

STRENGTHENING CRISIS CARE IN NEW HAMPSHIRE

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THE MENTAL HEALTH CRISIS IN NH

In 2023, four of every ten Granite State high school students reported feeling sad or hopeless almost every day for at least two weeks. In addition, more than one in five students seriously considered attempting suicide.¹

Despite the growing mental health crisis in our state, **New Hampshire's behavioral health crisis system is funded through a patchwork of sources that do not offer long-term stability.**

To address this, the **bipartisan Commission on Behavioral Health Crisis Services** was created in 2023. This group **studied ways to sustainably fund the crisis system** and made recommendations.

OUR CRISIS CARE SYSTEM

New Hampshire's Crisis Care System provides 24/7 help to children and adults in crisis. The system uses proven interventions that are cost-effective for the state, municipalities, and health plans. It follows the National Guidelines for Behavioral Health Crisis Care with its three pillars:



Someone To Talk To

The NH Rapid Response Access Point provides 24/7 crisis counseling. The program assisted Granite Staters via phone, text message, and online chat more than 34,600 times in 2023.²



Someone To Respond

Ten mobile crisis response teams across the state provide rapid on-site assessment and support to resolve crisis situations.



Somewhere To Go

Crisis stabilization centers in Derry and Laconia offer those in severe distress up to 23 hours of supervised care.

A LEGISLATIVE SOLUTION

2025 legislation proposes a **fiscally responsible, commonsense solution** that would make the **bipartisan Commission's recommendations** a reality. The crisis system would be permanently funded using the same proven model that has worked for our 911 system for decades.

The crisis care system protects access to timely and clinically appropriate services while preventing unnecessary and expensive hospitalizations. Access to crisis care reduces uncompensated care and wait times at our local hospitals' emergency departments.^{3,4,5}

The legislation would protect taxpayers while ensuring our emergency services can respond effectively to all types of crises. Investments in crisis care also lower the burden of local first responders and police by reducing unnecessary 911 calls and dispatches.

Moving to a long-term funding model is critical to ensure the system continues to meet the needs of all Granite Staters.

988

TAKE ACTION



Share your family's experience with NH's Crisis Care System



Contact your lawmakers to urge them to support strengthening our crisis care



Spread the word on social media - follow @NewFuturesNH for updates!

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References:

1. 2023 Youth Risk Behavior Survey results: New Hampshire High School Survey. <https://wisdom.dhhs.nh.gov/wisdom/assets/content/resources/yrbs-2023/2023NHH%20Summary%20Tables.pdf>
2. NH DHHS Releases 2023 Youth Risk Behavior Survey Results. <https://www.dhhs.nh.gov/news-and-media/nh-dhhs-releases-2023-youth-risk-behavior-survey-results>
3. SAMHSA National Guidelines for Behavioral Health Crisis Care: Best Practice Toolkit. <https://www.samhsa.gov/sites/default/files/national-guidelines-for-behavioral-health-crisis-care-02242020.pdf>. The table on page 44 shows the very real cost savings that can be realized by implementing mobile crisis and facility-based crisis services in your community... When mobile team and facility-based crisis services are included in optimal ratios (last column of table that follows), total cost drops by 52% in these projections despite engaging all of these individuals. This means that 32% more individuals are served with programs that align better to the unique level of clinical need while costs are reduced by 52%."
4. SAMHSA Publication on Cost-Effectiveness of and Funding Strategies for Crisis Services, https://www.nasmhpd.org/sites/default/files/SAMSHA%20Publication%20on%20Effectiveness%20%26%20Cost-Effectiveness%20of%2C%20and%20Funding%20Strategies%20for%2C%20Crisis%20Services%206-5-14_8.pdf
5. Substance Abuse and Mental Health Services Administration. Crisis Services: Effectiveness, Cost Effectiveness, and Funding Strategies. HHS Publication No. (SMA)-14-4848. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014.