

Happening@ North Country HEALTH CONSORTIUM

North Country Health Consortium leads innovative collaboration to improve the health status of northern New Hampshire.

Transitions @ NCHC...

After ten years of dedicated service to the organization, Chief Executive Officer of the North Country Health Consortium, Nancy Frank, has announced her upcoming retirement in May this Spring.



"NCHC is dedicated to meeting community needs and to ensuring that the North Country has a strong voice in the State. I have had the pleasure and honor of working with so many dedicated staff members and partners to strengthen and expand NCHC services and programs, and am confident that the organization will continue to play a central role in our rural communities."

~ Nancy Frank

Quick Links

- Join the team... NCHC has [career opportunities](#) available!



- Check out the NH Community Health Worker Coalition [brochure!](#)

Going On...



Spotlight on... Community Health Workers: NH CHW Coalition & CHW Training Program

COMMUNITY
Health
Worker



NH CHW Coalition

The NH Community Health Worker (CHW) Coalition recently announced the results of their election for its Steering Committee Leadership! At the helm of the Coalition, as of January 1st, are Co-chairs, Amber Culver, CHW at NCHC, who represents New Hampshire's northern region-Coos, Carroll, and Grafton Counties- alongside Nancy Collins, Community Health Services

Representatives at NH Healthy Families, who represents the southern part of the State. Assuming Steering Committee Vice Chair roles, and representing northern and southern regions, respectively, are Carolyn Nicoli, CHW at NCHC, and Victoria Adewumi, CHW at Manchester Department of Health. John Gilbert, CHW at NCHC, was named the Coalition's Secretary.

With a membership of over 100 statewide- including those who are employed as Community Health Workers (and other roles under the CHW umbrella) as well as supportive stakeholders- the NH CHW Coalition works to connect all CHW programs across the state, each sharing insights from the field, including successes and challenges, as well training opportunities and other resources. Currently in New Hampshire, insurance does not reimburse for CHW services, with a majority of CHW programs in the State sustained through grant funding. The objective of the CHW Coalition is to promote both the role of CHWs as vital members of healthcare and social service teams as well as sustainability for CHW programs. As determined by the group, top priorities for the Coalition include educating providers on the role and value of CHWs in order to increase stakeholder investments, and standardizing CHW Training in NH with a long-term goal of instituting Community Health Worker Certification in the state. [Join](#) the NH CHW Coalition!

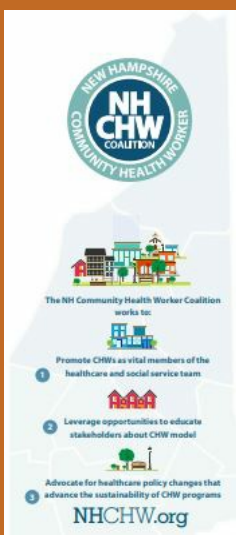


CHW Training Program @ NCHC



Gearing up to host its 6th [Community Health Worker Training](#) this Spring, NCHC has continually revised its curriculum- since the inception of the program in the Fall of 2016- to align with current National Community Health Worker core competencies.

Evolving from a hybrid-model class delivered equal parts in-person and online, the latest class in the Fall of 2019 experienced a Training program that was designed to be more hands-on- incorporating use of interactive adult learning styles and participant feedback- and met exclusively in-person, to mirror and prepare students for the nature of CHW work, which requires frequent interpersonal interaction with clients, providers, and the community.

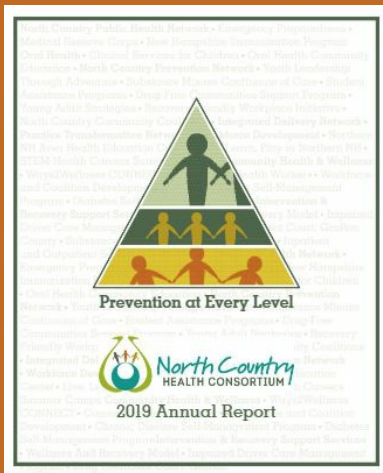


- If you are a CHW or work in any healthcare field, and are interested in keeping up with and supporting CHW programs in NH, [join the NH CHW Coalition](#).

Why Join the Coalition?

- Be part of a unified CHW movement.
- Gain new experiences and leadership skills.
- Receive on-going education and discover networking opportunities.
- Be part of a healthcare solution.
- Help promote unity among diverse populations and discover available resources.

- Have you perused **NCHC's 2019 Annual Report**? It's now available in digital format!



- Check out the [Prevention is... video](#) produced by the Substance Misuse Prevention team and featured @ our Annual Meeting in November.

NCHC's Fall CHW class included a mix of individuals who were employed and sent to the training by their employer and several people who were attending the training to pursue employment in a CHW role. By the end of the training, two of the four participants who were unemployed at the program's start secured paid positions in roles that would put their hard-earned CHW skills to work!

Meet the CHW team of NCHC's Ways2Wellness CONNECT!



Thanks to a generous donation from an anonymous funder, the [Ways2Wellness CONNECT](#) Community Health Workers-- including (left to right) Amber Culver (CHW/CHW Training Instructor), Annette Carboneau (CHW Program Manager/CHW Training Instructor), Carolyn Nicoli (CHW), Britney Gibney (CHW), and John Gilbert (CHW/CHW Training Instructor)-- provided comfort and joy to their grateful and deserving clients during the Winter holiday season by assembling and delivering gift bags containing gas/utility cards.

Get to Know: NCHC's Outpatient Substance Use Disorder Services in Berlin, Bethlehem, Woodsville & Center Conway!

North Country Health Consortium's [Substance Use Disorder Clinical Services](#) Outpatient and Intensive Outpatient Treatment programs provide a safe environment in which to empower and nurture clients on the road to recovery.



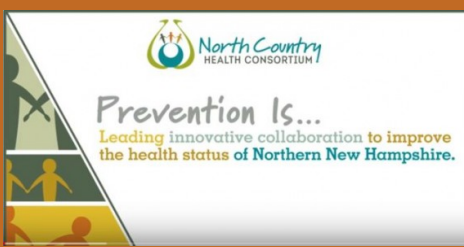
Also called OP- for Outpatient Treatment- and IOP- for Intensive Outpatient Treatment- NCHC offers these programs on an open enrollment basis by appointment at locations throughout the North Country. With offices in Berlin, Bethlehem, Woodsville, and Center Conway, NCHC's OP and IOP services may allow community members to maintain their local residence and job, while receiving substance use disorder (SUD) treatment and services close to home.

Intensive Outpatient Treatment

A step down from residential treatment, IOP adopts an evidence-based curriculum focused on Substance Use Disorder Treatment and Relapse Prevention. The program meets three times for nine hours weekly over 12 weeks, or upon completion of treatment goals. IOP clients partner with a NCHC clinician to develop individual goals and a person-centered treatment plan. Armed with a personalized plan, clients are guided to make positive change happen through purpose, focus, and direction, in order to meet their current challenges and create opportunities for change and growth. IOP services include access to case management, individual therapy, and group therapy with a clinician.

Outpatient Treatment

Ideal for individuals in need of community-based treatment, the Outpatient Program is often used by clients as a step-down transition from more intensive SUD services. The evidence-based OP curriculum emphasizes skills needed for independent and healthful living, while enforcing relapse prevention skills, continued recovery education, and addressing issues that



- NCHC Substance Use Disorder Clinical Services has new rack cards for [Outpatient Treatment](#) and [Intensive Outpatient Treatment Services!](#)

Outpatient Treatment

What to expect :

- For individuals in need of **community-based substance use disorder treatment**
- As a step down from more intensive services
- Addresses issues that have the potential to undermine recovery
- Emphasizes skills needed for **independence and healthful living**
- Continued recovery education and relapse prevention skills
- Discharge **planning and continued care**, self-help groups and community-based recovery resources

Locations:

- Bethlehem, Berlin, Center Conway & Woodville, NH




For an appointment call the Outpatient Coordinator at:
603-707-5072 | NCHCNH.org

Intensive Outpatient Program

What to expect :

- 12 week program- 36 sessions, group therapy focused on substance use disorder treatment
- Group sessions held 3 times a week
- Evidence-based curriculum focused on relapse prevention
- Person-centered treatment** approaches where goals are developed individually with clinician
- Access to Community Health Worker/ Recovery Coaches
- Access to **individual therapy**
- Open enrollment to provide quick intake process

Locations: call for days & times

- Bethlehem, NH: 3 days/week
- Berlin, NH: 3 days/week




For an appointment call the Outpatient Coordinator at:
603-707-5072 | NCHCNH.org

- We've updated our website! Drug Treatment Court of Grafton (DTC) County and the Impaired Driver Care Management Program (IDCMP) are now located on the [Homepage](#) of NCHC's website to allow for easier navigation to the [DTC](#) and [IDCMP](#) Programs!

have the potential to undermine recovery. OP services include individual therapy and group therapy with a clinician, discharge planning and continuity care, self-help groups, and other community-based recovery resources.

For more information about NCHC's [Intensive Outpatient](#) and [Outpatient Treatment](#) programs available in Berlin, Bethlehem, Woodsville, and Center Conway, or to enroll, call our IOP/OP Coordinator during regular business hours, Monday - Friday, 8 AM - 4:30 PM: (603)707-5072



Family Resource Center receives Recovery Friendly Workplace designation!



On January 10th, the Family Resource Center (FRC) in Gorham was designated as a Recovery Friendly Workplace! The process to receive RFW designation includes collaboration with the State and NCHC, the North Country's RFW regional point-of-contact. NCHC's Substance Misuse Prevention (SMP) Coordinator provides ongoing support to employers, including an initial orientation of the RFW program outlining steps to RFW designation for their organization.



Congratulations and welcome to the Recovery Friendly Workplace initiative, Family Resource Center in Gorham!

Permanent Rx drop box installed @ UCVH

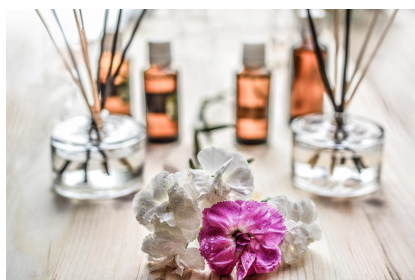


A permanent drug drop box has been installed at Upper Connecticut Valley Hospital (UCVH) in Colebrook to offer a year-round, 24/7 solution for safe prescription drug disposal available to the local community. "Upper Connecticut Valley Hospital recognizes the importance of proper disposal of medications," said UCVH President and CEO, Scott Colby. "In an effort to keep unwanted prescription and over the counter medications out of the hands of our children and out of our waste stream, UCVH is proud to partner with the Colebrook Police Department, Bangor Savings Bank, North Woods Action Committee (NWAC), and the North Country Health Consortium (NCHC) to host Colebrook's first 24/7 drug drop box." For more information about the permanent prescription drug drop box initiative in the North Country, community partners may contact the



Healers unite to support recovery community

The North Country Healers' Forum was convened by the Wellness And Recovery Model (WARM) Program on December 10th. Hosted in partnership with local business owners, the Healers' Forum gathered 18 community members who identify as complementary health practitioners and healers of all stripes-- including acupuncturists, yoga instructors, providers of Reiki, massage therapy, and others-- with a desire to make a collective impact on the recovery



community. Since the Healers' Forum event, the group has already begun putting next steps to action. Together, they decided that it will be important for them to receive a brief training, facilitated by WARM, on the basis of addiction as a disease and stigma surrounding addiction, including language choice. The group has also met again in January to nail down an official group name (they've

named themselves *RAP*-- or 'Recovery Assistance Program'), a mission and collective intention, and plans to offer free monthly sessions of their healing therapies at the North Country Serenity Center in Littleton, as well other recovery venues and initiatives down the line.

Find us on social media!



Join Our List



On the road with Pleasure Unwoven and #NorthCountrySpeaksRecovery



Partnered with the Stand Up Androscoggin Valley (SUAV) coalition, the [WARM program](#) hosted a screening, in Gorham, of the film, Pleasure Unwoven, followed by a panel discussion to understand

addiction as a disorder of the brain. As the 4th Pleasure Unwoven screening event offered in the North Country, it is part of the "North Country Speaks Recovery" campaign launched by WARM to shift the community understanding of substance use disorder and to increase recovery support for residents. From June, 2019 - January, 2020, previous steps for this screening and panel opportunity took place in the communities of Colebrook, Lancaster, Littleton, and most recently, Gorham.



The Pleasure Unwoven event in Gorham on Jan. 22nd was the 4th screening followed by panel discussion of the film in the North Country, as part of the #NorthCountrySpeaksRecovery campaign launched by the WARM (Wellness And Recovery Model) program of NCHC.

Panelists at the Gorham Pleasure Unwoven event included: the prescribing physician for both Doorways in Littleton and Berlin, Dr. Lars Nielson, Berlin Behavioral Health Coordinator from Coos County Family Health Services, Mia Roberge, Family Resource Center's Strength to Succeed

program Parent Partner, DJ Johnson, Community Health Worker Team Lead of NCHC's WARM program, Jenn Goulet, and Carroll County Drug Treatment Court Coordinator, Bob Nylan. Panelists led a poignant discussion, with topics ranging from co-occurring conditions with substance use disorders and risk of recovery relapse, Medication Assisted Treatment (MAT) options, harm reduction methods, including Syringe Service Programs (SSP), and sharing of local recovery resources.

Coming Up... 

Upcoming Events!

- February 17 - March 23 (Lancaster): [Chronic Disease Self-Management Workshop](#) (6-week series)
- February 27 (Littleton): [Mental Health First Aid](#)
- March 5 - April 30 (Littleton): [Community Health Worker Training](#)
- March 19 & 20 (Littleton): [Motivational Interviewing Training](#) (2-day)
- March 26 & 27, April 2 & 3 (Concord): [Chronic Disease Self-management New Leader Training](#) (4-day)
- April 7 & 8 (Concord): [Chronic Pain Self-management Program Crossover Training](#) (2-day)
- April 22 - May 6 (Colebrook): [Chronic Disease Self-Management Workshop](#) (6-week series)

Check out all [NCHC events!](#)

