

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](mailto:jennifer.thomas@graniteuw.org)  
 Catalina Kirsch, [catalina.kirsch@graniteuw.org](mailto:catalina.kirsch@graniteuw.org)

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



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](https://drive.google.com/drive/folders/1BFsX-kCE6IZ2VfKwWa2gB6IJ0vWaV_wr?usp=sharing)

8:55 Register for Zoom Meeting <https://us02web.zoom.us/meeting/register/tZwtceiggDluHtRorTn80ou-lizThDOxqgR8>

Attendance:

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

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

Objectives	Updates	Follow up items, By Who
Stakeholder assistance in information dissemination -	<p>See <a href="#">CC Responds to SUD Flyers Folder here</a> and add your own flyers, event/service announcements.</p> <p>Take a look in the Google Folder. Lots of valuable info!</p>	
<p>PRESENTATION:  <b>BUILDING BRIDGES  TO BETTER HEALTH  OUTCOMES FOR  YOUTH-</b> Summary of the Youth Behavior Risk Survey Results 2019-2023</p>	<p><a href="#">Click here for copy of the slides</a> 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"> <li>- BDAS Young Adult Needs Assessment in 2019:  <a href="https://www.dhhs.nh.gov/sites/g/files/ehbe_mt476/files/inline-documents/sonh/the-voice-of-nhs-vas.pdf">https://www.dhhs.nh.gov/sites/g/files/ehbe_mt476/files/inline-documents/sonh/the-voice-of-nhs-vas.pdf</a></li> <li>- Other resources for young adults include:</li> <li>- NH Young Adult Advisory Council on <a href="#">Facebook</a> and <a href="#">Instagram</a></li> <li>- Under 25 Network of Carroll County on <a href="#">Facebook</a> and <a href="#">Instagram</a></li> <li>- <a href="#">UNH Wildcats for Recovery</a> does virtual meetings for all college students in New England</li> <li>- UNH and Plymouth State University also have their own programs and data that Pam can access</li> <li>- Youth AA meetings in Concord, Newmarket, and Laconia</li> </ul> <p>Discussion about resources in North Conway:</p> <ul style="list-style-type: none"> <li>- Kennett High School counselors and family liaisons, Alternative Ed program, Carroll County Adult Ed, Conway Teen Center, and North Conway Community Center</li> </ul> <p>Discussion about Recovery Friendly Workplace:</p> <ul style="list-style-type: none"> <li>- Works with employers, including those that employ youth and young adults, to ensure they have this information about SUD and</li> </ul>	<p>Register for Carroll County Youth Wellness Team:  <a href="https://www.c3ph.org/nwsevents/events">https://www.c3ph.org/nwsevents/events</a></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>

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

	<p>3. Other Legislation</p>	
Strategic Prevention Model: assessment, capacity development, planning, implementation, evaluation - Jen	<ol style="list-style-type: none"> <li>1. Monthly Youth Center Prevention Nights at Kingswood Youth Center</li> <li>2. Middle School Health Curricula on alcohol and other drugs and prevention</li> <li>3. Youth Wellness Team meets every month on the 2<sup>nd</sup> Wednesday of the month at 11am</li> <li>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.</li> <li>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</li> <li>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- <a href="https://nhcsoc.org/magnify-voices/">https://nhcsoc.org/magnify-voices/</a></li> <li>7. <u>Work Ready NH Online HS – Jan 2026</u></li> <li>8. <u>NH Teen Institute 2026 Summer Leadership Program</u></li> </ol>	
Other updates?  Early ID & Intervention  Treatment & Recovery	<ul style="list-style-type: none"> <li>- Carroll County Sequential Intercept Model (criminal justice and mental health collab) <ul style="list-style-type: none"> <li>o Mental Health Court- In development for Carroll County, piloting on February 10 at the Ossipee District Court</li> <li>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</li> <li>o White Horse Transitional Housing- Moving forward . FMI Matt Plache at White Horse</li> <li>o Juvenile Diversion for Carroll County- SOS Recovery has</li> </ul> </li> </ul>	

	<ul style="list-style-type: none"> <li>submitted their application, process underway</li> <li>○ Behavioral Health Workforce- Catalina will restart the conversation with Jen Smith</li> <li>- Updates from Treatment Providers <ul style="list-style-type: none"> <li>○ SUD Conference in Spring 2026, C3PH and Memorial having initial conversations</li> <li>○ George/White Horse Recovery- Focus right now is on men's residential housing, George and Gracie are moving towards developing a larger youth programming model</li> <li>○ Katie/Tamworth PD- Tamworth PD Social Worker and Community Outreach Coordinator. Clients do not have to have criminal involvement to work with her, taking referrals internally from schools or self-referrals. Can help people get connected to resources and can help with applications.</li> <li>○ Jen Smith/Memorial- Applying for Opioid Abatement grants to work on transportation and for the longer-term grants to continue the Community Health Worker position. Hoping to restart training with Recovery Friendly Workplace. Hoping to connect with more local police departments, will reach out to Katie at Tamworth PD.</li> </ul> </li> <li>- Updates from Recovery Providers <ul style="list-style-type: none"> <li>○ Welcome George Barber, new peer support coach at White Horse Ossipee</li> </ul> </li> </ul>	<p>Catalina and Jen Smith connect regarding Behavioral Health Workforce</p> <p>Pam will connect with Kate Ratka about reaching out to Jen Smith at Memorial Hospital to continue plans for re-orientation as a Recovery Friendly Workplace.</p>
Flyers/Announcements	<p><a href="#">Click here to access flyers folder</a> and get information about current resources and upcoming events</p> <p>February Awareness Campaigns</p> <ul style="list-style-type: none"> <li>- Teen Dating Violence Awareness Month: <a href="https://www.loveisrespect.org/resources/the-what-why-and-how-of-tdvam/">https://www.loveisrespect.org/resources/the-what-why-and-how-of-tdvam/</a></li> <li>- Black History Month: <a href="https://asalh.org/black-history-themes/">https://asalh.org/black-history-themes/</a></li> <li>- National School Counseling Week: <a href="https://www.schoolcounselor.org/Events-">https://www.schoolcounselor.org/Events-</a></li> </ul>	

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

Jennifer Thomas, [jennifer.thomas@graniteuw.org](mailto:jennifer.thomas@graniteuw.org)

Catalina Kirsch, [catalina.kirsch@graniteuw.org](mailto: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](http://www.pflagnh.org/support)**

# NAMI NH CONNECT PROGRAM

FREE VIRTUAL EVENT!

## COMMUNITY HELPER TRAINING

MARCH 4, 2026 1100 AM



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

CARROLL COUNTY COALITION  
FOR  
**PUBLIC HEALTH**

 **NAMI**  
National Alliance on Mental Illness

New Hampshire

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

**REGISTER HERE**

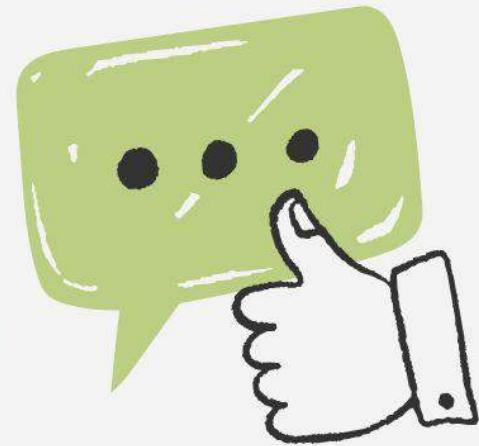


*OR*



[www.c3ph.org](http://www.c3ph.org)

[www.carrollcountycveteranscoalition.org](http://www.carrollcountycveteranscoalition.org)

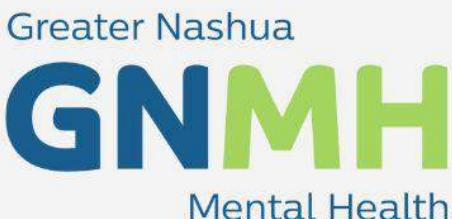


Join us for

# **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.





EIGHTH ANNUAL  
**MAGNIFY VOICES**  
EXPRESSIVE ART CONTEST



**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](mailto:magnifyvoices@gmail.com)

AN INITIATIVE OF  CSoC



# 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](http://www.NAMINH.org/volunteer).

To register or for more info, contact:  
Martha Dorey  
[mdorey@NAMINH.org](mailto: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  
National Alliance on Mental Illness



Dartmouth  
Health



## 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](mailto:ECHO@hitchcock.org)

### 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



## 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

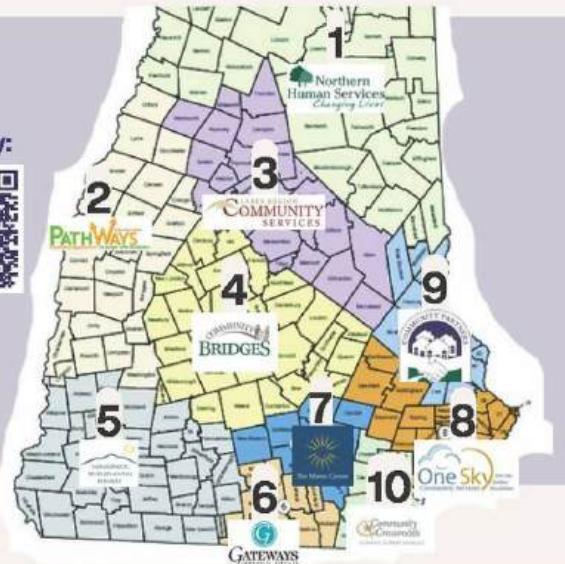
**Regions 7, 8** Kristen Kather (603) 271-9209

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](http://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

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**Call or text 988**  
SUICIDE & CRISIS LIFELINE

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**Call 211**  
YOUR LOCAL DOORWAY FOR  
SUBSTANCE USE RESOURCES  
[dhhs.nh.gov/strongasgranite](http://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.

**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.

2

**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.

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.



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, HHS, or the U.S. government. For more information, please visit 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.



**Institute for Health  
Policy Practice**



**Dartmouth  
Health Children's**



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# 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](mailto:NHPQC@hitchcock.org)

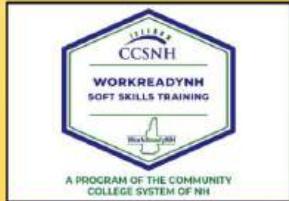


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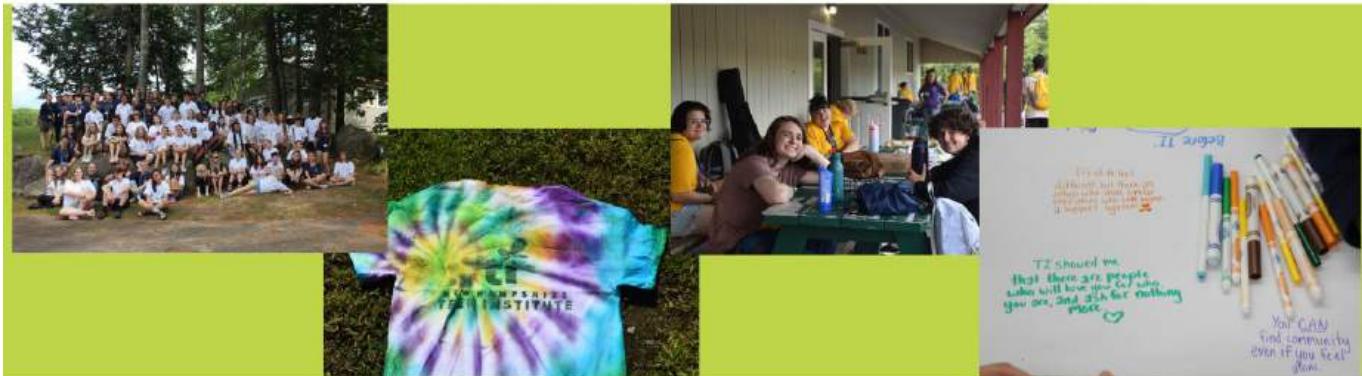
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VISIT [WWW.NHTEENINSTITUTE.ORG/SLP](http://WWW.NHTEENINSTITUTE.ORG/SLP)



# 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.*

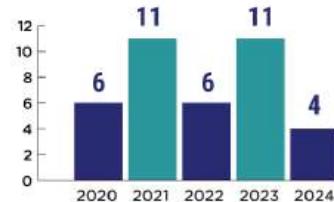


## Kratom

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



**NHTAC** New Hampshire  
Technical Assistance Center

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](mailto: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, 3<sup>rd</sup> 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

1<sup>st</sup> Floor, Pease – Portsmouth Hospital

Time: 4:00 – 5:00 PM

Contact: [strokesupportgroup@northeastrehab.com](mailto: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](mailto: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](mailto: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](mailto: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@sjhn.org](mailto:lhill@sjhn.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](mailto:mail@bianh.org) or call 603-225-8400