

# Happening@ North Country HEALTH CONSORTIUM

**Leading innovative collaboration to improve the health status of Northern New Hampshire.**

Going On...



## Becky McEnany named Interim CEO of NCHC

Becky has been with the North Country Health Consortium for more than 6 years, most recently as the Director of Quality and Operations. She brings over 30 years in healthcare and public health with extensive experience in non-profit program management. Becky lead NCHC's most recent efforts that resulted in a three-year accreditation from the Commission on the Accreditation of Rehabilitation Facilities (CARF).

## Spotlight: North Country Public Health Network responds to COVID-19

While events surrounding COVID-19 continue to unfold, the [North Country Regional Public Health Network](#) (RPHN) is keeping stride. Since late January, the RPHN has stayed in tandem with the State when the NH Department of Health and Human Services began monitoring for potential cases of Coronavirus.

On March 18<sup>th</sup>, the RPHN activated its MACE—or Multi-Agency Coordinating Entity— bringing to the table Unified Command partners representing five overarching entities. Together with NCHC, the City of Berlin, the Towns of Bethlehem and Lancaster, and Littleton NH Emergency Management formed the Unified Command Structure to manage the emergency incident, with an eye on the North Country region as a whole.

Also staffed in the MACE are employees of Ammonoosuc Community Health Services, Androscoggin Valley Hospital, and NCHC.

In April, the Town of Colebrook Police Department joined, rounding out the

## North Country Responds COVID-19



[NCHCNH.org](http://NCHCNH.org) Find us on  [covid19@nchcnh.org](https://www.facebook.com/covid19@nchcnh.org)

### North Country RPHN has:

- Maintained a liaison role at State and Federal levels, facilitating the ordering and acquisition of PPE for healthcare and long-term care facilities, while keeping stock of the regional emergency supply trailers
- Participated in planning and set-up for medical surge sites, partnering with the NH National Guard and regional hospitals
- Recruited, vetted, and lead virtual orientation trainings for [Medical Reserve Corps \(MRC\)](#) volunteers
- Provided daily updates and risk communication to the community via NCHC's [website](#) (checkout our

regional response team to six partnering entities while adding a law enforcement component from the region's northernmost area.

[News](#) section) and [Facebook](#).

## New NCHC program, AskPETRA, launches helpline



Launched April 22nd, AskPETRA is a helpline staffed by NCHC Community Health Workers/Recovery Coaches, just for Northern NH residents. Individuals can AskPETRA—via phone or email— about the resources they need for substance use disorder treatment, recovery, and education. During the COVID-19 pandemic, the helpline will also provide support for local connections to resources, such as food pantries, available transportation, health care, and fuel assistance.

*The helpline is the first step in the larger AskPETRA program. Look out for the website, [AskPETRA.org](#), coming June 1!*

## Welcome to Facebook, NH CHW Coalition!



The [NH Community Health Worker \(CHW\) Coalition](#) is now on Facebook!

Find [@NHCHWcoalition](#) and give them a 'like' to stay up to date on CHW resources and happenings in the State.



Say hi to and follow [@NHCHWcoalition](#) on Facebook!

## Remote services, telehealth available for NCHC services

Several NCHC services are now available remotely, including the [Impaired Driver Care Management Program \(IDCMP\)](#), [Drug Treatment Court \(DTC\) of Grafton County](#), and Substance Use Disorder [Outpatient \(OP\) and Intensive Outpatient \(IOP\) Treatment](#). At this time, for IDCMP, intake appointments, Impaired Driver Education Program (IDEP) classes, and other consultations are being conducted exclusively via Zoom conferencing and phone. DTC of Grafton County is holding Court sessions with the Judge and participants, one-on-one counseling sessions, and team events all remotely.



NCHC's Community Health Workers (CHW) from [Ways 2 Wellness CONNECT](#) and dually-trained CHW/Recovery Coaches from the [WARM](#) program, are also accommodating their clients on a remote basis.

**OP and IOP services available 100% online:**





## Outpatient Treatment

Now Available 100% Online via TELEHEALTH Video Sessions

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

Call for days & times



Substance Use Disorder

CLINICAL SERVICES



Friendship House



For an appointment call the Outpatient Coordinator at:

603-707-5072 | [NCHCNH.org](http://NCHCNH.org)

View PDF of NCHC's new [Outpatient \(OP\) Treatment rack card](#) highlighting telehealth.



## Intensive Outpatient Program

Now Available 100% Online via TELEHEALTH Video Sessions

What to expect :

- ▶ 12 week program- group therapy **focused on substance use disorder treatment**
- ▶ Group sessions held **3-4 times a week**
- ▶ Evidence-based curriculum focused on relapse prevention
- ▶ **Person-centered treatment** approaches where goals are developed individually with clinician
- ▶ Access Community Health Worker/Recovery Coaches
- ▶ Access to **individual therapy**
- ▶ Open enrollment to provide **quick intake process**

Call for days & times



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Recap...



## May is National Drug Treatment Court Month!

### DTC Program graduates four participants



May is National Drug Treatment Court Month! A well-deserved recognition goes to our hardworking Grafton County DTC team on staff at NCHC, who are pictured at the last DTC of Grafton County graduation in February where the program graduated four participants! Learn more about [DTC of Grafton County](#).



Drug Treatment Court (DTC) of Grafton County's Program Manager, Annie Crowley of NCHC, stands by during the last DTC graduation in February, to congratulate program graduates with a medal honoring their hardwork and accomplishment to complete the program.



NCHC staff on the DTC of Grafton County team, Rob Akesson, DTC Case Manager, and Rhonda Bishop, Licensed Drug and Alcohol Counselor, give praise and support to the newest DTC graduates at February's graduation ceremony.

Said one DTC of Grafton County graduate:

***"Because of the tools I was taught through rehab, IOP, and counseling, I am gracefully celebrating 18 months clean and maintaining a full-time job. I'm now working towards getting my GED and being a mental health counselor."***

**DID YOU KNOW? Of all DTC of Grafton County participants, 2/3 graduate from the program.** The DTC oversees individuals charged with crimes that are generally non-violent in nature, facilitating supervision and treatment for substance use disorder, rather than a lengthy prison term. This voluntary program gives participants the opportunity to live a productive substance-free life.



## **Bi-Annual Drug Take Back Day in April cancelled, NCHC offers alternatives to keep Rx drugs safe**

We'll have to wait until the next in-person DTB Day to turn in unused, unwanted, and expired medications to our local police departments. In the meantime, watch this video from NCHC's SMP team for tips:



## **HASMPC extends community support** Haverhill Area Substance Misuse Prevention Coalition

Appearing in April and May issues of local newspaper, the [Bridge Weekly](#), was a full-page color ad (right) as well as three new

"Youth on Track" articles authored by HASMPC's Drug Free Community (DFC) Program Coordinator, Mariah Coulstring:

- (April 17) [Resources at your fingertips - Call 211 today!](#)
- (May 14) [Prescription Medication and Over-the-Counter Drug Misuse](#)
- (May 21) [Inhalants and Aerosols](#)
- View the full [Community Not Cancelled](#) PDF color ad



To serve the community as we strive to reduce and prevent substance misuse among youth by working together to build a healthy and safe drug-free community.

Now, more than ever, it is an honor to serve our community and SAU #23 students and families and we want to continue to support you & serve as a resource

## Coming Up...

North Country Responds  
**COVID-19**

North Country Public Health Network  
NORTH COUNTRY HEALTH CONSORTIUM

NCHCNH.org Find us on [Facebook](#) [covid19@nchcnh.org](#)

**ANYONE can join MRC:**  
Seeking all skill sets: non-medical community members can join too!

Register today!  
<https://bit.ly/NNHMRC>

Northern New Hampshire medical reserve corps



Look out for Part 2 of AskPETRA's unveiling: the website, [AskPETRA.org](#), launches June 1!

**FREE LIVESTREAM!**  
North Country Youth Facilitated. An Experience for 8-12th Graders.

**UP Granite Youth Conference**

is how youth are addressing behavioral health challenges in their community

**WEDNESDAY JUNE 3rd, 2020 3:30-5:30pm**

Q & A with **Kevin Hines**  
Hear his story  
Shed tears from local youth and past presenters  
Connect with your peers  
Find out how to get help

Two years after he was diagnosed with bipolar disorder (19 years of age), he attempted to take his life by jumping from the Golden Gate Bridge.  
Today, Kevin delivates his life-saving lives and encouraging others to seek help and spread empathy by bringing a message of hope and sharing his story.

#BE HERE TOMORROW

The 3rd Annual UP Granite Youth Conference is a livestreamed event on **June 3**. Checkout the [UP flyer](#) for details.

Register to join the next virtual MRC orientation training on **May 30: IS 100: Introduction to the Incident Command System (ICS)**

## Text to join our mailing list!

Get NCHC's newsletter directly to your inbox when you subscribe!

### Follow NCHC

- Facebook: [@NorthCountryHCNH](#)
- Twitter: [@NCHCNH](#)



It's easy to join our mailing list!

Text NCHC to **22828** to get started.

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Message and data rates may apply. Text HELP for help, text STOP to end. Constant Contact email privacy policy: [https://www.constantcontact.com/privacy\\_guarantee.jsp](https://www.constantcontact.com/privacy_guarantee.jsp)

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