.kather@dhhs.nh.gov

Region 10 Melissa Occhipinti (603) 271-7032

melissa.l.occhipinti@dhhs.nh.gov

Online
Directory:



Add the Service:

Step 1: Call your Service Coordinator to discuss your need for transportation

Step 2: Develop a goal that documents your need

Step 3: Your Service Coordinator will add the "Non Medical Transportation" Service Option to your ISA and request additional funding to cover the services

Step 4: Once approved, work with your service coordinator to select modes of transportation that meet your needs.

Step 5: Get moving!

Pro Tips:

- This service option can be added at any time. You do not need to wait for the annual review of your service agreement.
- Rides may be arranged by your agency or by you. Be on the lookout for new improvements to Uber with their upcoming self-booking option!

Primary Authors: Lisa Steadman- Transportation Equity Task Force, Lindsey Magee- NH Bureau of Developmental Services

This is a publication of the ABLE NH Transportation Equity Task Force, 2025. For more information, visit www.ablenh.org

Shed Some Light

Family Support Meeting for Recovery



2nd and 4th Monday of every month

5:00 to 6:00 pm

Located at The Shed, 70 Rt. 16B Center Ossipee, NH 03814

We too need recovery as much as our loved ones. We provide support to adult family members with loved ones experiencing Substance Use Disorder.

- share experiences*
- wisdom*
- strength*
- most importantly, hope*

We value the confidentiality and privacy of our group members. It is our belief that we too need recovery as much as our loved ones given that self-care can be challenging in these circumstances.

Free • Structured • Peer to Peer • Non-Clinical Environment

603.651.1441



A STRONGER YOU.
A STRONGER
NEW HAMPSHIRE.

Call or text 833-710-6477

NH RAPID RESPONSE

Call or text 988

SUICIDE & CRISIS LIFELINE

Call 211

YOUR LOCAL DOORWAY FOR
SUBSTANCE USE RESOURCES

dhhs.nh.gov/strongasgranite



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**



**NH DIVISION OF
Public Health Services**
Department of Health and Human Services

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.



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).

We want to hear from YOU!



Are you or a partner currently pregnant or postpartum? We want to hear about your experiences and input about care and resources in the Mt. Washington Valley area!

What is working well? What could be better?



Please consider taking this brief survey to help inform what the Mt. Washington Valley Perinatal Coalition works to improve for perinatal care!



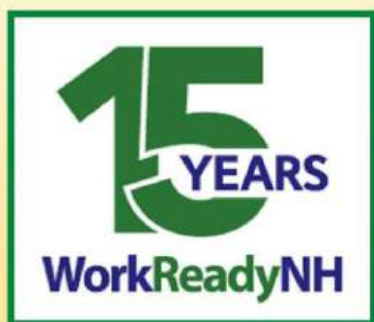
Scan or click the QR code



You will be entered into a raffle for one of ten \$100 gift cards!



Questions? Please contact NHPQC@hitchcock.org



Build skills. Build confidence.
Build **your** career.
Tuition Free!

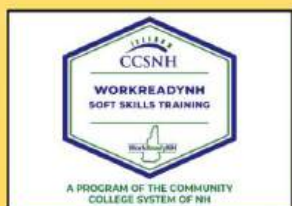
WorkReadyNH's 1st Ever Online High School Class

January 26th through May 22nd, 2026

Monday – Friday, 1:00pm – 2:00pm

High school students 16+ welcome!

- Improve Professional Skills
- Upgrade Your Interviewing Skills
- Instructor-led Class
- Resume Enhancement
- Interactive, Real-World Scenarios
- Increase Your Confidence



→ Earn a digital badge, a graduate certificate, and an ACT certificate! ←

Unsure if college or the workforce is the right choice for you? *We've been there.*
Don't just graduate, graduate *ready* with WorkReadyNH!

Scan to learn more,
or to sign up for the class:



ccsnh.edu/WorkReadyNH
WorkReadyNH@ccsnh.edu
603-230-3534

IN PARTNERSHIP WITH:





NH TEEN INSTITUTE'S 2026 SUMMER LEADERSHIP PROGRAM REGISTER TODAY



2026 RETREATS ARE SUNDAY-FRIDAY! CHOOSE FROM
JUNE 28TH-JULY 3RD OR AUGUST 2ND-AUGUST 7TH
@ LIONS CAMP PRIDE IN NEW DURHAM, NH

SCAN THE QR CODE TO REGISTER
SCHOLARSHIPS AVAILABLE!
TO LEARN MORE ABOUT THE PROGRAM
VISIT WWW.NHTEENINSTITUTE.ORG/SLP



What you need to know about UNREGULATED INTOXICANTS

None of these unregulated intoxicants are approved by the U.S. Food and Drug Administration (FDA).

All of these products are widely available in smoke/vape and convenience stores in NH.

They are packaged and promoted to appeal to youth; *children can and do purchase these products.*

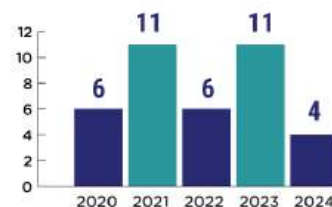


Kratom

Kratom has addictive properties and can cause confusion, tremors, seizures, heart and lung problems, vomiting, liver problems, and death. The FDA has issued repeated warnings about the dangers of kratom; the U.S. Drug Enforcement Administration made it a “drug of concern” in 2025. Six states have outright bans on the sale of kratom, and Vermont regulates it heavily. Franklin, NH has banned kratom sales, but it remains legal to sell in the rest of the state with no age restrictions. **Most kratom products are enhanced with powerful opioids that are nearly as potent as fentanyl**, which has earned kratom the nickname “gas station heroin.”

Hundreds of people in the U.S. die from kratom-involved overdose each year. Kratom is sold as gummies, tablets, or shots to increase focus and relaxation. It first acts as a mild stimulant before strong opioid-like effects kick in. Kratom use is more prevalent among adults than teenagers, with people using it to manage chronic pain, alleviate depression and other mental illness, or withdraw from opioid addiction.

NH Overdose Deaths Involving Kratom



Nitrous oxide (“whippets”)

Recreational nitrous use has increased since the pandemic. According to national data, **12- to 17-year-olds use nitrous more than those 18 and older.** Nitrous can cause loss of consciousness, blood clots, psychiatric disturbances, addiction, brain damage, and death. Nitrous provides a brief high, has been promoted in videos on TikTok and YouTube, and is sold in flavors like mango smoothie or vanilla cupcake. **There are no age restrictions on purchasing nitrous in NH.**

Scan for [resources](#) and [product photos](#)



All of these products are widely available in smoke/vape and convenience stores in NH. They are packaged and promoted to appeal to youth; *children can and do purchase these products.* None of these unregulated intoxicants are approved by the U.S. Food and Drug Administration.



Amyl nitrite (“poppers”)

Amyl nitrite is sold in small, colorful containers with names like TNT, Liquid Gold, and Hard Core with **no age restrictions**. Inhaling amyl nitrite induces brief euphoria but can cause severe headaches, dizziness, difficulty breathing, plummeting blood pressure, and brain death. Drinking amyl nitrite is especially dangerous, often resulting in poisoning and death. **It is illegal to sell amyl nitrite for people to get high and for consumers to use amyl nitrite to get high.** But because the substance can be used to remove nail polish and clean leather, it is easily available in stores and online via a legal loophole. The FDA strongly warns against inhaling the vapors.



Mushroom products

Mushroom products are legally sold as gummies, chocolates, and other candies. There are many reports of hospitalization because of rapid heartbeat, vomiting, confusion, and seizures after ingesting mushroom products. If marketed as food products (sometimes called functional mushrooms), there are no age restrictions. **You must be 21 to purchase psychoactive mushroom products in NH.** These are marketed with names like Shrumfuzed and Alice Brainstorm to improve cognitive performance, boost energy, and relieve stress. The active ingredient (*A. muscaria*) in most mushroom products rarely causes hallucinations, but **many of these products also include psilocybin and psilocin, which are powerful hallucinogens and illegal Schedule I drugs.**



Blue lotus

Blue lotus is derived from a flowering plant and is sold as extracts, resins, oils, powders, and vape cartridges. When prepared as a tea, blue lotus's effects are relatively mild. But when vaped or infused into alcohol or inhaled it can induce chest pain, rapid heartbeat, agitation, disorientation, drowsiness, and slurred speech. Blue lotus sold in the U.S. is almost always adulterated with other stronger intoxicants. There are **no age restrictions** on its purchase in NH. **Blue lotus is banned in several European countries, and it is illegal for members of the U.S. armed forces to possess or consume blue lotus.**



THC Products

Hemp-derived cannabis products stronger than 0.3% THC are **illegal in NH**. Some products are labeled below 0.3% but have synthetic THC added to make them much more potent, in some products 90% THC or higher. These are marketed as stress relievers and sleep aids and are often sold as gummies, candies, and drinks packaged to appeal to youth. **Sedation, hallucinations, respiratory issues, seizures, and psychosis, can result from ingesting hemp-derived products. Hundreds of children each year are poisoned after accidentally ingesting these THC products, including children in NH.**



Department of
**HEALTH &
HUMAN SERVICES**

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BRAIN INJURY SUPPORT GROUP MONTHLY MEETINGS

BIANH Conway Brain Injury Support Group – Topic: Group Discussion

First Monday of the month

Location: Journey Church – 15 Hutchins Drive, Conway, NH

Time: 6:00-7:30 PM

Contact: 603-225-8400

St. Joseph Hospital Stroke Support Group

First Monday of the month

Location: St. Joseph Hospital Outpatient Rehab – Conference Room

75 Northeastern Boulevard – Nashua, NH

Time: 5:30 PM

Contact: Gabbi Morris, OTR/L Email: gmorris@covh.org

BIANH Peterborough Brain Injury Support Group – Topic: Group Discussion

First Tuesday of the month

Location: Monadnock Community Hospital, Conference Rooms 1 & 2

452 Old Street Road – Peterborough, NH

Time: 6:00 – 7:30 PM

Contact: 603-225-8400

BIANH Seacoast Brain Injury Support Group - Topic: *Attitude - A Discussion from the book "Box of Hope"*

First Tuesday of the month

written by David Grant

Location: HCA Healthcare, Portsmouth Regional Hospital

155 Borthwick Avenue, West Building, 3rd Floor, Room 351 – Portsmouth, NH

Time: 12:00 – 1:00 PM

Contact: 603-225-8400

BIANH Atkinson/Derry Brain Injury Support Group – Topic: *Sobriety and Brain Injury*

Second Tuesday of the month

Location: Community Crossroads

8 Commerce Drive, Unit 801, Atkinson, NH

Time: 6:00 – 7:30 PM

Contact: 603-225-8400

BIANH Concord Brain Injury Support Group – Topic: Group Discussion

Third Tuesday of the month

Location: Granite State Independent Living

21 Chenell Drive, Concord, NH

Time: 6:30 – 7:30 PM

Contact: 603-225-8400

BIANH Keene Brain Injury Support Group – Topic: Group Discussion

Third Sunday of the month

Location: Southwest Community Services – use door facing Food Co-Op building

49 Community Way, Keene, NH

Time: 1:30 – 3:00 PM

Contact: 603-225-8400

Manchester Clubhouse Brain Injury Support Group

Third Wednesday of the month

Location: Manchester Pathways

60 Rogers Street, Suite 204, Manchester, NH

Time: 6:00 – 7:00 PM

Contact: 603-225-8400

Northeast Rehab Hospital at Pease – Stroke Support Group

Third Wednesday of the month

Location: Northeast Rehabilitation Hospital

1st Floor, Pease – Portsmouth Hospital

Time: 4:00 – 5:00 PM

Contact: strokesupportgroup@northeastrehab.com

VIRTUAL Northeast Rehab Hospital Stroke Support Group

Second Tuesday of the month

Time: 4:15 – 5:00 PM

Register: strokesupportgroup@northeastrehab.com

VIRTUAL Northeast Rehabilitation Hospital Statewide Mild Brain Injury Support Group

Second Wednesday of the month

Time: 4:00 – 5:00 PM

Contact: Barbara Capobianco – 603-681-3220

Register: bcapobianc@northeastrehab.com

CAREGIVER SUPPORT GROUPS:

BIANH Virtual Brain Injury Caregivers Support Group - Topic: Group Discussion

Fourth Tuesday of the month

Time: 6:30 – 7:30 PM

Contact: 603-225-8400

To Join Meeting: <https://us06web.zoom.us/j/84489789058>

Portsmouth Regional Hospital Caregiver Support Group

Last Wednesday of the month

Time: 5:30 – 6:30 PM

Contact: prhpstrokesupport.nh@hcahealthcare.com

APHASIA SUPPORT GROUPS

St. Joseph Hospital Aphasia Community Group

Second Tuesday of the month

Time: 4:00 – 5:00 PM

Contact: Lesley Renzi – lhill@sjhnh.org

Aphasia Support Group – Seacoast of New Hampshire

First Thursday of the month

Exeter Hospital

Conference 1 North, 5 Alumni Drive, Exeter NH

Time: 11:00 – 12:00 PM

Contact: Kate Phelps – 603-778-6548

For additional information, contact mail@bianh.org or call 603-225-8400