Recovery RESOURCE GUIDE

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

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
drugfreenh.org

Call 603.271.6738 or 800.804.0909 (toll-free in NH)

This Recovery Resource Guide provides a listing of state-funded recovery community centers.
For statewide referrals and information, dial 211 or visit nhtreatment.org or nhrecoveryhub.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).

dhhs.nh.gov/dcbcs/bdas/

June 2018
By location

Every community in New Hampshire is included in a Regional Public Health Network System. Turn to the page associated with your region or click the map on the PDF to automatically access the correct page with services in or near your community.

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South Central * .......................................NA

* Upper Valley, Capital Area, Central NH, and South Central regions do not have state-funded recovery programs as of February 2018.

Recovery Community Organizations are listed by location for convenience, but they all serve New Hampshire residents regardless of where they live in state. For a complete list of recovery programs offered throughout New Hampshire, please visit the NH Treatment Locator (nhtreatment.org) and select the box titled “Recovery Support Services.”

Find additional information about treatment and recovery support services at: nhtreatment.org and nhrecoveryhub.org
This Recovery Resource Guide provides a listing of state-funded Recovery Community Organizations offering recovery centers.

For a comprehensive list of treatment and recovery support services across the state, please visit: nhtreatment.org or nhrecoveryhub.org.

New Hampshire’s vibrant peer recovery support services are flourishing across the state. The state’s recovery community is building bridges and saving lives. Recovery coaches are helping people who have precious few resources available to them, day in and day out. Recovery community centers are valuable meeting places and offer a variety of wellness activities.

Substance use disorders (SUDs) are highly preventable and treatable, and the state is implementing a comprehensive and lasting response to address this epidemic.

To receive an electronic version of this guide or the Treatment Resource Guide, please: visit: dhhs.nh.gov/dcbcs/bdas/guide.htm or e-mail Health Promotion Advisor Randy Moser at: Randolph.Moser@dhhs.nh.gov.

Additional resource guides will be available soon.

To receive the Bureau of Drug and Alcohol Services’ e-newsletter, please also e-mail Randy Moser at: Randolph.Moser@dhhs.nh.gov.

Disclaimer: We have provided, to the best of our ability, the most accurate information that we have. Names and addresses sometimes change, so please contact Health Promotions Advisor Randy Moser at 603-271-4972 or email: Randolph.Moser@dhhs.nh.gov with any new information.

Find additional information about treatment and recovery support services at: nhtreatment.org and nhrecoveryhub.org.
Recovery Community Center by Locations

NORTH COUNTRY

LITTLETON
North Country Serenity Center
39 Main Street
Littleton, NH, 03561
PH: 603.444.1300
Website: northcountryserenitycenter.org

WINNIPESAUKEE AREA

LACONIA
Navigating Recovery of the Lakes Region
635 Main Street, Suite 303
Laconia NH, 03246
PH: 603.524.5939
Website: navigatingrecovery.org

TILTON
Greater Tilton Area Family Resource Center
5 Prospect Street
Tilton, NH 03276
PH: 603.286.4255
Website: gtafrc.wordpress.com

CARROLL COUNTY

OSSIPEE
White Horse Recovery Services Center
(The Shed)
70 Rt. 16B
Center Ossipee, NH 03814
Phone: 603.651.1441
Website: whitehorseac.com

STRAFFORD COUNTY AREA

DOVER
SOS Recovery Community Center
4 Broadway
Dover NH 03820
PH: 603.841.2350
Website: sosrco.org

ROCHESTER
SOS Recovery Community Center
63 S. Main St.
Rochester, NH 03867
PH: 603.841.2350
Website: sosrco.org

GREATER MANCHESTER

MANCHESTER
HOPE for NH Recovery
293 Wilson Street
Manchester NH 03103
PH: 603.935.7524
Website: hopefornhrecovery.org

SEACOAST

PORTSMOUTH
Safe Harbor Recovery Center
865 Islington Street
Portsmouth, NH 03801
PH: 603.570.9444
Website: granitepathways.org/shrc

GREATER MONADNOCK

KEENE
Keene Serenity Center
40 Carpenter Street
PO Box 327
Keene 03431
PH: 603.283.5015
Website: keeneserenitycenter.org

GREATER NASHUA

NASHUA
Revive Recovery Center
263 Main St
Nashua, NH 03060
PH: 1.888.317.8312

NH STATEWIDE ADDICTION CRISIS LINE
If you or someone you know is experiencing a substance use or an addiction-related crisis, call:
1.844.711.HELP (4357)
Find additional information about treatment and recovery support services at: nhtreatment.org and nhrecoveryhub.org
## Description of Services

All Peer Recovery Support Service providers offer the services below, but they vary widely from organization to organization. Please call or visit individual providers websites for a full list of services.

### Peer Recovery Coaching
Services provided by trained peers who serve as guides and mentors to individuals seeking or in recovery in order to assist those individuals with developing a recovery plan and removing barriers to recovery.

### Healthy living groups
Peer Recovery Support Service providers offer a wide range of healthy living groups. These groups may take the form of gardening or yoga activities, financial literacy, goal setting, work readiness training and more.

Contact providers directly for more information.

### Telephone Peer Recovery Support Service
Scheduled and as needed telephone contacts that provide peer support and encouragement as well as information about community resources, mutual support groups and other supports that may be available to individuals in or seeking recovery.

### Mutual support groups meetings
Every recovery community center makes space available for a variety of recovery groups including Alcoholics Anonymous, Narcotics Anonymous, Al-Non, and family support groups.

Contact providers directly to learn more about scheduled meetings.

## Other Recovery Resources

### Mutual Aid Groups
- New Hampshire Alcoholics Anonymous: nhaa.net
- New Hampshire Narcotics Anonymous: gsana.org
- New Hampshire Al-Anon: nhal-anon.org
- Grief Recovery After a Substance Passing (GRASP): grasphelp.org
- SMART Recovery: smartrecoverynh.org
- Heroin Anonymous: heroinanonymousnh.org

### Family Support Programs
- Families Sharing Without Shame: families-sharing-without-shame.com
- NH Family Support Groups: nh4youth.org/families-youth/family-support-groups-substance-use-issues

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*Recovery is a journey, not a destination*

Find additional information about treatment and recovery support services at: nhtreatment.org and nhrecoveryhub.org
New Hampshire Recovery Hub Website Overview

NHRecoveryHub.org is an example of how New Hampshire is continuing to lead the nation in innovation. The website allows users to find meetings, Recovery Community Organizations, and other resources that are geographically close to them. The new website is a result of a collaboration between the New Hampshire Department of Health and Human Services, Partnership for Drug-Free a Drug-Free New Hampshire, and the Statewide Peer Recovery Services Facilitating Organization at Harbor Homes.

Homepage

The website is easy-to-navigate and features an interactive map, calendar of events, and links to state-funded Recovery Community Organizations with information on how people can connect to them.

Interactive Map

The interactive map of NH features both State-Funded Recovery Community Organizations and Non-State-Funded Recovery Community Organizations. The map is designed to help people connect to Recovery Community Organizations in their communities and learn about recovery support services throughout the state.

Meetings & Events Calendar

The Meetings & Events calendar allows for users to get the full view of every different type of meeting happening as well as a detailed view by Recovery Community Organizations. Once you find a meeting that works with your schedule you are provided with the RCO’s contact information, the location of the meeting, the chance to share that meeting on social media, and the option to add it to your digital calendar.

The NH Recovery Hub is a project by the New Hampshire Department of Health and Human Services, New Hampshire Bureau of Drug and Alcohol Services, the Partnership for a Drug-Free New Hampshire, and Statewide Peer Recovery Services Facilitating Organization at Harbor Homes, Inc. Funding provided by NHDHHS.