



# Greater Nashua

## ACHIEVEMENTS

- 10 Naloxone trainings to 72 community members, including staff from local motels, schools, and the Nashua library. The training also included the effects of drug misuse on the brain and the importance of using non- stigmatizing language.
- 11 film screenings of Resilience: The Biology of Stress and the Science of Hope, to 110 community partners from local youth serving agencies as well as recovery agencies.
- 5 Mental Health First Aid trainings designed for Adults, EMS and Fire Safety, Emergency Response (CERT) Team and for the Spanish speaking community.
- Provided a training on Cultural Competency, as well as Resiliency after Adversity for members of the Greater Nashua Emergency Management Workgroup.
- Provided education on the dangers of vaping to youth at the Boys and Girls Club.
- Increased awareness and access to services throughout the continuum of care.
- Developed a podcast called Speaking Our Minds on the Topic of Mental Health. Recorded five podcasts and then having the podcasts translated into four languages: Spanish, Portuguese, French and Swahili. The podcasts are available on Spotify, Podbean, and Apple.
- Coordinated weekly Access TV segments called Public Health Weekly. They were created with the Community Health Workers and recorded in Spanish, Portuguese, French, and Swahili. Public Health Matters, a segment aired by the Nashua TV public access channel on Friday nights, also covers information important to behavioral health.
- Continued to facilitate the Mayor's Opioid Task Force. This task force has been re-identified as the Mayor's Task Force on Substance Misuse, and is still fondly referred to as MOTF. Recently, through MOTF, the BHT has been providing technical assistance to agencies interesting in applying for the opioid abatement fund.
- Facilitated the fifth Annual Mayor's Task Force on Substance Misuse Legislative Breakfast with an emphasis on workforce development. There were 72 attendees from various sectors within the community.
- In April, the Strategic Planning Process began, meetings occurred biweekly, and a new plan was developed.
- The BHT supported and participated in the Bi- Annual Greater Nashua Public Health Advisory Council (PHAC) Meeting where the focus was on the intersection of the arts and public health and titled The Healing Arts of Public Health. Ninety-nine participants attended this event.

## CHALLENGES

- Staff turnover and workforce capacity at organizations.
- Unclear funding continuation.
- Stigma of mental health and substance misuse.

## LOOKING AHEAD

- Implementing the new strategic plan.
- Recording 10 new episodes of Speaking Our Minds.
- Pilot program of assisting police officers responding to mental health calls.
- Provide screenings of "Anxious Nation".
- Holding a local conference "Where the Rubber Meets the Road: The Intersection of Trauma, Substance Use Disorders, Mental Illness and Homelessness".
- Continuing work to break the stigma.

