

FYI

for your information



E3 Mental Health Initiative
Seacoast Republican Women
nhsrw.org





WHY?

New Hampshire right now has a public health crisis brought to visibility by highly publicized wait times by those in mental health distress. The wait times for services are an indicator of service system failure. **In times of crisis the authorities must first handle those most in need.**



ESSENTIALS

- Any plan has to be built on the needs of real people, real families, substance use abuser and real mental health service providers
- An informed authority within the state and sustained political leadership to take a plan from abstract to reality
- Plans can't work without community involvement
- Clear, present, timely communication built in to everyday implementation from state to regional to local level
- Funding and budgets have to be for multiple years because sustained levels and evaluation of services requires several budget cycles to refine their product

NH 10-YEAR MENTAL HEALTH PLAN

New Hampshire 10-Year Mental Health Plan



January 2019

Mental Health Portal and Regional Hub and Spoke System

- Will serve as a single source of phone-based and online information and guidance
- The Portal will be accessed by calling one memorable phone number from anywhere in the state 24 hours a day, 365 days a year
- Any individual, family member, teacher, health provider, friend, etc. will be able to access the Portal to gain information about his or her condition and corresponding support and services
- Once connected, callers will receive a "warm hand-off" to a hub in their geographic region
- Staff in each regional hub should assess and triage all callers to support a referral matched to each person's level of need
- Hub will maintain connection to a network of "spokes," consisting of local outpatient mental health services, mobile crisis, peer support and other localized services
- Hub should have access to current residential bed availability through a centralized database, and ability to facilitate referrals and support transitions into and out of more intensive care in other regions as necessary

[Go to NH 10-Year Plan](#)

NH 10-YEAR MENTAL HEALTH PLAN

Integrated with the Substance Use Disorder System

- The state, with federal funding from the State Opioid Response (SOR) Program, has established a hub and spoke model, called The Doorway-NH, for the SUD (Substance Use Disorder) prevention and treatment system for individuals and families of all ages
- Its model features a state-supported single phone/online access point, through which all NH residents will obtain information about available SUD services and supports
- When calling in, individuals will receive a "warm hand off" to one of nine regional sites distributed geographically throughout the state
- Each regional site--consisting of a physical location as well as phone support--will offer screening, evaluation, and facilitated referral to local SUD services

[Go to NH 10-Year Plan](#)



**IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING AN
ADDICTION-RELATED CRISIS, DIAL**

2-1-1

RESOURCES



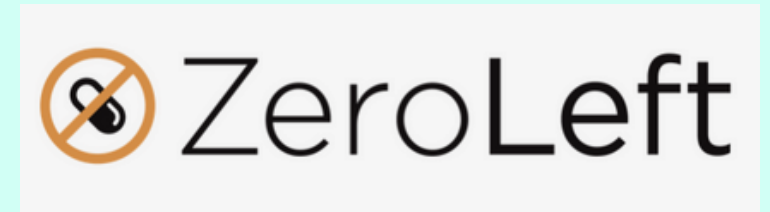
The Doorway NH

Will direct you to the help you need, from screening and evaluation, to treatment



New Hampshire Recovery Hub

Offering NH residents a reliable source of information and resources at any stage of their recovery journey



ZeroLeft

Giving the public a safe way to dispose of leftover pain medication

MORE RESOURCES



Seacoast Area

Grassroots organizations that use trained community members to provide a range of non-clinical recovery supports



Change Direction NH

State-wide effort to change the culture of mental health in America



NH Alcohol & Drug Treatment Locator

Lists treatment agencies and individual practitioners

AND MORE RESOURCES



Drug Monitoring Initiative (DMI)

A holistic strategy to provide awareness and combat drug distribution and misuse.

Interactive DMI Viewer



SRW E3 MHI Handout

SRW E3 MHI Flyer

Go to NH 10-Year Plan

DHHS Website

R.E.A.C.T. AWARENESS CAMPAIGN

Led by Senior Director of Public Affairs John Broderick, formerly the Chief Justice of the NH Supreme Court, and in collaboration with the Children's Hospital at Dartmouth-Hitchcock, the New Hampshire Department of Education, the Vermont Agency of Education and other agencies and civic leaders across both states, Broderick has been reaching out to high school students, educators, parents and professionals to change the conversation on mental health and to help reduce stigma.

R.E.A.C.T.

**Take care of yourself.
Take care of others.
It matters.**

RECOGNIZE
the signs of emotional suffering

EXPRESS
concern and offer support

ACT NOW
and talk to someone you trust - parent, teacher, coach, relative, friend, doctor

CARE
enough to follow through and follow up

TEXT 'SIGNS'
to 741-741 or call 603-448-4400 (24/7)*

***For substance abuse concerns, call 844-711-HELP or visit nhtreatment.org**