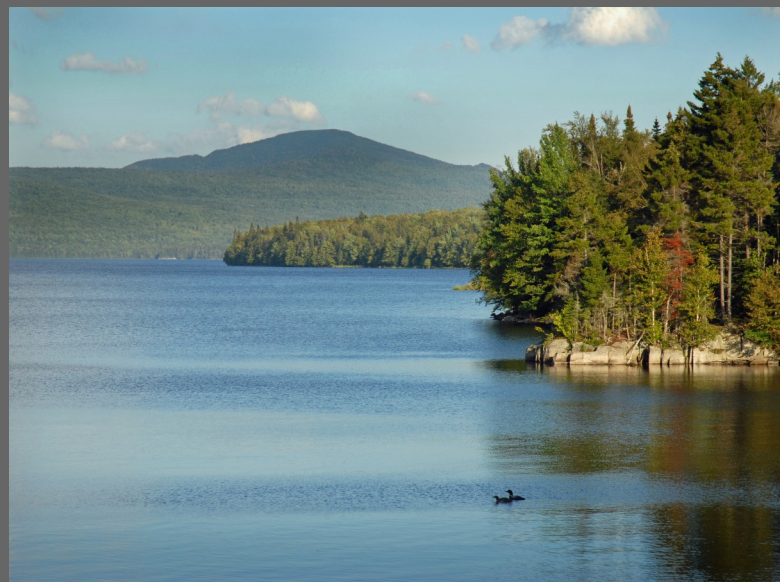


Winnipesaukee Region Resource Guide



**PARTNERSHIP FOR
PUBLIC HEALTH**

67 Water Street Suite 105

Laconia, NH 03246

603-528-2145

www.pphnh.org

Addiction, substance use disorders and substance misuse continues to have a significant impact on the health of our communities. The Winnepesaukee Region Resource Guide is comprised of local and statewide services and resources that are available across the continuum of care. This guide includes services and resources in Prevention, Treatment and Recovery. It was developed by the Partnership for Public Health with support from the Partners in Community Wellness Team, a workgroup of the Winnepesaukee Public Health Council.

For more information:



@PPHNNH

or

www.pphnh.org

The information provided in this guide is for informational purposes only. It is not an endorsement of any organization or the services they offer. While we make every effort to keep the information up to date, we make no representations or warranties of any kind, expressed or implied, about the completeness, accuracy, reliability, suitability or availability of any of the organizations or providers listed.

National Alliance on Mental Illness (NAMI NH)

85 North State Street

Concord, NH 03301

603-225-5359

ServiceLink

Aging & Disability Resource Center

1-866-634-9412

Servicelink.nh.gov

REAP (Referral, Education, Assistance, and Prevention Program)

Call 1-866-634-9412

Office of Consumer and Family Affairs, NH DHHS Bureau of Mental Health Services

Call 1-800-852-3345 X5045

Winnepesaukee Region Support Groups

Winnepesaukee Survivors of Suicide Loss

Meets on the 3rd Wednesday of each month

Belmont, NH 03220

To join call Stacey: 603-512-2208

FASTER Parent Support Group

(Families Advocating Substance Treatment, Education & Recovery)

Meets on the 2nd & 4th Thursday of each month 6pm to 7:30pm

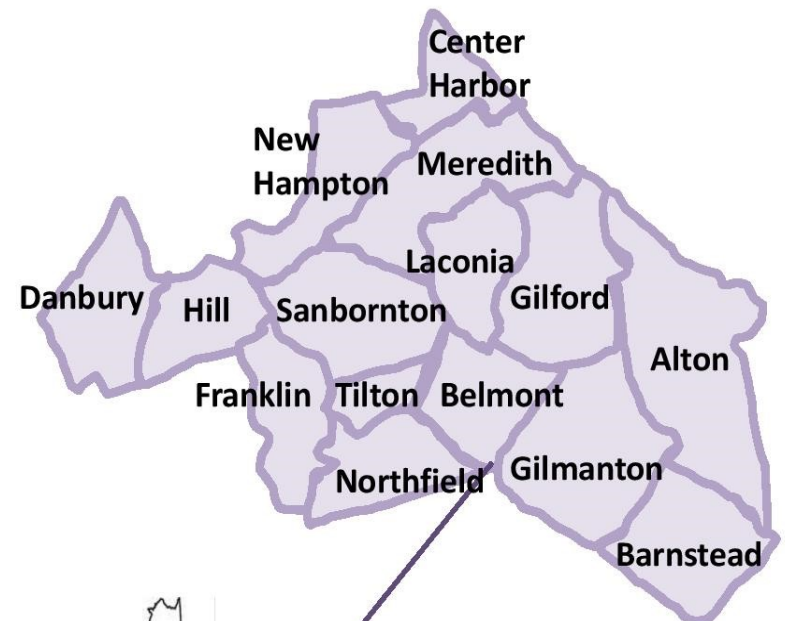
Laconia Police Department

126 New Salem Street

Laconia, NH 03246

Call Nancy: 603-293-0960

Winnepesaukee Public Health Region



**PARTNERSHIP FOR
PUBLIC HEALTH**

67 Water Street, Suite 105
Laconia, NH 03246
603-528-2145
www.lrp-ph.org

January 14, 2016

FREE STATEWIDE RESOURCES- Crisis, Intervention and Referral Services



The NH Alcohol and Drug Treatment Locator is a website directory where visitors can locate alcohol and drug treatment service providers in New Hampshire who offer assessments, withdrawal management, outpatient counseling, residential treatment, recovery supports and other services. Visit: <http://nhtreatment.org/>



The NH Statewide Addiction Crisis Line (1-844-711-HELP (4357)) is a free, anonymous service that helps connect individuals to critical services.

The Crisis Line's staff are trained to provide support and advice to callers when they are experiencing an alcohol, drug use or addiction-related crisis.



2-1-1 is an easy-to-remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community. Visitors to 211's website can search its online database of community services that contains information for over 1,800 health and human service providers and 4,500 service locations.



The National Suicide Prevention Lifeline is 1800-273-TALK (8255). Available 24/7. Suicide is preventable. With help comes hope.

SMART Recovery - Self Management for Addiction Recovery

The SMART Recovery 4-Point Program® helps people recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, sexual addiction, and problem addiction to other substances and activities. SMART Recovery sponsors face-to-face meetings around the world, and daily online meetings. In addition, our online message board and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support.

www.smartrecovery.org

Main Contact:

Scott Rupp, Facilitator

603-267-0085

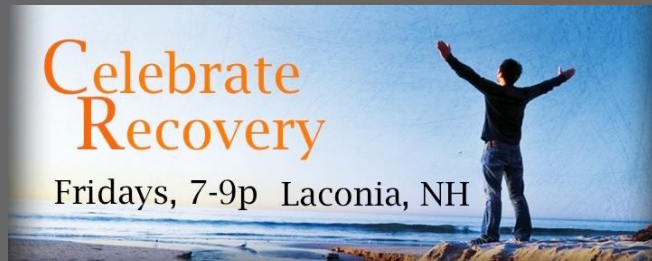
lakesregionsmart@gmail.com

Main Contact:

Patricia Wetherbee, Facilitator

603-998-7499

webehe@metrocast.net



"Celebrate Recovery is a Christ-centered recovery program based on 8 Recovery Principles found in the Beatitudes of the Bible and the Christ-Centered 12-Steps. By working the Christ-Centered Steps and applying their Biblical Principles, we begin to grow spiritually. We become free from our addictive, compulsive and dysfunctional behaviors. This freedom creates peace, serenity, joy, and most importantly, a stronger personal relationship with God and others."

LifeQuest Church

115 Court St,

Laconia, NH 03246.

Fridays from 7pm to 9pm

Winnepesaukee Region Community Prevention-Based Coalitions

Franklin Mayor's Drug Taskforce:



Email: taskforceinfo@franklinnh.org

To learn more check out:

www.franklinnh.org

Stand Up Laconia: Clare Persson



Email: perssonclare@gmail.com

Coalition meets the 4th Thursday of each month at the Huot Technical Center in Laconia

Gilford Together: Serene Eastman



Email: Serene.Eastman@doc.nh.gov

Coalition meets the 3rd Tuesday of each month at the Gilford Community Church

It Takes a Community: Darcy Ess



Email: darcyess@yahoo.com

Coalition meets the 2nd Wednesday of each month at the Corner Meeting House in Belmont

Winnepesaukee Region Public Safety

In the Event of an Emergency Always Dial 911

Police:

Danbury PD: 603-768-5568

Hill PD: 603-934-3949

New Hampton PD: 603-524-8585

Sanbornton PD: 603-286-4323

Franklin PD: 603-934-2535

Tilton PD: 603-286-4442

Northfield PD: 603-286-8982

Meredith PD: 603-279-4561

Laconia PD: 603-524-5252

Belmont PD: 603-267-8350

Gilford PD: 603-527-4743

Gilmanton PD: 603-267-7401

Alton PD: 603-875-3752

Barnstead PD: 603-269-8100

Fire:

Danbury FD: 603-768-36-52

Hill FD: 603-934-5350

New Hampton FD: 603-744-2735

Sanbornton FD: 603-286-4819

Franklin FD: 603-934-2205

Tilton/Northfield FD:

603-286-4781

Meredith FD: 603-279-6061

Laconia FD: 603-524-6881

Belmont FD: 603-267-8333

Gilford FD: 603-527-4758

Gilmanton FD: 603-364-2500

Alton FD: 603-569-1197

Barnstead FR: 603-269-4121



American Association of Poison Control Centers:

1-800-222-1222

Al-Anon Family Groups

Friends and families of problem drinkers find understanding and support at Al-Anon and Alateen meetings.

<http://www.al-anon.alateen.org/home>

Alcoholics Anonymous

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

<http://www.aa.org>

Narcotics Anonymous

Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. Our name, Narcotics Anonymous, is not meant to imply a focus on any particular drug; NA's approach makes no distinction between drugs including alcohol.

<http://www.naws.org>

Sober Threads

A Peer Recovery Support Program of
the Greater Tilton Area Family Resource Center



603-286-4255

TRS is a free service that provides weekly phone calls to people in recovery from alcohol and/or drug addiction.

Trained TRS callers “check in” and ask how people are doing managing their recovery. All callers are trained to provide support, encouragement and information about recovery resources. TRS helps reduce relapse and enhances the recovery experience.

Telephone Recovery Support (TRS); an innovative, peer to peer, recovery support service developed by the Connecticut Community for Addiction Recovery (CCAR), in which our center is well trained.

Winnepesaukee Region Public School Districts

SAU 30: Laconia School District 603-524-5710

SAU 18: Franklin/Hill School District 603-934-3108

SAU 2: Interlakes School District 603-279-7947

SAU 73: Gilford School District 603-527-9215

SAU 79: Gilmanton School District 603-364-5681

SAU 80: Belmont School District 603-267-9223

SAU 72 Alton School District 603-875-7890

SAU 86: Barnstead School District 603-435-1510

SAU 59: Winnisquam School District 603-286-4116

SAU 4 Newfound Area School District 603-744-5555

The services offered in each district will vary. To get more information regarding student/family supports within the schools, contact your local SAU.



Youth and Family Services

Family Resource Center of the Lakes Region

(603) 528-0391

719 Main St. Laconia

Greater Tilton Area Family Resource Center

(603) 286-4255

291 Main St. Suite #3 Tilton

Youth Assistance Program

(603) 286-8577

291 Main St., Suite 5 Tilton

Appalachian Mountain Teen Project

(603) 569-5510

85 Bay St. Wolfeboro (serving youth in Alton,
Gilford & Laconia)

Boys & Girls Club of the Lakes Region

(603) 528-0197

876 N. Main St. Laconia

Child & Family Services

(603)524-5835

719 N. Main St. Laconia

Family Planning & Prenatal

Community Action Program

(603) 524-5453

121 Belmont Rd. Laconia

Hope for NH Recovery



NOW OPEN WEEKDAYS 9 AM - 5 PM

175 Central Street

Franklin, NH 03235

603.934.1496

WEEKLY MEETINGS

Monday:

10:00-10:30 am - Coffee Talk for Members

12:00- 1:00 pm - All Recovery Meeting

3:00- 4:00 pm - Arts in Recovery

4:00- 5:00 pm - Guitar Basics

7:00-9:00 pm - Men's Big Book Study

Tuesday:

10:00- 10:30 am - Coffee Talk for Members

11:00- 12:00 pm - Reiki for Recovery

12:00-1:00 pm - All Recovery Meeting

1:00-2:00 pm - Al-Anon Family group

2:45-3:45 pm - Alateen

Wednesday:

9:00-10:00 am - Yoga in Recovery (Last Wed monthly)

10:00-10:30 am - Coffee Talk for Members

10:30-11:30 am - Life Skills

12: 00-1:00 pm - All Recovery Meeting

1:00-1:45 pm - Walking for Recovery

2:00-3:00 pm - Karaoke for You

6:15-7:15 pm - Al-Anon

Thursday:

10:00-10:30 am - Coffee Talk for Members

10:30-11:30 am - Creative Woodworking

12:00-1:00 pm - All Recovery Meeting

1:00-2:00 pm - Reflections of Life in the Spirit

6:00-8:00 pm - Setting Boundaries with Those We Love

Friday:

10:00-10:30 am - Coffee Talk for Members

11:00-12:00 pm - Guitar Basics

12:00-1:00 pm - All Recovery Meeting

1:30-3:00 pm - Soar Women's Group

3:00-4:30 pm - Music in Recovery! Open Jam

Saturday:

5:00-6:00pm - Health Realization- The 3 Principles

Sunday:

6:30-7:45 pm - NA Meeting

8:00-9:15 pm - HA Meeting "Lakes Region Group"

Navigating Recovery of the Lakes Region

Open Monday-Friday 9am to 5pm

Walk –In’s Welcome and Encouraged!



635 Main Street, Suite 303

Laconia, NH 03246

603-409-7228

WEEKLY SCHEDULE OF MEETINGS & PROGRAMS

MONDAY

Creative Recovery @ 10am

Yoga @ 5:30pm

TUESDAY

NA Meeting @ 7:30am

WEDNESDAY

SMART Recovery Meeting @ 6pm

THURSDAY

NA Meeting @ noon

FRIDAY

NA Meeting @ 7:00pm

Project RENEW New Beginnings-Without Violence & Abuse

(603) 528-6511

Franklin Head Start/Early Head Start

(603) 934-2161

Bessie Rowell Community Center

12 Rowell Dr. Franklin

Laconia Head Start

(603) 524-7050

121 Belmont Rd Laconia

Merrimack County Juvenile Diversion Program

82 Elkins St., Franklin

(603) 934-1015

Belknap County Juvenile Diversion Program

34 County Drive

Laconia, NH 03246

(603) 524-9457

R.E.S.P.E.C.T (Resources to Educate, Support, and Protect Every Community Teen)

Franklin Family Planning

(603)934-4905

841 Central St. Franklin

Prevention

University of NH Co-op Extension Service

(603) 527-5475

36 County Drive Laconia

(603) 796-2151

315 Daniel Webster Highway

Merrimack County

Boscawen, NH

www.extension.unh.edu

Parenting Plus

1-800-640-6486

Parenting Education Classes for parents of children and adolescents

(603) 934-4144

jdavis@sau18.org

Circle of Parents

(603) 934-4885

841 Central Street Franklin

www.circleofparents.org

Tilton Pemi Youth Center

448 West Main St.

Jessica Descoteaux

Site Director

pyctilton@gmail.com

603-729-0091

Treatment

Groups: recover together

61 Beacon Street

Suite 4

Laconia, New Hampshire 03246

Call Intake Coordinator

(844) 402-3213

Riverbank House

96 Church Street

Laconia, NH 03246

(603) 505-7912

Serenity Place
603-625-6980
Manchester, NH
www.serenityplace.org

Tri-County Community Action Program, Inc.
Friendship House
603-869-2210
Bethlehem, NH
www.tcap.org

TRANSITIONAL LIVING:

Cornerstone House for Men
Northfield, NH
www.cornerstonehouseformen.com

The Butterfly House
108 Academy Street
Laconia, NH 03246
603-527-8682 or 802-272-7570
butterflyhouseforwomen@gmail.com

Winnepesaukee Region Parks & Rec

Alton Parks & Recreation

A.V.A.S. Park
(603) 875-0109

328 Main St. Alton

Barnstead Parks & Recreation

(603) 269-4071 ext. 8

barnsteadparksandrec@gmail.com

Belmont Parks & Recreation

(603) 267-1865

14 Mill St. Belmont

Center Harbor Parks & Recreation

(603) 455-1632

chparksandrec@metrocast.net

Danbury Community Center

(603) 768-3424

15 High St. Danbury

Franklin Parks and Recreation

Bessie Rowell Community Center

(603) 934-2118

12 Rowell Dr. Franklin

Gilford Youth Center

(603) 524-6978

19 Potter Hill Rd. Gilford

Prevention

Gilford Parks & Recreation

(603) 527-4722

47 Cherry Valley Rd. Gilford

Laconia Parks and Recreation

(603) 524-0521

306 Union Ave. Laconia

Meredith Parks & Recreation

Meredith Community Center

(603) 279-8197

1 Circle Dr. Meredith

Sanbornton Recreation Department

(603) 286-2659

16 Hunkins Pond Rd. Sanbornton

Tilton-Northfield Pines Community Center

(603) 286-8653

61 Summer St. Northfield

Treatment

Greater Nashua Council on Alcoholism

Keystone Hall

603-881-4848

Nashua, NH

www.keystonehall.org

Headrest

603-448-4872

Lebanon, NH

www.headrest.org

Phoenix House, Dublin Center

603-563-8501

Dublin, NH

www.phoenixhouse.org

Ray's House Farnum North

1-888-840-4243

Franklin, NH

Phoenix House, Keene Center

603-358-4041

Keene, NH

www.phoenixhouse.org

INTENSIVE OUTPATIENT TREATMENT:

Concord Hospital, Substance Use Services

603-227-7000

Concord, NH

www.concordhospital.org

Horizons Counseling Center: Nathan Brody Program at Horizons

603-524-8005

603-706-0336

Gilford, NH

horizonscounseling@horizonsnh.org

RESIDENTIAL TREATMENT:

Easter Seals Farnum Center

603-662-3020

Manchester, NH

www.hestreatment.org

Winnepesaukee Region Public Libraries

Alton (603) 875-2550

Barnstead (603) 269-3900

Belmont (603) 267-8331

Center Harbor (603) 253-6950

Danbury (603) 768-3765

Franklin (603) 934-2911

Gilford (603) 524-6042

Gilmanton (603) 364-2400

Hill (603) 934-9712

Laconia: (603) 524-4775

Meredith (603) 279-4303

New Hampton (603) 744-8061

Northfield /Tilton (603) 286-8971

Sanbornton (603) 286-8288

The programs and resources available at local libraries will vary. Call or inquire within to learn more.

Prevention Enforcement Treatment Program

Laconia Police Department

Officer: Eric Adams

Cell:603-832-8323

Recovery Program Laconia Fire Department

Fire Fighter: Brian Keys

BELKNAP COUNTY RESTORATIVE JUSTICE ADULT COURT
DIVERSION

64 Court Street

Laconia, NH 03246

Phone (603) 527-5493

Belknap County Adult Recovery Court Program

Recovery Court is a 3-phase intervention program followed by a period of reduced supervision and recovery support. It is designed for adults who have pled guilty to non-violent offenses and who are having difficulty abstaining from the use of alcohol and other drugs.

Horizon's Counseling Center

603-524-8005

603-706-0336

Gilford, NH

horizonscounseling@horizonsnh.org

Linda Brewer, LICSW, MLADC

603-393-6292

Meredith, NH

Patricia Tucker, LADC

603-286-9584

Tilton, NH

Serendipity Counseling

603-860-1319

Tilton, NH

SKY Counseling Services

603-722-8354

Laconia, NH

www.skycounselingservicesllc.org

OUTPATIENT/COUSELING TREATMENT

A&D Recovery Counseling

603-998-7337

Laconia, NH

www.nhladccounseling.com

Borderline Counseling Services

603-581-9196

Laconia, NH

Chrysalis Recovery Center, LLC

603-998-4210

Franklin, NH

www.chrysalisrecovery.com

David Parisi, LICSW, MLADC

603-528-6060

Gilford, NH

www.daveparisi.com

Genesis Behavioral Health Center

603-524-1100

Laconia, NH

www.genesisbh.org

Levels of Care in NH**Outpatient Treatment**

(American Society of Addiction Medicine (ASAM) Level 1) services assist an individual or group of individuals to achieve treatment objectives through the exploration of substance use disorders and their ramifications, including an examination of attitudes and feelings, and consideration of alternative solutions and decision making with regard to alcohol and other drug related problems.

Intensive Outpatient Treatment

(ASAM Level 2.1) services provide intensive and structured individual and group alcohol and/or other drug treatment services and activities that are provided according to an individualized treatment plan that includes a range of outpatient treatment services and other ancillary alcohol and/or other drug services. Services for adults are provided at least 3 hours a day and at least 3 days a week. Services for adolescents are provided at least 2 hours a day and at least 3 days a week.

Partial Hospitalization

(ASAM Level 2.5) services provide intensive and structured individual and group alcohol and/or other drug treatment services and activities to individuals with substance use and moderate to severe co-occurring mental health disorders, including both behavioral health and medication management (as appropriate) services to address both disorders. Partial Hospitalization is provided to clients for at least 20 hours per week according to an individualized treatment plan that includes a range of outpatient treatment services and other ancillary alcohol and/or other drug services.

Transitional Living

(non-ASAM) services provide residential substance abuse treatment services designed to support individuals as they transition back into the community. Transitional Living services must include at least 3 hours of clinical services per week of which at least 1 hour must be delivered by a Licensed Alcohol and Drug Counselor (LADC) or Master Licensed Alcohol and Drug Counselor (MLADC) or unlicensed counselor working under the supervision of a LADC or MLADC and 2 hours must be delivered by a Certified Recovery Support Worker (CRSW). The maximum length of stay in this service is 6 months. Adult residents typically work in the community and may pay a portion of their room and board.

Low-Intensity Residential Treatment

(ASAM Level 3.1) services provide residential substance abuse treatment services designed to support individuals that need this residential service. The goal of low-intensity residential treatment is to prepare clients to become self-sufficient in the community. Adult residents typically work in the community and may pay a portion of their room and board.

High-Intensity Residential Treatment for Adults/ Medium Intensity Residential for Adolescents

(ASAM Level 3.5) services provide residential substance abuse treatment designed to assist individuals who require a more intensive level of service in a structured setting.

Integrated Medication Assisted Treatment

services provide for medication prescription and monitoring for treatment of opiate and other substance use disorders. Non-medical treatment services are provided by substance use disorder treatment professionals with medical services provided by an appropriate medical provider. Coordination of care between providers is a critical component of medication assisted treatment.

Opioid Treatment Programs

(sometimes referred to as methadone clinics) provide medication assisted treatment with methadone or buprenorphine in a clinic setting.

Ambulatory

(ASAM, Level 1-WM) and **Residential** (ASAM Level 3.7-WM) **Withdrawal Management** services provide a combination of clinical and/or medical services utilized to stabilize the client while they are undergoing withdrawal.

Recovery Support Services

are non-clinical services that reduce or remove barriers to a client entering and/or sustaining recovery. Peer recovery support services are delivered by individuals with lived experience in recovery and may include, but are not limited to, Recovery Coaching and Telephone Recovery Support services. Non-Peer recovery support services are not specifically delivered by individuals with lived experience in recovery and include services such as parenting classes, vocational services, transportation and child care.