



Resources for Neighbors, Family,
and Friends!

From your Greater Sullivan County
Public Health Network

(603) 863-2560

Newport, NH

Emergency Preparedness

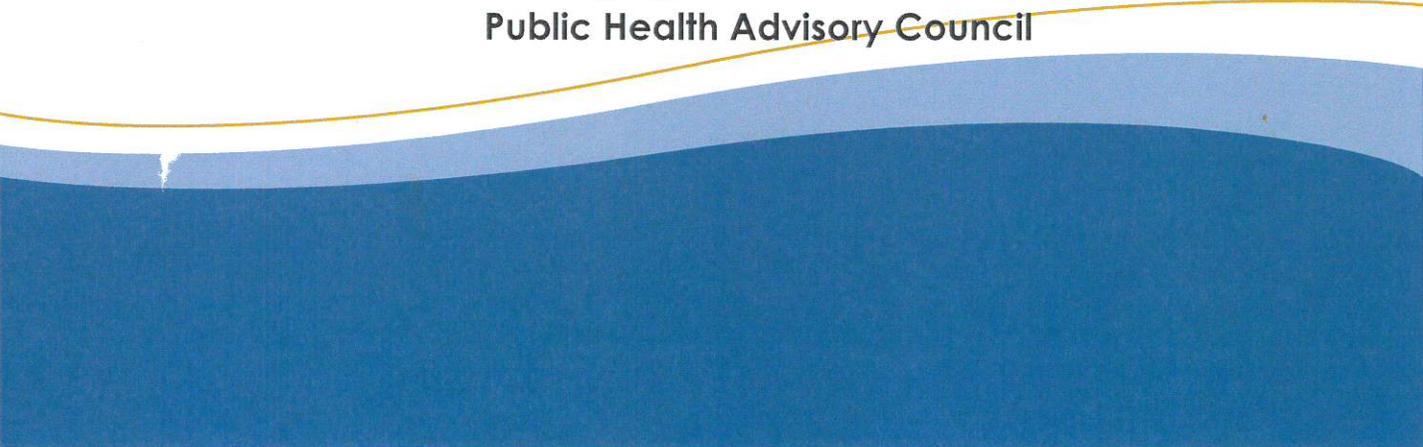
Substance Misuse Prevention

Continuum of Care

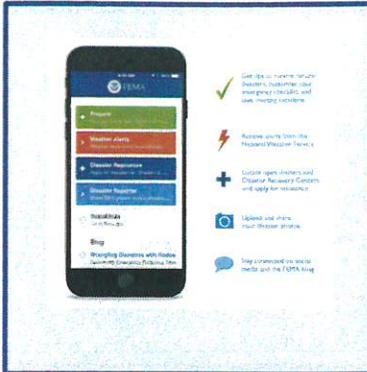
Diversion

Messaging and Media

Public Health Advisory Council

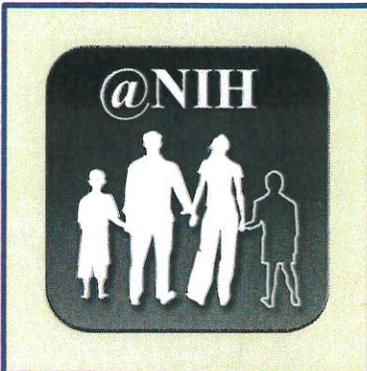


Emergency Apps For Smart Phones



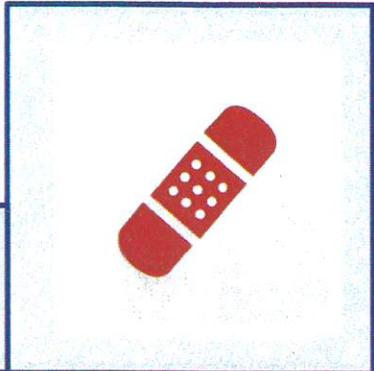
FEMA Mobile
Preparedness Tips, Weather Alerts,
Disaster Resources, Disaster Reporting

NH Alerts
NH Alerts delivers free emergency,
community and missing person notices



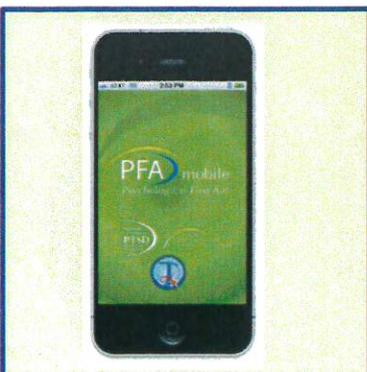
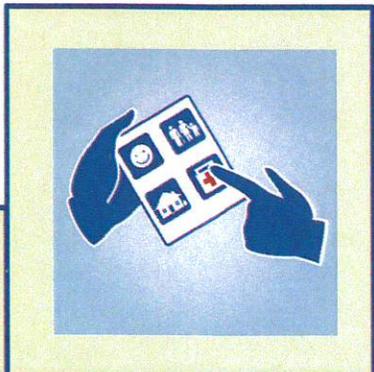
Re-Unit
Post-disaster family reunification tool
from the U.S. National Library of Medicine

Red Cross First Aid
Instant access on handling the most
common First Aid emergencies



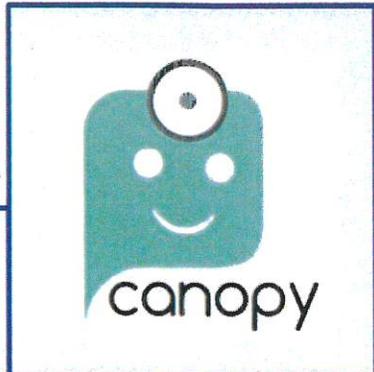
Red Cross Emergency!
Let's you monitor more than 35 different
severe weather and emergency alerts

Show Me
Easy to understand icons for supporting
communications during emergencies



PFA Mobile
Psychological First Aid for disasters and
emergencies

Canopy
Written and audio medical translations in
many common languages



Greater Sullivan County Medical Reserve Corps (GSCMRC)

Greater Sullivan

medical
reserve
corps



GSCMRC Mission: To engage health care professionals as well as non-medical personnel in helping the community prepare for, respond to, and mitigate emergencies, disasters, and pressing public health needs by providing a group of readily trained and available volunteer professionals who supplement and assist local medical emergency response systems.

GSCMRC Vision: to enhance the regional medical and emergency response capability.

Background Information:

- We are one of 16 units in the state of NH, one of almost 1,000 units in the country.
- We have over 20 members, from varied professions: physicians, nurse practitioners, nurses, pharmacists, dentists, veterinarians, mental health professionals, EMS professionals, other public health/medical professionals, and non-public health/medical individuals.
- GSCMRC represents and serves all the towns in the greater Sullivan region including: Acworth, Charlestown, Claremont, Cornish, Croydon, Goshen, Langdon, Lempster, New London, Newbury, Newport, Springfield, Sunapee, Sutton, Unity, and Wilmot, NH We aim to have our membership be representative of all 16 towns.
- Since our new Director came on board in September 2015, we have provided over 51 hours of volunteer service to our community at a value over \$1,300.

Trainings:

offered to our members and the community at large at no cost:

- CPR/First-Aid
- Tick Education and Prevention
- Suicide Postvention
- Suicide Prevention
- Psychological First Aid
- Family and Personal Preparedness

** not an exhaustive list*

Responses / Activations:

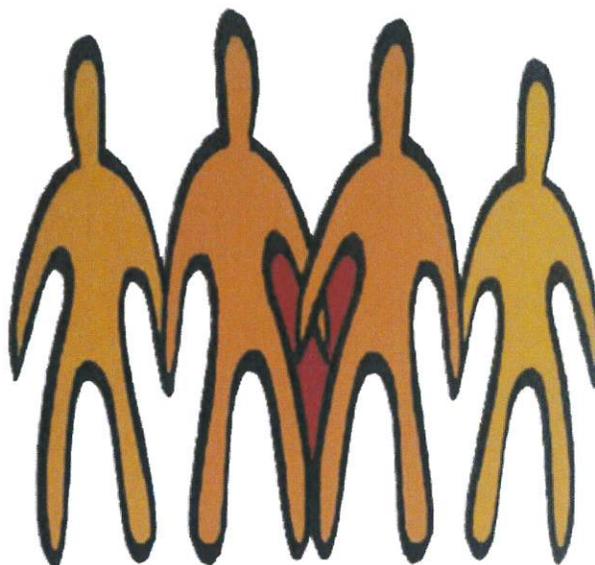
- Pan. Flu, H1N1 Outbreak – November, 2009
- Hurricane Irene Event— August, 2011
- Colby Sawyer Wellness Fair– Spring, 2014
- School Based Flu Clinics– Ongoing ,2015
- Medication Take Back Events - Ongoing

** not an exhaustive list*

Director:

Kirsten Vigneault 603-863-2560 ext. 158 phn@sullivancountynh.gov

*Greater Sullivan County Medical Reserve Corps Unit #1558
24 Main Street Newport, NH 03773 sullivancountynh.gov/publichealth*



Are you concerned about your child's use of alcohol or other drugs?

Peer Support Groups for Parents of Children, Teens and Young Adults with Substance Use Issues

- **Free**
- **Confidential**
- **Comprised of Peers**
- **Respectful of others' views**
- **Accepting of chemical dependency as a treatable disease of the brain**
- **Always hopeful**

F.A.S.T.E.R. Parent Support Group

(Families Advocating Substance Treatment, Education & Recovery)

The group is held the 1st and 3rd Monday, every month

6:30pm – 8:00pm at HOPE for Recovery Center

169 Main St. Claremont

Contact Ellen (603) 558-4087 for more information

Walk-Ins Welcome



**NH Children's
Behavioral Health
Collaborative**

Groups are supported by a contract with N.H. Department of Health and Human Services with funds from U.S.D.H.H.S.



National Alliance on Mental Illness

NAMI New Hampshire

"Families Helping Families"

You are not alone.

We can help!

Join Us

CONTACT:

PAT WHITNEY
(603) 763-5054
or

JEAN FAHEY
(603) 543-0895

1st THURSDAY
OF EVERY MONTH

6:00 - 7:30PM
Valley Regional Hospital
243 Elm Street
Claremont, NH
Buckley Conference Rm

NAMI New Hampshire
The National Alliance on
Mental Illness NH
85 N. State Street
Concord, NH 03301
1-800-242-6264
info@naminh.org

CLAREMONT FAMILY SUPPORT GROUP

**for family and friends
of an adult with mental illness**

Do you have a loved one who has a mental illness?

Are you looking for support?

Come and make important connections to others who:

- ◆ *Understand the challenges you face*
- ◆ *Feel the same way you do*
- ◆ *Have had the same experiences*
- ◆ *Will help you learn new coping skills*
- ◆ *Will share their success and strategies with you*



This support group was financed under an agreement with the State of New Hampshire, DHHS, Division of Behavioral Health, with funds provided in part or in whole by the State of New Hampshire and/or United States Department of Health and Human Services.

You are not alone

According to the National Institute of Mental Health, approximately 1 in 5 adults over the age of 18 suffer from a diagnosable mental illness in any given year. With effective treatment and medication and a wide range of services tailored to their needs, most people living with serious mental illnesses can significantly reduce the impact of their illness and find a satisfying measure of achievement and independence. Click the links below or use the side navigation for more information on the desired topic.

- [Peer Support Centers](#) ~ peer support centers around the state offer support and resources for consumers
- [In Our Own Voice](#) ~ speaker program for consumers who are in recovery
- [Information & Resource Line](#) ~ call 800.242.6264, Monday ~ Friday, 9 am ~ 5 pm
- [NAMI Connection](#) ~ NAMI NH's support group for consumers led by trained consumers who are in recovery
- [Recovery](#) ~ information and resources for recovery from mental illness
- [Suicide Attempt Survivors](#) can find resources on the [Website for NAMI NH's Connect Program](#)

we SUPPORT

Consumers / Clients

- [In Our Own Voice](#)
- [NAMI Connection](#)
- [Peer Support](#)
- [Peer Support Agencies](#)
- [Suicide Attempt Survivors](#)

Families / Friends Of Adults

Families/Friends Of Children

Mental Health Centers

Military and Veteran Family Initiative Section

Online Support Groups

Resources

Support Groups

Survivors of Suicide Loss

Teens/Young Adults



NAMI New Hampshire

we can help improving lives affected by mental illness

NEED HELP?

1-800-242-6264

[about NAMI NH](#)

[we SUPPORT](#)

[we EDUCATE](#)

[we ADVOCATE](#)

[JOIN US](#)

[DONATE >](#)



Support



Put the power to prevent bullying in your hand.



Free for iPhone® and Android.™
Visit <http://bit.ly/KnowBullying>

Verizon 6:12 PM KnowBullying X SAMHSA

TALK WITH YOUR CHILD

Conversation Starters Share

Encourage your kids to tell you if they, or someone they know, is being cyberbullied. Explain that you will not take away computers or cell phones if they confide in you.

My Kids

Learn About Bullying

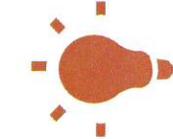
Get Help Now



Start a conversation your child will remember when it counts.



KnowBullying by SAMHSA is a free mobile app that encourages conversation between you and your children.



KnowBullying includes:

- **Conversation Starters:** Start a meaningful dialogue with your child.
- **Tips:** Learn ways to prevent bullying.
- **Warning Signs:** Know if your child is affected by bullying.
- **Reminders:** Find the right time to connect with your child.
- **Social Media:** Share tactics and useful advice.
- **Section for Educators:** Prevent bullying in the classroom.



<http://www.samhsa.gov>

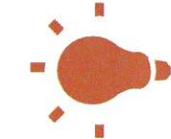
1-877-SAMHSA-7 (1-877-726-4727)



Start a conversation your child will remember when it counts.



KnowBullying by SAMHSA is a free mobile app that encourages conversation between you and your children.



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- **Tips:** Learn ways to prevent bullying.
- **Warning Signs:** Know if your child is affected by bullying.
- **Reminders:** Find the right time to connect with your child.
- **Social Media:** Share tactics and useful advice.
- **Section for Educators:** Prevent bullying in the classroom.



<http://www.samhsa.gov>

1-877-SAMHSA-7 (1-877-726-4727)



65 Park Street, Unit #2, Newport NH 03773 * (603) 552-7253

All-Recovery Support Meetings

All Recovery Support Meetings are based on the philosophy that people from every addiction recovery pathway have much in common and can benefit from sharing together. These meetings offer a place where people can share their addiction recovery experiences, with an emphasis on the hope and healing of recovery and how recovery has changed our lives, regardless of the substance or behavior that is at the root of our addiction.

Varies daily topics including but not limited to:

Families in addiction
Mindfulness
Parenting in recovery
Medically assisted recovery

Monday through Friday 10:30am – 11:30 am

All meetings are free of charge!



An affiliate of
Face It TOGETHER

169 Main St Claremont, NH (03743) (603) 287-7919

COME VISIT US AT OUR NEW CENTER!

Our peer- based recovery services

Include:

- Peer coaching & support
- All Recovery Meetings
- 12 -step fellowship
- Volunteer opportunities
- Community Outreach & advocacy
- Telephone Recovery Support
- Sober events



Meetings

Monday

- 9:30 - 10:00 Coffee Talk
- 10:00 - 11:00 All recovery meeting
- 1:00 - 2:00 Journaling
- 3:00 - 4:00 All recovery meeting

Tuesday

- 9:30 - 10:00 Coffee Talk
- 10:00 - 11:00 All recovery meeting
- 1:00 - 2:00 We Covery & Pastries
- 3:00 - 4:00 Hope not Dope meeting

Wednesday

- 9:30 - 10:00 Coffee Talk
- 10:00 - 11:00 All recovery meeting
- 12:00 - 1:00 AA meeting (Dave)
- 3:00 - 4:00 All recovery meeting

Thursday

- 9:30 - 10:00 Coffee Talk
- 10:00 - 11:00 All recovery meeting
- 1:00 - 2:00 Self-care Meeting
- 3:00 - 4:00 All recovery meeting

Friday

- 9:30 - 10:00 Coffee Talk
- 10:00 - 11:00 All recovery meeting
- 1:00 - 2:00 Life skills meeting
- 3:00 - 4:00 All recovery meeting

Sunday

9:00 am Pancake Breakfast followed with
an All Recovery meeting at 10:00 am

Do You Or Someone You Know Struggle With Addiction or Substance Use?

Have questions about what to do next?

Your Recovery Is Our Priority!

Call the NH Statewide Addiction Crisis Line

1-844-711-HELP

hope@keystonehall.org



Confidential Judgment-free 24 Hours a day 7 Days a week

Our trained counselors are here to listen and help you take the steps that are right for you. Counselors can also assist you in finding:

- Residential Treatment • Intensive Outpatient Program
 - Outpatient Therapy • Shelters • Support Groups
- Impaired Driver Programs • Emergency Room/Services
 - Mental Health/Substance Use Evaluations
 - Medication Assisted Treatment
- Transitional Housing • Sober Housing • Family Services
 - SUD Specialized Primary Health Care
- Recovery Support Services • Adolescent Services

Funded by



A program of



SPEAK UP



The Opiate Epidemic affects us all...

You can make a difference!

Join us, SPEAK UP November 15, 6-8pm

South Congregational Church, South Main Street

Newport, NH 03773

SPEAK UP

"Shame thrives in the dark and simply ceases to exist when you tell your story. We heal by coming out of the dark to tell the truth." Sasha Tozzi

My story begins with the phone call no parent ever wants to receive, that my daughter had died; worse, she had died of a heroin overdose. I was unprepared for both of these facts. I was stunned beyond words, beyond feeling. I couldn't think. I was overwhelmed and silenced by my desperate grief.

As the months have gone by, I realize more and more that many parents are suffering as I am. Friends and family feel helpless by all that's associated with drug use and/or death of a loved one. The loss cannot be shared because the community labels this affliction as a moral shortcoming instead of an illness. No one wants to listen.

On November 15th, the anniversary of my daughter's death, we will have a chance to change that dynamic by getting together and telling our stories. We will stand in the light and tell our truth. We will SPEAK UP!

This event, which is being planned in conjunction with Hope for NH, will be held in Newport on the evening of Nov. 15th. Plans are tentative at this point but we will have a forum of bereaved parents/friends who will talk of the impact on them; we will light candles and walk around the common (weather permitting); we will honor those who have died and their grieving loved ones.

Please join us. This is an important beginning in an effort to solve the terrible epidemic of drug use and the unbearable cost to our communities.

Please contact the SPEAK UP committee, the Rev Alice Roberts,
2 Moore Rd. Newport, NH 03773; 603 252 1270;
aliceandruss@comcast.net



GREATER SULLIVAN COUNTY

Diversion Services

(603) 229-8105

PARENTING WISELY PROGRAM (PW)

Focusing on improving parents' effectiveness to, enhance family communication, foster mutual support, and increase supervision and appropriate discipline.

This program is a self-administered, highly interactive, online program that teaches parents, of children ages 9-18, important skills for combating risk factors for substance use and abuse.

These skills can effectively reduce serious problems such as: delinquency, academic failure, truancy, substance abuse, violence, irresponsible and reckless behavior, chronic family conflict, depression and more...

Parenting Wisely has been proven effective and can be completed in the privacy of your own home. Additionally, support is available from our trained staff.

Parents can self-refer to this program by contacting Greater Sullivan County Diversion Services directly.

Referrals may also come from Courts, Police Departments, Juvenile Justice Services, Schools, Department of Health and Human Services, or any other appropriate community referral sources. To learn more about this program please contact us anytime Monday-Friday 8:00 am to 4:00 pm.

PW Program is Proven Effective in:

Increasing knowledge and application of effective parenting skills



Strengthening family relationships



Teaching valuable communication and behavior management skills



Reducing teen/preteen problem behaviors



Reducing verbal and physical aggression between teens and parents (and between spouses and partners!)



Improving school performance



Increasing compliance of parental requests



Monitoring friends

GREATER SULLIVAN COUNTY DIVERSION SERVICES

ALECIA FARQUHAR, DIVERSION SERVICES DIRECTOR

14 Main Street

Newport, NH 03773

Tel: (603) 229-8105

afarquhar@sullivancountynh.gov

GREATER SULLIVAN COUNTY DIVERSION SERVICES

*Committed to Prevention and Education for Youth and Families
Serving Sullivan County and the surrounding area*

Notice of Programs

Managing Anger and Conflict (MAC)

The MAC Program is an intensive and interactive six-session program that is designed to help youth understand and better respond to anger and conflict. The program shows youth the effects of anger has on their lives and the lives of those around them and teaches them to cope with their emotions in a positive and responsible manner, challenging them to make appropriate decisions.

Reel Life/Real Choices

This is a six-session program that provides at-risk adolescents and youth with information, resources, discussion and peer support around a variety of topics. The program focuses on a number of topics that youth ages 11-18 may confront including: drugs, alcohol, tobacco, conflict resolution, peer pressure, bullying, self-esteem, social responsibility, goals, career options and exploration, and the juvenile justice system.

Behind the Smoke Screen

Behind the Smoke Screen educates youth and adolescents, about the dangers, health risks and addictive nature of tobacco and nicotine products. The program helps youth uncover the dangerous truth behind the various delivery methods available today. The curriculum includes written material, research project, videos and discussion.

Teen Alcohol Awareness Program (TAAP)

TAAP is designed for youth as prevention education and for those involved in or at risk of alcohol offenses. The program features videos, discussions, and a writing assignment geared toward educating youth on the dangers of alcohol use/abuse, and the role peer pressure plays in underage drinking.

Juvenile and Adult Court Diversion Program

The Juvenile and Adult Diversion Programs offer youth and adults the opportunity to learn from their offense through a contract. Contracts may consist of community service hours, apology letters to victims and family members, research papers, tours of the Sullivan County Correctional Facility, teen groups, and referrals to outside resources. The program carries a fee based on a sliding scale for Sullivan County residents.

Other Available Programs include:

Community Volunteer Program

Parenting Wisely Program (PW) - Evidence-based program

Y.E.S. Youth Educational Shoplifting Program – Evidence-based program

Referrals may come from parents, courts, police, Juvenile Justice Services, NH DHHS, schools, Diversion and any other appropriate community referral source

Call, Alecia Farquhar, Diversion Services Director

Tel: (603) 863-2560 • 14 Main Street, Newport, NH 03773

afarquhar@sullivancountynh.gov

Suicide Safe: A New Suicide Prevention App from SAMHSA

Almost half of individuals who die by suicide have visited a primary care provider in the month prior to their death, and 20% have had contact with mental health services.

Suicide Safe is a new, free mobile app that helps providers integrate suicide prevention strategies into their practice and address suicide risk among their patients.

Suicide Safe is based on the nationally recognized Suicide Assessment Five-step Evaluation and Triage (SAFE-T) card and helps providers:

- Confidently assist patients who present with suicidal ideation.
- Communicate effectively with patients and their families.
- Determine appropriate next steps.
- Make referrals to treatment and community resources.

Suicide Safe is available for Apple® and Android™ mobile devices.

Visit bit.ly/suicide_safe to learn more and download the app.



blog.samhsa.gov



facebook.com/samhsa



[@samhsagov](https://twitter.com/samhsagov)



youtube.com/samhsa



SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.
<http://www.samhsa.gov/> 1-877-SAMHSA-7 (1-877-726-4727)



CONCERNED ABOUT A FAMILY MEMBER OR FRIEND?

ARE THEY SUICIDAL?

- Depressed, angry, impulsive?
- Going through a relationship break-up, legal trouble, or other setback?
- Using drugs or alcohol more?
- Withdrawing from things they used to enjoy?
- Talking about being better off dead?
- Losing hope?
- Acting reckless?
- Feeling trapped?

SUICIDES IN NH
far outnumber homicides

**FIREARMS ARE THE
LEADING METHOD**

**ATTEMPTS WITH A GUN
ARE MORE DEADLY**
than attempts with other methods

HOLD ON TO THEIR GUNS

- Putting time and distance between a suicidal person and a gun may save a life.
- For other ways to help, call the National Suicide Prevention Lifeline: 1-800-273-TALK [8255].



www.nhfsc.org

IT'S NEVER TOO EARLY TO START TALKING ABOUT **UNDERAGE DRINKING**

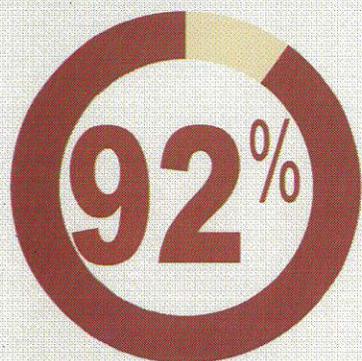


10%

OF 9- TO 10-YEAR-OLDS HAVE ALREADY STARTED DRINKING.¹

More than **20%**

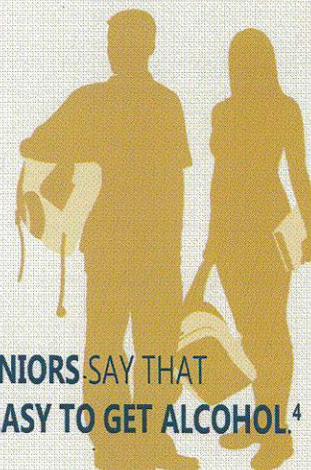
OF UNDERAGE DRINKERS BEGIN DRINKING BEFORE AGE 13.²



OF THE ALCOHOL CONSUMED BY 12- TO 14-YEAR-OLDS IS IN THE FORM OF **BINGE DRINKING**.³

More than **90%**

OF HIGH-SCHOOL SENIORS SAY THAT IT IS EASY OR VERY EASY TO GET ALCOHOL.⁴



Parents, you have the power to help prevent underage drinking by talking to your children early and often about the dangers of alcohol. Prepare for one of the most important conversations you may ever have with SAMHSA's "Talk. They Hear You." Mobile Application, available for download on the App StoreSM, Google PlayTM, and the Windows[®] Store. Learn more at <http://www.underagedrinking.samhsa.gov>.



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Substance Abuse and Mental Health Services Administration
SAMHSA

¹ Donovan, J., Leech, S., Zucker, R., Loveland-Cherry, C., Jester, J., Fitzgerald, H., et al. (2004). Really underage drinkers: Alcohol use among elementary students. *Alcoholism: Clinical and Experimental Research*, 28(2), 341-349.

² Centers for Disease Control and Prevention. (2012). Youth risk behavior surveillance—United States, 2011. *Surveillance Summaries. Morbidity and Mortality Weekly Report*, 61, SS-4, 1-162.

³ Pacific Institute for Research and Evaluation. (2002). *Drinking in America: Myths, realities, and prevention policy*. Washington, DC: U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention.

⁴ Johnston, L.D., O'Malley, P.M., Bachman, J.G., & Schulenberg, J.E. (2013). *Monitoring the Future national survey results on drug use, 1975-2012. Volume I: Secondary school students*. Ann Arbor: Institute for Social Research, University of Michigan. Retrieved from http://www.monitoringthefuture.org/pubs/monographs/mif-vol1_2012.pdf

Build a relationship now, and they'll make better decisions later.

Communities United Regional Network works to reduce alcohol and other drug use in our community. We know **caring adults can make the biggest difference in a child's life.** This brochure can help you build a strong relationship with your child that will last a lifetime.

This strong foundation will help your child become a healthy adult.

Communities United Regional Network for Sullivan County
23 Main Street, Newport NH 03773

For more information, visit PreventionWorksNH.org or call 603-863-2560.

Follow us on Facebook: [PreventionWorksNH](https://www.facebook.com/PreventionWorksNH)

Adapted from research and information provided by Prevent Child Abuse America.

Keep Talking

Your Kids Are Listening!

Talking to Children and Teens at all Ages and Stages

from *Communities United Regional Network*



PreventionWorksNH.org

Your kids are listening!

Study after study shows that the most important influence on kids—at any age—are the individuals who are parenting them. From birth into young adulthood, you make the difference.

THE EARLIEST YEARS

Your child is watching and listening to



you. Giving them love and care now will give them a

- Communication is the best way to discipline. Children are less likely to repeat behavior when they understand why it's inappropriate.

- Focus on the positive. Praise your child for good behavior.
- Your baby communicates through smiling and cooing when they're content and crying when they're upset. Don't be afraid to 'talk back' as you care for him or her.

- Toddlers are very expressive and can act very emotional when happy or sad. This is normal for them! As a parent, you can help them name their emotions and offer solutions ("I know you're angry because your toy is broken. Let's play with something else.")

- Let your child know you love them every day. All children need to know they are safe and loved.

AS CHILDREN GROW

- Ask questions about school and other activities to show you're interested in them and what they enjoy. Ask questions and listen to their answers.

- Older children know lots of words and ideas, but may still need your help to understand why they are feeling the way they do.



- Help your child think through their problems and come up with solu-

tions. Letting them find solutions to their own problems helps build self-confidence and independence.

IN THE TEEN YEARS

- Teens want independence but also want and need your support. They want to solve problems by themselves but they also need to know their parents will be there if they need help.

- Encourage your teen to express their feelings openly and honestly, and be as honest with them as you can.



- Encourage a 'passionate interest' in your child, whether it's in a sport, creating art or music, or helping others through volunteering. Giving them something to care deeply about helps them make better choices.

- Always let your teen know how much you love them. Talk with them in the car and at mealtimes about what's going on in their lives and how they feel.



New Hampshire

we can help improving lives affected by mental illness

NEED HELP?

1-800-242-6264

about NAMI NH

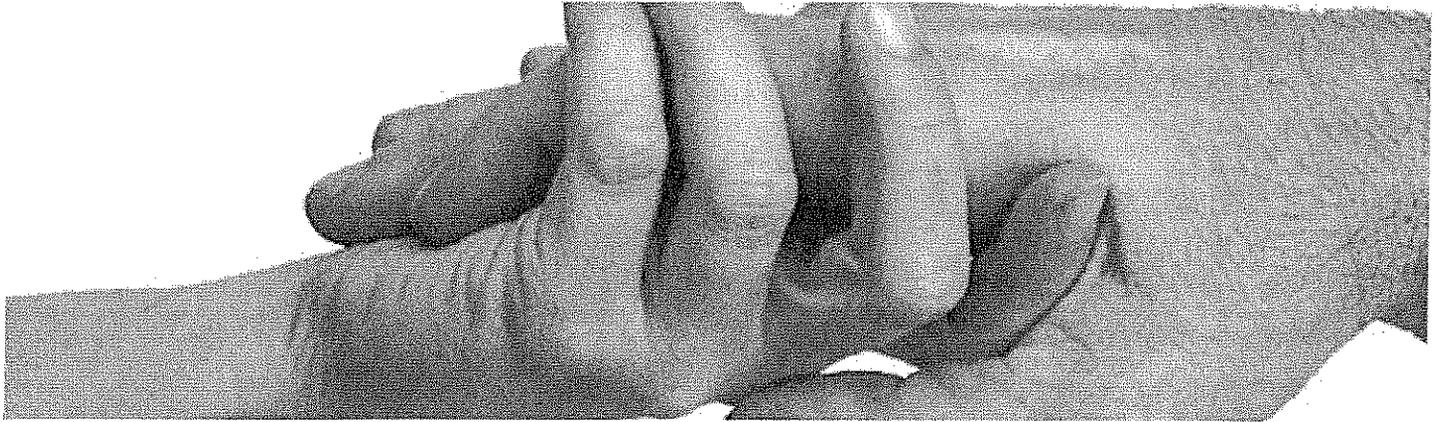
we SUPPORT

we EDUCATE

we ADVOCATE

JOIN US

DONATE >



Grief Support Groups for Survivors of Suicide Loss

There are many support groups across New Hampshire for those who have lost a family member, friend or relative to suicide. While some groups are peer-facilitated and others are led by professional counselors, all are comprised of fellow survivors who can offer great comfort through conversation and discussion of issues unique to bereavement of suicide. There are also general grief support groups for both adults and children that are not specific to suicide but address issues of grief and loss. Internet support groups offer another option for people who live in rural areas or prefer tapping into support from home or at different hours.

Please note that the groups listed below may not always be actively meeting. Regional Hospitals, local Community Health and Hospice, VNA's and Mental Health centers may also be a resource for support groups in your area.

If you do not reach a group, call NAMI NH for up-to-date contact information: (800) 242-6264 or (603) 225-5359 or info@naminh.org.

Contact information listed below is intended for families and individuals so that they may connect with Support Group leaders regarding the group. Contact information is not intended for solicitation of any kind.

Groups for Adults

we SUPPORT

Consumers / Clients

Families / Friends Of Adults

Families/Friends Of Children

Mental Health Centers

Military and Veteran Family Initiative Section

Online Support Groups

Resources

Support Groups

Survivors of Suicide Loss

- Grief Support Groups for Survivors of Suicide Loss

Teens/Young Adults



CONCORD

Greater Concord Area Survivors of Suicide Loss Support Group

Contact: Janyce Demers, (603) 625-9459, didorun@myfairpoint.net or Debbie Baird, (603) 717-5408, dbaird@naminh.org

Location: NAMI NH, 85 North State Street, Concord, NH

Day/Time: 2nd Wednesday each month, 6:30 - 8:00 pm

Facilitated by: Peer

DURHAM

Survivors of Suicide Loss Group

Contact: Sean and Amy - sosldurhamnh@gmail.com

Location: Waysmeet Center - 15 Mill Road, Durham, NH

Day/Time: 3rd Wednesday each month, 6:15 - 7:15 pm

Facilitated by: Peer

HAMPSTEAD

Coping with a Loved One's Suicide

Contact: Dan Wells (603) 553-0119 or dwells5@sau81.org

Location: Hampstead Public Library, 9 Mary E. Clark Drive, Hampstead, NH

Day/Time: Every Friday, 4-5 pm

Facilitated by: Peer

KEENE AREA

A Safe Place Support Group

The Samaritans – Monadnock Region

103 Roxbury Street, Suite 304

Keene, NH 03431

Contact: Carmen/Penny King, (603) 357-5510, pc@samaritansnh.org;

www.samaritansnh.org

Location: Call for information

Day/Time: Mondays 6:30-7:30 pm

Facilitated by: Peer - All meetings are confidential and open **only** to survivors.

LACONIA

Winnepesaukee Survivors of Suicide Loss Group

SUBSTANCE USE DISORDER SUPPORTS AND SERVICES GREATER SULLIVAN COUNTY REGION

For more information contact the Greater Sullivan County Public Health Network

603-863-2560

Connections and Continuity of Care

HOPE of NH provides peer to peer recovery support services through the utilization of certified CRSW employees 169 Main Street, Claremont (603)287-7919. 65 Park St, Newport, NH (603) 552-7253. Identification of gaps including insurance, connection with a primary care doctor, connection with detoxification, residential, and counseling services, and vital social/emotional peer support and recovery maintenance.

TLC Family Service Center-Serving Sullivan and Upper Valley areas open 8-5 M-F. (603)-542-1848. www.tlcfamilyrc.org. info@tlcfamilyrc.org

What provided: Assists families with young children with supports and referrals, and connections with needed services.

Family Supports—Assistance for family members to strengthen their advocacy is key to sustainable improved health. (603) 558-4087.

FASTER twice monthly in Claremont—Peer led meetings for family members to help them navigate when concerned about a family member's substance use. 1st and 3rd Monday of the month, Connect Center, Claremont 46 Opera House Square.

Treatment

Treatment for Substance Use Disorders includes Licensed Alcohol and Drug Counselors (LADC), detoxification and withdrawal management including use of Vivitrol, Intensive Outpatient Treatment, Residential Inpatient Treatment, and Medication Assisted Treatment (MAT).

LADC providers are in the Sullivan County area and may be located through interactive directory at www.nhtreatment.org. Availability is limited for LADC services however, HOPE can assist with up to date information. Dartmouth has provided some detoxification support. Residential Inpatient treatment is not currently available in the immediate area. Residential Inpatient Treatment is not available in the region however HOPE has been successful in connecting with services elsewhere.

“Improved patient-centered outcomes are achieved through collaborative care and communication between partners. Keeping primary care at the center through continued development of effective and supportive relationships is essential.”

Liz Hennig

Continuum of Care Coordinator

Providers who have implemented Screening Brief Intervention and Referral to Treatment approach (SBIRT)

- Newport Health Center, Newport NH
- Valley Regional Hospital, Claremont NH
- TLC Family Service Center

To find out how to learn more about SBIRT or treatment options contact the regional public health network 603-863-2560

SUBSTANCE USE DISORDER SUPPORTS AND SERVICES GREATER SULLIVAN COUNTY REGION

For more information contact the Greater Sullivan County Public Health Network

603-863-2560

Important Phone Numbers to Help with Access

Statewide Addiction Crisis Line 1-844-711-HELP. Identification of gaps including insurance, connection with a primary care doctor, connection with detoxification, residential, and counseling services, and vital social/emotional peer support and recovery maintenance.

911 Dial 911 and ask.

What is available and where it can be found.

Headrest, Lebanon. (603) 448-4872.

Residential inpatient treatment is provided and source of information for other services and mental health crisis line.

Second Growth., West Lebanon (802) 295-9800

Evaluation and Group Counseling, and Recovery Support Services for 17 and under

Medicated Assisted Treatment and Vivitrol

Treatment provider information is available through an interactive website that includes services offered and insurances accepted at www.nhtreatment.org. Below is a partial listing.

Vivitrol: Keady Family Practice , Newport, Claremont, and Charlestown
(603) 826-3434

Withdrawal Management:

New England Medicine and Counseling Associates, PLLC Group Outpatient, Buprenorphine and other medication, Grantham (603) 903-2900

Mending Our Minds, Outpatient, Buprenorphine, Suboxone, and other medication, New London(603) 715-7578

Groups, Claremont Group Outpatient, Suboxone, Grantham 1-800-683-8313

“Improved patient-centered outcomes are achieved through collaborative care and communication between partners. Keeping primary care at the center through continued development of effective and supportive relationships is essential.”

Liz Hennig

Continuum of Care Coordinator

The Right Care for the Right Time:

Medicated Assisted Treatment, Craving Reduction/Vivitrol, Peer Recovery Support, Residential Treatment, and Intensive Outpatient Treatment.

Accessing all the tools and resources available to support recovery matters and should be available through federal parity law and Medicaid expansion.



Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: **A GUIDE FOR PARENTS, CAREGIVERS, AND TEACHERS**

Adult support and reassurance is the key to helping children through a traumatic time.

Children and youth can face emotional strains after a traumatic event such as a car crash or violence.¹ Disasters also may leave them with long-lasting harmful effects.² When children experience a trauma, watch it on TV, or overhear others discussing it, they can feel scared, confused, or anxious. Young people react to trauma differently than adults. Some may react right away; others may show signs that they are having a difficult time much later. As such, adults do not always know when a child needs help coping. This tip sheet will help parents, caregivers, and teachers learn some common reactions, respond in a helpful way, and know when to seek support.

Possible Reactions to a Disaster or Traumatic Event

Many of the reactions noted below are normal when children and youth are handling the stress right after an event. If any of these behaviors lasts for more than 2 to 4 weeks, or if they suddenly appear later on, these children may need more help coping. Information about where to find help is in the **Helpful Resources** section of this tip sheet.

PRESCHOOL CHILDREN, 0–5 YEARS OLD

Very young children may go back to thumb sucking or wetting the bed at night after a trauma. They may fear strangers, darkness, or monsters. It is fairly common for preschool children to become clingy with a parent, caregiver, or teacher or to want to stay in a place where they feel safe. They may express the trauma repeatedly in their play or tell exaggerated stories about what happened. Some children's eating and sleeping habits may change. They also may have aches and pains that cannot be explained. Other symptoms to watch for are aggressive or withdrawn behavior, hyperactivity, speech difficulties, and disobedience.

- **Infants and Toddlers, 0–2 years old,** cannot understand that a trauma is happening, but they know when their caregiver is upset. They may start to show the same emotions as their caregivers, or they may act differently, like crying for no reason, withdrawing from people, and not playing with their toys.
- **Children, 3–5 years old,** can understand the effects of trauma. They may have trouble adjusting to change and loss. They may depend on the adults around them to help them feel better.

EARLY CHILDHOOD TO ADOLESCENCE, 6–19 YEARS OLD

Children and youth in these age ranges may have some of the same reactions to trauma as younger children. Often, younger children want much more attention from parents or caregivers. They may stop doing their school work or chores at home. Some youth may feel helpless and guilty because they cannot take on adult roles as their family or the community responds to a trauma or disaster.

- **Children, 6–10 years old**, may fear going to school and stop spending time with friends. They may have trouble paying attention and do poorly in school overall. Some may become aggressive for no clear reason. Or they may act younger than their age by asking to be fed or dressed by their parent or caregiver.
- **Youth and Adolescents, 11–19 years old**, go through a lot of physical and emotional changes because of their developmental stage. So, it may be even harder for them to cope with trauma. Older teens may deny their reactions to themselves and their caregivers. They may respond with a routine “I’m okay” or even silence when they are upset. Or, they may complain about physical aches or pains because they cannot identify what is really bothering them emotionally. Some may start arguments at home and/or at school, resisting any structure or authority. They also may engage in risky behaviors such as using alcohol or drugs.

How Parents, Caregivers, and Teachers Can Support Children’s Recovery

The good news is that children and youth are usually quite resilient. Most of the time they get back to feeling okay soon after a trauma. With the right support from the adults around them, they can thrive and recover. The most important ways to help are to make sure children feel connected, cared about, and loved.

- Parents, teachers, and other caregivers can help children express their emotions through conversation, writing, drawing, and singing. Most children want to talk about a trauma, so let them. Accept their feelings and tell them it is okay to feel sad, upset, or stressed. Crying is often a way to relieve stress and grief. **Pay attention and be a good listener.**
- Adults can ask the teens and youth they are caring for what they know about the event. What are they hearing in school or seeing on TV? Try to watch news coverage on TV or the Internet with them. And, limit access so they have time away from reminders about the trauma. Don’t let talking about the trauma take over the family or classroom discussion for long periods of time. **Allow them to ask questions.**
- Adults can help children and youth see the good that can come out of a trauma. Heroic actions, families and friends who help, and support from people in the community are examples. Children may better cope with a trauma or disaster by helping others. They can write caring letters to those who have been hurt or have lost their homes; they can send thank you notes to people who helped. **Encourage these kinds of activities.**
- If human violence or error caused an event, be careful not to blame a cultural, racial, or ethnic group, or persons with psychiatric disabilities. This may be a good opportunity to talk with children about discrimination and diversity. **Let children know that they are not to blame when bad things happen.**
- It’s okay for children and youth to see adults sad or crying, but try not to show intense emotions. Screaming and hitting or kicking furniture or walls can be scary for children. **Violence can further frighten children or lead to more trauma.³**
- Adults can show children and youth how to take care of themselves. If you are in good physical and emotional health, you are more likely to be readily available to support the children you care about. **Model self-care, set routines, eat healthy meals, get enough sleep, exercise, and take deep breaths to handle stress.**

Tips for Talking With Children and Youth of Different Age Groups After a Disaster or Traumatic Event

PRESCHOOL CHILDREN, 0–5 YEARS OLD

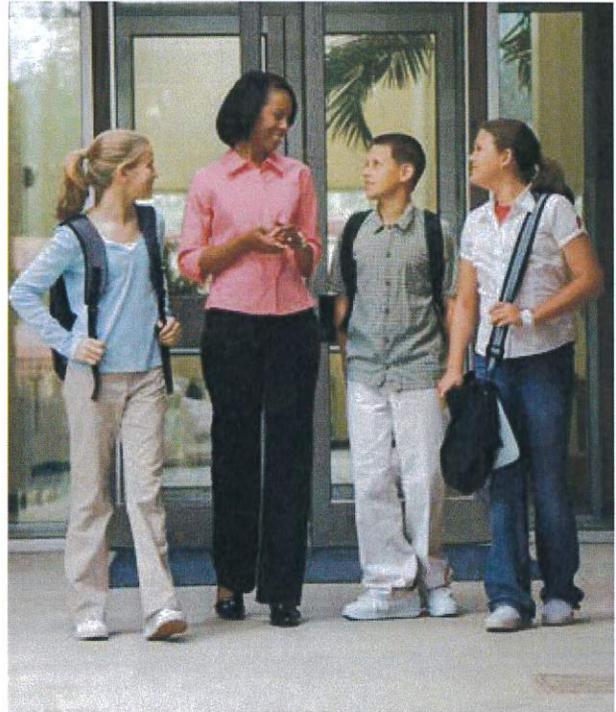
Give these very young children a lot of cuddling and verbal support:

- Take a deep breath before holding or picking them up, and focus on them, not the trauma.
- Get down to their eye level and speak in a calm, gentle voice using words they can understand.
- Tell them that you still care for them and will continue to take care of them so they feel safe.

EARLY CHILDHOOD TO ADOLESCENCE, 6–19 YEARS OLD

Nurture children and youth in this age group:

- Ask your child or the children in your care what worries them and what might help them cope.
- Offer comfort with gentle words, a hug when appropriate, or just your presence.
- Spend more time with the children than usual, even for a short while. Returning to school activities and getting back to routines at home is important too.
- Excuse traumatized children from chores for a day or two. After that, make sure they have age-appropriate tasks and can participate in a way that makes them feel useful.
- Support children spending time with friends or having quiet time to write or create art.
- Encourage children to participate in recreational activities so they can move around and play with others.



- Address your own trauma in a healthy way. Avoid hitting, isolating, abandoning, or making fun of children.
- Let children know that you care about them—spend time doing something special with them, and make sure to check on them in a nonintrusive way.

A NOTE OF CAUTION: *Be careful not to pressure children to talk about a trauma or join in expressive activities. While most children will easily talk about what happened, some may become frightened. Some may even get traumatized again by talking about it, listening to others talk about it, or looking at drawings of the event. Allow children to remove themselves from these activities, and monitor them for signs of distress.*

Helpful Resources

Substance Abuse and Mental Health Services Administration Disaster Technical Assistance Center (SAMHSA DTAC)
Toll-Free: 1-800-308-3515
Website: <http://www.samhsa.gov/dtac>

Treatment Locators

Mental Health Treatment Facility Locator
Toll-Free: 1-800-789-2647 (English and español)
TDD: 1-866-889-2647
Website: <http://findtreatment.samhsa.gov/MHTreatmentLocator>

MentalHealth.gov

Website: <http://www.mentalhealth.gov>
MentalHealth.gov provides U.S. government information and resources on mental health.

Substance Abuse Treatment Facility Locator
Toll-Free: 1-800-662-HELP (1-800-662-4357)
(24/7 English and español); TDD: 1-800-487-4889
Website: <http://www.findtreatment.samhsa.gov>

Hotlines

National Suicide Prevention Lifeline
Toll-Free: 1-800-273-TALK (1-800-273-8255)
TTY: 1-800-799-4TTY (1-800-799-4889)
Website: <http://www.samhsa.gov>

This resource can be found by accessing the Suicide Prevention Lifeline box once on the SAMHSA website.

Disaster Distress Helpline
Toll-Free: 1-800-985-5990 Text "TalkWithUs" to 66746
Website: <http://disasterdistress.samhsa.gov>

Child Welfare Information Gateway
Toll-Free: 1-800-4-A-CHILD (1-800-422-4453)
Website: <http://www.childwelfare.gov/responding/how.cfm>

Additional Behavioral Health Resources

National Child Traumatic Stress Network
Website: <http://www.samhsa.gov/traumaJustice>
This behavioral health resource can be accessed by visiting the SAMHSA website and then selecting the related link.

Administration for Children and Families
Website: <http://www.acf.hhs.gov/>

When Children, Youth, Parents, Caregivers, or Teachers Need More Help

In some instances, a child and his or her family may have trouble getting past a trauma. Parents or caregivers may be afraid to leave a child alone. Teachers may see that a student is upset or seems different. It may be helpful for everyone to work together. Consider talking with a mental health professional to help identify the areas of difficulty. Together, everyone can decide how to help and learn from each other. If a child has lost a loved one, consider working with someone who knows how to support children who are grieving.⁴ Find a caring professional in the **Helpful Resources** section of this tip sheet.

¹ National Center for Statistics and Analysis. (n.d.). Traffic safety facts, 2003 data: Children. (DOT HS 809 762). Washington, DC: National Highway Traffic Safety Administration. Retrieved from <http://www-nrd.nhtsa.dot.gov/Pubs/809762.pdf>.

^{2,4} National Commission on Children and Disasters. (2010). National Commission on Children and Disasters: 2010 report to the President and Congress. (AHRQ Publication No. 10-M037). Rockville, MD: Agency for Healthcare Research and Quality. Retrieved from <http://archive.ahrq.gov/prep/nccdreport/nccdreport.pdf>.

³ Children's Bureau. (2010). Child maltreatment 2009. Washington, DC: Administration on Children, Youth and Families; Administration for Children and Families; U.S. Department of Health and Human Services. Retrieved from <http://www.acf.hhs.gov/programs/cb/resource/child-maltreatment-2009>.



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MIND YOUR MOOD

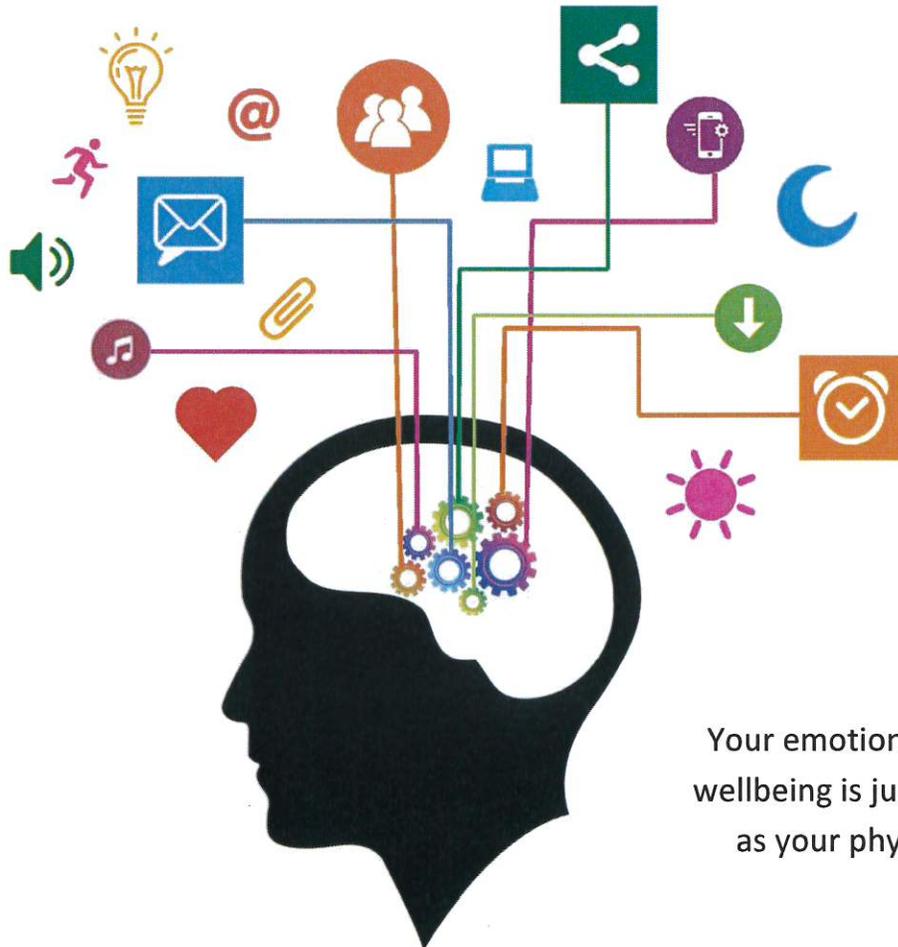
It's Time for Your Mental Health Checkup!

Get Wicked Better!

The Greater Sullivan County Public Health Network in partnership with Greater Sullivan County Medical Reserve Corps is offering mental health screenings to help you stay healthy in mind and body!

Greater Sullivan

medical
reserve
corps



Your emotional and mental wellbeing is just as important as your physical health.

Greater Sullivan County Public Health Network

The Greater Sullivan County Public Health Region is one of 13 New Hampshire public health regions. This region includes the following 15 rural towns and one city with a combined population of approximately 47,000 people: Acworth, Charlestown, Claremont, Cornish, Croydon, Goshen, Langdon, Lempster, Newport, Springfield, Sunapee, and Unity in Sullivan County and Newbury, New London, Sutton, and Wilmot in Merrimack County. There are two community hospitals located in the region: Valley Regional Hospital on the western edge of the region in Claremont and New London Hospital in the eastern part of the region.

Public Health Advisory Council

Lead

Jessie Levine, County Manager
603-863-2560 Ext. 101
JLevine@sullivancountynh.gov

Communications

Deanna Dolan
Get Connected!
Promote your events and programs
with us!
Media Relations
603-863-2560 Ext. 152
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Public Health Advisory Council

Aurora Drew
Lead Advisor
CHIP – Public Health Priorities
Auroraldrew@gmail.com

Emergency Preparedness

Kirsten Vigneault
Medical Reserve Corps: Unit #1558
School Based Flu Clinics
Environmental impacts on
Public Health
Mental Health Screenings
Points of Dispensing (POD)
Alternative Care Sites (ACS)
603-863-2560 Ext. 158
PHN@sullivancountynh.gov

Diversion Services

Alecia Farquhar
Youth Awareness
Program Assistance:
Getting on the right track
603-863-2560 Ext. 157
AFarquhar@sullivancountynh.gov

Substance Misuse Prevention

Dennis McNichol
Drug preventions
School Programs
Drug and Alcohol Awareness
Early age sobriety
Pro-youth sobriety
603-863-2560 Ext. 157
DMcnichol@sullivancountynh.gov

Continuum of Care

Liz Hennig
Raising Drug and Alcohol Awareness
Access to help
Help Center Information
603-863-2560 Ext. 152
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Greater Sullivan County

Public Health Network

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