

CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

Minutes – June 3, 2026

Prevention – Continuum of Care Workgroup
 Meets First Tuesday of Feb, Apr, Jun, Aug, 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:

Name	Role/Organization
Nicole Wiles	Addiction Medicine Program, Maine Health Memorial Hospital
Mitchell Henderson	Peer Recovery Director, White Horse Recovery
David Dube	Social Services Coordinator, Huggins Hospital
Lauren Orsini	Administrative Program Coordinator, Recovery Courts (formerly Drug Court) for Carroll and Coos County
Wendy Conway	Recovery Support Work, Ask PETRA
Katie Bilodeau	Community Outreach Coordinator, Tamworth Police
Richard Melilo	Mobile Crisis Director, Northern Human Services
Wendy Conway	
Kerri Lowe	Resident Services Coordinator, Lakes Region Affordable Developers
Megan Paraspolo	Community Health Worker for Population Health, Primary Care, Maine Health Memorial Hospital
Sarah Cain	Community Engagement Coordinator, New Futures
Mark Dorman	Coordinator for The Doorway, Laconia
Samantha Jones	Family Support Provider and Kinship Navigator, Children Unlimited
Chuck Henderson	Senator Shaheen’s Office
Carrie Burkett	Senior Program Manager for Community Health, Maine Health Memorial Hospital
Abbie Hicky	Community Health Worker working with SUD population, Maine Health Memorial Hospital
Wendy Chase	Community Engagement Coordinator, New Futures
Josh Colwell	Vice President for Business Development, Brighter Day Recovery
Jen Thomas	Prevention Coordinator, C3PH
Catalina Kirsch	Continuum of Care Facilitator, C3PH

Emily McArdle	Outreach, C3PH
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Objectives	Updates	Follow up items, By Who
Stakeholder assistance in information dissemination -	See CC Responds to SUD Flyers Folder here	<p>Add your own flyers, event/service announcements.</p> <p>Take a look in the Google Folder. Lots of valuable info!</p>
Advocacy	<ol style="list-style-type: none"> 1. Advocacy 101 Training on June 23, North Conway at 6pm at Cheese Louise, please register here: https://bit.ly/advocateJun23 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: <ul style="list-style-type: none"> • https://new-futures.org/ • https://www.naminh.org/take-action/ • https://www.nhhungersolutions.org/advocate#/ • 3. Other Legislation/ Advocacy <ul style="list-style-type: none"> - Sarah/New Futures: Addictive Products- Two bills going to Gov. Ayotte's desk including SB 624 (regarding definition of hemp, will make them easier to regulate) and Nitrous oxide bill to help with regulating it so it can't be sold at convenience stores. Kratom bill did not pass, but will try again next year. - Wendy/New Futures: SB 1498 for Youth Behavioral Wrap Around Services- Currently stuck in interim study, will be back next year. Will likely be looking at 988 funding again soon. 	<p>Addictive products bills: https://new-futures.org/Addictive-Products</p> <p>FMI: scain@new-futures.org</p> <p>Wrap Around Services bill info: https://new-futures.org/Wraparound</p> <p>FMI: wchase@new-futures.org</p>
Strategic Prevention Model: assessment, capacity development, planning, implementation, evaluation - Jen	<ul style="list-style-type: none"> - Youth Wellness Team – Juvenile Diversion presentation next month, FY wrap up, summer plan and action item, assessed needs and starting to work on 	<p>Youth Wellness Team: https://www.c3ph.org/newsevents/events/carroll-county-youth-wellness-team</p>

	<p>action items, if you'd like to join please let Jen know</p> <ul style="list-style-type: none"> - Unregulated Products and new drug updates- Working with the state and legislators on regulating products like Kratom, whippets, poppets, blue lotus, and unregulated analogues of cannabis, working with legislators. Kratom can cause respiratory depression, often combined with opioids, standard of practice is to utilize Naloxone - Have a drug and prevention 101 for presentation for organizations- Reach out to Jen if you're interested - Carroll County Veterans Coalition – FY 2027 in person/hybrid planning; Free veteran, spouse and veteran organization Breakfast (email jennifer.thomas@graniteuw.org with interest); Military Family Fair (looking for community partners to have information booths), register here https://forms.gle/ePMXrD8GY4MDVcpx9 - Emily/C3PH: Recently did tablings for Mental Health Month at local schools, continuing prevention presentations with Jen, will be at the Pride Festival in North Conway on June 27. Sharing info and resources via social media page. 	<p>Reach out to Jen with any questions regarding unregulated products See Unregulated Products flyer here</p> <p>Follow us on social media: C3PH on Facebook and Instagram Under 25 Network of Carroll County on Facebook and Instagram</p>
<p>Other updates?</p> <p>Early ID & Intervention</p> <p>Treatment & Recovery</p>	<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- Lauren- Collaboration between Northern Human Services and NH Judicial Branch, are meeting once a month at the Ossipee Court House, FMI: https://www.courts.nh.gov/our-courts/treatment-courts/mental-health-court o Jen- One participant has started in April, o Community Housing Program is working with them as well and are in need of housing options/assistance and coordination (need units to work with them) (Conway Riverline has 200 units) o White Horse Transitional Housing- Currently still in transition, there will 	<p>Reach out to Mental Health Court for ideas of housing units to work with them. Contact tpitman@courts.state.nh.us</p>

	<p>be a 6-bed recovery house, goal to have it complete by 2026.</p> <ul style="list-style-type: none"> ○ Juvenile Diversion for Carroll County- SOS Recovery has started to serve families of Carroll County through the Juvenile Diversion Program, is in Ossipee, will help connect young people to services they need; will be presenting at the next Youth Wellness Team to give more info. <ul style="list-style-type: none"> - Updates from Treatment Providers <ul style="list-style-type: none"> ○ SUD Conference June 20, 2026, please register at https://www.eventbrite.com/e/carroll-county-substance-use-disorder-conference-tickets-1985314519170?aff=oddtcreator&keep_tld=true ○ Catalina: See attached Carroll County Responds Updates for upcoming trainings, events and resources. - Updates from Recovery Providers <ul style="list-style-type: none"> ○ Josh/Brighter Day Recovery- PHP and IOP in Somersworth, NH, has housing for the PHP level, in network with NH Medicaid (Amerihealth and Wellsense), will also have sober living. ○ Mitchell/White Horse- Freedom Event on July 22, 5:30pm-8:30pm at First Congregational Church of Ossipee with keynote speaker Cheryle Pacapelli, will be benefiting more Recovery Housing work. \$50 a seat and also looking for sponsorships and items for the silent auction, please help spread the word. White Horse continues to offer clinical services, peer support, and thrift store in Ossipee ○ Rich Melilo/Mobile Crisis- Hiring for full time position and part time on-call peer support position for mobile crisis. Catalina will put the announcement in the minutes 	<p>FMI: https://sosrco.org/what-we-do/carroll-county-juvenile-diversion/ Margaret Weaver <mweaver@sosrco.org>, Samantha MacKenzie <smackenzie@sosrco.org></p> <p>Please help promote as well! See flyer below.</p> <p>FMI: Josh Colwell 603-312-7788 josh@brighterdayrecovery.com Brighter Day Recovery PHP/IOP</p> <p>See flyer below. Mitchell Henderson, 603-651-1441 ext 1301, mitchell@whitehorseac.com</p> <p>See https://northernhs.org/employment/</p>
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	<ul style="list-style-type: none"> - Other updates: <ul style="list-style-type: none"> o Kerri/Lakes Region Affordable Developers- 30 1- and 2-bedroom units will be available soon in Wolfboro, income restrictions relating to median income, accepts all housing vouchers and has a Julwaiver program for those that don't meet the tenant selection plan (e.g. for justice-related reasons) o NH Food Bank Mobile Food Pantry coming to Conway June 10, Ossipee July 8 https://nhfoodbank.org/find-food/mobile-food-pantry-schedule/ Help spread the word and they also need volunteers. 	<p>Application: https://hodgescompanies.com/wp-content/uploads/2026/03/LRCD-Application_fillable.pdf</p> <p>FMI: klowe@lrcommunitydevelopers.org</p> <p>See mobile food pantry flyers below</p>
<p>Flyers/Announcements</p>	<p>Click here to access flyers folder and get information about current resources and upcoming events</p> <p>June Awareness Campaigns</p> <ol style="list-style-type: none"> 1. June is LGBTQ Pride Month 2. June is Men's Health Month https://menshealthmonth.org/ 3. National PTSD Awareness Month. Contact C3PH for PTSD materials https://www.ptsd.va.gov/understand/awareness/index.asp 4. National Safety Month https://www.nsc.org/workplace/national-safety-month <p>July Awareness Campaigns</p> <ol style="list-style-type: none"> 1. Disability Pride Month 2. National Minority Mental Health Awareness Month <p>August Awareness Campaigns</p> <ol style="list-style-type: none"> 1. International Overdose Awareness Day Aug 31 2. National Wellness Month <p>Attached below</p> <ol style="list-style-type: none"> 1. Carroll County Responds Updates 2. PFLAG Mt Washington Valley Support Group 3. Connect Training 4. MCAP Child Psychiatry Provider Access Line 5. MWV Perinatal Coalition Flyer 6. NH Teen Institute 2026 Summer Leadership Program flyer 7. Unregulated Intoxicants 2 pager 8. Jun 20 Carroll County SUD Conference 	

	<ul style="list-style-type: none"> 9. DHHS Division for Behavioral Health Trainings 10. AID Trainings 11. Be Sensitive, Be Brave Training 12. Advocacy 101 13. Conway Mobile Food Pantry 14. Ossipee Mobile Food Pantry 15. White Horse Recovery Freedom Event 	
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10:30 Adjourn.



Happy Summer! 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.

Next meeting Date & Time

C3PH Carroll County is inviting you to a scheduled Zoom meeting.

Topic: Carroll County Responds to SUD

Time: Aug 5, 2026 12:30 PM Eastern Time (US and Canada)

Every 2 months on the First Wed, until Jun 2, 2027, 6 occurrence(s)

Please download and import the following iCalendar (.ics) files to your calendar system.

Monthly: <https://us02web.zoom.us/meeting/tZwtceiqgDluHtRorTn80ou-lizThDOxqgR8/ics?icsToken=DDxc3Xu-LaOR0nbfvAAALAAAACSSIFACMmoTSdUZ7sEju8YDy2mh0a6HVcsmC6cNqhhq-agtprBdg8WcrIDXU5RLL7dVLCW57rz2D6rKJTAwMDAwMQ>

Join Zoom Meeting

<https://us02web.zoom.us/j/88061869440>

Meeting ID: 880 6186 9440

One tap mobile

+13017158592,,88061869440# US (Washington DC)

Join by SIP • 88061869440@zoomcrc.com

Join instructions

<https://us02web.zoom.us/join/88061869440/invitations?signature=C0ESoTxxk8QwfCFMAF8pPTg1roUHdpNGUyBtLLFa0qJs>

Carroll County Responds to SUD

Contact Catalina Kirsch, catalina.kirsch@graniteuw.org

Updates June-July 2026

Training available

Webinars & Recordings	Click here for list of Webinars and Training Available, from Bureau of Drug and Alcohol Services BIG LIST OF RESOURCES. TAKE A LOOK
Crisis Intervention Stress Management Trainings Summer 2026.	CISM 2026 Training Opportunities – Free for School Personnel. Click here to download the flyer with registration details The Bureau of Mental Health Services is offering a series of Crisis Intervention Stress Management (CISM) trainings in Summer 2026. These sessions are free of charge for individuals working in school settings and are funded by the Bipartisan Safer Communities Act. CEUs are available for all courses.
Suicide Prevention for all – June 4	Thursday, June 4 • 10 AM - 12 PM EDT Be Sensitive, Be Brave (BSBB) for Mental Health This is a culturally infused foundational training that weaves culture and diversity throughout, preparing community members to recognize signs of suicidal distress and connect individuals to appropriate help. Learn how to recognize mental health conditions, what to do when someone needs support, and tools for maintaining good mental health. This is a free workshop that offers free CEs and will be delivered by the state’s only certified BSBB trainer through the SSG Fox SPGP.
Public Safety & Behavioral Health Collaboration ECHO: Effective Crisis Responses in Your Community Every other Wednesday from 12 - 1 pm EST June 10, 2026 to September 2, 2026	Course Description: Safety and Behavioral Health personnel will have a greater appreciation of the training, roles, expectations and statutory requirements and roles of other sectors that respond to NH and SUD crises in the community. They will be able to describe successful models for coordinated rapid responses to MH and SUD crises by Safety and Behavioral Health personnel and for longitudinal support of community members with frequent recurrence and will be able to work toward evolving such systems in their own communities. They will recognize signs of trauma and vicarious trauma in themselves and colleagues and intervene appropriately. Invited Participants: All first responders, including but not limited to EMS, fire department, law enforcement, and behavioral health professionals in Maine, New Hampshire, and Vermont. Details in the attached and at Registration link: https://iecho.org/public/program/PRGM1777050955638042GZ5BU0H
Pride Pathways: Suicide Prevention for LGBTQ+ Communities and Allies, Mon June 15, 4pm ET,	From American Foundation for Suicide Prevention (AFSP) - a 90-minute presentation designed to deepen understanding of how suicide impacts the LGBTQ+ community. This program is intended for LGBTQ+

<p>virtual & Thu June 25, 8:30pm ET</p>	<p>individuals and allies interested in fostering supportive, inclusive, and affirming environments that promote LGBTQ+ mental health.</p> <p>June 15, 4pm ET June 25, 8 :30pm ET</p>
<p>A.I. D. (Awareness, Interaction, Direction) Jun 16, July 14</p>	<p>A.I.D. (Awareness, Interaction, Direction), mental health, SUD awareness and referral to help. 90 min. May 19, Jun 16, July 14 and more dates. Click here for more info and to register. New! A.I.D. for Older Adults now available.</p>
<p>Mental Health First Aid, Adult & Youth Spring/Summer dates. Discontinued Sep 29</p>	<p>Catch these NO COST trainings while they are available! UNH Extension Health & Wellbeing Team, which has made these trainings available to the public, has been sunsetted and will no longer offer these trainings after Sep 29.</p> <p>Mental Health First Aid, Adult and Youth. 6.5 hr Click here for more info</p> <p>Adult MHFA - Jun 17, July 21, Aug 2 Youth MHFA – Jun 9, July 15, Aug 4</p>
<p>Suicide Prevention – CONNECT June 25</p>	<p>Host a training: CONNECT Suicide Prevention Training 2.5 hour</p> <p>Register for June 25 at Carroll County Adult Ed, Tamworth</p>
<p>UNH Extension - Two Virtual Workshop Series</p> <p>Starting June 16: Living w/Chronic Pain</p> <p>Starting June 17: Take Charge of Your Health</p>	<p>From UNH Extension</p> <p>Two upcoming free virtual self-management workshops series. Group workshops that meet once a week for six weeks online. Participants learn and put tools into action to manage their health, so they can do the things in life they want to do! Also great for caregivers or support people of those with chronic illness or chronic pain. For more info or printable flyers, Melissa.Lee@unh.edu . Links below for more info and register there. Thanks all!</p> <p>Living Well with Chronic Pain, June 16, 1 PM - 3:30 PM Extension</p> <p>Take Charge of Your Health! Extension</p>
<p>Carroll County SUD Conference Jun 20</p>	<p>June 20 Save the Date. MaineHealth Memorial Hospital, C3PH and White Horse Recovery are partnering to present the Carroll County SUD Conference, Jun 20 in Conway.</p> <p>Register here ; Flyer Here ; Table Registration Here</p>
<p>Scam Awareness Seminar, June 23, Tamworth</p>	<p>Free community seminar on Scam Awareness: A guide to recognizing scams and what you can do to stay safe. Free, open to the public, and no registration required!</p> <p>When: Tuesday, June 23, 11:30am-12:30pm Where: Chocorua Community Church, 40 Deer Hill Rd, Tamworth, NH</p>
<p>Advocacy 101 Training June 23</p>	<p>Democracy on Tap presents Advocacy 101 by New Futures. Tuesday, June 23, 6pm, Cheese Louise, 2686 S. Main St., North Conway, NH</p> <p>Want your voice heard on housing, healthcare, jobs, caregiving & the environment? Join our FREE advocacy training and learn how to show up, speak out, and make change locally. https://bit.ly/advocateJun23</p>

Responding to Addiction	Responding to Addiction, by Addiction Policy Forum. 2.5hr Click here to host a training. Or catalina.kirsch@graniteuw.org
Narcan/Naloxone	Naloxone Training and Distribution 1 hour Includes free Narcan Overdose Prevention Kit. To schedule a training, catalina.kirsch@graniteuw.org
Events & Resources	
NH Food Bank Mobile Food Pantry Comes to Conway and Ossipee	<p>Mobile Food Pantry Schedule https://nhfoodbank.org/find-food/mobile-food-pantry-schedule/ The NH Food Bank’s mobile food pantry program travels to many different areas of need across New Hampshire.</p> <p>What to know before you go:</p> <ul style="list-style-type: none"> • Our mobile food pantries are a drive-thru format. • Food distributions take place on a first-come, first-served basis and are while supplies last. • Each household receives an assortment of produce and shelf-stable foods. • We welcome anyone in need of food assistance to join us – no identification or requirements needed. <p><i>Below is a list of upcoming mobile food pantries.</i></p> <p>Wednesday, June 10 – Conway <i>Date:</i> Jun 10th <i>Time:</i> 12:00pm – 1:30pm (while supplies last) <i>Address:</i> Ham Public Ice Arena, 87 W. Main St. Conway, NH 03818</p> <p>Wednesday, July 8 – Ossipee <i>Date:</i> Jul 8th <i>Time:</i> 12:00pm – 2:00pm (while supplies last) <i>Address:</i> St. Joseph's Church, 23 Moultonville Rd., Center Ossipee, NH 03814</p>
Heightened Threat: Fentanyl Mixed with Emerging Synthetic Drugs	<p>Click for Public Safety Advisory Heightened Threat: Fentanyl Mixed with Emerging Synthetic Drugs.</p> <p>Public Safety Guidance:</p> <ul style="list-style-type: none"> • Never take a pill that wasn’t prescribed to you and dispensed by a licensed pharmacy. • Assume all illicit drugs may contain fentanyl or other deadly additives. • Carry naloxone and be trained in how to use it but understand it may not fully reverse all substances present. • Call 911 immediately in any suspected drug poisoning or overdose. Time is critical. • Stay informed and spread awareness. This threat is evolving rapidly. Public awareness and prevention are critical. For more information, visit DEA.gov/fentanyl free and DEA.gov/onepill .

<p>Unregulated Intoxicants Flyer</p>	<p><u>Unregulated Intoxicants Flyer</u> What you need to know about these intoxicants that are not regulated by the US Food and Drug Administration and are widely available in smoke/vape and convenience stores in NH, packaged and marketed to children and youth, who can and do purchase these products.</p>
<p>Recovery Family Support Group</p>	<p><u>White Horse Recovery Family Support Group, 2nd and 4th Mondays, 5-6pm, Center Ossipee</u></p>
<p>Mental Health Family Support Groups</p>	<p><u>NAMI NH Mental Health Peer, Family, Parent Support Groups.</u></p>
<p>NH Teen Summer Institute 2026</p>	<p><u>NH Teen Institute 2026 Summer Leadership Program Register Today</u></p>
<p>Opioid Abatement Community Response Grants</p>	<p><u>Granite United Way Opioid Abatement Community Grants Program</u></p>
<p>Perinatal Quality Collaborative MWV</p>	<p>There is a NH Perinatal Quality Collaborative for MWV, part of a larger statewide effort out of Dartmouth to support maternal health. Fmi <u>https://nhpqc.org/</u></p>
<p>Peer Support Specialist – Mobile Crisis Team – Northern Human Services – Conway Region</p>	<p>MAKE A DIFFERENCE - PEER SUPPORT SPECIALIST – CONWAY REGION - Join Northern Human Services Mobile Crisis Deployment Team. Earn \$25/hour when deployed to support individuals in crisis. \$9.25/hr while on call. Mileage reimbursement. 5-11pm</p> <p>Northern Human Services is seeking individuals and two-person teams to respond to mental health crises in the Conway region. This role uses lived experience to support individuals in urgent need and make a meaningful impact in the community.</p> <p>REQUIREMENTS: Lived experience with mental health or recovery services • Valid driver’s license • Active auto insurance APPLY OR LEARN MORE: Richard Melillo, <u>rmelillo@northernhs.org</u></p>

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



Recognize, Connect!

Helping Persons at Risk of Suicide

A CONNECT Training for Community Helpers

Empowering Communities. Saving Lives.

- CONNECT Community Helper training equips individuals of all types and roles (e.g., family, teachers, coaches, healthcare providers) within any community with skills to recognize suicide warning signs and offer support. It teaches how to identify at-risk individuals, engage in empathetic conversations, and connect them with resources. It aims to create a supportive network within the community, where people are empowered to intervene and prevent suicide.
- Recognized as a National Best Practice by the Suicide Prevention Resource Center (SPRC).

Key Topics Covered

- Warning signs, risk, and protective factors
- Safe messaging & communications
- How to connect with a person at risk and their families, caregivers, providers
- How to connect a person with resources
- Cross-system collaboration to keep people safe

Who Should Attend?

- Educators & school staff
- Social service providers
- Health & behavioral health professionals
- Businesses & organizations
- Community leaders, faith leaders, and concerned citizens

Date: Thursday, June 25, 2026

Time: 9:30am-12:00pm

Location:

Carroll County Adult Education
680 White Mountain Highway, Unit #10
Tamworth, NH 03886

Register Now



You will be prompted to register as a student of Carroll County Adult Education to participate.

Join us. Get trained. Become part of the safety net.
Together, we can save lives.





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**



**Dartmouth
Health Children's**



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



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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.



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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



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.*

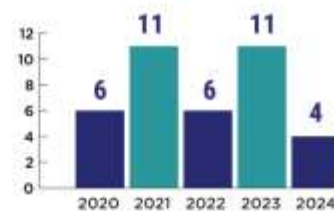


Kratom

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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FILM NEGATIVE



FILM NEGATIVE



FILM NEGATIVE

FILM NEGATIVE



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





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. *****



Department of
**HEALTH &
HUMAN SERVICES**

Division for
Behavioral
Health

**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

Awareness. Interaction. Direction.

Mental Health Training

Supporting Other's Mental Health

Join us to learn how to recognize and approach someone in mental distress

About

Awareness. Interaction. Direction. (A.I.D.) is a 90-minute mental health awareness training that equips individuals with the necessary information and skills to be a champion for mental health in their communities.

A.I.D training emphasizes a course of action that helps identify a person experiencing mental distress and helps connect them with necessary resources and care.



Be the
Difference!

REGISTER

<https://bit.ly/4t9PI26>



Contact Us

Kendra Lewis | kendra.lewis@unh.edu | 603-862-2495

If you need an accommodation to participate in our programming, please contact Kendra Lewis, kendra.lewis@unh.edu and 603-862-2495 prior to the event. Given ample time, we will make any reasonable effort to meet your needs, including language access services if requested, which will be provided free of charge.

FREE - Virtual Workshop

Workshop Dates

February 7, 2026 - 1:30-3:00pm

March 26, 2026 - 1:30-3:00pm

April 16, 2026 - 1:30-3:00pm

May 19, 2026 - 1:30-3:00pm

June 16, 2026 - 10:00-11:30am

July 14, 2025 - 1:30-3:00pm

August 18, 2026 - 10:00-11:30am

September 15, 2026 - 1:30-3:00pm



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FREE Training
+CE Credits



Time : 10 am - 12 pm

Date : June 4, 2026

BE SENSITIVE, BE BRAVE FOR MENTAL HEALTH

Time : 10 am - 12 pm

Date : Thu, June 4, 2026

Location : Virtual

Note: Registration is required

<https://www.eventbrite.com/e/free-be-sensitive-be-brave-bsbb-for-mental-health-workshop-tickets-1986903433656>



Harbor Care

HOUSING \ HEALTHCARE \ VETERAN SERVICES



**Democracy
on Tap** *presents*

**TUESDAY, JUNE 23,
6PM AT
CHEESE LOUISE,
NORTH CONWAY**

ADVOCACY 101

**in partnership with New Futures and
Carroll County Coalition for Public Health**

Want your voice heard on housing,
healthcare, jobs, caregiving & the
environment?

Join our **FREE** advocacy training and learn
how to show up, speak out, and make
change locally.

**REGISTER
NOW:**



**Tuesday, June 23, 6pm
Cheese Louise,
2686 S. Main St.,
North Conway, NH**

<https://bit.ly/advocateJun23>

**CARROLL COUNTY COALITION
FOR PUBLIC HEALTH**
An affiliate of Carroll County 1994

newfutures 
SOLVING PROBLEMS THROUGH POLICY CHANGE


**NEW HAMPSHIRE
CHARITABLE FOUNDATION**

**CHEESE
LOUISE**

Save the date!

upcoming mobile food pantry



Wednesday, June 10th
from 12:00-1:30

(while supplies last)

Ham Ice Arena
87W.MainSt.Conway

The NH FoodBank will bring truckloads of food to distribute to families and individuals.

This event is open to all. No proof of residency or income needed.

This is a drive thru event. All items will be distributed to you in your vehicles.

**Sponsored by
caring neighbors.**

FEEDING[®]
AMERICA

Save the date!

upcoming mobile food pantry



Wednesday, July 8th

from 12:00-2:00

St. Joseph's Church

23 Moultonville Rd. Center Ossipee

The NH Food Bank will bring truckloads of food to distribute to families and individuals.

This event is open to all. No proof of residency or income needed.

This is a drive thru event. All items will be distributed to you in your vehicles.

Sponsored by
caring neighbors.

**FEEDING
AMERICA**

Annual Freedom Event



July 22, 2026

5:30 PM - 8:30 PM

Join Us for an Evening of Hope, Community,
and Support!

Dinner, Inspiring Stories,
Auction, & More...



Celebrate Recovery
and Freedom with Us!

Tickets: \$50 per person



First Congregational Church,
Ossipee, NH



2026 Annual Freedom Event

**"An Evening of Hope,
Community, and Support"**

Wednesday, July 22, 2026 | 5:30–8:30 PM
First Congregational Church
Ossipee, NH 03814

Sponsorship Opportunities

The Story

In northern New Hampshire, people facing addiction and mental health crises have fewer options, longer drives, and less hope than nearly anywhere else in the state. Rural residents encounter 45% fewer treatment options than their urban counterparts. Transportation barriers affect 78% of those seeking care. And demand now exceeds our clinical capacity by 40%.

People are waiting. In this work, waiting can be fatal.

Since 2014, White Horse Recovery has changed that story—meeting people in their darkest chapter and walking with them toward a new one. Through four Recovery Community Centers spanning Carroll, Grafton, and Coos Counties, our 24-member team of licensed clinicians and peer recovery support workers provides:

- Individual and group therapy,
- Intensive outpatient programs,
- Faith-based support,
- Trauma-informed care,
- Reliable transportation from remote areas, and
- Mentorship from people who have walked this road themselves.



**No one is turned away.
No one gets left behind.**

The Event

The **Annual Freedom Event** is White Horse Recovery's signature gathering—an evening that brings together the people who make this work possible with the people whose lives it has changed.



What to Expect

- **Powerful Stories of Transformation:** Hear firsthand from individuals who have overcome adversity through White Horse programs.
- **A Bold Vision for the Future:** Learn how your support is expanding access to care and what comes next.
- **Silent Auction & Giving Opportunities:** Bid on exclusive experiences—all proceeds directly fuel our mission.
- **Dinner** served at 6:30 PM.

Individual Tickets: \$50 per person

The Opportunity



Your sponsorship does not just fund programs—it removes the obstacles standing between someone and the life they are fighting to build. **Every \$1 invested in recovery generates \$4.58 in public benefits** through reduced healthcare costs, decreased involvement in the criminal justice system, and increased productivity.

The real return is not, however, just measured in dollars. It is measured in families reunited, communities strengthened, and people who go on to help others find their way.



The Results

- **72% treatment retention at 6+ months**(vs. 33% nationally)
- **90% two-year sobriety post-intensive outpatient program** (vs. 40–60% nationally)
- **40% reduction in overdoses among clients**

Sponsorship Levels

TRAILBLAZER — \$10,000 *Clear the path.*

You make transformation possible at scale—expanding clinical capacity, opening recovery housing, and ensuring our team can meet the moment.

- Named partnership on a strategic initiative (clinical expansion, recovery housing, or workforce development)
- Prominent logo on all event materials, signage, and White Horse communications
- Full-page feature in event program
- Two reserved premium table(s) for **12 guests**
- Private briefing with White Horse leadership
- Annual impact report
- Speaking opportunity at the event
- Social media recognition (pre-event, day-of, post-event)

GUIDE — \$5,000 *Show the way forward.*

You equip the people who do this work every day—our clinicians and peer recovery support workers who serve as mentors, advocates, and proof that change is possible.

- Named support of a specific program area
- Logo on event materials, signage, and White Horse communications
- Half-page feature in event program
- One reserved table for **6 guests**
- Private briefing with White Horse leadership
- Annual impact report
- Social media recognition

Sponsorship Levels

ALLY — \$2,500 *Stand alongside.*

You make transformation possible at scale—expanding clinical capacity, opening recovery housing, and ensuring our team can meet the moment.

- Logo on event materials and signage
- Quarter-page listing in event program
- Reserved seating for **4 guests**
- Annual impact summary
- Social media recognition

SUPPORTER — \$1,000 *Answer the call.*

You help us say yes when someone reaches out for help—covering the gaps that would otherwise leave people stranded.

- Name listed on event signage and in event program
- Reserved seating for **2 guests**
- Annual impact summary

FRIEND — \$500 *Be part of the story.*

Every dollar moves someone closer to a life they didn't think was possible.

- Name listed in event program

Sponsorship Benefits at a Glance

Benefit	Trailblazer	Guide	Ally	Supporter	Friend
Investment	\$10,000	\$5,000	\$2,500	\$1,000	\$500
Named strategic partnership	✓				
Named program support		✓			
Logo on all materials	✓	✓	✓		
Name on signage/program	✓	✓	✓	✓	✓
Event program feature	Full page	Half page	Quarter page	Listing	Listing
Guest seating	12 (premium)	6	4	2	
Leadership briefing	✓	✓			
Speaking opportunity	✓				
Impact report	Full	Full	Summary	Summary	
Social media recognition	✓	✓	✓		

Be Part of This Story

Become a sponsor and help change what's possible for recovery in northern New Hampshire.

Dr. Robert Levey: 603-651-1441 | robert@whitehorseac.com

2026 Annual Freedom Event

Wednesday, July 22, 2026 | 5:30–8:30 PM
First Congregational Church
Ossipee, NH 03814



Visit us on the Web

