

CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

Guest: ASK PETRA, North County Health Consortium

Minutes – Apr 7, 2026

Prevention – Continuum of Care Workgroup

Meets First Tuesday of Feb, Apr, Jun, Aug, 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 Responds to SUD, New meeting time.**

Carroll County Responds to SUD typically meets in June, August, October, December, February and April. We are aiming to change the meeting day and time to accommodate more community partners. Based on the selection for the June meeting, we will set up a meeting calendar for 2026-2027 to follow the same pattern for the week, day and time every two months. Thanks for your ongoing support and participation.

**Please participate in the Doodle Poll here: <https://doodle.com/group-poll/participate/bkjNMN6a>**

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-kCE6IZ2VfKwWa2gB6JI0vWaV\\_wr?usp=sharing](https://drive.google.com/drive/folders/1BFsX-kCE6IZ2VfKwWa2gB6JI0vWaV_wr?usp=sharing)

Attendance:

Jennifer Goulet	AskPETRA, NCHC, <a href="mailto:jgoulet@NCHCNH.org">jgoulet@NCHCNH.org</a>
Pam Carbee	Recovery Friendly Advisor, Recovery Friendly Workplace, <a href="mailto:pam@recoveryfriendlyworkplace.com">pam@recoveryfriendlyworkplace.com</a>
Joy Burrill	Recovery Coach, White Horse Recovery N. Conway, <a href="mailto:joy@whitehorseac.com">joy@whitehorseac.com</a>
Nick Hanks	Recovery Coach, White Horse Recovery N. Conway
Matt Bohannon	Ridge Residential Treatment Center, Manchester True Collaborative, <a href="mailto:Mbohannon@altiorhealthcare.com">Mbohannon@altiorhealthcare.com</a> 1-207-332-7477
Chuck Henderson	Senator Shaheen’s Office, <a href="mailto:chuck_henderson@shaheen.senate.gov">chuck_henderson@shaheen.senate.gov</a>
Megan Paraspolo	Community Health Worker for Primary Care, Maine Health Memorial Hospital, <a href="mailto:Megan.Paraspolo@mainehealth.org">Megan.Paraspolo@mainehealth.org</a>
Maggie Weaver	Deputy Director of SOS Recovery / Carroll County Juvenile Diversion, <a href="mailto:mweaver@sosrco.org">mweaver@sosrco.org</a> or <a href="mailto:carrollcountydiversion@sosrco.org">carrollcountydiversion@sosrco.org</a>
Logan Mills	Family and Adolescent Advocate, SOS Recovery / Carroll County Juvenile Diversion
Richard Meilillo	Mobile Crisis Director for Northern Human Services, <a href="mailto:rmelillo@northernhs.org">rmelillo@northernhs.org</a>
Kate Ratka	Recovery Friendly Advisor, Recovery Friendly Workplace, <a href="mailto:kate@recoveryfriendlyworkplace.com">kate@recoveryfriendlyworkplace.com</a>
Carrie Burkett	Senior Program Manager for Community Health, Maine Health Memorial Hospital, <a href="mailto:Carrie.Burkett@mainehealth.org">Carrie.Burkett@mainehealth.org</a>

Ellie Masson	Recovery Friendly Advisor, Recovery Friendly Workplace, <a href="mailto:ellie@recoveryfriendlyworkplace.com">ellie@recoveryfriendlyworkplace.com</a>
Abbie Hickey	Community Health Worker, MaineHealth Memorial Hospital, <a href="mailto:abigail.hickey@mainehealth.org">abigail.hickey@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>
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 -	See <a href="#">CC Responds to SUD Flyers Folder here</a> and add your own flyers, event/service announcements. Take a look in the Google Folder. Lots of valuable info!	
Guest: <b>Ask Petra, North Country Health Consortium</b>	<ul style="list-style-type: none"> <li>- <a href="#">AskPETRA</a> is seeking to collaborate with Carroll County providers. Ask PETRA is a program of the North Country Health Consortium, helping individuals, communities, and professionals in Northern NH understand, prevent, and treat substance use disorder (SUD) through assistance, connection, education, and recovery support. <a href="https://askpetra.org/">https://askpetra.org/</a></li> <li>- Presentation by Jennifer Goulet: <a href="mailto:jgoulet@NCHCNH.org">jgoulet@NCHCNH.org</a></li> <li>- DIY Resource Directory: <a href="https://askpetra.org/resources/">https://askpetra.org/resources/</a></li> <li>- AskPETRA is positioned to expand to lower Grafton County and Carroll County: Developing partnerships, conducting targeted outreach, collecting resources</li> <li>- Launched first registered Syringe Service Program in NH- Safe Steps Program in northern NH, working on community readiness</li> </ul>	<p>Have separate task focused meeting to connect Jennifer Goulet to the partners and people that would be helpful for her to know in Carroll County</p> <p>Jennifer G. would like to meet with Joy and Ossipee/North Conway White Horse Recovery offices</p> <p><b>North Country Recovers Together</b> meets on zoom 4 times per year. Next meeting: May 22, 2026 10am-12pm <a href="#">Click here for Join instructions</a></p>
Advocacy	<ol style="list-style-type: none"> <li>1. Children’s Behavioral Health <a href="https://new-futures.org/issues/childrens-behavioral-health">https://new-futures.org/issues/childrens-behavioral-health</a></li> <li>2. Substance Use <a href="https://new-futures.org/issues/substance-use">https://new-futures.org/issues/substance-use</a></li> <li>3. Addictive Products <a href="https://new-futures.org/issues/regulation-of-addictive-products">https://new-futures.org/issues/regulation-of-addictive-products</a></li> </ol>	All. Consider taking action and contacting your legislators on items listed.

4. Follow these organization pages and social media sites for opportunities to speak up for access to behavioral health services, prevention, intervention, treatment and recovery:

- <https://new-futures.org/>
- <https://www.naminh.org/take-action/>
- <https://www.nhhungersolutions.org/advocate#/>

5. Updates from New Futures (via emails):

- **Take Action: Flavored Nitrous Oxide (HB 1630)**

The Senate Commerce Committee will hold a public hearing on **House Bill 1630 on Tuesday, April 7, at 9:55 am** at the State House in Room 100. **Take action by:**

- [Signing in to SUPPORT HB 1630](#) (by midnight on 4/7).
- [Emailing the Committee](#) to urge them to support the bill. Include a personal message!
- Attending the hearing - [let us know if you're interested!](#)
- **HB 1630** stops companies from selling recreational nitrous oxide, which comes in flavors like cotton candy, watermelon, and birthday cake, with no age restrictions or accountability. Nitrous oxide is a dangerous inhalant product engineered to appeal to young people and sold in gas stations.

- **Take Action: Synthetic Kratom (SB 557)**

The **House Criminal Justice Committee** will hold a public hearing on **Senate Bill 557 on Wednesday, April 8, at 11:00 am** at Granite Place in Room 159. **Take action by:**

- [Signing in to SUPPORT SB 557](#) (by midnight on 4/8).
- [Emailing the Committee](#) to urge them to support the bill. Include a personal message!
- Attending the hearing - [let us know if you're interested!](#)
- Kratom products are sold in gas stations and convenience stores. **SB 557** bans the most dangerous versions, synthetic and semi-synthetic kratom alkaloids engineered for maximum potency.

- Also, last week, the House Environment and Agriculture Committee held a public hearing on Senate Bill 624, which would close loopholes that allow hemp-derived THC products to be sold in New Hampshire. There's still time to [call committee members](#) to urge them to pass this bill.

6. Updates from NH Hunger Solutions (via email):
- This week, two bills affecting SNAP are being heard in the House and Senate. While we opposed the original version of **SB 615**, the Senate amended it to create a commission to study the bill, and we need your help to **support the amendment**.
  - **HB 1797**, on the other hand, would not only increase hunger, but would put families, retailers, and the state budget at risk - so we are **opposing** this bill.
  - **SB 615: SUPPORT**
    - **In March, the Senate Health and Human Services Committee voted - unanimously - to amend SB 615 to create a commission to study the bill.** We need this study commission to ensure that all ramifications of the bill are taken into account. The commission will include experts on food insecurity, people with lived experience, and elected officials who will study, in-depth, the impact of SB 615.
    - **The House Health, Human Services, and Elderly Affairs Committee will hear SB 615 this Wednesday, April 8th at 1:30 PM.** Please sign in to **support** this bill, and use the Take Action button below to email members of the committee and urge them to vote Ought to Pass on SB 615.
    - If you would like to come and testify on SB 615, please let us know!
  - **HB 1797: OPPOSE**
    - HB 1797 passed the House - so we need the same committee that amended SB 615 to defeat HB 1797 in the Senate.
    - This bill would have a devastating impact on our communities. It cuts eligibility for SNAP, adds layers of bureaucracy, and will cause thousands of our neighbors - including children, older adults, and veterans - to lose access to food.
    - **HB 1797 is being heard by the Senate Health and Human Services Committee on April 8th at 9:15AM.** Please sign in to **oppose** this bill, call or email members of the committee, or use the Take Action button below to email members of the committee and urge them to vote Inexpedient to Legislate on HB 1797.
  - [Take action here](#)

	<p>7. Other Legislation/ Advocacy</p> <ul style="list-style-type: none"> <li>• <a href="#"><u>May 6 NH Fiscal Policy Institute, State Budget What you Need to Know</u></a>, North Conway Community Center</li> <li>• Opportunity to do an Advocacy 101 training this spring- If anyone is interested in hosting one, please reach out to Catalina</li> <li>• Kent Street Coalition: <a href="https://kentstreetcoalition.org/"><u>https://kentstreetcoalition.org/</u></a></li> </ul>	
<p>Strategic Prevention Model: assessment, capacity development, planning, implementation, evaluation - Jen</p>	<ol style="list-style-type: none"> <li>1. Monthly Youth Center Prevention Nights</li> <li>2. Middle School Health Curricula</li> <li>3. Youth Wellness Team</li> <li>4. Carroll County Veterans Coalition Conference on April 18</li> <li>5. <a href="#"><u>Magnify Voices Expressive Arts Contest, awards ceremony in Wolfeboro May 27</u></a></li> <li>6. <a href="#"><u>NH Teen Institute 2026 Summer Leadership Program</u></a></li> <li>7. Project Safeguard with Moultonborough Academy for youth and caregivers</li> <li>8. April 25, 2026 national DEA Take Back Day <a href="https://www.dea.gov/takebackday"><u>https://www.dea.gov/takebackday</u></a> Safe disposal of expired, unused prescription medicine at a local police department near you.</li> <li>9. Prevention group throughout the state looking at unregulated substances and trying to get policies in place to prevent harm, also working with that group because of recreational cannabis advertisements and mailers happening in NH</li> </ol>	<p>Register for the Carroll County Veterans Coalition Conference here: <a href="https://forms.gle/qstBnLjEo1we5EiV7"><u>https://forms.gle/qstBnLjEo1we5EiV7</u></a></p>
<p>Other updates? Early ID &amp; Intervention  Treatment &amp; Recovery</p>	<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>○ Mental Health Court: The MHC in Carroll County has been meeting for about six months. They have developed their policy manual, application, and other logistics. They will be starting with their first participant on Tuesday April 14<sup>th</sup>. This is exciting new for the community and all that have been involved getting the program up and running. Amazing work from the Judge to the police, prosecution, defense, treatment, recovery workers, and many more.</li> <li>○ MH Training for 911 Dispatch- Well-received trainings last year</li> </ul> </li> </ul>	

	<ul style="list-style-type: none"> <li>○ White Horse Transitional Housing- Work in progress, Ossipee is in progress of moving IOP offices to make room, also got approval from Berlin City Council for recovery housing in Berlin</li> <li>○ Juvenile Diversion for Carroll County: <ul style="list-style-type: none"> <li>- Maggie/SOS Recovery- Fully up and running, taking on new cases, accreditation will be complete at the end of the month. Website is up, referrals and intakes processes and procedures done, have had one successful case through graduation. Looking to build partnerships and resources for youth and families, hoping to get direct contacts with partners and set up informal or formal referral systems. Also looking for community members to be a part of community panels for input on cases (must be a Carroll County resident and go through a background check and finger printing).</li> </ul> </li> <li>○ Behavioral Health Workforce</li> </ul> <ul style="list-style-type: none"> <li>- Updates from Treatment Providers <ul style="list-style-type: none"> <li>○ SUD Conference in 2026- Finalizing the schedule and speakers, looking for folks to do some tabling. Partnership between Memorial Hospital, with special focus on maternal child health/perinatal health, speakers on a variety of subjects.</li> </ul> </li> <li>- Updates from Recovery Providers <ul style="list-style-type: none"> <li>○ From Chuck Henderson: Matt Plache, Executive Director of White Horse Recovery, presented plans to the Berlin City Council last night for a 16-bed recovery housing project which was approved with the sale of a city-owned property. Local support was very strong, and Senator Shaheen is supporting \$250,000 in Congressionally</li> </ul> </li> </ul>	<p>Maggie and Catalina will send out an email with more info about the program</p> <p>See flyer in folder for community panels or go to <a href="#">Carroll County Volunteer Panel Application</a></p> <p>Maggie and Jen T. will connect about attending next month's Police Chief's meeting</p> <p>FMI: <a href="mailto:carrollcountydiversion@sosrco.org">carrollcountydiversion@sosrco.org</a>  <a href="https://sosrco.org/what-we-do/carroll-county-juvenile-diversion/">https://sosrco.org/what-we-do/carroll-county-juvenile-diversion/</a></p> <p>Sign up to table: <a href="#">Carroll County Substance Use Disorder Conference - June 20, 2026 - Table Registration</a></p> <p>Sign up to attend the <a href="#">Carroll County SUD Conference</a></p>
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	<p>Directed Spending toward the project.</p> <ul style="list-style-type: none"> <li>○ Matt/Ridge Residential- Primary Mental Health Residential for ages 12-20 with locations in Milton, NH and Morrill, ME. Matt will send Catalina more info to share, reach out to Matt if you're interested in learning more. Also, on the board of directors for the Manchester Collaborative, which opened the first LGBTQ+ community center: <a href="https://manchestertrue.org/center/">https://manchestertrue.org/center/</a></li> <li>○ Ellie/Recovery Friendly Workplace: Doing a brunch and learn at Polly's pancake parlor on April 29, 1-2:30pm, recruitment event for people in the restaurant industry, will send flyer and registration to Catalina. All are welcome, will provide an overview on Recovery Friendly Workplace and are trying to expand to that area.</li> <li>○ Pam/Recovery Friendly Workplace- Went to a training with South Central PHN with Laurie Warnack from Northern New England Poison Center on unregulated substances., Ben Williams from the Liquor Commission also did a great piece relating to the legislative side. Doing a Foundations Training with Memorial Hospital on April 16, Catalina would like to be copied on that. Also looking for businesses to spotlight that are close to being designated as Recovery Friendly Workplaces.</li> <li>○ Joy/White Horse Recovery- Has a clinical provider out of the Ossipee location, able to provide services for youth ages 14 and up (adults can qualify for telehealth services after two sessions, but unsure if this applies to youth). Joy will send more info.</li> </ul> <p>- Other:</p> <ul style="list-style-type: none"> <li>○ Catalina- Thinking of changing the meeting time because Carroll County Drug Treatment Court can't attend on this time</li> </ul>	<p>FMI:  <a href="mailto:Mbohannon@altiorhealthcare.com">Mbohannon@altiorhealthcare.com</a>  1-207-332-7477  <a href="http://www.ridgertc.com">www.ridgertc.com</a></p> <p><a href="#">Ridge MH Residential Treatment</a></p> <p>New Recovery Friendly Workplace website with resources:  <a href="https://www.recoveryfriendlyworkplace.com/">https://www.recoveryfriendlyworkplace.com/</a></p> <p>Pam will send Jen T. contact info for Ben Williams from the Liquor Commission</p> <p>Pam/Kate will copy Catalina and send her info on the Memorial Hospital Foundations Training on April 16</p> <p>White Horse Recovery Clinical Intake # 603-651-1441 ext. 1307</p> <p>Group agrees that Catalina will reach out to Carroll County Drug Court to see what times would work for them and then will provide the</p>
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<p>Flyers/Announcements</p>	<p><a href="#">Click here to access flyers folder</a> and get information about current resources and upcoming events</p> <p>April Awareness Campaigns- Put links</p> <ul style="list-style-type: none"> <li>- <b>National Minority Health Month:</b> Addresses health disparities and promotes health for racial and ethnic minority communities.</li> <li>- <b>National Stress Awareness Month:</b> Highlights the impact of stress, aimed at reducing stigma around mental health.</li> <li>- <b>National Public Health Week:</b> Recognized in the first full week of April, it focuses on community health and infrastructure.</li> <li>- <b>Sexual Assault Awareness &amp; Prevention Month:</b> Focuses on education and prevention of sexual violence.</li> <li>- <b>Alcohol Awareness Month:</b> Raises awareness of the risks of alcohol misuse.</li> </ul> <p>May Awareness Campaigns</p> <ul style="list-style-type: none"> <li>- <b>Mental Health Awareness Month:</b> Increases awareness of mental health conditions and resources, promoted by SAMHSA.</li> <li>- <b>Women’s Health Month/Week:</b> Encourages women and girls to prioritize their physical and mental health.</li> <li>- <b>National Physical Fitness and Sports Month:</b> Promotes the benefits of physical activity and encourages active lifestyles.</li> <li>- <b>Older Americans Month:</b> Celebrates and supports the health of the aging population.</li> </ul> <p>Attached below</p> <ol style="list-style-type: none"> <li>1. PFLAG Mt Washington Valley Support Group</li> <li>2. Magnify Voices Expressive Arts Contest</li> <li>3. NAMI NH Family Program Leader Training</li> <li>4. MCAP Child Psychiatry Provider Access Line</li> <li>5. MWV Perinatal Coalition Flyer</li> <li>6. NH Teen Institute 2026 Summer Leadership Program flyer</li> <li>7. Unregulated Intoxicants 2 pager</li> <li>8. April 17 Community Baby Shower</li> <li>9. April 18 Carroll County Veterans Conference</li> <li>10. May 15 Day of Caring Granite United Way</li> <li>11. Jun 20 Carroll County SUD Conference</li> </ol>	<p>group with options to choose from</p>
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Happy Spring! 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)

**Carroll County Responds to SUD, New meeting time.**

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We are aiming to change the meeting day and time to accommodate more community partners. Based on the selection for the June meeting, we will set up a meeting calendar for 2026-2027 to follow the same pattern for the week, day and time every two months. Thanks for your ongoing support and participation.

Doodle Poll here: <https://doodle.com/group-poll/participate/bkjNMN6a>

## **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](http://www.pflagnh.org/support)  
[www.pflagnh.org/support](http://www.pflagnh.org/support)

EIGHTH ANNUAL

# MAGNIFY VOICES

EXPRESSIVE ART CONTEST

SUBMISSIONS  
ARE NOW  
**OPEN**

Artwork Deadline  
**04/26/2026**

[tinyurl.com/MVinfo2026](https://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](mailto:magnifyvoices@gmail.com)



**SAVE THE DATE**

AN INITIATIVE OF  **CSOC**  
Claremont System of Care



# 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 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.



**Institute for Health Policy and Practice**



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(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](mailto:NHPQC@hitchcock.org)



# 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](http://WWW.NHTEENINSTITUTE.ORG/SLP)



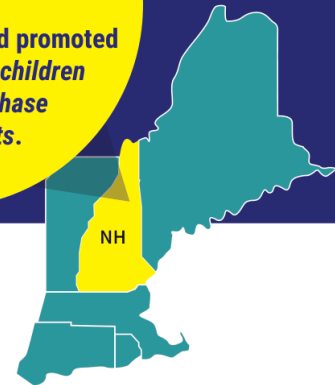
## What you need to know about

# 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.

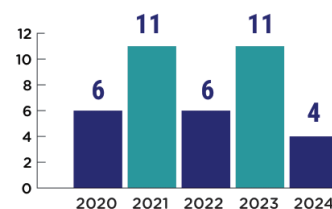


## Kratom

**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



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**

This publication was financed under a Contract with the State of New Hampshire, Department of Health and Human Services. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CDC/HHS, or the U.S. Government.



# Community Baby Shower!!!

ALL NEW AND EXPECTANT PARENTS AND THEIR FAMILIES IN CARROLL COUNTY ARE INVITED TO THIS FREE EVENT!

**Friday, April 17th from 4PM-6PM**

Settlers Green Outlet Village 2 Common Ct. Suite C4  
(near American Eagle)

*Pizza, Cupcakes and Refreshments*

*Shopping at our FREE "Boutique"*

*Raffle Prizes*

*Family Photos*

*Meet local non-profits and pediatric providers*



For more ways to participate and support this event please contact Cathy Livingston at 603-901-9053 or email at [clivingston@childrenunlimitedinc.org](mailto:clivingston@childrenunlimitedinc.org) or Cheryl Frankowski at 603-447-8900 or email at [cfrankowski@whitemountainhealth.org](mailto:cfrankowski@whitemountainhealth.org)

# 3<sup>rd</sup> ANNUAL CARROLL COUNTY VETERANS CONFERENCE



04.18.2026



## CALLING ALL CIVILIAN COMMUNITY PARTNERS:

Do you know which of your participants are veterans or military family members? More importantly, do you know how to help them once you find out? Join us to learn the importance of Asking the Question and how to bridge the gap between civilian care and military resources, plus engage in networking and learn about resources in Carroll County.

## CALLING ALL VETERAN SERVICING ORGANIZATIONS:

Strengthen your network and elevate your mission. How do we ensure no service member, veteran or family member fall through the cracks? By making sure civilian providers know exactly what your organization provides. Join us to connect with civilian providers, share your mission, network with others, and learn about resources in the area.

**Plus, special presentations on Women in the Military and Ask the Question!**

**When:** Saturday, April 18,  
10am - 1pm (1000 - 1300 hours)

**Where:** Wright Museum  
of World War II  
77 Center St.,  
Wolfboro, NH 03894

**Register now:** <https://tinyurl.com/4dmyrzyd>

**FMI:** [jennifer.thomas@graniteuw.org](mailto:jennifer.thomas@graniteuw.org)



# SAVE THE DATE

MAKE AN IMPACT IN OUR COMMUNITY

FRIDAY MAY 15, 2026



## What is Day of Caring?

Day of Caring is an annual volunteer event that mobilizes thousands of volunteers to assist hundreds of local nonprofits with short-term, wish list projects.

## Why Volunteer?

Volunteering makes a tangible difference in the lives of those in need. It fosters a sense of teamwork and contributes to building a stronger, more supportive community.

## Your Local Project:

Mount Washinton Valley Adult Day Center  
987 East Main Street  
Center Conway, NH

**Morning shift- 9am-12pm**  
**Afternoon Shift- 1pm-3pm**



## Special Thanks to our Northern Region Sponsors!



For more information, contact Laura Boucher at [Laura.Boucher@graniteuw.org](mailto:Laura.Boucher@graniteuw.org) or Caleb Gilbert at [Caleb.Gilbert@graniteuw.org](mailto:Caleb.Gilbert@graniteuw.org)





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A FREE IN -PERSON CONFERENCE

# CARROLL COUNTY SUBSTANCE USE DISORDER CONFERENCE

This community conference brings people together to talk openly about substance use, recovery, and how we can better support one another in Carroll County, NH. The goal is to increase understanding, reduce stigma, and encourage compassion for individuals, families, and communities affected by substance use.

With a special focus on the impact of alcohol, tobacco, and other drug use on pregnancy and the health of parents and babies, the conference explores how early support, prevention, harm reduction, treatment and peer recovery supports can make a real difference. Participants will hear from local experts and people with lived experience, take part in interactive workshops, and connect with community organizations offering treatment, support, resources, and care for any individual or family facing substance use disorder.

10:00am - 2:00pm

June 20, 2026

door opens 9:30am; includes lunch

MWV Adult Day Center

987 East Main Street, Route 113

Center Conway, NH

This conference is open to: community members, healthcare and behavioral health providers, social service and prevention professionals, educators, first responders, individuals and families interested in learning more about substance use disorder, prevention, and recovery.

Free admission.

*Register Now* →



For more information: [www.c3ph.org/newsevents/events](http://www.c3ph.org/newsevents/events)





Department of  
**HEALTH &  
HUMAN SERVICES**

Division for  
Behavioral  
Health

**IN PERSON EVENTS  
INCLUDE FREE LUNCH!**

We are happy to announce the below trainings available at no charge for individuals working in a school setting. Funded by the Bipartisan Safer Communities Act Funds.

CEUs available

## **Summer 2026**

[REGISTER HERE](#)



**JUNE 22-  
24, 2026**

**CISM 3 day Basics training**  
8 AM to 4:30 PM  
Held Virtually - 27 CEUs  
[MORE INFO ABOUT TRAINING HERE](#)

**JUNE 29-  
30, 2026**

**CISM Application with Children**  
8 AM - 4:30 PM - 13 CEUs  
Held at 105 Pleasant St, Concord NH  
[MORE INFO ABOUT TRAINING HERE](#)

**JULY 27-  
28, 2026**

**Group Crisis Intervention**  
8 AM - 4:30 PM 14 CEUs  
Held at 105 Pleasant St, Concord  
[MORE INFO ABOUT TRAINING HERE](#)

**JULY 13-  
14, 2026**  
SEE BELOW\*\*

**CISM Advanced Assisting Groups**  
8 AM - 4:30 PM - 13 CEUs  
Held Remotely  
[MORE INFO ABOUT TRAINING HERE](#)

**\*\*\* CISM 3 DAY BASIC TRAINING IS REQUIRED TO BE ATTENDED PRIOR TO TAKING THIS COURSE. \*\*\***



**AUGUST 6-  
7, 2026**

**Workplace Violence**  
8 AM to 4:30 PM  
Held Virtually  
[MORE INFO ABOUT TRAINING HERE](#)

**AUGUST 9-  
10, 2026**

**Workplace Violence**  
8 AM to 4:30 PM  
Held at 105 Pleasant St, Concord NH  
[MORE INFO ABOUT TRAINING HERE](#)

**AUGUST 10-  
11, 2026**

**Grief Following Trauma**  
8 AM - 4:30 PM - 12 CEUs  
Held Virtually  
[MORE INFO ABOUT TRAINING HERE](#)

**AUGUST 13-  
14, 2026**

**Grief Following Trauma**  
8 AM - 4:30 PM - 12 CEUs  
Held at 105 Pleasant St, Concord  
[MORE INFO ABOUT TRAINING HERE](#)

**JULY 6-  
7, 2026**

**Managing School Crises: From Theory to  
Application** - 13 CEUs  
8 AM - 4:30 PM Held Remotely  
[MORE INFO ABOUT TRAINING HERE](#)

**AUGUST 3-  
4, 2026**

**Managing School Crises: From Theory to  
Application** - 13 CEUs  
8 AM - 4:30 PM  
Held at 105 Pleasant St, Concord NH