

NCHC

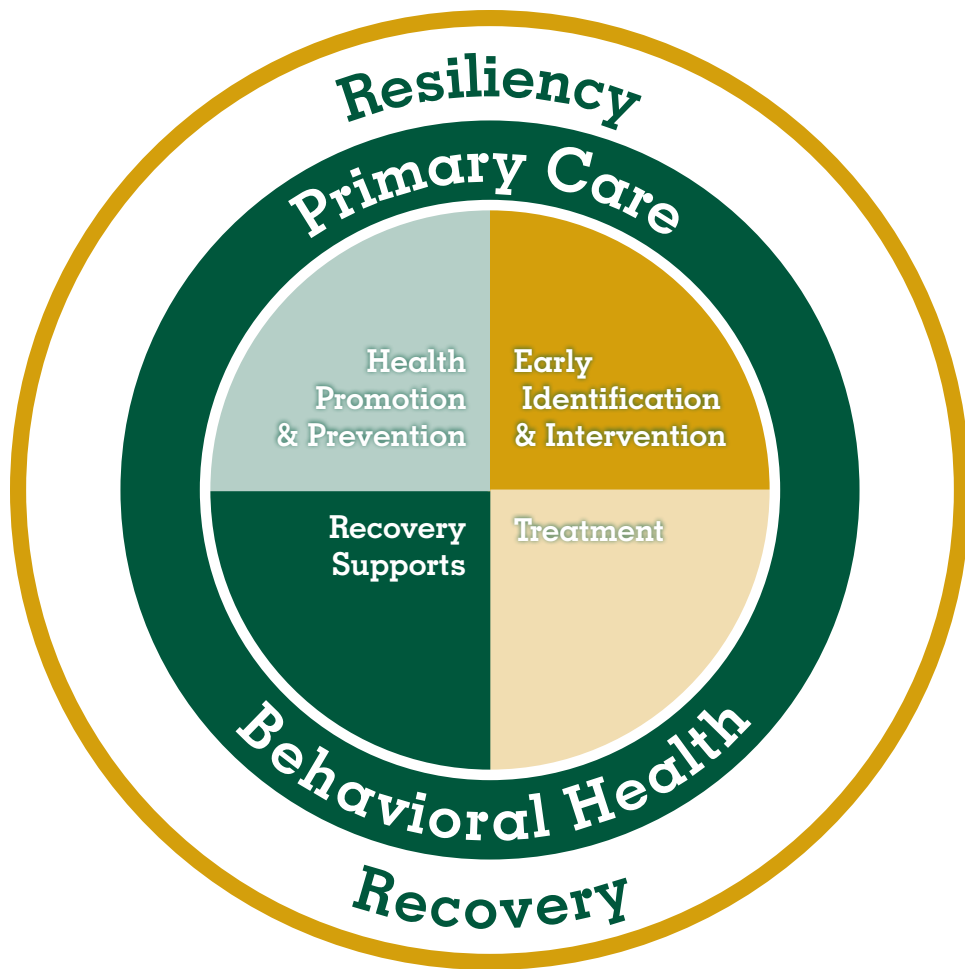


Continuum of Care

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

Everyone Deserves a Chance for a Substance-Free Future

Designed to comprehensively address substance misuse in the North Country, this initiative partners with primary care and behavioral health services to provide a full spectrum of quality prevention, intervention, treatment, recovery and support services.



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 service 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



Support Groups:

24 Hour Helpline Number
Toll Free
888-NA-HELP-U
(888-624-3578)

Alcoholics Anonymous, AA
naaa.net/nh-meeting-info

Heroin Anonymous
heroinanonymous.org

Narcotics Anonymous, NA
gsana.org

Smart Recovery
smartrecovery.org

Behavioral Health & Treatment Centers:

Angela Jones, LCMHC, MLADC, LCS, RYT
(603) 616-2019, AngelaThomasJones.com

Connecticut River Counseling Services
(603) 747-2801, sites.google.com/site/connecticutrivercounseling

Genesis Behavioral Health
(603) 536-1118, genesisbh.org

HALO Educational Systems
(603) 523-8804,
haloeducationalsystems.com

Horizons Counseling Center
(603) 536-2010, horizonsnh.org

Indian Stream Health Care
(603) 237-8336, indianstream.org

Linda M. Brewer, MSW, LICSW, MLADC
(603) 393-6292

Mid-State Health Center
(603) 536-4000, midstatehealth.org

North Country Health Consortium Friendship House
Bethlehem, (603) 869-2210

Northern Human Services
northernhs.org
Conway, (603) 447-2111
Conway, (603) 447-3347
Berlin, (603) 752-7404
Littleton, (603) 444-5358
Colebrook, (603) 237-4955

Peter Stone, MLADC
(603) 702-0117, MyDiscover.org

Robinson-Wood Applied Psychology, P.L.L.C.
(603) 536-1902,
robinsonwoodappliedpsych.com

W. Kieran Cunningham, Ph.D.
North Conway, (603) 356-9955

Weeks Medical Center
Lancaster, (603) 788-2521
weeksmedical.org

White Horse Addiction Center
Center Ossipee, (603) 651-1441
whitehorseac.com

Recovery Centers:

Hope for NH Berlin Recovery Center
hopefornhrecovery.org/our-centers/berlin/berlin-support-groups
(603) 752-9900

Recovery Centers
hopefornhrecovery.org/our-centers

Mount Washington Valley Supports Recovery Center
Conway, (603) 662-0668

North Country Serenity Center
Littleton, northcountryserenitycenter.org
(603) 444-1300

The Shed, White Horse Addiction Resource Center
Center Ossipee, (603) 301-0041

Community Coalitions:

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.

Haverhill Area Substance Misuse Prevention Coalition (HASMPC) – Woodsville/Haverhill
Karen A. Woods, RT R M CT, Administrative Director, Cottage Hospital, (603) 747-9109, kwoods@cottagehospital.org

Littleton ATOD – Littleton/Bethlehem
Greg Williams, SMP Coordinator, North Country Health Consortium (603) 259-3700 ext. 295, gwilliams@nchcnh.org

Lancaster/Groveton
Greg Williams, SMP Coordinator, North Country Health Consortium, (603) 259-3700 ext. 295, gwilliams@nchcnh.org

North Woods Addiction Coalition – Colebrook
Brenda Tibbetts, btibbetts021@gmail.com

Stand Up Androscoggin Valley (SUAV) – Berlin/Gorham
Pamela E. Laflamme, City of Berlin, (603) 752-8587

Hospitals and Health Centers:



Ammonoosuc Community Health Services
(603) 444-2464

Androscoggin Valley Hospital
(603) 752-2200

Coös County Family Health Services
Berlin (603) 752-2040
Gorham (603) 466-2741

Cottage Hospital/Rowe Health Center
(603) 747-2900

Indian Stream Health Center
(603) 237-8336

Littleton Regional Healthcare
(603) 444-9000

Mid-State Health Center
(603) 536-4000

Speare Memorial Hospital
(603) 536-1120

Upper Connecticut Valley Hospital
(603) 237-4971

Weeks Medical Center
(603) 788-4911

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Alternative Therapy:

BERLIN

Coös County Chiropractic (603) 752-2310

Riverside Wellness Center, PLLC
(603) 752-7727

Northern Oasis (603) 752-5907
leane@mynorthernoasis.com

Osmosis (603) 723-1628

Mark Evans Acupuncture (603) 752-3800

BETHLEHEM

Osmosis (603) 723-1628, info@osmosish.com

CAMPTON

Northern Roots Therapeutic
Massage & Bodywork (603) 455-1301

COLEBROOK

Stephen A. Druke, DC (603) 237-5325

CONWAY

Structured Chiropractic,
Jonathon Eldridge, DC (603) 730-5478

Leo M. Kenney, DC, F.A.C.O. (603) 356-2471

Mount Washington Valley Chiropractic
(603) 447-2244, mwwchiro@gmail.com

Taylor Chiropractic (603) 447-1131
taylorchironh@gmail.com

A Touch of Balance Massage (603) 383-5328
atouchofbalancemassage.com

Center For Natural Health
(603) 447-3070, Dr@centerfornaturalhealth.com

Lindsey Pickering LMT (603) 452-8619
lindseypickeringlmt.com

T Murray Wellness Center (603) 447-3112
tmurraywellness.com

Tola Massage (603) 986-0884
tolamassage.com

Trilogy Massage Therapy (603) 986-8337
trilogymassagetherapy.com

Authentic Thai Massage (603) 733-6887
chompou-authenticthaimassage.com

DALTON

Everything Zen Massage & Bodyworks
(603) 616-3829

FRANCONIA

Franconia Family Chiropractic
(603) 823-7428

GORHAM

Riverside Wellness Center, PLLC (603) 752-7727

Karen Bradley, ATC., LMT, CBSI (603) 466-3679
info@peakhealth.biz

LANCASTER

Riverside Wellness Center, PLLC
(603) 788-2465 or (603) 752-7727

Center for Acupuncture and
Oriental Medicine, PLLC 603-631-0046
gary@centerforacupuncturenh.com

LINCOLN

Bard Janelle, DC (603) 745-2777

LITTLETON

John Tatone, DC (603) 444-0606

Mt Peak Chiropractic,
Joni M. Gray, DC (603) 444-4881

Eric W. Sidelinger, DC (603) 444-6719

Steven M. Walsh Chiropractor
(603) 444-9449

Fresh Salon & Day Spa Massage Therapy
(603) 259-3400

Littleton Healing Arts Studio (603) 991-9769
ginaformeister@gmail.com

Purify From Within (603) 444-5240
purify-from-within.massagetherapy.com

PLYMOUTH

Institute for Naturopathic Health,
Dr. David Olarsch (603) 536-4888
info@naturopathichealth.net

WHITEFIELD

Karie Bennett Massage Therapy (603) 837-2258

Judi Scalley Massage Therapy (603) 837-7044
judiscalley.massagetherapy.com

WOLFEBORO

Steve Clark, ND (603) 569-5545
steve@steveclarknd.com

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-coping skills. SAPs are trusted adults who students can engage with and confide in. SAPs provide an opportunity for students to talk about struggles, concerns, fears, and substance misuse in a safe and confidential space.

SAP Regional Leader: Annette Carbonneau (603) 259-3700 ext. 221

Berlin High School: Cassandra Micucci (603) 752-4122 ext. 1557

Groveton High School: Erik Becker (603) 636-1619

Gorham Middle High School: Joy Burrill (802) 598-5110

Lisbon School: Jane King (802) 535-1573

North Country Charter Academy:
Georgia Caron (603) 444-1535

White Mountains Community College:
Jeff Swayze (603) 342-3058

White Mountains Regional High School:
Kathryn McKinnon (603) 837-2528

Woodsville High School:
Charlie-Mae Johnson (603) 747-2781 ext. 137



Download a brochure at dhhs.nh.gov/dcbcs/bdas/sap.htm

Signs of Drug Use & Abuse:

OPIATES

Constricted pupils

Sweating

Nausea

Vomiting

Diarrhea

Needle or 'track' marks

Loss of appetite

Slurred speech

Slow reflexes

Drowsiness

Fatigue

Mood swings

Bad coordination

Depression

Loss of motivation

ALCOHOL

Anxiety

Loss of appetite/
weight loss

Shakes and Tremors

Erratic Behavior

Nosebleeds

Nausea

Depression

Fatigue

Red Eyes

Seizures

Sweating

Headaches

MARIJUANA

Red eyes

Loss of motivation

Rapid heart rate

Increased blood pressure

Faster breathing

Dry mouth

Appetite

Delayed reaction times

Paranoia

Short-term memory loss

Anxiety

Depression

Transportation Services

Community Action Tri-County CAP: Tri-County Transit Transportation

Information about availability of transportation services in Coös, Carroll and Grafton Counties through Tri-County CAP tccap.org/services/transportation

New Hampshire Transit Association nhtransit.com/members/operators.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.

- Neglecting 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 crisis hotline at 1-844-711-4357 (HELP).
- Go to drugfreenh.org for parent tips
- Go to nhtreatment.org to look for a local treatment facility.

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

Is your community in need of a Narcan Training?

Narcan administration can save someone from overdosing on heroin. If you or your community would like to schedule a Narcan Training, contact Elaine Belanger, Public Health Coordinator, NCHC (603) 259-3700 ext. 229, ebelanger@nchcnh.org

