

NORTH COUNTRY REGIONAL

COMMUNITY COMPASS

NAVIGATING LOCAL RESOURCES FOR SUBSTANCE USE DISORDER



We encourage you to reach out and get help.



Leading Innovative Collaboration to Improve the Health Status of Northern New Hampshire

North Country Health Consortium, Inc., 262 Cottage St., Suite 230, Littleton, NH 03561
www.NCHCNH.org ~ Phone: 603-259-3700



NEED IMMEDIATE HELP?
CALL 911



IMMEDIATE RESOURCES

24-HOUR HELPLINE NUMBER

Toll-free 888-NA-HELP-U (888-624-3578)

The helpline offers daily meeting lists, individual callback support, as well as information on area events and activities.

COOS COUNTY

BERLIN

Androscoggin Valley Hospital
59 Page Hill Road, Berlin, NH
Tel. 603-752-2200
www.avnhn.org

COLEBROOK

Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH
Tel. 603-237-4971
www.ucvh.org

LANCASTER

Weeks Medical Center
173 Middle Street, Lancaster, NH
Tel. 603-788-4911
www.weeksmedical.org

GRAFTON COUNTY

LITTLETON

Littleton Regional Healthcare
600 St. Johnsbury Road
Littleton, NH 03561
Tel. 603-444-9000
www.littletonhealthcare.org

PLYMOUTH

Speare Memorial Hospital
16 Hospital Road, Plymouth, NH 03264
Tel. 603-536-1120
www.spearehospital.com

WOODSVILLE

Cottage Hospital
90 Swiftwater Road
Woodsville, NH 03785
Tel. 603-747-9000
www.cottagehospital.org

CARROLL COUNTY

NORTH CONWAY

Memorial Hospital
3073 White Mountain Highway
North Conway, NH 03860
Tel. 603-356-5461
www.mainehealth.org/memorial-hospital

WOLFEBORO

Huggins Hospital
240 South Main Street, Wolfeboro, NH
Tel. 603-569.7500
Fax 603-569-7564
www.hugginshospital.org



THE MISSION OF THE NORTH COUNTRY HEALTH CONSORTIUM

is “To lead innovative collaboration to improve the health status of Northern New Hampshire.”

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This resource guide is dedicated to treatment providers who devote their careers to helping those suffering with addiction.

Thank you for your work.

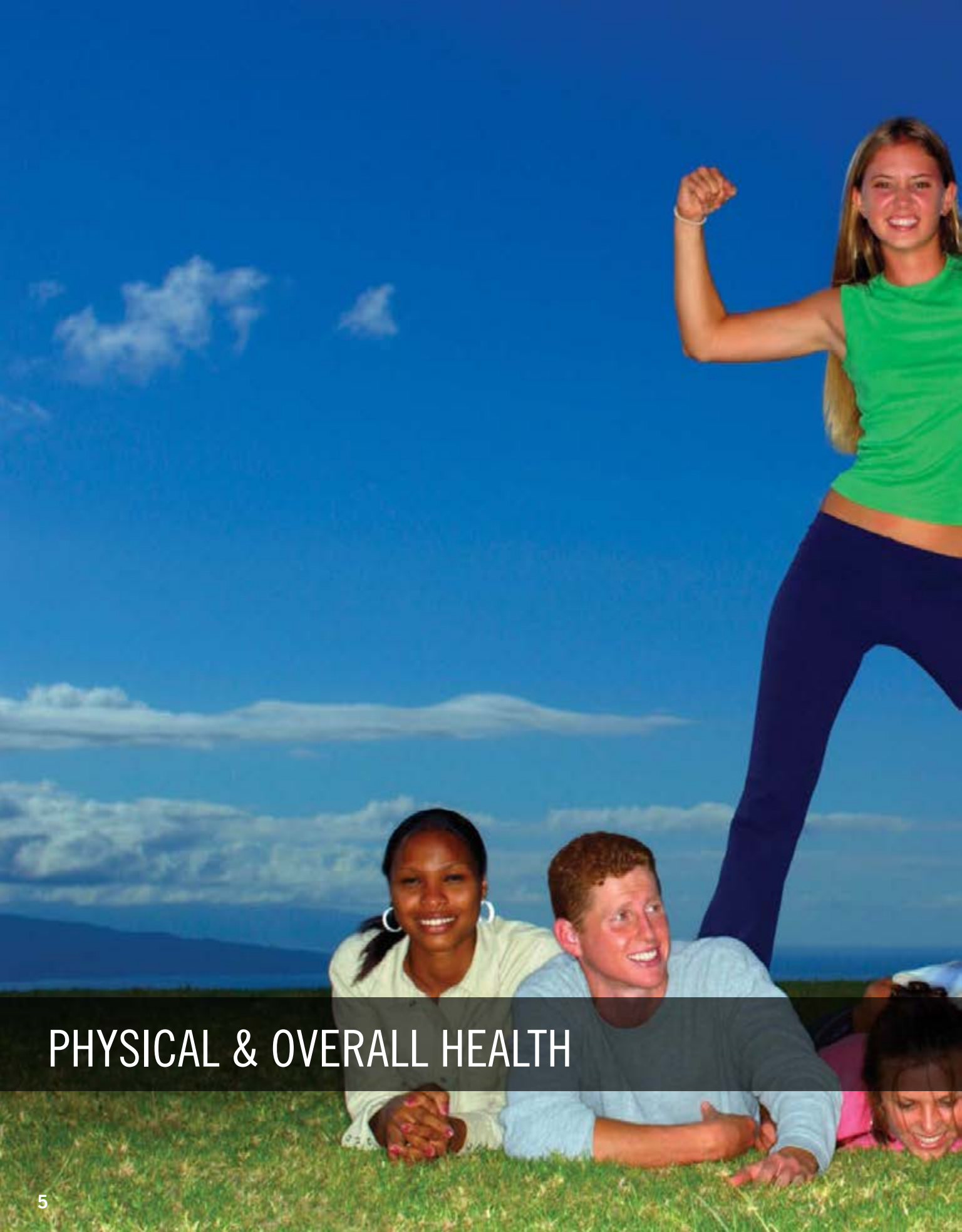
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To all of the providers listed in this guide, we are deeply thankful for your dedication to helping others find a pathway to a healthy life. You are a compass to our residents, helping them navigate systems of care, insurance and other barriers. You each play a role in making our communities healthier places to live, work, grow and play.

A special thanks to those who helped with the development of this project and provided subject-matter expertise.

The information provided in this guide is for informational purposes only and is not an endorsement of any organization or service. While we will make every effort to keep the information up to date and correct, 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 herein or the information, products, services or related graphics contained in the guide for any purpose.



PHYSICAL & OVERALL HEALTH

WHAT YOU SHOULD KNOW ABOUT PHYSICAL & OVERALL HEALTH

Addiction is a brain disease. Although initial drug use might be voluntary, drugs of abuse have been shown to alter gene expression and brain function, which in turn affect human behavior. Once addiction develops, these brain changes interfere with an individual's ability to make voluntary decisions, leading to compulsive drug craving, seeking, and use.

Drug abuse can lead to or worsen chronic illnesses, such as cardiovascular disease, stroke, cancer, HIV/AIDS, hepatitis, and lung disease. Some of these effects occur when drugs are used at high doses or after long-term use; however, some may occur after just one use.

Mental health and substance use disorders have a direct and measurable impact on your physical health and overall well-being. Poor mental health is a risk factor for chronic medical conditions, and drug overdoses have become the leading cause of injury-related deaths.

The impact of addiction can be far-reaching.

Mental health and substance use disorders affect people from all walks of life and all age groups. These illnesses are common and often serious, but they are treatable, and many people do recover.

The integration of physical and behavioral health leads to better health outcomes and overall cost savings. Addressing the impact of substance use alone is estimated to cost Americans more than \$600 billion each year.

Screening, Brief Intervention, and Referral to Treatment (SBIRT)

SBIRT is an evidence-based, integrated, public health approach to the delivery of early intervention and treatment services for persons with or are at risk of developing substance use disorder. SBIRT requires screening of every patient for potential alcohol or other drug problems and a response which reinforces non-harmful use, educates about the impact of substance misuse on overall health and safety, and supports patients with problematic use in accessing further assessment, diagnosis, and treatment. New Hampshire has several initiatives in place to expand SBIRT in Primary Care settings and Community Health Centers.

Learn more by visiting drugabuse.gov or samhsa.gov/prevention or <https://www.integration.samhsa.gov/clinical-practice/sbirt>

PHYSICAL & OVERALL HEALTH RESOURCES

12 Telltale Signs of Teen Drug Use & Abuse

Stop Addiction in its Tracks. Know the Signs so you can help your son, daughter, friend, or loved one.

Alcohol Awareness Month 2017: Connecting the Dots

This year NCADD Alcohol Awareness Month is aimed at bringing attention to the harm that alcohol and drug abuse can cause to the individual, family, and community. This Infographic is aimed at helping parents and loved ones learn the signs so we can stop drug and alcohol abuse in its tracks.



Signs of the Most Commonly Abused Drugs by Young People

Some of the most popular recreational drugs used by young people are alcohol, marijuana, stimulants and opiates. Use and abuse of these drugs can cause several physical and behavioral problems.



Alcohol

- Anxiety
- Loss of appetite/weight loss
- Shakes and tremors
- Erratic behavior
- Nosebleeds
- Nausea
- Depression
- Fatigue
- Red eyes
- Seizures
- Sweating
- Headaches



Stimulants

- Exhaustion
- Apathy
- Depression
- Weight loss
- Shakes and tremors
- Erratic behavior
- Nosebleeds
- Cuts
- Sores and bruises
- Anger issues
- Deceit
- Loss of motivation
- Seizures
- Paranoia
- High body temperature
- Irregular heartbeat



Marijuana

- Red eyes
- Loss of motivation
- Rapid heart rate
- Increased blood pressure
- Faster breathing
- Dry mouth
- Appetite
- Delayed reaction times
- Paranoia
- Short-term memory loss
- Anxiety
- Depression



Opiates

- Constricted pupils
- Sweating
- Nausea
- Vomiting
- Diarrhea
- Needle or track marks
- Loss of appetite
- Slurred speech
- Slow reflexes
- Drowsiness
- Fatigue
- Mood swings
- Bad coordination
- Depression
- Loss of motivation



What do all these signs mean? Read more below!

COOS COUNTY

BERLIN

Coos County Family Health Services
133 Pleasant St., Berlin, NH
Tel. 603-752-2040
www.coosfamilyhealth.org

Coos County Family Health Services
59 Page Hill Road, Berlin, NH
Tel. 603-752-2900
www.coosfamilyhealth.org

COLEBROOK

Indian Stream Health Center
141 Corliss Lane, Colebrook, NH
Tel. 603-237-8336
www.indianstream.org

GORHAM

Coos County Family Health Services
2 Broadway Ave., Gorham, NH
Tel. 603-466-2741
www.coosfamilyhealth.org

GROVETON

Weeks Medical Center
47 Church Street, Groveton, NH
Tel. 603-636-1101
www.weeksmedical.org

LANCASTER

Weeks Medical Center
173 Middle Street, Lancaster, NH
Tel. 603-788-2521
www.weeksmedical.org

NORTH STRATFORD

Weeks Medical Center
43 Main Street, North Stratford, NH
Tel. 603-922-5039
www.weeksmedical.org

WHITEFIELD

Ammonoosuc Community Health Services
14 King Square, Whitefield, NH
Tel. 603-837-2333
www.ammonoosuc.org

Weeks Medical Center
8 Clover Lane, Whitefield, NH
Tel. 603-837-9005

PHYSICAL & OVERALL HEALTH RESOURCES

GRAFTON COUNTY

BRISTOL

Mid-State Health Center
100 Robie Road, Bristol, NH
Tel. 603-744-6200
www.midstatehealth.org

FRANCONIA

Ammonoosuc Community Health Services
1095 Profile Rd. Suite B, Franconia, NH
Tel. 603-823-7078
www.ammonoosuc.org

LITTLETON

Ammonoosuc Community Health Services
25 Mt Eustis Road, Littleton, NH
Tel. 603-444-2464
www.ammonoosuc.org

North Country Primary Care at
Littleton Regional Healthcare
580 St. Johnsbury Road, Littleton, NH
Tel. 603-444-7070
www.littletonhealthcare.org

Littleton Regional Healthcare
600 St. Johnsbury Road, Littleton, NH
Tel. 800-464-7731
www.littletonhealthcare.org

White Mountain Family Health
580 St. Johnsbury Road, Littleton, NH
Tel. 603-444-2010
www.littletonhealthcare.org

North Country Women's Health
580 St. Johnsbury Road, Littleton, NH
Tel. 603-444-9371
www.littletonhealthcare.org

PLYMOUTH

Mid-State Health Center
101 Boulder Point Dr., Suite 1, Plymouth, NH
Tel. 603-536-4000
www.midstatehealth.org

Speare Primary Care
103 Boulder Point Drive, Plymouth, NH
Tel. 603-536-6355
www.spearehospital.com

WARREN

Ammonoosuc Community Health Services
Route 25, Main Street, Warren, NH
Tel. 603-764-5704
www.ammonoosuc.org

WOODSVILLE

Ammonoosuc Community Health Services
79 Swiftwater Road, Woodsville, NH
Tel. 603-747-3740
www.ammonoosuc.org

Rowe Health Center
103 Swiftwater Rd., Woodsville, NH
Tel. 603-747-2900
www.cottagehospital.org

CARROLL COUNTY

ALTON

Alton Family Medicine
27 New Durham Road, Alton, NH
Tel. 603-875-6151 Fax 603-875-2944
www.hugginshospital.org

CONWAY

White Mountain Community Health Center
298 White Mountain Hwy., Conway, NH
Tel. 603-447-8900
www.whitemountainhealth.org

MOULTONBOROUGH

Moultonborough Family Medicine
984 Whittier Highway, Moultonborough, NH
Tel. 603-476-2216 Fax 603-476-5396
www.hugginshospital.org

NORTH CONWAY

Primary Care at Memorial Hospital
3073 White Mtn. Hwy, N. Conway, NH
Tel. 603-356-5472
www.mainehealth.org/memorial-hospital

OSSIPEE

Ossipee Family Medicine
3 Water Village Road, Ossipee, NH
Tel. 603-539-6996 Fax 603-539-5284
www.hugginshospital.org

SACO RIVER MEDICAL GROUP

7 Greenwood Ave.
Conway, NH 03818
Tel. 603-447-3500
www.sacodocs.com

15 US RTE 302
Glen, NH 03838
Tel. 603-383-3005
www.sacodocs.com

CARROLL COUNTY

TAMWORTH

Tamworth Family Medicine
577 White Mtn. Hwy., Tamworth, NH
Tel. 603-323-3311 Fax 603-323-9305
www.hugginshospital.org

WOLFEBORO

Back Bay Rehabilitation
90 Mill Street, Wolfeboro, NH
Tel. 603-569.7565 Fax 603-569-3026
www.hugginshospital.org

Internal Medicine Assoc. of Wolfeboro
Tel. 603-569-7588 Fax 603-569-7589
www.hugginshospital.org

Medical Arts Center
240 South Main Street, Wolfeboro, NH
Wolfeboro Family Medicine 603-569-7574
Wolfeboro Pediatrics 603-569-7620
Wolfeboro Women's Health 603-569-7585
www.hugginshospital.org



BEHAVIORAL HEALTH IS ESSENTIAL

WHAT YOU SHOULD KNOW ABOUT BEHAVIORAL HEALTH

01

Mental health and substance use disorders affect people from all walks of life and all age groups. Nearly one in five Americans in all age groups has some form of diagnosable mental illness. Stigma keeps some people from accessing care. Remember that, just as with any disease, it is not a sign of weakness to admit that a person or a family member needs help. In fact, it really is a sign of strength. We know the number one way to start someone on the road to recovery is for them to talk about their feelings with others. Yes, simple talking may be the best way to treat mental illness. We also know that the sooner a person does this, the better the outcome of their treatment.

02

Mental health care is not always easy to access. Sometimes the process is hard to understand, but the good news is that there are providers in your community to help you navigate complicated systems of care and insurance. Keep at it and use this guide to help you find your way. Some recent changes to the United States health system are removing barriers to accessing behavioral health services. A range of health plans are required to cover essential benefits, including mental health and substance use disorders.

DON'T GIVE UP. Not every program fits everyone.

03

DON'T GIVE UP. Not every program fits everyone. Sometimes people need to explore a few programs until they find the right fit. Remember we are all different and have different needs; that is what makes us all special. Successful treatment should focus on you and not the program.

To learn more visit [samhsa.gov/treatment](https://www.samhsa.gov/treatment)

CONSIDER BEHAVIORAL HEALTH RESOURCES IF YOU NOTICE:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in reality)
- Inability to perceive changes in one's own feelings, behavior or personality (“lack of insight” or anosognosia)
- Abuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance (mostly in adolescents)

BEHAVIORAL HEALTH SERVICE PROVIDERS

COMMUNITY MENTAL HEALTH CENTER

NORTHERN HUMAN SERVICES

55 Colby Street
Colebrook, NH 03576
Tel. 603-237-4955
www.northernhs.org

NORTHERN HUMAN SERVICES

25 West Main Street
Conway, NH 03818
Tel. 603-447-2111
www.northernhs.org

NORTHERN HUMAN SERVICES

3 Twelfth Street
Berlin, NH 03570
Tel. 603-752-7404
www.northernhs.org

NORTHERN HUMAN SERVICES

29 Maple Street
Littleton, NH 03561
Tel. 603-444-5358
www.northernhs.org

LAKES REGION MENTAL HEALTH

599 Tenney Mountain Highway
Plymouth, NH 03264
Tel. 603-536-1118
www.genesisbh.org

INTEGRATED HEALTH CARE

SACO RIVER MEDICAL GROUP

7 Group Ave., Conway, NH 03818
Tel. 603-447-3500
15 US Route 302, Glen, NH 03838
Tel. 603-383-3005
www.sacodocs.com

WEEKS MEDICAL CENTER

173 Middle Street, Lancaster, NH
Tel. 603-788-4911
www.weeksmedical.org

COOS COUNTY FAMILY HEALTH SERVICES

133 Pleasant St.,
Berlin, NH
Tel. 603-752-2040
www.coosfamilyhealth.org

ROWE HEALTH CENTER

103 Swiftwater Road,
Woodsville, NH 03785
Tel. 603-747-3740
www.cottagehospital.org

AMMONOOSUC COMMUNITY HEALTH SVC.

25 Mt Eustis Road,
Littleton, NH
Tel. 603-444-2464
www.ammonoosuc.org

INDIAN STREAM HEALTH CENTER

141 Corliss Lane
Colebrook, NH 03576
Tel. 603-237-8336
www.indianstream.org

MID-STATE HEALTH CENTER

100 Robie Road
Bristol, NH 03222
Tel. 603-536-4000
www.midstatehealth.org

PRIVATE PRACTICE

LINDA M. BREWER, MSW, LICSW, MLADC

262 Daniel Webster Hwy, PO Box 712
Meredith, NH 03253
Tel. 603-393-6292

W. KIERAN CUNNINGHAM, PH.D.

2760 Main Street
North Conway NH 03860
Tel. 603-356-9955

ANGELA JONES, LCMHC, MLADC, LCS, RYT

103 Cottage Street
Littleton, NH 03561
Tel. 603-616-2019
www.AngelaThomasJones.com

ELAINE DAVIS, LADC, LCMHC

36A Exchange St.
Gorham, NH 03581
Tel. 603-466-2028

ALEDA STITH, MA, LCMHC, MLADC

101 Cottage St., Suite 5
Littleton, NH 03561
Tel. 603-616-4025
aledastith@gmail.com

OTHER

CENTER FOR NEW BEGINNINGS

229 Cottage Street,
Littleton, NH 03561
Tel. 603-444-6465
www.centerfornewbeginnings.org

CONNECTICUT RIVER COUNSELING SERVICES

139 Central Street
Woodsville, NH 03785
Tel. 603-747-2801
www.sites.google.com/site/connecticutrivercounseling/

HALO EDUCATIONAL SYSTEMS

44 Roberts Road
Canaan, NH 03741
Tel. 603-359-3321
www.haloeducationalsystems.com

HORIZONS COUNSELING CENTER

258 Highland Street, Suite 13
Plymouth, NH 03264
Tel. 603-536-2010
www.horizonscounseling@horizonsnh.org

NH CATHOLIC CHARITIES

215 Myrtle Street, Manchester, NH 03104
Tel. 603-669-3030 or 800-562-5249
www.nh-cc.org

EASTER SEALS

525 Prospect Street
Lancaster, NH 03584
Tel. 603-788-0911
www.easterseals.com



PREVENTION WORKS

WHAT YOU SHOULD KNOW ABOUT PREVENTION

01

Prevention starts at birth and continues across the lifespan.

02

Prevention includes helping people develop the knowledge, attitudes and skills to make healthy choices or change harmful behaviors. Prevention also includes creating safe communities and neighborhoods where we can live, work, grow and play.

03

Resilience is a key component in prevention. Resilience refers to a person's ability to cope with difficulty and adapt to challenges or change. Resilience can be built over time and at any age.

Prevention starts at birth and continues across the lifespan.

04

Lock up prescription drugs and safely dispose of unused or expired prescriptions. Medication drop boxes are available 24/7 at police departments in Haverhill, Littleton, Bethlehem, Whitefield, Berlin, Lancaster, Carroll, and Lisbon.

05

Parents play a huge role in prevention. In fact, 83% of 10 to 18-year-olds said their parents were the leading influence in their decisions about drinking. You can influence your children by modeling healthy behaviors, talking to them about your family values and expectations, setting clear limits and enforcing discipline consistently. Lastly, make sure you are well informed and taking good care of yourself first.

Learn more by visiting drugfreenh.org/

WARNING SIGNS OF SUBSTANCE USE DISORDERS:

- Changes in your behavior such as suddenly becoming unreliable; not being as involved as you once were with friends or family; not fulfilling important personal obligations; and isolating yourself from people who you normally enjoy spending time with.
- Physical changes such as losing weight; sores on your face, arms, or legs; issues with your dental health; nosebleeds; or a general overall untidy appearance.
- A lack of attention to your appearance or personal hygiene.
- Red, bloodshot, or glassy eyes.
- Being congested all the time.
- Your basic lifestyle patterns are altered, such as sleeping and eating patterns.
- Sudden intermittent complaints of feeling ill or having flulike symptoms.
- Needing more of the substance to achieve the same effect that was once achieved at lower doses (a warning sign of tolerance).
- Experiencing depression, anxiety, or severe cravings after attempts to quit your drug of choice (warning signs of withdrawal symptoms)
- You frequently begin using your drug of choice to alleviate these symptoms.
- Increased aggression or irritability.
- Changes in attitude/personality.
- Lethargy.
- Depression.
- Sudden changes in a social network.
- Dramatic changes in habits and/or priorities.
- Financial problems.
- Involvement in criminal activity.

PREVENTION RESOURCES

ALATEEN

Peer support for teens ages 12-19 who have a relationship with an alcoholic.
Tel. 1-888-425-2666
www.al-anon.org

AMERICAN FOUNDATION FOR SUICIDE PREVENTION

Education, advocacy, and research for suicide prevention.
Contact the New Hampshire Chapter, email: newhampshire@afsp.org
Tel. 1-888-333-AFSP (2377)
www.afsp.org/chapter/afsp-new-hampshire

BOYS AND GIRLS CLUB OF THE NORTH COUNTRY

The Boys & Girls Club of the North Country's mission is to provide a fun, safe, positive place for all the children of the North Country.
2572 Route 302, Lisbon, NH 03585 (located behind Evergreen Sports)
Tel. 603-838-5954
<http://bgcnorthcountry.org>

FOUNDATION FOR HEALTHY COMMUNITIES

Non-profit organization that engages in innovative partnerships to improve health and health care in New Hampshire - working to address quality of care, access to care and community prevention.
125 Airport Road, Concord, NH 03301
Tel. 603-225-0900
www.healthynh.com

JOB CORPS

A no-cost education and vocational training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 improve the quality of their lives through vocational and academic training.
943 Dunbarton Road, Manchester, NH 03102
Tel. 603-695-8800
www.newhampshire.jobcorps.gov

LIFE OF AN ATHLETE

Education for students about healthy living choices including abstaining from alcohol and other drugs.
251 Clinton Street, Concord, NH 03301
Tel. 603-228-8671
www.ioanh.org

NATIONAL ALLIANCE ON MENTAL ILLNESS NH

Providing information, education and support to all families and communities affected by mental illness.
85 North State Street, Concord, NH 03301
Tel. 603-225-5359
www.naminh.org

NH JAG (JOBS FOR AMERICA'S GRADS)

Programs help students focus on staying in school and learning skills for entering the workforce.
175 Ammon Drive, Suite 212
Manchester, NH 03103
Tel. 603-647-2300
www.nh-jag.org

PARTNERSHIP FOR A DRUG-FREE NH

Creating and promoting consistent statewide messages about the problems and solutions of substance misuse in New Hampshire through engagement of partners, members and champions.
Tel. 603-716-0266
www.drugfreenh.org

TEEN INSTITUTE

Life-changing, experiential camps and workshops empowering a new generation of school and community leaders across New Hampshire and New England. Scholarships are available for summer camps.
180 Bridge Street, Manchester, NH 03104
Tel. 603-545-7341
www.nhteeninstitute.org

WAUKEELA CAMP FOR GIRLS

A summer at Waukeela is a coming of age experience for girls. Beyond all of the amazing activities offered, the camp truly prepares girls for life as independent, thoughtful and self-confident young women.
P.O. Box 265, Eaton Center, NH 03832
Tel. 603-447-2260
www.waukeela.com

YOUNG ADULT STRATEGIES

This program is designed for young adults at risk for substance misuse, mental illness, or suicide. This population often lacks critical support once they are out of school. The Young Adult programs were created to help individuals navigate the difficult transition between school and a healthy successful adult life.

This strategy implements **THE HEALTHY WORKLIFE PROGRAM**, addressing anger and stress management, nutrition, tobacco, and substance misuse to help young adults connect their personal health behavior choices with a happy and productive work life.

Local employers currently offering this program include: **AMMONOOSUC COMMUNITY HEALTH SERVICES., SHILLINGS, TENDER CORPORATION AND GENFOOT AMERICA .**

In the **YOUNG ADULT LEADERSHIP PROGRAM**, young people ages 18-25 learn to recognize substance misuse, mental illness, and suicide risk in their communities, and to increase awareness among their peers.

PREVENTION RESOURCES

COMMUNITY COALITIONS

WANT TO HELP?

Reach out to your local community coalition. Coalitions are a formal arrangement for collaboration among groups or sectors of a community, in which each group retains its identity but all agree to work together toward the common goal of a safe, healthy and drug-free community. If you have more questions or would like to help, contact prevention@nchcnh.org.

HAVERHILL AREA SUBSTANCE MISUSE PREVENTION COALITION (HASMPC) - WOODSVILLE/HAVERHILL

Karen A. Woods RT R M CT
Administrative Director, Cottage Hospital
90 Swiftwater Road, Woodsville, NH 03785
Tel. 603-747-9109 Fax 603-747-3310
email: kwoods@cottagehospital.org

LITTLETON ALCOHOL, TOBACCO, AND OTHER DRUGS (ATOD) - LITTLETON/BETHLEHEM

Greg Williams, SMP Coordinator
North Country Health Consortium
262 Cottage Street, Suite 230
Littleton, NH 03561
Tel. 603-259-3700 ext. 295
Fax 603-444-0945
email: gwilliams@nchcnh.org

CROWLITON-LANCASTER/GROVETON

Erik Becker
email: blackcrowprojectnh@gmail.com

STAND UP ANDROSCOGGIN VALLEY (SUAV) - BERLIN/GORHAM

Pamela E. Laflamme, Community
Development Director, City of Berlin
168 Main Street, Berlin, NH 03570
Tel. 603-752-8587

NORTH WOODS ACTION COMMITTEE

- COLEBROOK

Laurie Wells
email: wdragonfly17@aol.com



PREVENTION RESOURCES

SCHOOL-BASED SERVICES

STUDENT ASSISTANCE PROFESSIONALS

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

SAP REGIONAL LEADER

Stephanie Gould
Tel. 603-259-3700 x239

BERLIN HIGH SCHOOL

Tel. 603-752-4122

GROVETON HIGH SCHOOL

Tel. 603-636-1619

GORHAM MIDDLE HIGH SCHOOL

Tel. 603-466-2776 ext. 3116

LISBON SCHOOL

Tel. 802-535-1573

NORTH COUNTRY CHARTER ACADEMY

Tel. 603-444-1535

WHITE MOUNTAINS COMMUNITY COLLEGE

Tel. 603-342-3058

WHITE MOUNTAINS REGIONAL HIGH SCHOOL

Tel. 603-837-2528

WOODSVILLE HIGH SCHOOL

Tel. 603-747-2781





INTERVENTION

WHAT YOU SHOULD KNOW ABOUT INTERVENTION

- 01** It's difficult to help a loved one struggling with substance misuse. It is not uncommon for a person to be unable to recognize the true impact substance misuse is having on their lives. They may not realize the negative effects their behavior has on themselves and others.
- 02** Intervening in someone's substance use can occur at any time. The goal of intervention is to reduce the harm associated with substance misuse and provide your loved one with an opportunity to make changes before their addiction progresses further.

Asking for help is a sign of courage and a first step towards recovery.

- 03** A professional can help assess the extent of substance misuse and make recommendations for treatment. Professionals can be found at your primary care provider's office, your Employee Assistance Program, or many community-based organizations throughout the North Country listed in this guide.
- 04** As with any disease, it is not a sign of weakness to admit that you or a loved one needs help. Asking for help is a sign of courage and a first step towards recovery.
- 05** If your loved one is not ready to accept help, you can find help for yourself by learning more about addiction and accessing community support services.

Learn more by visiting www.drugabuse.gov/related-topics/treatment

INTERVENTION RESOURCES

WAYPOINT

Serving adolescents, children, young adults, adults, pregnant or parenting women, and homeless individuals. Programs include parenting, assessment, care coordination, individual and group outpatient counseling, recovery support services, and transitional living program (18-21). Family and support groups are listed under “Other” in this guide. Insurance: Accepts most insurance plans and self-pay; supported by DHHS using a sliding fee scale.
464 Chestnut Street
Manchester, NH 03105
(additional offices are located throughout the state)
Tel. 603-518-4000 or 800-640-6486
www.waypointnh.org

THE FAMILY RESOURCE CENTER

123 Main Street, Gorham, NH 03581
Tel. 603-466-5190
Fax 603-466-9022
www.family-resource-center.org

NORTH COUNTRY HEALTH CONSORTIUM

IMPAIRED DRIVER CARE MANAGEMENT PROGRAM (IDCMP)

262 Cottage Street, Suite 230
Littleton, NH 03561
Tel. 603-259-3700 ext 213
Fax: 603-444-0945
www.nchcnh.org

TRI-COUNTY COMMUNITY ACTION PROGRAM

A multi-program agency with many projects including, but not limited to, homeless intervention, family supports, senior supports, workforce programs, utility assistance, and transportation. The agency has multiple service locations including Littleton, Berlin, Conway, Colebrook/Pittsburg, Groveton, Littleton, Ossipee, Plymouth, Whitefield and Woodsville.
If you are unable to find information you need about TCCAP or any of its programs on the website, please call the Central Office in Berlin at 603-752-7001
www.tccap.org

RECOVERY FRIENDLY WORKPLACE

“Recovery Friendly Workplaces (RFW’s) support their communities by recognizing recovery from substance use disorder as a strength and by being willing to work intentionally with people in recovery. RFW’s encourage a healthy and safe environment where employers, employees, and communities can collaborate to create positive change and eliminate barriers for those impacted by addiction.”

- FOSTER a safe and recovery friendly environment
- ENGAGE their employees in addiction & behavioral health education and prevention
- RETAIN healthy and productive employees
- PROMOTE prevention and recovery in their local communities

To become a Recovery Friendly Workplace please visit www.recoveryfriendlyworkplace.org

If you have any questions, please contact him at the North Country point of contact, Greg Williams at gwilliams@nchcnh.org or 603-259-3700 x295



WARNING SIGNS OF POSSIBLE CRISIS

- Feeling very sad, withdrawn or unmotivated for more than two weeks.
- Making plans or trying to harm or kill oneself.
- Out-of-control, risk-taking behaviors.
- Sudden overwhelming fear for no reason, sometimes with a racing heart or fast breathing.
- Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain.
- Severe mood swings causing problems in relationships.
- Excessive use of drugs or alcohol.
- Drastic changes in behavior, personality or sleeping habits.
- Extreme difficulty in concentrating or staying still.
- Intense worries or fears getting in the way of daily activities like hanging out with friends or going to classes.

Need Resources?



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. Dial 211.

For more information visit www.211nh.org



TREATMENT IS EFFECTIVE

WHAT YOU SHOULD KNOW ABOUT TREATMENT

- 01** The first step to finding the appropriate level of treatment is an assessment by a medical or substance use disorder professional.
- 02** Treatment is highly personal and occurs via many pathways. Treatments and supportive services for substance use disorders should be tailored to fit individual needs. For many people, the most effective approach often involves a combination of counseling and medication. Some forms of treatment are tailored for specific populations such as youth or veterans.
- 03** Treatment may include: individual and group counseling; inpatient and residential treatment; intensive outpatient treatment; partial hospital programs; case or care management; medication; recovery support services; 12-step fellowship and/or peer supports.

Treatment is effective - people recover and go on to lead healthy and happy lives.

- 04** If your loved one is not ready to accept help, you can begin this process by getting educated on the options available and by finding support services for yourself. It is important to take good care of yourself. Sometimes families suffer alongside a loved one for many years and through many relapses, but remember treatment is effective and people do recover.

Learn more by visiting [samhsa.gov/treatment](https://www.samhsa.gov/treatment)

WARNING SIGNS OF AN OVERDOSE

- Bluish nails or lips
- Weak pulse
- Pinpoint pupils
- Disorientation or delirium
- Extreme drowsiness
- Repeated episodes of loss of consciousness
- Coma
- Increased use/quantity of use
- Nausea
- Vomiting
- Abdominal cramps
- Diarrhea
- Dizziness
- Loss of balance
- Seizures (fitting)
- Confusion
- Breathing difficulties/not breathing
- Internal bleeding
- Hallucination
- Visual disturbances
- Snoring deeply
- Drastic change in body temperature

TREATMENT RESOURCES

TREATMENT REFERRAL SERVICES

NH STATEWIDE ADDICTION CRISIS LINE

Trained counselors to help you find the right next step for you. Call 24/7. Free and Confidential.
Tel. 844-711-4357
email: hope@keystonehall.org

NH TREATMENT LOCATOR

Use this locator to find agencies and individual practitioners offering substance use disorder services, including evaluation (this is a critical first step to determine level of treatment needed), withdrawal management (detox), outpatient counseling, residential treatment, recovery supports, and other types of services for people experiencing problems with alcohol and other drug use, including addiction.
www.nhtreatment.org

HELPLINE 211

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. Dial 211.
www.211nh.org

TREATMENT PROVIDERS OFFERING MEDICATION ASSISTED TREATMENT

HALO EDUCATIONAL SYSTEMS

44 Roberts Road, Canaan, NH 03741
Tel. 603-523-8804
www.haloeducationalsystems.com

WEEKS MEDICAL CENTER

173 Middle Street, Lancaster, NH 03561
Tel. 603-788-2521
www.weeksmedical.org

SACO RIVER MEDICAL GROUP

7 Group Ave., Conway, NH 03818
Tel. 603-447-3500
15 US Route 302, Glen, NH 03838
Tel. 603-383-3005
www.sacodocs.com

COOS COUNTY FAMILY HEALTH SERVICES

133 Pleasant St., Berlin, NH
Tel. 603-752-2040
www.coosfamilyhealth.org

ROWE HEALTH CENTER

Cottage Hospital
103 Swiftwater Road,
Woodsville, NH 03785
Tel. 603-747-3740
www.cottagehospital.org

INDIAN STREAM HEALTH CENTER

141 Corliss Lane
Colebrook, NH 03576
Tel. 603-237-8336
www.indianstream.org

MEMORIAL HOSPITAL

Integrated Medication Assisted Treatment
3073 White Mountain Highway North
Conway, NH
Tel. 603-356-4907
www.mainehealth.org

WOMEN'S HEALTH AT MEMORIAL HOSPITAL

A New Life Prenatal Program
3073 White Mountain Highway
North Conway, NH
Tel. 603-356-9355
www.mainehealth.org

THE DOORWAY AT AVH

Androscoggin Valley Hospital Professional Center
7 Page Hill Road
Berlin, NH 03570-3531
Open Monday to Friday
8:00 am to 5:00 pm
Phone 603-752-2300; after hours dial 211
www.avhnh.org

THE DOORWAY AT LRH

Littleton Regional Healthcare
11 River Glen Lane, Suite 150
Littleton, NH
Open Monday to Friday
8:00 am to 5:00 pm
Phone 603 259 1659; after hours dial 211
www.littletonhealthcare.org

TREATMENT RESOURCES

RESIDENTIAL TREATMENT

BETHLEHEM

North Country Health Consortium -
Substance Use Disorder Clinical Services
2957 Main St., PO Box 717, Bethlehem, NH 03574
Tel. 603-869-2210 Fax 603-869-2355
www.nchcnh.org

DOVER

Southeastern New Hampshire Services
272 County Farm Road, Dover, NH 03820
Crisis Center 603-516-8181
Main 603-516-8160 Fax 603-749-3983
www.dovernhtreatmentcenter.org

DUBLIN

Phoenix House Comprehensive
Addiction Treatment Services
3 Pierce Road, Dublin, NH 03444
Tel. 603-563-8501
www.phoenixhouse.org

FRANKLIN

Farnum North - Ray House (Women)
14 Holy Cross Road, Franklin, NH 03235
Farnum North - Webster Place (Men)
27 Holy Cross Road, Franklin, NH 03235
Tel. 603-622-3020
www.farnumcenter.org

KEENE

Phoenix House Comprehensive
Addiction Treatment Services
106 Roxbury Street, Keene, NH 03431
Tel. 603-358-4041 Option 1
www.phoenixhouse.org

LEBANON

Headrest
14 Church Street, Lebanon, NH 03766
Tel. 603-448-4400

MANCHESTER

Farnum Center
140 Queen City Avenue, Manchester, NH 03101
Tel. 603-622-3020 Fax 603-621-4295
www.farnumcenter.org

EFFINGHAM

Green Mountain Treatment Center
244 High Watch Rd, Effingham, NH 03882
Tel. 877-824-5992
www.greenmountaintreatment.org

NORTH COUNTRY OUTPATIENT

BERLIN

North Country Health Consortium -
Substance Use Disorder Clinical Services
610 Sullivan St., Suite 303, Berlin, NH 03570
Tel. 603-752-7941 www.nchcnh.org

Northern Human Services
3 Twelfth Street, Berlin, NH 03570
Tel. 603-752-7404 www.northernhs.org

BETHLEHEM

North Country Health Consortium -
Substance Use Disorder Clinical Services
2957 Main St., PO Box 7171, Bethlehem, NH 03574
Tel. 603-869-2210 Fax 603-869-2355
www.nchcnh.org

BRISTOL

Mid-State Health Center
100 Robie Road, Bristol, NH 03222
Tel. 603-536-4000 www.midstatehealth.org

CANAAN

HALO Educational Systems
44 Roberts Road, Canaan, NH 03741
Tel. 603-523-8804
www.haloeducationalsystems.com

CENTER OSSIPPEE

White Horse Addiction Center
68 Route 16B, Center Ossipee, NH 03814
Tel. 603-651-1441 www.whitehorseac.com

COLEBROOK

Indian Stream Health Center
141 Corliss Lane, Colebrook, NH 03576
Tel. 603-237-8336 www.indianstream.org

Northern Human Services
55 Colby Street, Colebrook, NH 03576
Tel. 603-237-4955 www.northernhs.org

CONWAY

North Country Health Consortium -
Substance Use Disorder Clinical Services
1620 Main Street, North Conway, NH 03860
Tel. 603-869-2210

Northern Human Services
25 West Main Street, Conway, NH 03818
Tel. 603-447-2111 www.northernhs.org

Northern Human Services
87 Washington Street, Conway, NH 03818
Tel. 603-447-3347 www.northernhs.org

GORHAM

Elaine Davis
36A Exchange St. Gorham, NH 03581
Tel. 603-466-2028

LANCASTER

Weeks Medical Center
173 Middle Street, Lancaster, NH 03561
Tel. 603-788-4911 www.weeksmedical.org

LITTLETON

Angela Jones, LCMHC, MLADC, LCS, RYT
103 Cottage Street, Littleton, NH 03561
Tel. 603-616-2019
www.AngelaThomasJones.com

Center for New Beginnings
229 Cottage Street, Littleton, NH 03561
Tel. 603-444-6465
centerfornewbeginnings.org

Northern Human Services
29 Maple Street, Littleton, NH 03561
Tel. 603-444-5358 www.northernhs.org

Aleda Stith, MA, LCMHC, MLADC
101 Cottage St., Suite 5
Littleton, NH 03561
Tel. 603-616-4025
aledastith@gmail.com

MEREDITH

Linda M. Brewer, MSW, LICSW, MLADC
262 Daniel Webster Hwy, PO Box 712,
Meredith, NH 03253
Tel. 603-393-6292

NORTH CONWAY

W. Kieran Cunningham, Ph.D.
2760 Main Street, North Conway, NH 03860
Tel. 603-356-9955

PLYMOUTH

Lakes Region Mental Health
599 Tenney Mountain Hwy, Plymouth, NH 03264
Tel. 603-536-1118 www.genesisbh.org

Horizons Counseling Center
258 Highland St., Suite 13, Plymouth, NH 03264
Tel. 603-536-2010
email: horizonscounseling@horizonsnh.org

WOODSVILLE

Connecticut River Counseling Services
139 Central Street, Woodsville, NH 03785
Tel. 603-747-2801

North Country Health Consortium -
Substance Use Disorder Clinical Services
6 Church Street, Woodsville, NH 03785
Tel. 603-869-2210 Fax 603-869-2355

WANT HELP?

Call 211 | accessible 24 hours a day, 7 days a week

THE DOORWAYS

Littleton Regional Healthcare

11 River Glen Lane, Suite 150
Littleton, NH 03561
Open Monday to Friday
8:00 am to 5:00 pm
Phone 603-259-1659; after hours dial 211

Androscoggin Valley Hospital

Professional Center
7 Page Hill Road
Berlin, NH 03570
Open Monday to Friday
8:00 am to 5:00 pm
Phone 603-752-2300; after hours dial 211

FIND TREATMENT---RECOVERY SUPPORT---OVERDOSE REDUCTION---PREVENTION

IS YOUR COMMUNITY IN NEED OF A NARCAN TRAINING?

Narcan administration can save someone from overdosing on heroin. If you or your community would like to schedule a Narcan Training, contact either Doorway from above or visit <http://thedorway.nh.gov/> for more information.

THE WARM PROGRAM

The Wellness and Recovery Model (WARM) is a program of the North Country Health Consortium that provides the region with access to Community Health Worker/Recovery Coach Support Services.

What is Community Health Worker/Recovery Coach?

A Community Health Worker/Recovery Coach is a frontline public health worker interested in promoting recovery by removing barriers and obstacles to recovery. They are a trusted member of the community and serve as a personal guide and mentor for people seeking recovery.

WHAT CAN WE DO FOR YOU?

- Education
- Support
- Treatment Access
- Advocacy/Empowerment

SERVICES PROVIDED:

- Recovery Wellness Planning
- Treatment Access
- Service Navigation
- Reducing Barriers

Looking for Recovery Support?

CALL TODAY to connect directly with a Community Health Worker/Recovery Coach, **please call: 603 259-1729** or visit bit.ly/WARMprogram to learn more.



PEOPLE RECOVER

WHAT YOU SHOULD KNOW ABOUT RECOVERY

- 01** You are not alone. Millions of your peers have found a path to recovery and are leading healthy, happy lives. Many of those individuals want to give back and help you through peer supports, 12-step programs, and recovery centers. Remember, anyone, at any time, can recover.
- 02** Recovery addresses the whole person and their community and is supported by peers, friends, and family members as well as the health care community. It is vitally important that a person in recovery finds a supportive community and stays connected. You are worth it!
- 03** The process of recovery is highly personal and occurs via many pathways. It may include clinical treatment, medications, faith-based approaches, peer support, family support, self-care, and other approaches. Recovery is characterized by continual growth and improvement in one's health and wellness that may involve setbacks, but doesn't have to. With the right supportive environment, setbacks can be minimized and a full potential for a healthy life is possible to achieve.

It is vitally important that a person in recovery finds a supportive community and stays connected.

- 04** Resilience is a key component in recovery. Resilience refers to a person's ability to cope with difficulty and adapt to challenges or change. Resilience can be built over time and at any age.
- 05** Relapse is not a part of recovery, it is a symptom of the disease of addiction. When relapse occurs, you can get support so that all the work you have done to regain a healthy lifestyle is not lost. Many who use recovery supports have fewer and shorter relapses. Timely support can reconnect you with your recovery pathway and treatment.

Learn more by visiting [samhsa.gov/recovery](https://www.samhsa.gov/recovery)

RECOVERY RESOURCES

RECOVERY COMMUNITY ORGANIZATIONS

BERLIN

Hope for NH Berlin
823 Main Street
Berlin, NH
Tel. 603-752-9900
www.hopefornhrecovery.org/berlin

CENTER CONWAY

Mount Washington Valley Supports
Recovery
1620 Main Street
Center Conway, NH
Tel. 603-662-0668
www.mwvsupportsrecovery.org

LITTLETON

North Country Serenity Center
45 Union Street
Littleton, NH
Tel. 603-444-1300
email:
recovery@northcountryserenitycenter.org

NORTH CONWAY

Shed North, White Horse Recovery
Resource Center
2977 White Mtn Hwy.
N. Conway, NH
Tel. 603-651-1441
www.whitehorseac.com

CENTER OSSIPEE

The Shed, White Horse Recovery Resource
Center
70 Route 16B
Center Ossipee, NH
Tel. 603-301-0041
www.whitehorseac.com

SOBER HOUSING

MEN

White Mountain Recovery Homes
69 Union Street
Littleton, NH
Tel. 603-262-3964
www.whitemountainrecovery.com

WOMEN

Endeavor House
1620 Main Street
Conway, NH
Tel. 603-662-0668
www.mwvsupportsrecovery.org

NORTH COUNTRY DOORWAYS

ANDROSCOGGIN VALLEY HOSPITAL (HUB)

Professional Center
7 Page Hill Road Berlin, NH
Open Monday to Friday
8:00 am to 5:00 pm
Phone 603 752 2300; after hours dial 211
www.avnhn.org

LITTLETON REGIONAL HEALTHCARE (HUB)

11 River Glen Lane, Suite 150
Littleton, NH
Open Monday to Friday
8:00 am to 5:00 pm
Phone 603 259 1659; after hours dial 211
www.littletonhealthcare.org

RECOVERY SUPPORTS

WELLNESS AND RECOVERY MODEL

Community Health Worker/Recovery Coach
Services
North Country Health Consortium
262 Cottage St Suite 230 Littleton, NH
Tel. 603-259-1729
bit.ly/WARMprogram



ALTERNATIVE THERAPY

BERLIN

Coos County Chiropractic
15 Exchange Street, Berlin, NH 03570
Tel. 603-752-2310

Riverside Wellness Center, PLLC
630 Main Street, Gorham, NH 03581
Tel. 603-752-7727 Fax 603-752-2820

Northern Oasis
55 Maynesboro Street
Berlin, NH 03570
Tel. 603-752-5907
email: leane@mynorthernoasis.com

OSMOSIS - Berlin office
167 Blanchard Street
Berlin, NH 03570
Tel. 603-723-1628

North Woods Acupuncture, Mark Evans
1831 Riverside Drive
Berlin, NH 03570
Tel. 603-752-3800

BETHLEHEM

Balance Bethlehem
2087 Main Street, Bethlehem, NH 03574
email: info@osmosisnh.com

COLEBROOK

Stephen A. Druke, DC (Chiropractic)
107 Main Street, Colebrook, NH 03576
Tel. 603-237-5325

North Country Muscular Therapy
Phil Freudenberger NH-LMT
118 Main Street, Suite 4, Colebrook, NH
Tel. 603-728-9400
email: therapeutic-touch@hotmail.com

NORTH STRATFORD

Trinity Earth Spirit Universe
Sabrina McAllister
9 Main Street, Suite 2, North Stratford, NH
Tel. 603-326-8657
email: sabrina@sabrinamcallister.net

CONWAY

Jonathan Eldridge, DC
3294 White Mountain Highway
North Conway, NH 03860
Tel. 603-730-5478

Leo M. Kenney, D.C., F.A.C.O.
3316 White Mountain Highway, Suite 101
North Conway, NH 03860
Tel. 603-356-2471 Fax 603-356-8759

Mount Washington Valley Chiropractic
24 Pleasant Street, Suite 202, Conway, NH
Tel. 603-447-2244
email: mwvchiro@gmail.com

Taylor Chiropractic
486 White Mountain Hwy., Conway, NH 03818
Telephone: (603) 447-1131
email: taylorchironh@gmail.com

A Touch of Balance Massage - Be Well Studios
3358 White Mountain Highway
North Conway, NH 03860
Tel. 603-383-5328
www.atouchofbalancemassage.com

Center for Natural Health
200 East Side Road, Conway, NH 03818
Tel. 603-447-3070 Cell 617-959-1556
email: Dr@centerfornaturalhealth.com

Lindsey Pickering, LMT
24 Pleasant Street, Conway, NH 03818
Tel. 603-452-8619
www.lindseypickeringlmt.com

T Murray Wellness Center
24 Pleasant Street, Conway, NH 03818
Tel. 603-447-3112
www.tmurraywellness.com

Tola Massage
2757 White Mountain Highway, 3rd Floor
North Conway, NH
Tel. 603-986-0884
www.tolamassage.com

Trilogy Massage Therapy
64 Keasarge St., North Conway, N.H. 03860
Tel. 603-986-8337
www.trilogymassagetherapy.com

Authentic Thai Massage
51 Washington St., Apt. 2A, Conway, NH 03818
Tel. 603-733-6887
www.chompou-authenticthaimassage.com

FRANCONIA

John Strasser, DC (Chiropractor)
Family Chiropractic
262 Main Street, Franconia, NH 03580
Tel. 603-823-7428

GORHAM

Riverside Wellness Center, PLLC, (Chiropractic)
630 Main Street, Gorham, NH 03581
Tel. 603-752-7727 Fax 603-752-2820

KMI Structural Integration Cranio Sacral Therapy
Sports Medicine Medical Massage Therapy
10 Exchange Street, Gorham, NH 03581
Tel. 603-466-3679 Fax 603-466-3675
email: info@peakhealth.biz

LANCASTER

Riverside Wellness Center, PLLC, (Chiropractic)
104 Main Street, Suite 1, Lancaster, NH
Tel. 603-788-2465

Center for Acupuncture and Oriental
Medicine, PLLC
148 Main Street, Lancaster, NH 03584
Tel. 603-631-0046
email: gary@centerforacupuncturenh.com

LINCOLN

Bard Janelle DC (Chiropractic)
Main Street, Lincoln, NH 03251
Tel. 603-745-2777

LITTLETON

John Tatone, DC (Chiropractic)
155 Main St, Franconia, NH 03580
Tel. 603-823-5533

Mt Peak Chiropractic
895 Manns Hill Road, Littleton, NH 03561
Tel. 603-444-4881

Steven M Walsh Chiropractor
53 Meadow Street, Littleton, NH 03561
Tel. 603-444-9449

Fresh Salon & Day Spa Massage Therapy
111 Saranac Street, Littleton, NH 03561
Tel. 603-259-3400

Littleton Healing Arts Studio
74 Cottage Street, Littleton, NH 03561
Tel. 603-991-9769
email: ginaformeister@gmail.com

Purify From Within
554 Union Street, Littleton, NH 03561
Tel. 603-444-5240
www.purify-from-within.massagetherapy.com

Quantum Tones Healings, Eric Breault
103 Cottage Street, Littleton, NH 03561
Tel. 603-728-5886
email: quantumtones@gmail.com

PLYMOUTH

Institute for Naturopathic Health
Dr. David Olarsch
572 Tenney Mountain Highway, Plymouth, NH 03264
Tel. 603-536-4888 Fax 603-536-8191
email: info@naturopathichealth.net

WHITEFIELD

Bennett Karie Massage Therapy
27 Prospect Street, Whitefield, NH 03598
Tel. 603-837-2258

WOLFEBORO

Steve Clark, ND
646 Center Street, Wolfeboro, NH 03894
Tel. 603-569-5545 Fax 603-569-0545
email: steve@steveclarknd.com

SUPPORT GROUPS

SUPPORT GROUPS

24-HOUR HELPLINE NUMBER

Toll-free 888-NA-HELP-U (888-624-3578)

ALCOHOLICS ANONYMOUS (AA)

www.nhaa.net/nh-meeting-info

F.A.S.T.E.R.

dhhs.nh.gov/dcbcs/bdas/documents/all-family-support-groups.pdf

HEROIN ANONYMOUS

www.heroinanonymous.org

NARCOTICS ANONYMOUS (NA)

www.gsana.org

SMART RECOVERY

www.smartrecovery.org

ALANON

www.nhal-anon.org

*FOR SUPPORT GROUP OFFERINGS IN YOUR AREA, VISIT YOUR LOCAL RECOVERY COMMUNITY ORGANIZATION

DISABILITY RESOURCES

ALZHEIMER'S HEALTH CARE SERVICES

610 Sullivan Street, Berlin, NH 03570
Tel. 603-752-3336 or 1-800-700-7654

COMMON GROUND

29 Maple Street, Littleton, NH 03561
Tel. 603-444-6894

DISABLED AMERICAN VETERANS

Berlin NH, 03570
Tel. 603-752-3024 or 1-866-687-8387

FAMILY SUPPORT SERVICES OF NORTHERN NH MENTAL HEALTH

29 Maple Street, Littleton, NH 03561
Tel. 603-444-5358

GRANITE STATE INDEPENDENT LIVING

267 Main Street, Suite 400
Littleton, NH 03561
Tel. 603-444-0904

NH ASSOCIATION FOR THE BLIND

25 Walker Street, Concord, NH 03301
Tel. 603-224-4039 or 1-800-464-3075

PARENT INFORMATION CENTER

151a Manchester St., Concord, NH 03302
Tel. 603-224-7005 or 1-800-947-7005

SEWING FOR SPECIAL NEEDS/ EASY ON SHOULDER SHAWLS

54 Union Street, Whitefield, NH 03598
Tel. 603-837-9101

DOMESTIC VIOLENCE / SEXUAL ASSAULT RESOURCES

RESPONSE TO SEXUAL AND DOMESTIC VIOLENCE

54 Willow Street, Berlin, NH 03570
Tel. 603-752-5679

SUPPORT CENTER AT BURCH HOUSE

P.O. Box 965, Littleton, NH 03561
Tel. 603-444-0624

EDUCATION RESOURCES

HEAD START

Head Start - Berlin
Tel. 603-752-5464

Head Start - Conway/Carroll County
Tel. 603-447-5161

Head Start - Colebrook/Pittsburg
Tel. 603-237-8190

Head Start - Groveton
Tel. 603-636-2625

Head Start - Littleton
Tel. 603-444-6022

Head Start - Ossipee
Tel. 603-539-5094

Head Start - Plymouth
Tel. 603-536-1393

Head Start - Whitefield
Tel. 603-837-3026

Head Start - Woodsville
Tel. 603-747-4186

BIRTH AND PARENTING PROGRAM

600 Saint Johnsbury Road
Littleton, NH 03561
Tel. 603-444-9000 ext 335

THE ADULT TUTORIAL PROGRAM

30 Bronson Street, Littleton, NH 03561

WHITE MOUNTAINS COMMUNITY COLLEGE

Berlin
2020 Riverside Drive, Berlin, NH
Tel. 603-752-1113 www.wmcc.edu

Littleton
646 Union Street, Littleton, NH 03561
Tel. 603-444-1326 www.wmcc.edu

North Conway
2541 White Mountain Hwy., N. Conway, NH 03860
Tel. 603-356-7926 www.wmcc.edu

UNIVERSITY OF NH COOPERATIVE EXTENSION

Grafton County Administrative Office
3855 Dartmouth College Rd. Box 5
North Haverhill, NH 03774
Tel. 603-787-6944

OTHER RESOURCES

24-HOUR HELPLINE NUMBER

Toll-free 888-NA-HELP-U (888-624-3578)
The help line offers daily meeting lists, addict callback support, as well as information on area events and activities.

CENTER FOR EXCELLENCE

A resource that provides technical assistance, disseminates data and information, and promotes knowledge transfer in support of communities, practitioners, policymakers, and other stakeholders working to address alcohol and other drug misuse and related consequences throughout New Hampshire. (<http://nhtreatment.org/>).
501 South Street, 2nd Floor Bow, NH 03304
www.nhcenterforexcellence.org

FEDCAP

Each year, Fedcap offers an array of services through its four practice areas of Education, Workforce Development, Occupational Health, and Economic Development—helping more than 80,000 individuals graduate from high school, obtain vocational certification or a college degree, become work-ready, obtain meaningful employment, and achieve economic well-being.
www.fedcap.org

GRANITE UNITED WAY

Community Impact Committee volunteers in this region have targeted investments in the areas of literacy, financial stability and mental health & the prevention of substance misuse. (also manages 2-1-1 hotline).
22 Concord St., Floor 2, Manchester, NH 03101
Tel. 603-625-6939
www.graniteuw.org

JOB CORPS

New Hampshire Job Corps center is a residential career technical training center provided at no cost to eligible 16-24 year olds. Job Corps provides academic education, training in the most in-demand fields in the state, industry-recognized certifications, and all the tools and support needed to become employable, independent and successful.
www.newhampshire.jobcorps.gov

NEW FUTURES

Nonpartisan, nonprofit organization that advocates, educates and collaborates to prevent and reduce alcohol and other drug problems in New Hampshire.
10 Ferry Street, Suite 307, Concord, NH 03301
Tel. 603-225-9540
www.new-futures.org

NH BUREAU OF DRUG AND ALCOHOL SERVICES

State agency working to significantly reduce alcohol and other drug misuse and its social, health, and behavioral consequences for the citizens of New Hampshire. Effective and coordinated prevention and treatment services are ensured through public policy and resource development, education, and supporting initiatives.
www.dhhs.nh.gov

NH CHARITABLE FOUNDATION

Investing charitable assets; connecting donors with effective organizations, ideas and people; leading and collaborating on important public issues.
www.nhcf.org

NH PROVIDERS ASSOCIATION

Represents its members in advancing substance use prevention, treatment and recovery through public policy, leadership, professional development, and quality member services.
10 Ferry St., Suite 308, Concord NH 03301
Tel. 603-225-9540 ext 113
www.nhproviders.org

THE GOVERNOR'S COMMISSION ON ALCOHOL AND DRUG ABUSE PREVENTION, INTERVENTION AND TREATMENT

Created by the New Hampshire Legislature in 2000 to advise the Governor regarding the delivery of effective and coordinated alcohol and drug abuse prevention, intervention and treatment services throughout New Hampshire.
www.dhhs.nh.gov/dcbcs/bdas

TRANSPORTATION SERVICES

Tri-County Community Action Program
Tri-County Transit Transportation
Information about availability of transportation services in Coös, Carroll and Grafton Counties through Tri-County CAP
www.tccap.org/services/transportation



North Country
HEALTH CONSORTIUM

NCHCNH.org

