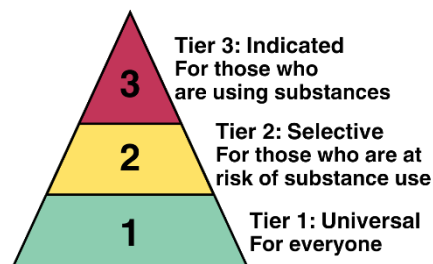


Multi-Tiered Resource List For Parents/Caregivers



Tier 1: Universal- Resources for everyone

Organization	Phone	Address	Website	Description
After-school activities, clubs, and sports				Check with your child's school to see what activities, clubs, and sports are available to provide them safe after-school environments.
Apprenticeship NH	603-230-3527	26 College Dr. Concord, NH 03301	https://apprenticeshipnh.com/	Apprenticeship workforce training program, with apprenticeship opportunities throughout NH, including apprenticeships for high school students.
Big Brothers Big Sisters of New Hampshire	603-430-1140	Available throughout NH	https://bbbsnh.org/	Youth mentoring services.
Centers for Disease Control and Prevention (CDC)			www.cdc.gov/healthyyouth/parents/index.htm	General information for parents about keeping children safe and healthy.
Edutopia			https://www.edutopia.org/	A website aimed at teachers and other people who work with kids. A wide variety of topics and resources.
Get Smart About Drugs			www.getsmartaboutdrugs.gov	A DEA resource for parents, educators, and caregivers about substance use and prevention.
National Association for Alcoholism and Drug Abuse Counselors	703-741-7686	44 Canal Center Plaza, Suite 301 Alexandria, VA 22314	https://www.naadac.org/	Organization that represents addiction professionals, with free webinars.

New Futures	603-225-9540	100 N Main St. Suite 400 Concord, NH 03301	https://new-futures.org/	An organization that tracks and informs on policies and legislations that impact our youth, including mental health and substance misuse. Offers trainings and resources as well.
New Hampshire Alcohol & Drug Abuse Counselors Association	603-225-7060	130 Pembroke Rd. Suite 150 Concord, NH 03301	www.nhadaca.org	Non-profit organization dedicated to advancing addiction professions in NH with trainings and free webinars.
New Hampshire Department of Education	603-271-3494	25 Hall Street Concord, NH 03301-3860	https://www.education.nh.gov/	State and local information for parents, students, and educators. Links to services, partners, and data.
New Hampshire Teen Institute	978-206-1188	1 Sundial Ave. Suite 219 Manchester, NH 03103	www.nhteeninstitute.org	Programs for youth that aim to increase protective factors and reduce risk factors associated with substance misuse. Additional programs for parents, guardians, and professionals.
No Safe Experience			https://nosafeexperience.org	State-wide campaign that focuses on awareness by educating youth, young adults, and families of the dangers and prevalence of fentanyl in fake pills and illicit drugs.
Operation Parent			https://www.operationparent.org/	A website to support parents by providing information, connections and webinar opportunities covering a variety of parenting topics.
Parent Information Center	603-224-7005	54 Old Suncook Rd. Concord, NH 03301	https://picnh.org/	Organization supporting informed decisions that enhance each child's development and well-being with a focus on children/youth with disabilities/special health care needs. Includes resources and trainings.

Partnership to End Addiction	Helpline: 855-378-4373	711 Third Ave. 5 th Floor Suite 500 New York, NY 10017	https://drugfree.org/	Organization dedicated to addiction prevention, treatment, and recovery, with resources for parents.
Seacoast Outright	978-806-2979	PO Box 842 Portsmouth, NH 03802	www.seacoastoutright.org	Resources for LGBTQ+ youth in the Seacoast area, through educational programs, annual Pride celebrations, and youth/parent support groups.
Substance Abuse and Mental Health Services Administration- "Talk. They Hear You" Campaign	1-877-726-4727	5600 Fishers Lane Rockville, MD 20857	www.samhsa.gov/talk-they-hear-you	National youth substance use prevention campaign to help parents and caregivers, educators, and community members get informed, be prepared, and take action to prevent underage drinking and substance use. Includes tool kits, brochures, conversation starters, and valid information.
TERRA Equine Therapy Center	603-487-6745	281 Odell Hill Rd. Center Conway, NH 03813	https://www.terraetc.org/	Equine assisted psychotherapy, horsemanship and riding lessons, and youth horsemanship program
The Partnership at Drug Free NH			https://drugfreenh.org/	Organization that provides information and resources about the use of alcohol, tobacco, and other drugs, with specific resources for parents and caregivers, young adults, and health care professionals.
Truth Initiative	202-454-5555	900 G St., NW Fourth Floor Washington DC, 20001	https://truthinitiative.org/	Organization and campaign that investigates, exposes, and amplifies the truth about smoking, vaping, and nicotine.
WorkReadyNH	603-230-3534		https://www.ccsnh.edu/colleges-and-programs/workready-nh-faq/workready-nh/	Tuition-free professional skills training program

Tier 2: Selective- Resources for those who are at risk of using substances

Organization	Phone	Address	Website	Description
Administration for Children and Families		US. Department of Health & Human Services 330 C Street, W.W., Washington, DC, 20201	https://www.acf.hhs.gov/	Resources, links and information for parents or caregivers that address the well-being of kids. Includes resources for substance use and mental health.
After-school activities, clubs, and sports				Check with your child's school to see what activities, clubs, and sports are available to provide teens with safe environments.
Alternative Peer Groups	Carroll County South APG with the Kingswood Youth Center: 603-569-5949 Carroll County North APG with MWV Supports Recovery: 603-662-0668	Carroll County South APG at the Kingswood Youth Center: 565 Center St. Wolfeboro, NH 03894 Carroll County North APG at TERRA Equine Therapy Center (facilitated by MWV Supports Recovery): 281 Odell Hill Rd. Center Conway, NH 03813	https://iod.unh.edu/creating-connections-nh/alternative-peer-groups	Supportive recovery communities in various locations throughout NH for youth and young adults with substance use challenges. Alternative Peer Groups offer young people a chance to connect at least once a week with peers in an environment that is fun, safe, substance-free, and recovery-focused.
Behavioral health providers and licensed alcohol and drug counselors				Contact your child's healthcare provider or insurance for assistance finding a provider.
Bend Health	800-516-0975		https://www.bendhealth.com/	Virtual mental health care for kids, teens, and families
Big Brothers Big Sisters of New Hampshire	603-430-1140	Available throughout NH	https://bbbsnh.org/	Youth mentoring services.
Children's Behavioral Health Resource Center			https://childrensbehavioralhealthresources.nh.gov/	Comprehensive and easy-to-use guide to link children, youth, young adults, and caregivers that experience mental health or substance use concerns to resources.

Children Unlimited	604-447-6356	182 West Main Street Conway, NH 03818	www.childrenunlimitedinc.org	Family Resource Center for families with children from birth to age 21 and therapeutic services for children
Mt. Washington Valley Psychological Services	603-447-2453	81 Washington St. Conway, NH	https://www.mwvps.com/	Group of individual private practitioners that provide psychotherapy to adults, children, families, and couples.
MWV Supports Recovery	603-662-0668	1620 East Main St. Center Conway, NH 03818	www.mwvsupportsrecovery.org	Recovery Community Organization with trained recovery coaches, a resource center, and programs and services for those in recovery and those affected by addiction.
New Hampshire Teen Institute	978-206-1188	1 Sundial Ave. Suite 219 Manchester, NH 03103	www.nhteeninstitute.org	Programs for youth that aim to increase protective factors and reduce risk factors associated with substance misuse. Plus, additional programs for parents, guardians, and professionals.
Northern Human Services-Conway	603-447-2111	25 West Main Street Conway, NH 03818	https://northernhs.org/	Comprehensive mental health care and substance use counseling.
Northern Human Services-Wolfeboro	603-569-1884	70 Bay Street Wolfeboro, NH 03894	https://northernhs.org/	Comprehensive mental health care and substance use counseling.
Resilience Counseling & Training Center	603-460-5774	273 White Mountain Highway North Conway, NH 03860	https://resiliencencounselingcenter.com	Counseling and therapy, coaching, professional development, and training.
TERRA Equine Therapy Center	603-487-6745	281 Odell Hill Rd. Center Conway, NH 03813	https://www.terraetc.org/	Equine assisted psychotherapy, horsemanship and riding lessons, and youth horsemanship program.

The Doorway	211	<p>Located throughout NH. Local Doorway: The Doorway at Concord Hospital Laconia 80 Highland St. Laconia, NH 03246</p>	www.thedoorway.nh.gov	<p>The Doorway offers assistance with accessing every level of treatment, including screening and evaluation; treatment, including Medication Assisted Treatment; prevention, including naloxone; supports and services to assist in long-term recovery; and peer recovery support services.</p>
White Horse Recovery-North Conway	603-651-1441	<p>2977 White Mountain Highway North Conway, NH 03860</p>	https://whitehorserecovery.org	<p>Substance use treatment and mental health services for adults and families and ongoing recovery support programs.</p>
White Horse Recovery-Ossipee	603-651-1441	<p>68-70 Rt. 16B Center Ossipee, NH 03814</p>	https://whitehorserecovery.org	<p>Substance use treatment and mental health services for adults and families and ongoing recovery support programs</p>

Tier 3: Indicated- Resources for those who are already using substances

Organization	Phone	Address	Website	Description
911	911			Emergency services.
988	988		https://988lifeline.org/	Suicide and crisis line that provides 24/7, free and confidential support for people in distress, along with prevention and crisis resources for you or your loved ones.
Alternative Peer Groups	Carroll County South APG with the Kingswood Youth Center: 603-569-5949 Carroll County North APG with MWV Supports Recovery: 603-662-0668	Carroll County South APG at the Kingswood Youth Center: 565 Center St. Wolfeboro, NH 03894 Carroll County North APG at TERRA Equine Therapy Center (facilitated by MWV Supports Recovery): 281 Odell Hill Rd. Center Conway, NH 03813	https://iod.unh.edu/creating-connections-nh/alternative-peer-groups	Supportive recovery communities in various locations throughout NH for youth and young adults with substance use challenges. Alternative Peer Groups offer young people a chance to connect at least once a week with peers in an environment that is fun, safe, substance-free, and recovery-focused.
Behavioral health providers and licensed alcohol and drug counselors				Contact your child's healthcare provider or insurance for assistance finding a provider.
Bend Health	800-516-0975		https://www.bendhealth.com/	Virtual mental health care for kids, teens, and families.
Children's Behavioral Health Resource Center			https://childrensbehavioralhealthresources.nh.gov/	Comprehensive and easy-to-use guide to link children, youth, young adults, and caregivers that experience mental health or substance use concerns to resources.
Children Unlimited	604-447-6356	182 West Main Street Conway, NH 03818	www.childrenunlimitedinc.org	Family Resource Center for families with children from birth to age 21 and therapeutic services for children.

Mt. Washington Valley Psychological Services	603-447-2453	81 Washington St. Conway, NH	https://www.mwvps.com/	Group of individual private practitioners that provide psychotherapy to adults, children, families, and couples.
MWV Supports Recovery	603-662-0668	1620 East Main St. Center Conway, NH 03818	www.mwvsupportsrecovery.org	Recovery Community Organization with trained recovery coaches, a resource center, and programs and services for those in recovery and those affected by addiction.
My Life My Quit	Text "Start My Quit" to 36072		https://nh.mylifemyquit.org/	Free and confidential help for teens to quit smoking or vaping.
New Hampshire Harm Reduction Coalition	info@nhhrc.org	1 Washington St. Suite 3114 Dover, NH 03821	https://www.nhhrc.org/	Harm reduction supplies, direct support, advocacy, and education about harm reduction and evidence-based practices.
New Hampshire Rapid Response Access Point	Call/Text 833-710-6477		https://www.nh988.com/	Free crisis services, available 24/7, for individuals experiencing a mental health and/or substance use crisis.
New Hampshire Tobacco Prevention and Cessation Program	603-271-6891		https://www.dhhs.nh.gov/programs-services/population-health/tobacco-prevention-cessation	Information and resources for preventing tobacco use among and youth and for quitting tobacco.
Northern Human Services-Conway	603-447-2111	25 West Main Street Conway, NH 03818	https://northernhs.org/	Comprehensive mental health care and substance use counseling.
Northern Human Services-Wolfeboro	603-569-1884	70 Bay Street Wolfeboro, NH 03894	https://northernhs.org/	Comprehensive mental health care and substance use counseling.
Quit Now NH	1-800-784-8669		https://quitnownh.org/	Free confidential help for quitting tobacco.
Resilience Counseling & Training Center	603-460-5774	273 White Mountain Highway North Conway, NH 03860	https://resiliencycounselingcenter.com	Counseling and therapy, coaching, professional development, and training.

TERRA Equine Therapy Center	603-487-6745	281 Odell Hill Rd. Center Conway, NH 03813	https://www.terraetc.org/	Equine assisted psychotherapy, horsemanship and riding lessons, and youth horsemanship program
The Doorway	211	Located throughout NH. Local Doorway: The Doorway at Concord Hospital Laconia 80 Highland St. Laconia, NH 03246	www.thedoorway.nh.gov	The Doorway offers assistance with accessing every level of treatment, including screening and evaluation; treatment, including Medication Assisted Treatment; prevention, including naloxone; supports and services to assist in long-term recovery; and peer recovery support services.
This Is Quitting	Text DITCHVAPE to 88709		https://truthinitiative.org/thisisquitting	Free help to quit vaping for teens and young adults.
White Horse Recovery-North Conway	603-651-1441	2977 White Mountain Highway North Conway, NH 03860	https://whitehorserecovery.org	Substance use treatment and mental health services for adults and families and ongoing recovery support programs.
White Horse Recovery-Ossipee	603-651-1441	68-70 Rt. 16B Center Ossipee, NH 03814	https://whitehorserecovery.org	Substance use treatment and mental health services for adults and families and ongoing recovery support programs