

# Prevention RESOURCE GUIDE



NH DEPT. OF HEALTH AND HUMAN SERVICES

**NHBDAS**

BUREAU OF DRUG AND ALCOHOL SERVICES

## Promoting Prevention and Recovery

NH Department of Health and Human Services

Division for Behavioral Health

Bureau of Drug and Alcohol Services

[dhhs.nh.gov/dcbcs/bdas/index.htm](http://dhhs.nh.gov/dcbcs/bdas/index.htm)

[drugfreenh.org](http://drugfreenh.org)

Call 603.271.6738 or 800.804.0909 (toll-free in NH)

This Prevention Resource Guide provides a listing of **state-funded alcohol and drug abuse treatment programs**. For statewide referrals and information, dial 211 or visit <http://nhtreatment.org>.

If you or someone you know is experiencing an addiction-related crisis, call the NH Statewide Addiction Crisis Line at:

**1.844.711.HELP (4357).**

*“To join individuals, families and communities in reducing the misuse of alcohol and drugs thereby increasing opportunities for citizens to achieve health and independence.”*

**NHBDAS Mission**

[dhhs.nh.gov/dcbcs/bdas/](http://dhhs.nh.gov/dcbcs/bdas/)

March 2018

This Prevention Resource Guide provides a listing of state-funded prevention resources.

Substance use disorders (SUDs) are preventable and treatable, and the state is implementing a comprehensive and lasting response to address this disease. Additional resource guides providing resources for Crisis Services, Treatment and Recovery are available.

To receive an electronic version of this guide, please visit [dhhs.nh.gov/dcbcs/bdas/guide.htm](http://dhhs.nh.gov/dcbcs/bdas/guide.htm) or e-mail Health Promotion Advisor Randy Moser at [Randolph.Moser@dhhs.nh.gov](mailto:Randolph.Moser@dhhs.nh.gov).

To receive the Bureau of Drug and Alcohol Services' e-newsletter, please also e-mail Randy Moser at: [Randolph.Moser@dhhs.nh.gov](mailto:Randolph.Moser@dhhs.nh.gov).



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## Prevention Works



A photograph of two young boys playing in a pink inflatable pool outdoors. The boy in the foreground is wearing a dark blue polo shirt and has his mouth open in a joyful expression, looking towards the other boy. The boy in the background is wearing a green t-shirt and is looking down at something in the pool. The background shows green foliage and a blurred outdoor setting.

# Regional and Family Resources

## Focus On | Community

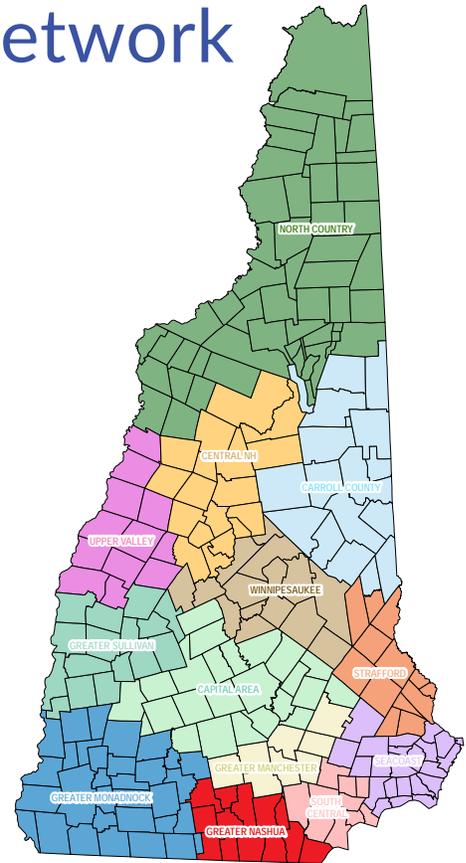
Prevention programs and strategies are designed to impact how people think, feel, and act about alcohol, tobacco and other drugs with the ultimate goal of creating and reinforcing healthy behaviors and lifestyles that reduce the negative consequences of substance misuse on the individual, family, and community.

In New Hampshire, Substance Misuse Coordinators (SMPs) work in every region of the state to promote effective population level substance misuse prevention policies, programs, and practices. The SMPs deploy a multiple intervention approach through collaboration with regional partners and resources to develop and build strong community resiliency to address the effects of substance misuse within their region.

Go to the New Hampshire Treatment Locator to find information about additional services at: <http://nhtreatment.org/>

# Substance Misuse Coordinators by Regional Public Health Network

 North Country .....3	 Capital Area .....4
 Upper Valley .....3	 Greater Manchester .....4
 Central NH .....3	 Seacoast .....4
 Carroll County .....3	 Greater Monadnock .....4
 Greater Sullivan .....4	 Greater Nashua .....4
 Winnepesaukee .....4	 South Central .....4
 Strafford County .....4	



## NORTH COUNTRY

**LITTLETON**  
**North Country Prevention Network**  
 262 Cottage Street, Suite 230  
 Littleton, NH 03561  
 PH: 603.259.3700 x 295  
[nchcnh.org](http://nchcnh.org)  
 Coordinator: Greg Williams  
 E-mail: [GWilliams@nchcnh.org](mailto:GWilliams@nchcnh.org)



## CENTRAL NH

**PLYMOUTH**  
**Communities for Alcohol & Drug-Free Youth**  
 94 Highland Street  
 Plymouth, NH 03264  
 PH: 603-536-9793  
 Coordinator: Elizabeth Brochu  
 E-mail: [ebrochu@cadyinc.org](mailto:ebrochu@cadyinc.org)



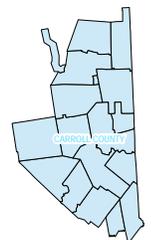
## UPPER VALLEY

**LEBANON**  
**ALL Together**  
**Upper Valley Substance Misuse Prevention Partnership**  
 1 Medical Center Drive  
 Lebanon, NH 03756  
 PH: 603.653.6817  
[UVALLTogether.org](http://UVALLTogether.org)  
 Coordinator: Jacqui Baker  
 E-mail: [jacqui.baker@hitchcock.org](mailto:jacqui.baker@hitchcock.org)



## CARROLL COUNTY

**OSSIPEE**  
**Carroll County Coalition for Public Health**  
 1230 Rte 16, Suite 3  
 Ossipee, NH 03864  
 PH: 603-301-1252 x305  
 Coordinator: Jennifer Selfridge  
 E-Mail: [prevention@c3ph.org](mailto:prevention@c3ph.org)



# Community-based Prevention Organizations by Locations

## GREATER SULLIVAN

### NEWPORT

#### Sullivan County

14 Main Street  
Newport, NH 03773  
PH: 603-863-2560 x152  
Coordinator: Jacqui Baker  
E-mail: [jacqui.baker@hitchcock.org](mailto:jacqui.baker@hitchcock.org)



## SEACOAST

### RAYMOND

#### Seacoast Public Health Network

128 Route 27  
Raymond, NH 03077  
PH: 603.244.7313  
[www.sphn.org](http://www.sphn.org)  
Coordinator: Olivia Dupell  
E-mail: [odupell@seacoastphn.org](mailto:odupell@seacoastphn.org)



## WINNIPESAUKEE AREA

### LACONIA

#### Lakes Region Partnership for Public Health

67 Water Street, Suite 105  
Laconia, NH 03246  
PH: 603.528.2145 x 1808  
[lrpph.org](http://lrpph.org)



## GREATER MONADNOCK

### KEENE

#### Monadnock Voices for Prevention

580-90 Court Street  
Keene, NH 03431  
PH: 603.354.5454 X 2313  
[monadnockvoices.org](http://monadnockvoices.org)  
Coordinator: Jane Skantze  
E-mail: [jskantze@cheshire-med.com](mailto:jskantze@cheshire-med.com)



## STRAFFORD COUNTY AREA

### SOMERSWORTH

#### ONE Voice for Strafford County

311 Route 108  
Somersworth, NH 03878  
PH: 603.994.6340  
[onevoicenh.org](http://onevoicenh.org)  
Coordinator: Alissa Cannon  
Email: [acannon@GoodwinCH.org](mailto:acannon@GoodwinCH.org)



## GREATER NASHUA

### NASHUA

#### Beyond Influence

18 Mulberry Street  
Nashua, NH 03060  
PH: 603.589.4538  
[beyondinfluence.org](http://beyondinfluence.org)  
Facebook: BeyondInfluence  
Twitter: BeyondNashua  
Coordinator: Lisa Vasquez  
Email: [VasquezL@nashuanh.gov](mailto:VasquezL@nashuanh.gov)



## CAPITAL AREA

### CONCORD

#### Capital Area Public Health Network

46 South Main Street  
Concord, NH 03301  
PH: 603.224.2595, ext. 228 or 224  
[capitalareaphn.org](http://capitalareaphn.org)  
Coordinator: Annika Stanley-Smith  
[annika.stanley-smith@graniteuw.org](mailto:annika.stanley-smith@graniteuw.org)



## SOUTH CENTRAL

### DERRY

#### Community Alliance for Teen Safety

1 Hood Rd. (office)  
Derry, NH 03038-6225  
PH: 603.434.5251  
[catsnh.org](http://catsnh.org)  
Coordinator: Kate MacDonald  
E-mail: [katemacdonald@catsnh.org](mailto:katemacdonald@catsnh.org)



## GREATER MANCHESTER

### MANCHESTER

#### Makin' It Happen Coalition for Resilient Youth

407 Hooksett Road, #207  
Manchester, NH 03104  
PH: 603.686.6844  
[www.makinithappen.org](http://www.makinithappen.org)  
Coordinator: Mary Forsythe-Taber, CPS  
Email: [mft@mih4u.org](mailto:mft@mih4u.org)



For more information, visit:





## In-school Resources

# Focus On | Education

Research has shown that the early onset of drugs and alcohol can lead to lifelong use, changing the very structure of developing minds. The New Hampshire Student Assistance Program (SAP) is working in schools throughout the state. The SAP is a multi-component program designed for youth and their parents/caregivers designed to increase the positive factors that build resiliency and reduce the risk factors that contribute to substance misuse. Counselors help youth with various social issues, such as bullying, dating violence, and peer pressure. The program has grown from five schools in 2013 to more than 40 today!

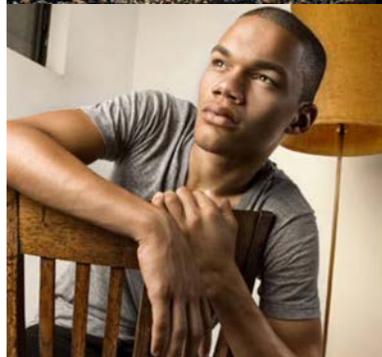


# Student Assistance Program

Making connections that count

If you are concerned about a student and think he or she may benefit from a consultation with a SAP, contact a participating school to learn more. This information is confidential and will not be shared with the student. A list of SAPs by community is available at:

[tinyurl.com/lfydv68](http://tinyurl.com/lfydv68)





# Extracurricular Prevention

## Focus On | Character Building

The Life of An Athlete (LOA) program is a comprehensive multicomponent prevention program that empowers and motivates youth participating in athletics and leadership programs to make healthy choices and decisions by educating them on the impact alcohol and other drugs have on academic and athletic performance and adolescent development.

LOA is administered by the NH Interscholastic Athletic Association whose staff recruit schools to implement the program and train school personnel including the athletes and other student leaders how to implement the program using a Train-the-Trainer approach.



Go to the New Hampshire Treatment Locator to find information about additional services at: <http://nhtreatment.org/>

The program has expanded beyond athletic programs within the schools and is changing entire school cultures as it relates to substance misuse.

To learn more about this program and the schools that are implementing it, visit: [nhiaa.org/life-of-an-athlete](http://nhiaa.org/life-of-an-athlete)

# LOA

Helping student athletes reach  
optimal performance





## Older Care

# Focus On | In-home Prevention

Elders and their caretakers often feel isolated and alone, cut off from the everyday connections most of us take for granted.

The Referral, Education, Assistance and Referral Program (REAP) provides in-home supports for seniors. Designed to help older New Hampshire residents take control of their lives, the program offers free confidential counseling and educational services to help elders understand issues such as self-medication, alcohol misuse and mental health resiliency and teaches people how to deal with the many life changes including grief and loneliness.

To learn more about REAP, visit: [tinyurl.com/y7358xlb](http://tinyurl.com/y7358xlb)

Go to the New Hampshire Treatment Locator to find information about additional services at: <http://nhtreatment.org/>



## Restorative Justice

# Focus On|Corrective Behavior

The Juvenile Diversion Network is comprised of accredited programs designed to divert low-risk first time juvenile offenders under the age of 17 from being processed through the court system and provide prevention and early intervention services.

Programs conduct a **Brief, Intervention and Referral to Services / Treatment** for youth admitted to them and this early diagnosis and intervention leads to a decrease in alcohol and other drug misuse. Programs are based on a **restorative justice model** that holds youth accountable using education, community-service, victim restitution, skill building, and parent education.

To learn more about the program and to access the list of accredited programs visit:  
[nhcourtdiversion.org](http://nhcourtdiversion.org)

Go to the New Hampshire Treatment Locator to find information about additional services at: <http://nhtreatment.org/>



## National Guard Counter Drug Program

# Focus On | Coalition Development

The New Hampshire National Guard Counterdrug Task Force, working in partnership with its state and local partners, work to improve the health and well-being of New Hampshire's communities by helping local, grassroots community coalitions address alcohol and other substance use/abuse issues.

The Task Force uses proven, evidence-based strategies to help lessen the damage done to their communities by their drug problems. By providing technical assistance, coaching, and training, the Task Force works to be force-multipliers, enabling local community groups to address their own problems in their own ways.

Visit [nh.ngb.army.mil/community/counterdrug](http://nh.ngb.army.mil/community/counterdrug) to read more or to send a request for assistance.

Go to the New Hampshire Treatment Locator to find information about additional services at: <http://nhtreatment.org/>



## Change Happens Across Neighborhoods

# Focus On | Drug-Free Communities

The Substance Abuse and Mental Health Administration (SAMHSA) awards grant dollars to Drug-Free Communities throughout New Hampshire to create campaigns, outreach materials and strategies to prevent youth substance use, including prescription drugs, marijuana, tobacco and alcohol.

New Hampshire Drug-Free Communities are forging lasting relationships with schools, affecting the lives of countless young people. They're helping to build vital assets that nurture and engage people at a crucial moment in their lives, and they're leaving a mark for generations to come. Visit [dhhs.nh.gov/dcbcs/bdas/documents/dfc.pdf](http://dhhs.nh.gov/dcbcs/bdas/documents/dfc.pdf) for more information.

# Voices of Young Adults & Binge Free 603



## Focus On | Young Adults

BDAS has implemented a multi-strategy level approach to address the needs of young adults in high-risk, high-need communities.

Based on The Voices of New Hampshire Young Adult assessment, BDAS was responsive to the voices of New Hampshire's young adults and has implemented substance misuse prevention strategies to meet the needs of college students, young adults who are in the workplace, as well as young adult who are parents and young adults transiting from high school to work or college. Contact Jill Burke for more information on these strategies and locations:

[Jill.Burke@DHHS.nh.gov](mailto:Jill.Burke@DHHS.nh.gov)

Go to the New Hampshire Treatment Locator to find information about additional services at: <http://nhtreatment.org/>



# Community-Based Direct Prevention Services

Prevention interventions that target youth aged 10-20 who are at a higher risk to develop a substance use disorder and their parents/caregivers are aimed to reduce risk factors and increase protective factors to prevent or diminish the onset of substance using behaviors and progression of a substance use disorder. Parenting and caregiver education are crucial to these prevention efforts and are linked to any funded programs. Programming will include a variety of components including screening for substance misuse and/or mental health issues, prevention education, positive alternative activities, prevention counseling, and parent education.

## **BDAS funded vendors include:**

The Teen Institute — Programs include The Summer Leadership Program, Leaders in Prevention, and Staying Connected with Your Teen. For more information visit: [nhteeninstitute.org](http://nhteeninstitute.org)

The Upper Room — Programs include Rejuven8, Active Parenting and Magic 1,2,3 along with Positive Solutions. For more information visit: [urteachers.org](http://urteachers.org)

Boys and Girls Club of Greater Salem and affiliated clubs — Programs include Positive Actions and Parenting Wisely. For more information and to learn of participating clubs go to: [salembgc.org](http://salembgc.org)

North Country Education Services — Programs include Wilderness Youth Leadership Development and Staying Connected with Your Teen. For more information visit: [ncedservices.org](http://ncedservices.org)

Boys and Girls Club of Central New Hampshire and affiliated clubs — Programs include SMART Moves. For more information and to learn of participating clubs visit: [centralnhclubs.org](http://centralnhclubs.org)

