Greater Nashua Region Community Connections Guide to Recovery

Bridging the Gaps and Linking People to Resources

Prevention works,
Treatment is effective,
and people recover!

City of Nashua
Division of Public Health
and Community Services
18 Mulberry Street, Nashua, NH
603.589.4560
www.nashuanh.gov/DPHCS

2017

Division of Public Health & Community Services

New Hampshire Charitable Foundation

NH Dept. of Health and Human Services NHBDAS Bureau of Drug and Alcohol Services Promoting Prevention and Recovery

Greater Nashua Public Health Advisory Council Greater Nashua • Greater Health

STOP

If you or a family member is in
an emergency,
call 911
or visit your local
Emergency Department
immediately.

Welcome to Greater Nashua's Guide to Recovery

Dear Greater Nashua Region Community,

The Nashua Division of Public Health and Community Services is the first and only nationally accredited public health department in the state of New Hampshire. We strive to promote, protect, and preserve the health and well-being of our community through leadership and community collaboration.

As part of our efforts to build and maintain a resilient community, we work to provide connections and support to those that are suffering from Mental Illness and/or Substance Use Disorder (SUD). The Greater Nashua Region Community Connections Guide to Recovery is an easy to use directory of programs, services, and agencies that provide expertise regarding Mental and Behavioral Health and SUD through a whole-person approach. It includes resources in Nashua and the surrounding towns of Amherst, Brookline, Hollis, Hudson, Litchfield, Lyndeborough, Mason, Merrimack, Milford, Mont Vernon, Pelham, and Wilton.

A community effort is needed to end stigma, and help those that are suffering find their unique path to recovery. We, as a community, acknowledge that recovery is an individualized concept that goes far beyond abstaining from substances or achieving a desired state of health. Connecting with friends, family, and the greater community is key to a successful recovery.

We thank the many organization, partners, and community members for providing these connections, making the Community Connections Guide to Recovery a comprehensive and valuable reference.

Prevention works, treatment is effective, and people recover!

Bobbie D. Bagley, MS, MPH, RN, CPH
Director, Division of Public Health and Community Services
City of Nashua
18 Mulberry Street
Nashua, NH 03060

DIVISION OF PUBLIC HEALTH & COMMUNITY SERVICES

ACCREDITED HEALTH DEPARTMENT • PUBLIC HEALTH ACCREDITATION BOARD • PHAB Advancing public health performance

People Recover

Recovery is an amazing thing to achieve one day at a time. In early recovery, I was told at a 12-step meeting that I have "recovered". They said, I had "recovered from a seemingly hopeless disease of the mind and body". In a sense I had, but it sure didn't feel like it. What I had done is, for that day, put down the drugs and alcohol. For one day at a time, I didn't drink or do drugs in hopes I would in fact recover from the hopelessness of a substance use disorder.

I surrendered to the disease of Alcoholism and drug misuse by attending 12-step meetings every day. I didn't care for it, but I was out of options. I cleared up after a time and was told, when I get better, I will want better and strive for better. This included my health, relationships, work, school, everything.

I took the leap into school. I did poorly at school once, and was concerned that I would again. This time I was sober. I was in recovery. I was able to do well. Dare I say I excelled. The possibility built on itself and I graduated. They congratulated me and said, "Good job, now go help other people." I knew what this meant. My recovery support group, through the 12-steps, taught me how to proceed. Through a sponsor and the steps, I live today, firmly in recovery. I still attend 12-step meetings most days and continue to work the steps every day. Some days are better than others. One thing I can say without hesitation: "The worst day in recovery is much, much better than the absolute best day misusing drugs and alcohol."

Today I am a Licensed Alcohol and Drug Counselor and a Licensed Clinical Mental Health Counselor. I owe any accomplishments to the 12-steps. I received "the gift of desperation" which allowed me to sit, listen, act and recover.

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Disclaimer

Inclusion in the Community Connections Guide to Recovery does not imply endorsement by the City of Nashua Division of Public Health and Community Services (DPHCS) and exclusion does not indicate disapproval.

DPHCS neither guarantees nor makes any representations as to the accuracy or completeness of the information contained in its Resource Guide.

DPHCS disclaims any and all responsibility and liability that may be asserted or claimed resulting from or arising out of reliance upon the information presented in the Resource Guide.

The Community Connections Guide to Recovery is a product of **Beyond Influence** in partnership with the **City of Nashua Division of Public Health and Community Services**. Funding for the development and distribution of this guide is supported by the **Bureau of Drug and Alcohol Services** and the **New Hampshire Charitable Foundation**.

We want to thank every agency, organization, service provider, and individuals that are listed in this comprehensive Guide to Recovery. The Greater Nashua Community appreciates your dedication to making our home a healthier place to live.

An additional thanks to all that helped create and distribute this comprehensive and valued community resource: Courtney Ellison, Lisa Vasquez, Bobbie Bagley, Nicole Viau, Granite Pathways: Regional Access Point Services, Rishi Desai, Elyssa Clairmont, and the individuals who share their unique and inspiring pathways to recovery.

If your agency, organization, or program is not listed in the guide, but you feel provides services that should be included, or is listed and displays inaccurate information please email:

communityconnections@nashuanh.gov

Introduction

How to use the Community Connections Guide to Recovery:

1. Decide what type of service or program you need to access (i.e. mental health, prevention, recovery support).
2. Use the Table of Contents on Page 4 to find different types of services or programs. Go to that page.
3. You will find a listing of organizations that offer programs or services related to your interest area. *If you are looking for SUD Treatment, first read the description of services to find the treatment that will meet your needs. Then locate an agency or organization that provides chosen service.*
4. All organizations are listed alphabetically and have contact information, location, and general information about the services they provide.
5. Contact an organization that meets your individual needs to enter their unique program (s).

You may find the following symbols for special services:

24/7 access to a Prescription Disposal Box is available at this location.

Access to a Safe Syringe Disposal unit is available at this location.

Naloxone (Narcan) is available at this location.

MENTAL HEALTH IS ESSENTIAL, PREVENTION WORKS, TREATMENT IS EFFECTIVE, AND PEOPLE RECOVER!

*If you need additional help locating services please refer to the helplines located on **Page 11** or ask someone for assistance.

**To share, download, or print this resource guide please visit:

www.nashuanh.gov/recoveryguide

Immediate Services

IN CASE OF EMERGENCY: DIAL 911 FOR IMMEDIATE ASSISTANCE

Our local emergency services work tirelessly to ensure the public's health and safety. These services include, but are not limited to, police departments, fire departments and emergency medical services (EMS). It is vital for these services to be utilized, but not misused.

Dial 9-1-1 immediately to...

Stop a crime! Report a fire! Save a life!

If there is a medical emergency, dial 9-1-1 when:

- The situation poses an immediate threat to life or limb.
- The health status of the individual will significantly worsen during transport
- Further injury will occur from attempting to move the individual
- Distance or traffic will cause a delay in getting the person necessary care
- The individual requires immediate equipment or skills that EMS can supply

Many of our local police and fire departments are actively engaged in helping those with SUD and local prevention efforts.

Several police departments currently participate in *Drug Take Back Day* by providing 24/7 access to Prescription Disposal Boxes at their locations.

Select fire stations also house *Safe Stations* within the community. *Safe Stations* can provide support and refer community members to the appropriate resources. For more information regarding *Safe Stations* please contact Nashua Fire Rescue, or refer to Page 27 of the Community Connections Guide to Recovery.

Any of our local first responders will be glad to take your call and help connect you to the resources you require.

We would like to thank our first responders for their hard work and dedication to provide life changing services. The Greater Nashua Public Health Region is extremely grateful for all of your efforts.

Immediate Services

IN CASE OF EMERGENCY: DIAL 911 FOR IMMEDIATE ASSISTANCE

Police Departments

Amherst Police Department
175 Amherst St. PO Box 703
Amherst, NH 03031
Non-Emergent: **603-673-4900**
www.amherstnh.gov

Brookline Police Department
3 Post Office Dr. PO Box 341,
Brookline, NH 03033
Non-Emergent: **603-673-3755**
brooklinenhpolice.webs.com

Hollis Police Department
9 Silver Lake Rd.
Hollis, NH 03049
Non-Emergent: **603-465-7637**
www.hollisnh.org

Hudson Police Department
1 Constitution Dr.
Hudson, NH 03051
Non-Emergent: **603-886-6011**
Crimeline: **603-594-1150**
www.hudsonpd.com

Litchfield Police Department
2 Liberty Way
Litchfield, NH 03052
Non-Emergent: **603-424-4047**
litchfieldpd.com

Lyndeborough Police Department
9 Citizens Hall Rd.
Lyndeborough, NH 03082
Non-Emergent: **603-654-5469**
town.lyndeborough.nh.us

Mason Police Department
38 Darling Hill Rd.
Mason, NH 03048
Non-Emergent: **603-878-1111**
masonpolice.org

Merrimack Police Department
31 Baboosic Lake Rd.
Merrimack, NH 03054
Non-Emergent: **603-424-3774**
Crimeline: **603-424-2424**
www.merrimacknh.gov

Milford Police Department
19 Garden St. Milford, NH 03055
Non-Emergent: **603249-0630**
www.milford.nh.gov

Mont Vernon Police Department
2 South Main St. PO Box 176
Mont Vernon, NH 03057
Non-Emergent: **603-673-5610**
www.montvernonnh.us

Nashua Police Department
0 Panther Dr.
Nashua, NH 03062
Non-Emergent: **603-594-3500**
Crimeline: **603-589-1665**
Drug Line: **603-594-3597**
www.nashuapd.com

Pelham Police Department
14 Village Green
Pelham, NH 03076
Non-Emergent: **603-635-2411**
www.pelhamweb.com

Wilton Police Department
7 Burns Hill Rd.
Wilton, NH 03086
Non-Emergent: **603-654-9452**
www.wiltonnh.gov

Immediate Services

IN CASE OF EMERGENCY: DIAL 911 FOR IMMEDIATE ASSISTANCE

Fire Departments

Amherst Fire Rescue
177 Amherst St.
Amherst, NH 03031
Non-Emergent: **603-673-1545**
www.amherstnh.gov

Brookline Fire Department
4 Bond St.
Brookline, NH 03033
Non-Emergent: **603-672-8531**
Email: fire@brookline.nh.us
brooklinefd.com/

Hollis Fire Department
10 Glenice Dr.
Hollis, NH
Non-Emergent: **603-465-6001**
Email: fire@hollisnh.org
www.hollisnh.org

Hudson Fire Department
12 School St.
Hudson, NH 03051
Non-Emergent: **603-886-6021**
www.hudsonnh.gov

Litchfield Fire Department
257 Charles Bancroft Highway
Litchfield, NH 03052
Non-Emergent: **603-424-8071**
litchfieldnh.gov

Lyndeborough Fire Department
129 Forest Rd.
Lyndeborough, NH 03082
Non-Emergent: **603-654-9318**
www.town.lyndeborough.nh.us

Mason Fire Department
101 Depot Rd.
Mason, NH 03048
Non-Emergent: **603-878-2208**
mason-nh.org

Merrimack Fire & Rescue
432 Daniel Webster Highway
Merrimack, NH 03054
Non-Emergent: **603-424-3690**
www.merrimacknh.govt

Milford Fire Department
39 School St.
Milford, NH 03055
Non-Emergent: **603-249-0680**
milford.nh.gov

Mont Vernon Fire Department
1 Main St. PO Box 483
Mont Vernon, NH 03057
Non-Emergent: **603-673-1383**
www.montvernonnh.us

Nashua Fire Rescue
70 East Hollis St.
Nashua, NH 03060
Non-Emergent: **603-594-3651**
Safe Station: **603-594-3636**
www.nashuanh.gov

Pelham Fire Department
36 Village Green PO Box 321
Pelham, NH 03076
Non-Emergent: **603-635-2703**
www.pelhamweb.com

Wilton Fire Department
102 Main St.
Wilton, NH 03086
Non-Emergent: **603-654-6758**
www.wiltonnh.gov

Immediate Services

IN CASE OF EMERGENCY: DIAL 911 FOR IMMEDIATE ASSISTANCE

Immediate Medical Services

American Medical Response
380 W. Hollis St. #2
Nashua, NH 03060
Non-Emergent: **603-882-5330**

St. Joseph Hospital
172 Kinsley St.
Nashua, NH 03060
Non-Emergent: **603-882-3000**
www.stjosephhospital.com

Southern New Hampshire Medical Center
8 Prospect St.
Nashua, NH 03060
Non-Emergent: **603-577-2000**
www.snhhealth.org

Helplines

Coordinated Entry
Provides assistance on homelessness
1-844-800-9911

Bridges
Provides support for victims of domestic violence and sexual assault.
603-883-3304

Suicide Prevention Lifeline
24/7 support for people in distress, prevention and crisis resources, and for best practices.
1-800-273-8255
suicidepreventionlifeline.org

Veteran Crisis Line
24/7. Call, text, or chat online
Call: **1-800-273-8255** (press 1)
Text: **838255**
Chat: www.veteranscrisisline.net

NH Poison Control
24/7. Call if you have concerns about a substance you ingested.
800-222-1222

Harbor Homes
24/7 mobile crisis response team for behavioral health.
603-816-0101

NH 2-1-1 Helpline
24/7 critical health and human service referrals.
2-1-1
www.211NH.org

NH Statewide Addiction Crisis Line
24/7. Call or email to connect with a trained counselor that will help you find resources.
1-844-711-HELP (4357)
hope@keystonehall.org

NH Treatment Locator
Locate agencies offering SUD services.
nhtreatment.org

NH Quitline
24/7 support to help you stop using tobacco products.
1-800-QUIT-NOW (784-8669)
1-800-8-DEJALO (33-5256)

Greater Nashua Mental Health Center
24/7 mental health crisis line.
800-762-8191

PEOPLE RECOVER

My name is Kim.

I have thirteen (13) years in recovery after having used for 38 years. I tell people that, very simply, I could not cope with life. Now, I say the choice is ours to pick up an unhealthy addiction or to drop it!

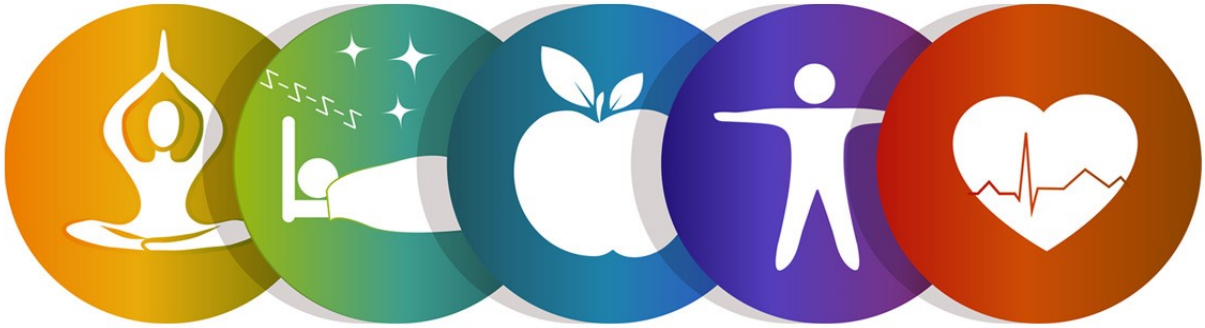
I grew up in a middle class family. My mom had severe bipolar disorder. My disease told me I was embarrassed and depressed about how my mom acted, but it was my disease talking! I could not cope with life on life's terms so I made any excuse to use. I felt like I never fit in with society unless I used drugs. I went to multiple residential treatment centers over the years. The only time it worked was when I wanted to recover for myself! My path to recovery was very long and painful, but I never surrendered! I lost my eye sight due to my substance use. Life is too short! I tell people to find other people in recovery, attach yourself, learn tools to stay healthy, and have fun! Go to different meetings and functions in the recovery community. You will make new friends who don't misuse drugs and I have learned to LOVE myself today.

Every time I hear about an overdose, it makes me even more determined to maintain my recovery. It can happen to anyone! That is why it is important to have a strong support system. Be sure to work with other people in recovery and stay connected. It's when you start becoming complacent with your recovery that things go downhill and spiral out of control. When you reach out to other people, they will help. The support today is all over the place! Find them! Tell them you need help! They will!

I CAN'T– WE CAN!

General Health

Health is the state of complete physical, mental and social well-being, not merely the absence of disease or infirmity. An individual's physical health can be reflective of their mental and behavioral health. Research shows that there is a very clear and powerful mind-body connection. This explains why having certain physical ailments can negatively affect your mental health, and how some mental aliments can have a negative impact on your physical health.



The Nashua Division of Public Health and Community Services has a primary focus of promoting, protecting and preserving our community's health.
We encourage our community members to abide by the recommended preventative care timeline. Information regarding preventative exams, vaccinations, dental hygiene, and other health recommendations can be found at:

www.cdc.gov/family/checkup/index.htm
or
www.publichealth.org/public-awareness/preventive-care-schedule/

If you have any additional questions regarding your personal health, please consult a doctor or your Primary Care Provider.

General Health

Dartmouth Hitchcock

www.dartmouth-hitchcock.org

D-H Nashua
2300 Southwood Dr.
Nashua, NH 03063
603-577-4000
Services: *Variety of Services*

D-H Bedford
25 South River Rd.
Bedford, NH 03110
603-695-2500
Services: *Family Medicine, Internal Medicine, Pain Medicine, Pediatrics, Podiatry*

D-H Specialty Care at Bedford Medical Park
5 Washington Pl. Bedford, NH 03110
603-695-2500
Services: *Variety of care*

D-H Hudson
208 Robinson Rd.
Hudson, NH 03051
603-577-3410
Services: *Family Medicine, Lab, Primary Care, Urgent Appointments*

D-H Merrimack
294 Daniel Webster Highway
Merrimack, NH 03054
603-440-7722
Services: *Family Medicine, Lab*

D-H Milford
14 Armory Rd. Milford, NH 03055
603-673-2515
Services: *Family Medicine, OB/GYN*

Southern NH Health

www.snhhealth.org

Amherst Medical Center
8 Limbo Lane
Amherst, NH 03031
603-673-5885
Services: *Family Medicine, Immediate Care, Lab, Other Specialties, X-Ray*

Merrimack Medical Center
696 Daniel Webster Highway
Merrimack, NH 03054
603-429-3155
Services: *Family Medicine, X-Ray, Pediatrics, Physical Therapy, Immediate Care, Sports Medicine, Lab, Dermatology*

Pelham Medical Center
33 Windham Rd.
Pelham, NH 03076
603-635-5400
Services: *Family Medicine, Immediate Care, Internal Medicine, Lab, X-Ray*

Southern NH Medical Center
8 Prospect St.
Nashua, NH 03060
603-577-2000
Services: *Emergency Department, Lab, Mammography, NICU, Surgery, Volunteer Service, The Birthplace, variety of services*

Southern NH Medical Center West Campus
29 Northwest Blvd.
Nashua, NH 03063
Services: *Family Medicine, Immediate Care, X-Ray, Lab, Behavioral Health, Pulmonary Rehab, Cardiac Rehab, Nutrition*

General Health

St. Joseph Hospital

www.stjosephhospital.com

Family Medicine Center
4 Dobson Way
Merrimack, NH 03054
603-424-4181
Services: *Family Medicine, Specialty Services*

Full Circle Midwifery Care
168 Kinsley St. Suite 19
Nashua, NH 03060
603-595-3951
Services: *Midwifery*

Hudson Medical Building
208 Robinson Rd.
Hudson, NH 03051
603-882-6700
Services: *Family Medicine, Specialty Services*

Milford Medical Center
442 Nashua St. Milford 03055
603-673-5623
Services: *Urgent Care*

Medical Office Building
444 Nashua St. Milford, NH 03055
603-673-3014
Services: *Family Medicine, Specialty Services, Pediatrics, Orthopedics, Physical Medicine*

Nashua Pediatrics
155 Kinsley St. Nashua, NH 03060
603-889-6671
Services: *Pediatrics*

Pulmonary Associates
166 Kinsley St. Suite 101
Nashua, NH 03060
603-889-4131
Services: *Pulmonary Medicine*

SJ Endocrinology
168 Kinsley St. Lower Level
Nashua, NH 03060
603-881-7141
Services: *Endocrinology*

SJ Family Medical Center
460 Amherst St. Nashua, NH 03060
603-883-7970
Services: *Family Medicine*

SJ Family Medical Center at Sky Meadow
387 East Dunstable Rd.
Nashua, NH 03062
603-880-1440
Services: *Pediatrics*

St. Joseph Hospital

166-172 Kinsley St.
Nashua, NH 03061
603-880-3408
Services: *Senior Center, Cancer Center, Emergency Department, Variety of Services*

SJ Internal Medicine
17 Riverside St. Suite 202
Nashua, NH 03062
603-595-3614
Services: *Internal Medicine*

SJ Neurology Associates
171 Kinsley St.
Nashua, NH 03060
603-881-7100
Services: *Neurology*

SJ Primary Care
173 Daniel Webster Hwy.
Nashua, NH 03060
603-891-4412
Services: *Lab, X-Ray, Adults, Pediatrics, Family Medicine*

SJ Surgical Associates
168 Kinsley St. Suite 10
Nashua, NH 03060
603-598-0455
Services: *Surgery, Orthopedics, Physical Medicine*

General Health

Additional Resources

City of Nashua Division of Public Health and Community Services
18 Mulberry St.
Nashua, NH 03060
603-589-4500
www.nashuanh.gov
Services: *Vaccine Clinic, HIV/HCV Screening*

Concentra Urgent Care
14 Broad St. Suite A
Nashua, NH 03064
603-889-2354
www.concentra.com
Services: *Urgent Care*

Convenient MD
2 Dobson Way
Merrimack, NH 03054
603-471-6069

565 Amherst St. Nashua, NH 03063
603-578-3347
convenientmd.com
Services: *Urgent Care*

CVS: Minute Clinic
214 Daniel Webster Hwy.
Nashua, NH 03060
603-888-4354
www.cvs.com/minuteclinic
Services: *Walk In Clinic*

Harbor Care Health and Wellness Center
45 High St,
Nashua, NH 03060
603-821-7788
harborhomes.org
Services: *Walk In Care*

Healthstop
228 Daniel Webster Hwy.
Nashua, NH 03060
603-888-9200
www.healthstopnashua.com
Services: *Urgent Care, Same Day Appointments*

Immediate Care—South Nashua
12 Spit Brook Rd.
Nashua, NH 03062
603-577-2273
www.snhhealth.org
Services: *Immediate Care*

Lamprey Health Care
22 Prospect St. Nashua, NH 03060
603-883-1626
www.lampreyhealth.org
Services: *Primary Care, Comprehensive Care*

Primary Care of Hudson
300 Derry Rd. Hudson, NH 03051
603-577-2273
www.snhhealth.org
Services: *Immediate Care*

Southern NH HIV/AIDS Task Force
77 Northeastern Blvd.
Nashua, NH 03062
603-595-8464
aidstaskforcenh.org
Services: *HIV testing, HIV/AIDS treatment*

Walgreens
283 Main St.
Nashua, NH 03060
603-889-6124

My name is Nicole Casey and I am a woman in long term recovery. The symptoms and warning signs of my disorder started long before I put a drink or drug in my body. As a young girl, my first obsession was exercise which turned into a full-blown eating disorder by the age of sixteen. By the time I was nineteen I was drinking alcoholically. In a matter of two months, at the age of nineteen I had been arrested twice, both instances were involving alcohol. I gave my first shot at abstinence from drinking at the age of twenty and was free from alcohol for a year.

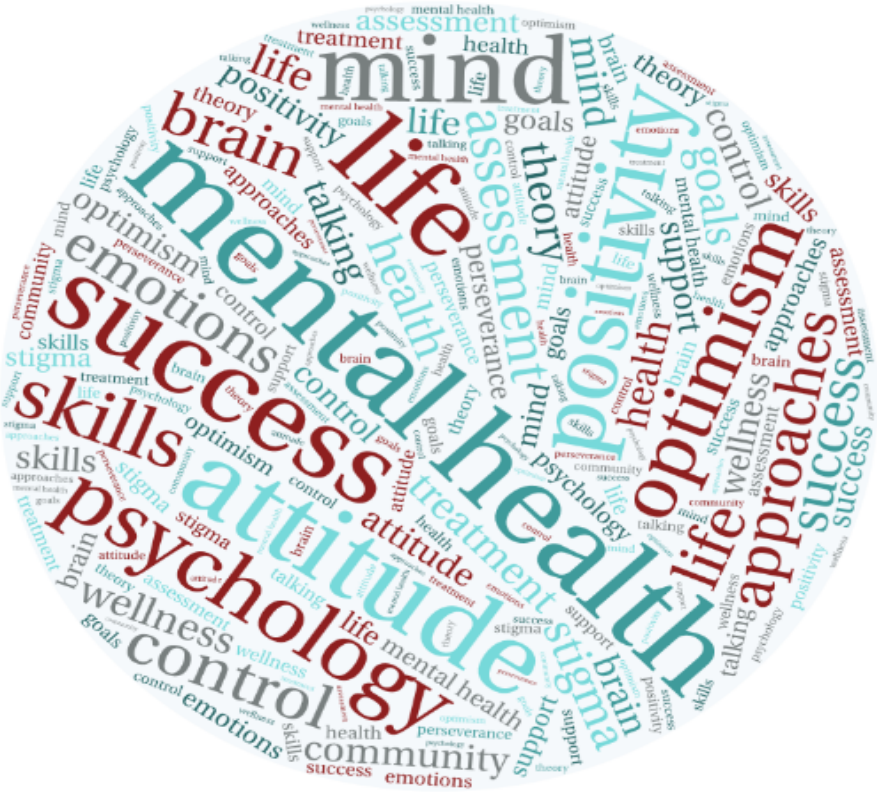
Once I turned twenty-one, I spent six years with an incredibly unhealthy drinking habit. At the age of twenty-seven I was drinking from the time I woke up until I went to bed. I drank on my way to work, at my desk at work, and on the ride home. I eventually got fired from my job due to getting caught drinking at work. Once that instance happened I fell into a deep depression. I was admitted twice into the psychiatric ward of a hospital in a matter of two weeks. At the second admission into the psychiatric ward, I was involuntarily committed into a crisis center for seven days. Within two days of being released I started drinking again. At failed attempts at an IOP program I went into a 28 day treatment facility. From that program, I moved into a women's transitional living program. I got a fulltime job and slowly started to put my life back together. From the transitional living program, I moved into a sober living house. Within three months of living there I became the house manager, had a full time job, and was putting myself through school.

After eleven months of being at the sober living house, I was given the amazing opportunity to work at the countries first in-home addiction treatment program. After 4 months of working there, I was offered the director's position of a recovery center. Today I have multiple years of sobriety, have an amazing career, and speak to women in other treatment programs or in jails in my free time. I spent almost a year and a half in some sort of structured program to give myself the time I needed to get back on my feet. Because of that, I get to give back to the community that helped support me on my road to recovery from my substance use disorder.

Mental Health

Mental health includes our emotional, psychological, and social well-being. It can have vast impacts on how we think, feel, act, relate to others, handle stress, and make choices on a daily basis. To learn more about mental health and wellness, early warning signs, how to get help, or the latest information on specific mental illnesses and their symptoms visit:

www.nimh.nih.gov/index.shtml
or
www.mentalhealth.gov/



It is extremely common for those diagnosed with a mental illness to have a co-occurring SUD. It is estimated that over 18% of Americans ages 18 and older have experienced a mental illness. Of this 18%, over 7.9 million people have a co-occurring SUD. Co-occurring disorders should not be over looked. They can often increase the severity of the signs and symptoms of the other disorder. Co-occurring disorders should both be treated! If you have a co-occurring disorder, seek treatment providers that are qualified to give the appropriate services to address both diagnosis.

For more information on co-occurring Mental and SUDs visit:

www.samhsa.gov

Mental Health

Compass Counseling, LLC
11 Northeastern Blvd. Unit 150
Nashua, NH 03060
603-816-1660
www.celinejalbert.com
Population: *Adults*

Counseling Center of Nashua
1 Main St.
Nashua, NH 03064
603-883-0005
www.counselingcenter.com
Population: *Adults , Adolescents*

Direction Behavioral Health
5 Pine St Ext. #6 Mill Annex
Nashua, NH 03060
603-880-8188
directionbehavioralhealth.com
Population: *Adolescents*

Emmaus Institute
154 Broad St.
Nashua, NH 03063
603-886-3760
Population: *Adults*

Greater Nashua Mental Health Center
7 Prospect St., 15 Prospect St.,
100 W. Pearl St.
Nashua, NH 03060
603-889-6147
Videophone: 603-821-0073
www.gnmhc.org
Population: *Adults, Adolescents, Older Adults, Deaf*

Harbor Care Health and Wellness Center
45 High St.
Nashua, NH 03060
603-821-7788
harborhomes.org
Population: *Adults, Adolescents, Homeless, Uninsured*

Hitchcock Clinic Family Practices
294 Daniel Webster Hwy
Merrimack, NH 03054
603-883-0005

208 Robinson Rd.
Hudson, NH 03051
603-598-9958
www.counselingcenter.com
Population: *Adults , Adolescents*

Inside Out LLC
5 Pine St. Ext. Unit 2-0
Nashua, NH 03060
603-594-0244
www.inside-outbalance.com
Population: *Adults*

Jessica Hoyos, MLADC
5 Pine St Ext. Suite 2-0
Nashua, NH 03060
603-341-9408
jessicahoyos.com
Population: *Adults*

Kan Counseling and Consulting
20 Trafalgar Sq. Suite 404
Nashua, NH 03063
603-459-9462
Population: *Adults , Adolescents*

Lamprey Health Care
22 Prospect St.
Nashua, NH 03060
603-883-1626
www.lampreyhealth.org
Populations: *Adults*

Merrimack Valley Counseling
39 Simon St. Unit 2A
Nashua, NH 03060
603-888-4347
www.merrimackvalleycounseling.org
Population: *Adults*

Mental Health

Milford Regional Counseling Population
15 Union St.
Milford, NH 03055
603-673-2508
mrcs.org
Population: *Adults , Adolescents, Homeless*

ROAD to a Better Life
2 Mound Court
Merrimack NH 03054
603-423-0207
www.roadtoabetterlifenh.com
Population: *Adults , Adolescents*

Spidaliere Psychological Associates
505 W. Hollis St.
Nashua, NH 03062
603-889-2843
Populations: *Adults , Adolescents*

The Youth Council
112 W. Pearl St.
Nashua, NH 03060
603-889-1090
www.theyouthcouncil.org
Population: *Adolescents*

Mental Health First Aid

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders in your community. The USA Mental Health First Aid Organization has the goal to make mental health first aid as common as CPR in America and believes that anyone, anywhere can be the difference for someone facing a mental health or substance use challenge.

To become a certified Mental Health First Aid-er, Trainer, or for more information on Mental Health First Aid visit:

www.mentalhealthfirstaid.org

Drugs and alcohol have easily removed many things in my life.

They created a great deal of chaos that I would've never even imagined possible. I won't go into the details of what I did and how it all unfolded. I will tell you that many friends and family had become just a memory, many of the "I would never do that... "were just a yet and slowly became a reality for me, and the legal consequences that followed many of my choices only dug me further into a point of no return. Suicide and giving up was a tape that I played often and I really wondered if I'd ever amount to the person I knew to be at one point in my life.

Growing up, drugs and alcohol were common place with family and the people that I was frequently around. And at the age of 14 my mother passed away due to complications from her alcoholism. I said that would never be me and I set out to defy the odds. Good grades, multi-sport athlete, a college education, and an amazing career was the path I had initially chosen. Little did I know that my lack of emotional and mental health education would soon become my worst enemy. Even though I stayed busy and made it my mission to not become something everyone thought was inevitable, I eventually succumbed to the depths of alcoholism and addiction. Once I graduated college and found myself with free time I was only playing with borrowed time and it was just a matter of circumstance before I found my new coping mechanism. Laid off in the winter of 2012 I found myself seeking solace and comfort. It was then that I had arrived to something I had been missing since I was a child. I found comfort in substances and the next 7 years became nothing short of a bumpy road until someone put their hand out to show me another way. Someone that told me they believed I could and I was worth it. Someone that wasn't going to turn their back on me. Someone that had no ulterior motives.

After many half a** attempts at recovery through my twenties, I gave up and said that "this is my last shot, please show me the way.. "Dec. 15, 2015 was the last time I used any substance. I entered a treatment center that day and have not looked back since. I came in broken, utterly defeated, and clinging on to one last breath of hope. I couldn't bear to live in the despair that I had for so long. My Mother, my stepfather, and many friends had been taken from me due to this disease, and I didn't want to just be another statistic. So, I made one last effort to change and be that person that I had only dreamed of. Coming up on two tears later... My community stood by me and didn't give up on me like so many had. Making amends to family and friends has become common place. Being a productive member of society has become a normal way to live. Giving back to those who are still suffering has become second nature. Chasing my dreams has evolved into attainable goals that I am actively working towards. I met an incredible woman who accepts me for who I am. I continue to change and evolve into the person I once dreamed of. My reality today is beyond the wildest of dreams that I never thought were possible.

Recovery is possible and the gifts of sobriety last a life time.

Substance Use Disorder

Substance Use Disorder (SUD) is a biological, psychological and social disease of the brain that manifests itself in behaviors. This disease is treatable! There is an estimated 23.5 million people in the United States that live a fulfilling life of recovery from a SUD. The state of New Hampshire is working hard to ensure accessible, individualized and effective services across the continuum (promotion, prevention, treatment, and recovery) to provide all of our community members suffering from SUD an opportunity to find their path to recovery.

Promotion and Prevention includes continuous efforts to educate and raise awareness at a community level. This helps our community members develop positive attitudes and skills used to maintain a desired state of health across their life span.

Treatment is effective, and there are several options available. Never stop seeking treatment until you find one that works for you.

Recovery is an individualized concept that goes beyond abstaining from substances or achieving a desired state of health. A person is in recovery if and when they say they are.

The stigma surrounding SUD creates one of the biggest barriers to accessing treatment and addressing this epidemic holistically. Ending stigma requires a community effort. The City of Nashua Division of Public Health and Community Services and Beyond Influence encourages our community members to make a conscious decision to refrain from using stigmatizing language.

INSTEAD OF...	TRY...
Addict, Junkie, Alcoholic	Person with a Substance Use Disorder
Addiction	Substance Use Disorder
Clean	Abstinent, not using
Former addict	Person in recovery
Drug abuse	Drug use or misuse

Promotion / Prevention

Above the Influence
abovetheinfluence.com
Description: *Above the Influence is a national campaign to educate youth on living above the influence of drugs and alcohol.*

Alateen
1-888-425-2666
al-anon.org
Description: *Alateen provides support groups for teenagers (12-19) that have relationships with someone suffering from an alcoholic based SUD.*

American Foundation for Suicide Prevention
1-888-333-AFSB (2377)
afsp.org
Description: *AFSP raises awareness, funds scientific research and provides resources and aid to those affected by suicide.*

Beyond Influence
18 Mulberry St.
Nashua, NH 03060
603-589-4538
Description: *Beyond Influence is a prevention/promotion program that offers several trainings to educate the community on SUD prevention strategies.*

Big Brothers Big Sisters of NH
33 Main St. Suite 401
Nashua, NH 03064
844-644-2447
bbbsnh.org
Description: *BBBSNH helps children reach their full potential through mentorship.*

Boys & Girls Club of Greater Nashua
1 Positive Pl.
Nashua, NH 03060
603-883-0523
www.bgcn.com
Description: *Serves youth ages 5-18, providing them with the opportunities and services that they need to succeed in life.*

Boy's & Girls Club of Souhegan Valley
56 Mont Vernon St.
Milford, NH 03055
603-672-1002
www.svbgc.org
Description: *A safe place to learn and grow, all while having fun.*

Camp Mariposa
Greenfield, NH
603-883-0523 x237
www.bgcn.com
Description: *SUD prevention and mentoring program for children affected by a family member's substance use.*

Child and Family Services
113 W. Pearl St.
Nashua. NH 03060
603-889-7189
cfsnh.org
Description: *Advances the well-being of children by providing social services to strengthen family life.*

Children's Resiliency Retreat
PO Box 916
56 Mont Vernon St
Milford, NH 03055
603-672-1002 ext. 39
Description: *Supportive Educational program for grades 1-8 who have been affected by a loved one's substance misuse.*

Community Action for Safe Teens (CAST)
56 Mont Vernon St.
Milford, NH 03055
603-769-0978
www.nhcast.org
Description: *CAST aims to prevent substance use and promote healthy choices for youth throughout Souhegan Valley.*

Promotion / Prevention

City of Nashua Division of Public Health and Community Services
18 Mulberry St.
Nashua, NH 03060
603-589-4500
www.nashuanh.gov
Description: *Promotes, protects, and preserves the health and well-being of the community.*

Foundation for Healthy Communities
125 Airport Rd.
Concord, NH 03301
603-225-0900
healthynh.com
Description: *Addresses quality of care, access and community prevention through innovative partnerships.*

Granite Pathways
10 Ferry St. Suite 319
Concord, NH 03301
603-931-3700
www.granitepathways.org
Description: *Offers support for individuals with mental health or substance use problems and offers Regional Access Point Services.*

Girls Inc.
27 Burke St.
Nashua, NH 03060
603-882-6256
girlsincnewhampshire.org
Description: *Helps girls achieve their best through one-on-one attention, leadership development, enrichment programs and a caring environment.*

Hudson/Litchfield Coalition
Description: *local coalition working to address substance use disorder in our youth across the continuum.*

Job Corps
943 Dunbarton Rd.
Manchester, NH
603-695-8800
newhampshire.jobcorps.gov
Description: *A no-cost education and career training program that helps people age 16-24.*

Life of an Athlete
251 Clinton St.
Concord, NH 03301
603-228-8971
www.loanh.org
Description: *Helps high school students reach their full potential, while giving them tools and resources to stay away from substances.*

Media Power Youth
1245 Elm St.
Manchester, NH 03101
603-222-1200
mediapoweryouth.org
Description: *Provides evidence–based media literacy education to children, families and professionals.*

Merrimack Safeguard
www.merrimacksafeguard.org
Description: *Local coalition determined to engage the community and reduce high risk behavior among youth.*

Nashua Children's Home
125 Amherst St.
Nashua, NH 03064
603-883-3851
nashuachildrenshome.org
Description: *Tends to youth's welfare and educational achievement through residential and educational programs.*

Nashua Meals for Kids
www.nashuamealsforkids.org
Description: *Provides 3 meals a day to youth ages 0-18 who would others wise go hungry.*

Promotion / Prevention

Nashua Police Athletic League (PAL)
52 Ash St.
Nashua, NH 03060
603-594-3733
www.nashuapal.com
Description: *Offers 16 programs including sports education, recreation, and enrichment to help foster positive relationships with youth and police.*

Nashua Prevention Coalition
20 Broad St.
Nashua, NH 03064
www.nashuacares.org
Description: *Nashua Prevention Coalition's primary goal is to help reduce rates of alcohol, marijuana and prescription drug use among youth.*

Nashua Senior Activity Center
70 Temple St.
Nashua, NH 03060
603-889-6155
www.nashuaseniorcenter.org
Description: *Provides a safe environment for seniors, ages 50+, to participate in recreational, educational and wellness activities.*

Nashua Soup Kitchen and Shelter
2 Quincy St.
Nashua, NH 03060
603-889-7770
www.nsks.org
Description: *Provides food and shelter for those in need, and funds programs including Meals for Kids, the Backpack Program, employment/education, transitional housing, rent assistance, etc.*

National Alliance on Mental Illness
85 N. State St.
Concord, NH 03301
603-225-5359
www.naminh.org/
Description: *Offers support groups, education and advocacy for those who are impacted by mental illness.*

NH Jobs for America's Graduates (JAG)
175 Ammon Dr. Suite 212
Manchester, NH 03103
603-647-2300
nh-jag.org
Description: *Statewide program that helps youth utilize their high school education and pursue careers and/or postsecondary education.*

NH Teen Institute
180 Bridge St.
Manchester, NH 03104
603-545-7341
www.nhteeninstitute.org
Description: *Statewide program that empowers youth to make healthy choices and to be future leaders through life-changing camps and workshops.*

New Futures
10 Ferry St.
Concord, NH 03301
603-225-9540
www.new-futures.org
Description: *Organization that advocates, educates and collaborates to improve the health and wellness of NH residents.*

Partnership for a Drug Free NH
10 Ferry St.
Concord, NH 03301
603-225-9540 x121
drugfreenh.org
Description: *Statewide collaborative that creates and promotes consistent statewide messages about problems and solutions of substance misuse.*

Pelham Community Coalition
P. O. Box 537 Pelham, NH 03076
pelhamcoalition@gmail.com
www.pelhamcoalition.com
Description: *Group of individuals seeking to inform, empower and activate members of the community in regards to SUD.*

Promotion / Prevention

Salvation Army
1 Montgomery Ave.
Nashua, NH 03060
603-883-7841
nne.salvationarmy.org
Description: *The Salvation Army works to meet basic human needs in His name without discrimination.*

The Friends Program
202 North State St.
Concord, NH 03301
800-536-1193
www.friendsprogram.org
Description: *Offers programs like Emergency Housing, Foster Grandparents, Retired/Senior Volunteer and Youth mentoring.*

Wilton-Lyndeborough Youth Center
PO Box 445
Wilton, NH 03086
603-654-5600
www.gosspark.org
Description: *Offers a wide range of activities to keep families and youth active and engaged.*

YMCA of Greater Nashua
24 Stadium Dr.
Nashua, NH 03062
603-882-2011

6 Henry Clay Dr.
Merrimack, NH 03054
603-881-7778
nmymca.org
Description: *The YMCA offers a wide variety of programs for all ages including youth development, healthy living, and social responsibility.*

The Youth Council
112 W. Pearl St.
Nashua, NH 03060
603-889-1090
www.theyouthcouncil.org
Description: *Provides a safety net of support for families. Their programs include Active Parenting, Court Diversion, Suspension Center, Student Assistance Programs, etc.*

Tips for Talking with Teens about Drugs

- **Don't lecture.** *Let the facts speak for themselves. Preaching and scare tactics don't work.*
- **Be respectful.** *Don't interrupt, argue or make fun of what your teen says. Ask questions to make sure you understand.*
- **If you don't know the answer to a question, say so.** *Search for the answer together.*
- **Talk more than once.** *Building communication takes ongoing effort.*
- **Know** *exactly how you feel about drug use.*
- **Review** *the main points you want to discuss.*
- **Practice** *before you bring up the topic with your teen. Talk with a friend. Listen to how you might sound to your teen.*
- **Come up with** *some ways to open the conversation.*
- **Practice what you preach.** *If you don't want your teen to use drugs, set an example.*

Intervention

Division of Children, Youth & Families (DCYF)
97 Pleasant St.
Concord, NH 03301
603-271-4451
www.dhhs.nh.gov/dcyf/contact.htm
Services: *Manages protective programs on behalf of New Hampshire's children, youth and their families.*

Harbor Homes: Mobile Crisis Response Team
harborhomes.org/mcrt
Crisis Line: 603-816-0101
Services: *Resource accessible by individuals or families who are experiencing a behavioral health crisis and are in need of help.*

Nashua Drug Court
30 Spring St.
Nashua, NH 03060
1-855-212-1234
Services: *Links offenders to treatment services as an alternative to jail time.*

Nashua Safe Stations
70 East Hollis St.
15 Amherst St.
177Lake St.
124 Spit Brook Rd.
101 Pine Hill Rd.
2 Conant Rd.
38 Lake St.
Nashua, NH 03060
603-594-3636
www.nashuanh.gov/1109/Safe-Stations
Services: *Provides access to Substance Use Disorder treatment 24/7 at any Nashua Fire Station*

Syringe Service Alliance of the Nashua Area (SSANA)
978-743-9636
Services: *Provides sterile injection equipment, condoms, and referrals to treatment*

The Youth Council
112 W. Pearl St.
Nashua, NH 03060
603-889-1090
www.theyouthcouncil.org
Services: *Adolescent Court Diversion Program*

Description of Services

Co-Occurring Services: Co-occurring services are unique programs that treat individuals who have been diagnosed with both SUD and Mental Health Disorder.

Evaluation: Intake evaluations is the first step in the recovery process. The process includes gathering information through "interviews" to assess individual needs. It is then used to create a treatment plan using the appropriate level of care.

High Intensity Residential Treatment: High-Intensity Residential Treatment (HIRT) is designed to assist individuals who require a more intensive level of service in a structured setting including individual and/or group counseling, educational sessions, psychiatric, medical and medication management, as needed.

Impaired Driver Service: Impaired Driver Service Providers (IDSP) are state approved programs often required as a result of a DWI conviction. They incorporate an intake evaluation, a SUD assessment and treatment plan, a DWI education class, and counseling. *It is important to note that these programs often have different payment requirements than other services provided by the organization. For accurate payment requirements regarding IDSP please contact the providing agency directly.*

Intensive Outpatient: Intensive Outpatient Programs (IOP) typically require participants to have a minimum of nine hours of therapeutic contact per week. An IOP may be structured for individual and/or group therapy and activities, according to an individualized treatment plan.

Low Intensity Residential Treatment: Low-Intensity Residential Treatment (LIRT) is designed to prepare clients to become self-sufficient in the community. Services include at least five hours of clinical services per week. Adult residents typically work in the community and may pay a portion of their room and board.

Medication-Assisted Treatment: Medication-Assisted Treatment (MAT) combines medications and behavioral therapy to treat SUDs through a "whole patient" approach.

Description of Services

Outpatient: Outpatient Programs (**OP**) typically require regular counseling services at a clinic or facility and allows clients to return to their homes or other living arrangements during non-treatment hours. Outpatient counseling can be individual or group based.

Partial Hospitalization: Partial Hospitalization Programs (**PHP**) is a combination of 20 or more hours per week of group and individual sessions in conjunction with medical and psychiatric services, psychopharmacological services, medication-assisted treatment, recovery support services and 24-hour crisis management services.

Residential Medication-Assisted Management: Residential Medication-Assisted Treatment (**RMAT**) combines behavioral therapy and medications to treat SUDs in a supervised clinical facility.

Specialty Open Doors Programs: The Open Doors Program (**SPOD**) provides a wide range of services - outpatient treatment with supportive housing services, outpatient treatment with housing stabilization services, weekly individual or group counseling, case management and wrap-around services – to assist families and to reduce and remove barriers preventing them from fully participating in the work force and in the larger community.

Withdrawal Management: Withdrawal Management (**WM**) can be provided as a residential or outpatient service. Residential WM is designed for clients who require 24-hour monitoring of their withdrawal symptoms, a structured safe environment and ongoing clinical and/or medical supervision. Outpatient WM is usually provided by a physician or treatment facility, and allows the participant to continue to engage in the community and any additional treatment programs.

These abbreviations are used to highlight what services are available at each listed agency on Pages 30-33.

Treatment

Compass Counseling, LLC
11 Northeastern Blvd. Unit 150
Nashua, NH 03060
603-816-1660
www.celinejalbert.com
Population: *Adults*
Payment: *Anthem, Cigna, Medicaid, Self pay.*
Services: *Evaluation, OP, Co-occurring Services,*

The Counseling Center of Nashua
1 Main St.
Nashua, NH 03064
603-883-0005
www.counselingcenter.com
Population: *Adults , Adolescents*
Payment: *Medicare, accepts most private insurance, Self Pay.*
Services: *Evaluation, WM, OP, MAT*

Direction Behavioral Health
5 Pine St. Ext. #6 Mill Annex
Nashua, NH 03060
603-880-8188
directionbehavioralhealth.com
Population: *Adolescents*
Payment: *Accepts most private insurance.*
Services: *IOP, PHP, Co-occurring services*

Donna LaRue and Associates
427 Amherst St. Suite 6
Nashua, NH 03063
603-882-2006
Population: *Adults , Adolescents*
Payment: *Sliding fee scale. Self pay*
Services: *Evaluation, OP*

Family Guidance Center of Milford
16 Elm St.
Milford, NH 03055
603-672-5005
www.familyguidancecenternh.com
Population: *Adults , Adolescents, Pregnant/ Parenting Women, Veterans, Men, Women*
Payment: *Sliding fee scale, Medicaid, Medicare, accepts most private insurance, Self Pay*
Services: *OP*

Farnum Center
Franklin, NH
Manchester, NH
1-888-840-4243
farnumcenter.org
Population: *Adults (17+), Men, Women, Veterans*
Payment: *Sliding fee scale, accepts all out of network insurances.*
Services: *Evaluations, OP, IOP, WM, PHP, MAT, LIRT, HIRT*

Friendship House
Bethlehem, NH
603-869-2355
www.tccap.org
Population: *Men*
Payment: *Sliding fee scale, Well Sense, NH Healthy Family*
Services: *Evaluation, OP, IOP, HIRT, IDSP*

Gate House Treatment
74 Northeastern Blvd. Suite 10
Nashua, NH 03062
1-855-448-3588
www.gatehousetreatment.com
Population: *Men*
Payment: *Sliding fee scale, accepts all out of network insurances.*
Services: *OP, IOP, PHP, MAT*

Greater Nashua Mental Health Center
440 Amherst St.
Nashua, NH 03063
603-889-6147
www.gnmhc.org
Population: *Adults , Adolescents*
Payment: *Medicaid, Medicare, accepts most private insurance, Self Pay.*
Services: *Evaluation, OP, IOP, MAT, Co-occurring Services*

Groups
266-B Main St.
Nashua, NH 03060
1-800-683-8313
Population: *Adults*
Payment: *Anthem, United Healthcare, Harvard Pilgrim, self pay ($65 per week).*
Services: *OP, MAT*

Treatment

Harbor Care Health and Wellness Center
45 High St.
Nashua, NH 03060
603-821-7788
www.harborhomes.org
Population: *Adults , Homeless, Veterans, Men, Women*
Payment: *Sliding fee scale, Medicaid, accepts most private insurance.*
Services: *PHP, MAT, WM*

Healthy Perspectives
30 Temple St.
Nashua, NH 03060
603-880-9880
www.hp-nh.com
Population: *Adults*
Payment: *Medicare, Cigna, Anthem, Harvard Pilgrim*
Services: *Evaluation, MAT*

Homebase Collaborative Family Counseling
5 Pine St. Ext. Suite 2
Nashua, NH 03060
603-235-0098
www.homebasenh.org
Population: *Adults , Adolescents*
Payment: *Sliding fee scale, Medicaid, Anthem, Harvard Pilgrim, Self Pay.*
Services: *Evaluation, OP, IDSP*

Inside Out LLC
5 Pine St. Ext. Unit 2-0
Nashua, NH 03060
603-594-0244
www.inside-outbalance.com
Population: *Adults, Pregnant/Parenting Women*
Payment: *Sliding fee scale, accepts most major insurance plans, Self Pay.*
Services: *Evaluation, OP, Co-occurring Services,*

Jessica Hoyos, MLADC
5 Pine St. Ext. Suite 2-0
Nashua, NH 03060
603-341-9408
jessicahoyos.com/
Population: *Adults*
Payment: *Sliding fee scale, Medicaid, Anthem, Cigna, Minuteman*
Services: *Evaluation, OP, Co-occurring Services, IDSP*

Kan Counseling and Consulting
20 Trafalgar Sq. Suite 404
Nashua, NH 03063
603-459-9462
Population: *Adults , Adolescents*
Payment: *Sliding fee scale, Anthem, Self pay*
Services: *Evaluation, OP, Co-occurring services*

Keystone Hall
615 Amherst St.
Nashua, NH 03063
603-881-4848
www.keystonehall.org
Population: *Adults, Pregnant/Parenting Women, Men, Women*
Payment: *Sliding fee scale, Medicaid, Ambetter, Anthem, Maine Community Health Options, Self Pay*
Services: *HIRT, MAT*

Keystone Hall
45 High St.
Nashua, NH
603-943-7971
www.keystonehall.org
Population: *Adults, Men, Women*
Payment: *Sliding fee scale, Medicaid MCO's, Aetna, Ambetter, Anthem, Maine Community Health Options, Self Pay*
Services: *Evaluation, OP, IOP, SPOD*

Health Care Resource Center
323 Derry Rd.
Hudson, NH 03051
603-595-3399
Populations: *Adults*
Payment: *Medicaid, TriCare, Self Pay*
Services: Evaluation, OP, *WM, MAT*

Treatment

Lamprey Health Care
22 Prospect St.
Nashua, NH 03060
603-883-1626
www.lampreyhealth.org
Populations: *Adults*
Payment: *Sliding fee scale, Medicaid, Medicare, accepts all major insurance, Self Pay*
Services: *OP, Co-occurring Services*

Life Resource Center
17 Old Nashua Rd.
Amherst, NH 03031
603-673-7700
Populations: *Adults*
Payment: *Medicaid, Anthem, Cigna, Harvard Pilgrim*
Services: *Evaluation, OP*

Milford Regional Counseling Services
15 Union St.
Milford, NH 03055
603-673-2508
http://mrcs.org
Population: *Adults, Adolescents, Homeless*
Payment: *Sliding fee scale*
Services: *OP, Co-occurring Services*

Naticook Counseling Resources
31 Naticook Rd.
Merrimack, NH 03054
603- 429-1190
Populations: *Adults*
Payment: *Medicare, Anthem, TriCare, Cigna Harvard Pilgrim, Self Pay*
Services: *Evaluation, OP*

The Nashua Treatment Center
3 Pine St. Ext. Unit B
Nashua, NH 03060
603-204-1335
www.nashuatreatmentcenter.net
Populations: *Adults, Adolescents*
Payment: *Self Pay*
Services: *OP, MAT*

New England Recovery and Wellness
81 Hall St.
Concord, NH 03301
603-556-8144
www.newenglandraw.com
Populations: *Adults, Men, Women, Veterans*
Payment: *Accepts most private insurance, self pay.*
Services: Evaluation. *Co-occurring services, IOP, OP, PHP, MAT, WM*

OASIS Recovery Centers
280 Main St. Suite #431
Nashua, NH 03060
603-627-4764 (OASISNH)
recoverynh.com
Population: *Adults*
Payment: *Anthem, Cigna, Tufts, Humana, Minutemen, Medicare, Ambetter, NH Healthy Families, Harvard Pilgrim, United Healthcare, Martins Point, Aetna, Self Pay.*
Services: *MAT*

Paula Charles Counseling Services
154 Broad St.
Nashua, NH 03060
603-886-6400
paulacharlescounseling.com
Populations: *Adults*
Payment: *Medicaid, Anthem, Aetna, Tufts, Cigna, Ambetter, Cenpatico, Self Pay*
Services: *Evaluation, OP (online/phone/in person)*

Phoenix House
106 Roxbury St.
Keene, NH 03431
1-844-328-1272
www.phoenixhouse.org
Populations: *Adults*
Payment: *Medicaid, accepts most major insurance*
Services: *IOP, MAT, WM, PHP, HIRT*

Treatment

Phoenix House
3 Pierce Rd.
Dublin NH 03444
1-844-328-1272
www.phoenixhouse.org
Populations: *Adults*
Payment: *Medicaid, accepts most major insurance*
Services: *LIRT, WM*

The Process Recovery Center
41 Sagamore Park Rd.
Hudson, NH 03051
603-**402-3810**
www.theprocessrecoverycenter.com
Populations: *Adults*
Payment: *Sliding Fee Scale, Anthem, Cigna, Harvard Pilgrim, Aetna, Self Pay.*
Services: *Evaluation, WM, OP, IOP, PHP, MAT*

ROAD to a Better Life
2 Mound Ct.
Merrimack, NH 03054
603-**423-0207**
www.roadtoabetterlifenh.com
Populations: *Adults*
Payment: *Medicaid, Medicare, Anthem, Harvard Pilgrim, Aetna, TriCare, Cigna, Self Pay.*
Services: *OP, MAT*

Southeastern NH Alcohol & Drug Abuse Services
272 County Farm Rd.
Dover, NH 03820
603-516-8160
www.dovernhtreatmentcenter.org
Populations: *Adults*
Payment: *Sliding fee scale, Medicaid, Anthem, Ambetter, Minuteman, Cigna*
Services: *OP, IOP, HIRT, LIRT, IDSP*

Southern New Hampshire Medical Center
29 Northwest Blvd.
Nashua, NH 03063
603-**579-5108**
www.snhhs.org
Populations: *Adults*
Payment: *Ambetter, Anthem, Harvard Pilgrim, Maine Community Health Options, Minuteman, TriCare, Self Pay.*
Services: *Evaluation, OP, IOP*

Spidaliere Psychological Associates
505 W. Hollis St.
Nashua, NH 03062
603-**889-2843**
Populations: *Adults, Adolescents*
Payment: *Medicaid, Anthem, TriCare, Harvard Pilgrim, Self Pay.*
Services: *Evaluation, OP*

The Youth Council
112 W. Pearl St.
Nashua, NH 03060
603-889-1090
www.theyouthcouncil.org
Population: *Adolescents*
Payment: *Sliding fee scale*
Services: *OP*

PEOPLE RECOVER

I grew up around the disease of addiction. My mother suffered from a substance use disorder and my father left when I was one. I had a very bad childhood. As a result, I was emotionally damaged. I can remember being a young child and feeling out of place. I was very insecure and socially withdrawn even though I had friends and I was part of the popular crowds. I never felt okay. When I used, I did feel okay. When I was ten, I was adopted by distant cousins I had never met before. At fifteen, I dropped out of high school. I ran away when I was sixteen and got an apartment with two friends. We didn't really work; we dealt drugs. It got to the point where I didn't want to use anymore but I had no choice. My adopted family would show up and my roommates would tell them I wasn't there. The last time they came looking for me, I opened the door and I got arrested. That was November 24th, 1997. I was 17 years old. I got into a facility I had been in before. People opened their arms to me, became family, and saved my life. That is a reoccurring theme: people loving me for who I am, and wanting to help me because I want to help myself.

I have been in recovery for over 20 years now, it has not all been easy. I lost my best friend to cancer when I was 5 years into my recovery. My wife and I lost our 20 month year old son to SUDC when I was 9 years into my recovery. A few years later, my birth mother passed away. 15 years into my recovery, my brother passed from a drug overdose. My recovery has given me the strength to endure all of this, preserve and grow. To me, today, that is what recovery is; a journey of personal growth.

I believe that spiritual principles are universal. Carrying yourself with humility, integrity, honesty, self-discipline and virtue doesn't just work for 12 Step recovery members. It is the core of most successful people in all walks of life, I believe. Anyone can do this. There's nothing special about me. It's not just about using drugs. It's about changing who we are. As people with substance use disorders, we destroy our lives. But the second we enter recovery, our life is prospering, whether we realize it or not. I try to help create that vision for the people with whom I work. I sponsor ten guys who have over five years in recovery. I'm surrounded by success stories. We all do the same things. We all practice spiritual principles. As a result, we all gain the same success. I will tell newcomers: Just walk with us. It's very possible for anybody to do this. I truly believe that.

I'm fortunate that I'm in the 12 Step world. I think our anonymity has hurt us a little bit because it tells us not to speak up about who we are and what we have accomplished. The truth is, we walk amongst you everywhere.

Recovery Support

The Front Door Agency
7 Concord St.
Nashua, NH 03064
603-886-2866
Population: *Pregnant/Parenting Women (18-35)*
Services: *Transitional Living*

Gate House Treatment
74 Northeastern Blvd. Suite 10A
Nashua, NH 03062
1-844-448-0123
http://www.gatehousetreatment.com
Populations: *Men*
Services: *Transportation, Employment Services, Anger Management, Recovery Mentoring and Relapse Prevention Management, Peer Recovery Coaching, Permanent Supportive Housing*

Greater Nashua Mental Health Center
440 Amherst St.
Nashua, NH 03063
603-889-6147
www.gnmhc.org
Populations: *Adults*
Services: *Relapse Prevention, SMART Recovery*

Harbor Homes
59 Factory St. Nashua, NH 03063
46 Spring St. Nashua, NH 03063
603-882-3616
http://www.harborhomes.org
Populations: *Veterans*
Services: *Transitional Living*

H.E.A.R.T.S.
5 Pine St. Ext.
Nashua, NH 03060
603-882-8400
www.heartspsa.org
Population: *Adults*
Services: *Peer Support, Mental Health Peer Support, Respite, Transportation, Warm Line*

House Twelve
60 Lowell Rd.
Hudson, NH
603-315-0299
house12nh.com
Population: *Adults*
Services: *Sober Housing*

InsideOut Balance, LLC
5 Pine St. Ext. Unit 2-0
Nashua, NH 03060
603-594-0244
http://www.inside-outbalance.com
Populations: *Adults, Pregnant/Parenting Women*
Services: *Anger Management, Relapse Prevention*

Kan Counseling and Consulting
20 Trafalgar Square, Suite 404
Nashua, NH 03063
603-459-9462
Populations: *Adults , Adolescents*
Services: *Recovery Mentoring, Relapse Prevention Management*

Marguerite's Place
87 Palm St.
Nashua, NH 03060
603-589-1582
Population: Single women under 45 with children under 12.
Services: Sober Housing

Mary's Place
123 W. Pearl St.
Nashua, NH 03060
603-866-3562
Population: Homeless Women
Services: Sober Housing

Paula Charles Counseling Services
184 Main Street, S209
Nashua, NH 03060
603-886-6400
http://paulacharlescounseling.com
Populations: *Adults, Adolescents*
Services: *Anger Management, Recovery Mentoring, Relapse Prevention*

Recovery Support

Paula Charles Counseling Services
184 Main Street, S209
Nashua, NH 03060
603-886-6400
http://paulacharlescounseling.com
Populations: *Adults, Adolescents*
Services: *Anger Management, Recovery Mentoring, Relapse Prevention*

Revive Recovery Center
263 Main St.
Nashua, NH 03060
888-317-8312
Populations: *Adults*
Services: *One-on-one Peer Support, Telephone Support Services, Support Group Meeting, SMART Recovery, Yoga, Reiki, Meditation*

Rise Above
41 Sagamore Park Rd.
Hudson, NH 03051
603-513-3431
www.time2riseabove.com/
Populations: *Women, Men*
Services: *Transitional Living, Sober Housing*

ROAD to a Better Life
2 Mound Ct.
Merrimack, NH 03054
603-424-8866
http://www.roadtoabetterlifenh.com
Populations: *Adults, Adolescents*
Services: *Recovery Mentoring, Relapse Prevention Management, Care Coordination*

Reformers Unanimous
Lighthouse Baptist Church
321 Derry Rd.
Hudson, NH 03051
(978)-254-HOPE (4673)
Population: *Adults, Adolescents*
Services: *Christ-centered Recovery Program*

Souhegan Valley Rides
P.O Box 753
Hollis, NH 03049
603-860-1202
www.souheganvalleyrides.org
Services: *Transportation serving Amherst, Brookline, Hollis, Milford, Mont Vernon and Wilton*

Southern New Hampshire Medical Center
29 Northwest Blvd.
Nashua, NH 03063
603-579-5108
www.snhhs.org/
Populations: *Adults*
Services: *Recovery Mentoring and Relapse Prevention Management, Care Coordination*

The Counseling Center of Nashua
1 Main Street
Nashua, NH 03064
603-883-0005
www.counselingcenter.com
Populations: *Adults, Adolescents*
Services: *Anger Management, Recovery Mentoring and Relapse Prevention Management, Care Coordination*

The Process Recovery Center
41 Sagamore Park Rd.
Hudson, NH 03051
603-402-3810
www.theprocessrecoverycenter.com
Populations: *Adults*
Services: *Employment Services, Anger Management, Recovery Mentoring and Relapse Prevention Management, Peer Recovery Coaching, Transitional Living, Sober Housing, Care Coordination*

Recovery Support

Support Groups

Al-Anon Family Group
603-369-6930
nhal-anon.org
Description: *Fellowship of relatives and friends of people suffering from alcoholism who share their experience, strength and hope.*

Eastern Area Convention of Young People in AA
www.EACYPAA.org
Description: *Annual convention for young people in AA*

Emotions Anonymous
(651)-647-9712
emotionsanonymous.org
Description: *12-Step Program.*

Families Sharing without Shame
www.families-sharing-without-shame.com
Description: *Support group for parents who's child are or has misused substances.*

FASTER Parent Support Group
603-351-8356
Description: *Families Advocating Substance Treatment, Education & Recovery. Held every 2nd and 4th Tuesday of every month at St Joseph's Hospital (172 Kinsley St.).*

Gamblers Anonymous
855-2CALLGA (222-5542)
www.gamblersanonymous.org
Description: *12-Step Program.*

Granite State Narcotics Anonymous
888-NA-HELP-U (624-3578)
gsana.org
Description: *12-Step Program.*

Heroin Anonymous
603-759-6220
603-866-1309
heroinanonymous.org/HANH.html
Description: *12-Step Program.*

International Conference of Young People in AA
www.ICYPAA.org
Description: *Annual conference for young people in AA*

New England Conference of Young People in AA
necypaa.org
Description: *Annual conference for young people in AA*

NH Alcoholics Anonymous
800-593-3330
nhaa.net
Description: *12-Step Program.*

NH Conference of Young People in AA
www.nhscypaa.com
Description: *Annual conference for young people in AA*

Nicotine Anonymous
1-877-TRY-NICA (879-6422)
nicotine-anonymous.org
Description: *12-Step Program.*

SMART Recovery
866-951-5357
www.smartrecovery.org
Description: *Alternative support group of men and women recovering from all types of addiction, utilizing the 4 values.*

My name is Reid Poosikian, and I am a person in long term recovery. I hope to share my story today, without hiding who I was or what I have been through, in order to encourage others out there who may be struggling with substance use disorder to ask for help.

My journey began as a member of a loving family, in a nice house, in a safe town. I was exceling (for the most part) in school, as well as participating in sports and extra curricular activities. However, I was not immune to the temptations of most teenagers, and soon began experimenting with marijuana and alcohol. The second a substance would enter my body, I fell in love. All my worries and stressors would dissipate, and I could be at peace. I had always struggled to get out of my shell, making me a shy person. Drugs and alcohol made that go away.

Before long, marijuana and alcohol wasn't doing the job. I searched for reprieve by using more and more, and eventually, experimenting with other substances. Before long, I found opiates. Over the next few years, I would lose everything that made my life have meaning to heroin. I lost my personality, my health, my schooling, my freedom, and my family. I blocked everyone out besides my dealers. After getting expelled from college, losing my family's trust, and experiencing a federal raid on my house, resulting in my enrollment into a state prison, I was finally ready to ask for help. I attended a six month recovery program, and with the help of my peers, my family, and my friends, I slowly became myself again. I made this possible by doing the work I needed to do, and by doing it for me. Not for the court, not my family, but me. I learned how to cope with being shy, and anything else that bothered me, in a healthy way. I got rid of my felony charges, got a good job, and regained the trust of my loved ones. Most importantly, I became the person I have always been capable of being.

The point of this is to help people realize that it doesn't matter where you're from, how you were raised, or how safe your town is. This disease can afflict anyone at all. In order to combat it, you have to be willing to ask for help. Do it for yourself, so you can witness the rise of the wonderful person you truly are.

Additional Resources

Safe Sharps Disposal

Sharps can include needles, syringes, finger sticks or lancets, epi-pens, insulin pens, infusion sets, etc. Although sharps are highly stigmatized and commonly associated with recreational substance misuse, there are ***over 9 million people who use medical sharps in the home*** as a result of their prescribed treatment plan. People who are diagnosed with diabetes, allergies, cancer, etc. all regularly use or have access to sharps in their home.

How to safely dispose of sharps

If you do not own an official sharps container or sharps clippers, please use the following guidelines to dispose of your sharps.

1. Find a large, puncture proof container i.e. an empty detergent or fabric softener bottle.
2. Clearly label the container "SHARPS-DO NOT RECYCLE"
3. After filling the container with your used sharps, secure the cap and tape it closed.
4. Dispose of container at approved sites indicated by

in your *Community Connections Guide to Recovery*.

If you find sharps in the community

- Assume it has been used and is contaminated.
- DO NOT TOUCH OR TRY TO RECAP THE SHARP!
- Call someone who is trained to dispose of sharps.

Ask any local pharmacy, hospital, health care provider, or health department on how to get an FDA approved sharps container!

For more information visit:

www.safeneedledisposal.org
or
www.fda.gov

My name is Amanda; this is my story of resilience.

I was an awkward child. I cherished being different for a while but eventually strived to fit in. I joined clubs & sports teams but I still felt empty. My anxiety made it hard to open up. I learned young that many things could be solved by alcohol and drugs. Life enforced my solution for a while, even scored my first varsity goal while under the influence. I got the guys, good grades, friends, always surrounding myself with my crutch.

Everyone does the best with what they know in the moment. Failure to finish 3 colleges, deaths of family and friends, a DUI, I drowned my problems and created new ones. I cheated, stole, and manipulated to keep my substance solution. I was a 28 year old self-seeking missile aimed at destroying my own life. Forced into a treatment center, I became so desperate I grew the will to listen.

In treatment I heard about the 3 Principles. I saw how mind, thought, and consciousness work together to create our experience. Once I understood these universal Principles are working inside us all the time without exception, I felt a sense of ease with life. I am in control of how I let the word effect me. Just under the chaos of thinking is the gut feeling that I am innately healthy. I no longer look outside myself for happiness and contentment. I know now that life happens through me, not to me.

I am now 29 and over 1 year sober. I facilitate 3 principles meetings. I go to AA meetings, have a sponsor, a position at my home group, and work the steps. I have a career path, a family that can stand me, and friends I can count on. Most importantly, I have my awkward self back.

Additional Resources

NALOXONE (NARCAN)

Naloxone, commonly referred to as its brand name, Narcan, is an opioid antagonist. This means that it has the ability to reverse the effects of opiates in the event of an overdose. **Naloxone cannot be used to alter someone's state of mind, nor will its use result in an overdose**. It is important to know that there is very minimal risk while using Naloxone. If you are amidst a life-threatening situation and have doubts regarding an individuals overdose status, it is safe to use Naloxone "just in case".

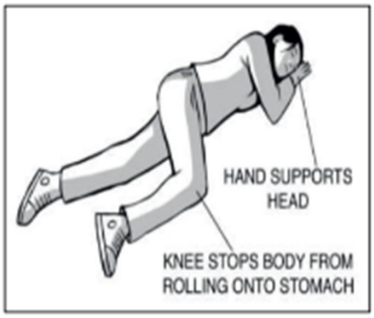
Signs of an Opioid Overdose

- Non-responsive, or can't wake up
- Breathing is slow, or stopped
- Body is limp
- Blue/purple fingernails and lips
- Pulse is slow, or stopped
- "Snore" or gurgling noise
- "Pinpoint pupils"

What to do

1. Assure your own safety!
2. Call 911
3. Begin rescue breathing or CPR
4. Administer Naloxone
    - Naloxone should be administered while the person is on their back.
5. Place the person in the Recovery Position
    - If a second dose of Naloxone is needed, wait 2-3 minutes and give the second dose in the alternate nostril.

Recovery Position



Good Samaritan Law

The Good Samaritan Law was passed in June of 2015. This law protects anyone who calls for emergency assistance in the event of an overdose from arrest or prosecution for *possession* or *use* of the drug that was the agent of the overdose. For more information visit:

www.gencourt.state.nh.us/legislation/2015/HB0270.html

Ask your local pharmacy if they carry Naloxone!

Progress- Dean LeMire

"We are all naturally progressing toward remission and recovery."
– Bernadette Gleeson

This statement changed my understanding of what it means to live alongside a Substance Use Disorder. I later learned that the claim is backed by considerable evidence and speaks to the aggregate experience of people living with addiction. But hearing this statement for the first time confirmed an instinct doused by contrary narratives that I absorbed over my lifetime. I'll tell you – I've recounted my 'addiction story' a hundred different ways, and this instance feels most true.

I grew up surrounded by people who loved me. But I had observable challenges. I wasn't functioning right, or getting what I needed to function in my world, until I found alcohol and other drugs. I learned I had to isolate in order to live while using. I became less accessible, more marginal, and an illness festered. In my twenties, trading a whiskey bottle for a syringe and heroin felt as natural as buying a new pair of sneakers.

Isolation became a home. Fear and doubt were my furniture. Eventually I began to outgrow that home. Alcohol and heroin had saved my life. But drugs – along with a life of mere survival – had lost their function and value. I was ready to trade shoes again.

Giant loudspeakers bookended this thirteen-year span of substance misuse. The prevailing message was that that progress for a person like me looked like a nosedive. I believed it. And by and large, my community cleared the floor for my landing. I know today that any lack of care for people like me does not owe to lack of *caring*; fear, doubt, and isolation are illnesses that spread easily across systems of care and a wide social consciousness. We might consider lack of care to be a symptom of entirely treatable and preventable illnesses, so long as motivation to improve is met with concerted action.

And now, a recovery story.

With some trouble, I found care right in my own community. The care was imperfect – partly reliant on luck, circumstance, and people who knew little more than I did about Substance Use Disorders. Happily, perfection wasn't needed. The caring of others met my ability to care for myself, and a new pattern formed in my life over time.

I do not think of my recovery as a series of services delivered to me, though I've received many. My recovery is best described as a series of affirmations put into action. Yes, Dean – you are Human. Yes, Dean – Better is possible. Yes, Dean – you are worthy of Better. Yes, Dean – you can join and rejoin us. Yes, Dean – you have power in your world. My life is no longer limited by alcohol, other drugs, or lack of personal agency. Many factors contribute to my recovery today; I know that my own perspective contributes the most. I've always thought myself to be on a fast-moving train. Only recently have I questioned which direction I've been headed for all along. Today I do not await catastrophe. I can acknowledge the benevolent current that's already underfoot, and meet conditions 'where they're at.'

"We are all naturally progressing toward remission and recovery."

How can this truth promote recovery in *your* world?

Additional Resources

Insurance

Parity Law

Parity requires health insurance plans to provide similar coverage for mental health/SUD benefits and medical/surgical benefits. For example, if a health insurance plan has adequate coverage for medical services, then mental health and SUD coverage will also be adequate. The state reviews all health insurance plans to ensure they abide by the Parity Law.

Appeal Process

If you are denied any form of treatment, you have the right to appeal. An appeal is a process where you, or your provider, can challenge a decision made by your health insurance company.

If you are denied coverage, call the customer service line on the back of your insurance card to be walked through the appeal process!

Expedited Appeal

This type of appeal is used when there is an immediate need for treatment. Insurance companies are required to respond within 72 hours of your expedited appeal request.

Internal Appeal

Upon receiving a denial letter, you must file an appeal within 180 days. Your insurance company then has 30 days to conduct the internal appeal.

External Appeal

An external appeal is only available if you are denied coverage because treatment was deemed "not medically necessary". You have 180 days to file the appeal upon receiving your denial letter.

How to apply for Health Insurance or Medicaid

1. Apply through the Health Insurance Market Place
    - www.healthcare.gov
2. Apply through your state Medicaid Agency
    - New Hampshire: nheasy.nh.gov
    - Massachusetts: www.mass.gov/eohhs/consumer/

For more information regarding Parity Law
and/or the Appeal Process visit: www.new-futures.org

MENTAL HEALTH IS ESSENTIAL,

PREVENTION WORKS,

TREATMENT IS EFFECTIVE,

AND PEOPLE RECOVER!

City of Nashua
Division of Public Health
and Community Services
18 Mulberry Street, Nashua, NH
603.589.4560
www.nashuanh.gov/DPHCS

NEW HAMPSHIRE
CHARITABLE FOUNDATION