North Country Health Consortium:  

North Country Health Consortium (NCHC) is a non-profit public health organization that strives “to lead innovative collaboration to improve the health status of Northern New Hampshire.” NCHC works with North Country health and human services organizations, schools, and other community programs to improve population health and increase access to quality healthcare services.

NCHC focuses on:  
- Community Substance Misuse Prevention  
- Oral Health Education and Services  
- Healthcare and Behavioral Health Workforce Development  
- Community and Public Health Programs, Community Health Workers  
- Emergency Preparedness  
- HealthCare Quality Improvement  

Behavioral Health & Treatment Centers:  
Northern Human Services  
North Conway, (603) 466-2741  
Coos County Family Health Services  
Berlin, (603) 752-2200  
Androscoggin Valley Hospital  
Barre, (603) 472-2040  
Cambridge Regional  
Haverhill, (603) 444-2741  
Recovery Centers:  
Hope for NH Berlin Recovery Center  
HopeforNHRecovery.org/our-centers/berlin/  
(603) 752-1900  
Recovery Centers:  
Mount Washington Valley Supports Recovery Center  
Conway, (603) 356-9955  
North Country Serenity Center  
Lancaster, (603) 788-4911  
Hope for NH Recovery Berlin  
(603) 682-0048  
The Sheds White Horse Addiction Resource Center  
(603) 335-0041  

Community Coalitions:  
North Woods Addiction Coalition – Colebrook  
Brenda Thibeau, bthibeau0211@gmail.com  
Stand Up Androscoggin Valley (SUAV) – Berlin/Gorham  
Pamela E. Laflamme, (603) 752-8587  
Gorham, N.H.  
(603) 788-4911  

Hospitals and Health Centers:  
Ammonoosuc Community Health Services  
Berlin, (603) 444-2691  
Androscoggin Valley Hospital  
Barre, (603) 472-2040  
Lancaster Regional Community Hospital  
Lancaster, (603) 444-2691  
Mid-State Health Center  
Berlin, (603) 752-2200  
Lancaster Medical Center  
Lancaster, (603) 788-2621  
White Horse Addiction Center  
Berlin, (603) 444-2691  

Great Lakes (SUAV) – Lancaster  
(603) 756-9955  
White Horse Addiction Center  
Berlin, (603) 752-2200  
Gorham, N.H.  
(603) 788-4911  

Want to help? Reach out to your local community coalition. Coalitions are a formal arrangement for collaboration among groups or sectors of a community, in which each group retains its identity but all agree to work together toward the common goal of a safe, healthy and drug-free community.

North Country Health Consortium  
262 Cottage Street, Suite 230  
Littleton, NH 03551  
nchcnh.org
Supporting North Country Youth: Student Assistance Professionals

Student Assistance Programs (SAP) are one of the most comprehensive, evidence-based school approaches to preventing and reducing alcohol, tobacco, and other drug use. Across the North Country, SAP Counselors work with youth in middle and high schools to teach prevention education classes covering topics such as alcohol, tobacco and other drugs and stress-reducing skills. SAP’s are trained salute who students can engage with most comfortably. SAPs provide an opportunity for students to talk about struggles, concerns, fears, and substance misuse in a safe and confidential place.

SAP Regional Leader: Annette Carbone (603) 258-3700 ext. 221
Berlin High School: Cassandra Miror (603) 752-4122 ext. 1550
Gorham High School: Eric Hecker (603) 636-1619
Grantham High School: Joy Birini (603) 598-1140
Lawrence School: Jose Espa (603) 335-1373
North Country Charter Academy: Georgia Oien (603) 444-1356
White Mountain Community College: Jeff Sweary (603) 463-5058
White Mountains Regional High School: Robert McEnaney (603) 337-2528
Woodsville High School: Chantel-Mae Johnson (603) 747-7291 ext. 137

Opiates

Constricted pupils
Sweating
Nausea
Vomiting
Dizziness
Need for ’track’ markers
Low self-esteem
Loss of appetite
Sleep problems
Drowsiness
Confusion
Trouble concentrating
Depression
Sleeping
Fatigue
Mood swings
Insomnia
Red eyes
Nervousness
Narcotic withdrawal
Abnormal coordination
Depression
Loss of motivation

ALCOHOL

Anxiety
Loss of appetite/weight loss
Bad memories
Erratic behaviors
Nausea
Depression
Fatigue
Red Eyes
Features
Sweating
Headache

MARIJUANA

Bedrest
Loss of coordination
Rapid heartbeat
Increased blood pressure
Faster breathing
Dry mouth
Appetite
Delayed reaction time
Pampering
Short-term memory loss
Anxiety
Depression

Transportation Services

Community Action Tri-County CAP: Tri-County Transit
Information about availability of transportation services in Coos, Carroll and Grafton Counties through Tri-County CAP
www.tri-countytransit.com

New Hampshire Transit Association
nhtransit.org/members/opportunities.htm

What to do if...

Your community recognizes that substance abuse is a disease. We understand you can’t fight this alone. We’re here for you.

If you recognize yourself or someone you know, in the following signs and symptoms of substance abuse and addiction, you may consider seeking help.

– You’re finding your responsibilities at school, work, or home because of your drug use.
– Using drugs under dangerous conditions or taking high risks while high.
– Drug use is getting you into legal trouble.
– Drug use is causing problems in your relationships.

To get help...

– Talk to a trusted family member, friend, or speak with your doctor.
– Call the NH statewide addiction center hotline at 1-844-711-4357 (HELP).
– Go to drugrecovery.org for parent tips.
– Get training to look for a local treatment facility.

For more information about prevention, contact:
transavant@nchcnh.org

Is your community in need of a Narcan Training?

Narbon administration can save someone from overdosing on heroin. If you or your community would like to schedule a Narcan Training, contact Diane Belanger, Public Health Coordinator, NCHC (603) 258-3700 ext. 225, dbelanger@nchcnh.org

NCHC
SUBSTANCE MISUSE PROGRAMS

Continuum of Care
Connecting North Country Communities to Prevention, Intervention, Treatment and Recovery Resources