

Governor's Commission
on Alcohol & Other Drugs
SFY 2024 Annual Report



The Governor’s Commission on Alcohol and Other Drugs (the Commission) serves in an advisory capacity to the Governor and the general court regarding the delivery of effective and coordinated alcohol and drug misuse prevention, harm reduction, treatment, and recovery services throughout New Hampshire. The Commission guides strategic investments of the “Alcohol Fund” dollars to deliver these services and supports. In SFY24, the Commission made the following investments across the nine strategy areas of the State Action Plan: Strengthening Our Response Together.

STRATEGY AREA 1: Prevention

1.2 Implement new and innovative programs, policies and practices

New Hampshire Service to Science (NH STS)

NH STS provides technical assistance, guidance, and a panel of experts to demonstrate and improve the effectiveness of “home-grown” NH programs that have applied and been selected to participate. Programs may be recognized on one of the three progressing levels designated by STS (Level I – Innovative Program, Level II – Promising Practice and Level III Evidence-based) and in SFY2024, there were no programs that were eligible to present an application for Promising Practice or Evidence-Based status. The following programs engaged in the STS program to prepare for further application:

- Wilderness Youth Leadership Development (WYLD) received a sub-award for evaluation in preparation for evidence-based application.
- Youth Leadership Through Adventure (YALTA) received a sub-award for evaluation of expanded implementation and growth of the program and presented “Lessons learned on how to train trainers” to the STS Expert Panel.
- Family Threads received a sub-award for evaluation in preparation for evidence-based application and presented “How to develop an implementation manual” to the expert panel.
- NH/EPIC Alternative to Suspension received a sub-award for logic modeling and literature review.
- Open Sky presented an overview of their program design and their initial evaluation plans and received a sub-award for external Institutional Review Board required for evaluation.
- Take Control received a sub-award for translation of program to Spanish, a pilot program with Hispanic populations, and further trainings/TA and presented “How to expand a reach of their program through a training and TA model” to the STS Expert Panel.
- Media Power Youth sought feedback from the STS Expert Panel around programming implementation during school scheduled advisory periods.



UNH Collegiate Recovery

Collegiate Recovery is an initiative to support students with substance use challenges. Collegiate Recovery is a community open to students, individuals in recovery, and recovery allies alike. Collegiate Recovery is an evidenced informed program using an Alternative Peer Group (APG) model. The APG model uses both peer mentors and sober alternative activities for the campus to participate in. Highlights of the program include:

- Aligned the NH APG Model with the Substance Abuse and Mental Health Services Administration (SAMSHA)'s Peer Recovery Competencies.
- Received technical assistance from the Association of Recovery in Higher Education.
- Piloted collegiate recovery schools in the campuses at UNH Manchester, NHTI, and Plymouth State University.
- Collaborated with Recovery Community Organizations:
 - Revive Recovery providing supports at UNH Manchester.
 - Archways Recovery Center providing supports at NHTI and Plymouth State University.

1.3 Support comprehensive public awareness and education campaigns

The Partnership @drugfreeNH (The Partnership)

The Partnership is a collaboration between the NH Department of Health and Human Services, the NH Governor's Commission on Alcohol & Other Drugs, the NH Charitable Foundation, and the NH Center for Excellence/JSI. Together they help the individuals, families, and communities of NH to get informed and get help when they need it. Highlights of the program include:

- Published toolkits covering various topics:
 - The Preventing Teen Drinking Toolkit was downloaded 43 times.
 - The #Dry January Toolkit was downloaded 27 times.
 - The National Drug and Alcohol Facts Week Toolkit was downloaded 15 times.
 - The National Prevention Week Toolkit was downloaded 11 times.
 - The Sober October Toolkit was downloaded 7 times.
- 6 podcast episodes produced during this time.
- 30 blog posts published during this time.
- 3 convenings of prevention practitioners and 1 training were facilitated during this time:
 - "Supporting Teens To Make Healthy Choices" convened in November 2023 with 54 registrants
 - "How We Can Support Our Young People as They Navigate Through Their Relationships and Technology" convened in January 2024 with 48 registrants
 - "An Update on the Cannabis Landscape in NH and Information on the Effects of Cannabis Use on the Developing Brain" convened in May 2024 with 48 registrants
 - "Screenagers Under The Influence" Viewing & Discussion Forum with 44 registrants



1.4 Increase access to prevention programming, health promotion activities, and counseling throughout the NH K-12 school systems

Multi-Tiered System of Support for Behavioral Health (MTSS-B) - Promising Futures

MTSS-B is a comprehensive system of social, emotional, and behavioral support to promote student wellness and improve engagement in learning. Highlights of the program include:

- 10 school districts (totaling 20 schools) awarded with the Promising Futures Grant:
 - 6 school districts (15 schools) are actively being coached in MTSS-B.
- 39 strategies implemented.
- 22 community partners were used.
- 232 staff were trained.
- 5805 students had access to the strategies used.

The NH Student Assistance Network

The NH Student Assistance Network (the Network) is the Student Assistance Program Facilitating Organization which provides TA, training, and funding for NH schools using the evidence-based Project Success program. The Network subcontracted with 35 middle and high schools with a dedicated SAP staff member and worked with 8 additional schools to implement in the next school year. The 35 Network funded schools provided the following evidence-based prevention activities:

- 831 students served by individual sessions (8,758 total individual sessions held).
- 627 students served by group sessions (1,113 total group sessions held).
- 224 students served by crisis interventions (693 total crisis interventions conducted).
- 1729 students served by Prevention Education Series started (90 total series started).
- 9,613 students were reached through at least one universal strategy.
- 349 total universal/environmental activities implemented specifically related to general health and wellness.
- 277 total universal/environmental activities implemented specifically related to substance misuse.

1.5 Expand prevention programming for all ages (through support of the Regional Public Health Networks)

Direct Prevention Services

A group of community organizations are contracted to provide a range of substance misuse prevention services to youth across the state. Highlights of the program include:

- There are four direct service providers that supported and served a total of 930 youth:
 - Boys and Girls Club of Salem supported and served 249 youth.
 - WYLD (across various schools) supported and served 262 youth.
 - The Upper Room supported and served 305 youth.
 - NH Teen Institute (across two programs) supported and served 114 youth.



- Dover Coalition Youth to Youth did outreach and presentation to a total of 3,268 individuals through a variety of methods and activities:
 - 153 members (youth and adults) comprised within this coalition.
 - 1990 youth received/observed presentations from the coalition.
 - 560 adults received/observed presentations from the coalition.
 - 565 community members were provided information through community events (brochures, flyers, drug disposal bags etc.).
 - Created an alternative to suspension program with Dover Middle School which resulted in a significant change in the way vaping and substance use violations were handled and resolved.
 - Raised awareness with the NH Liquor Commission, through their High-Risk Products Campaign, resulting in the “Concord Brewing Company Finding NEIPA” label being removed, media coverage in several news outlets (including the Boston Globe), and advocated for proposed legislation that failed in the NH Senate by 1 vote.

New Hampshire Coalition Against Domestic & Sexual Violence (NHCADSV)

NHCADSV provides evidence-based and evidence-informed programs that mitigate the impact of Adverse Childhood Experiences (ACES), provide a range of services that may include behavioral health counseling, peer support groups, mentoring and targeted education, and utilizes a full family approach. The NHCADSV:

- Supported 807 individuals.
- 9 of the Coalition’s 11 locations served K-12 youth, with 18,040 people being delivered support and/or services in 2,124 sessions.

New Hampshire Synar Program

NH Synar program is an annual collaborative effort to discover youth access to tobacco through retail sources within the state as well as engaging in strategies to raise awareness and reduce youth access to tobacco and tobacco products. NH Synar found:

- 388 out of 514 retail stores were eligible and completed.
- 334 of those stores asked for identification.
- NH Retail Violation Rate (RVR) was 14.9% for SFY2024 down from 19.4% in SFY 2023.

1.7 Ensure coordination between law enforcement and professionals across the continuum of care

Juvenile Court Diversion Network (JCDN)

The NH JCDN organizes and provides support to juvenile court diversion programs that hold youth accountable for disruptive behavior, ensure they benefit from education and support services to improve their behavior, and prevent the need for involvement in juvenile court. Highlights of the program include:

- 18+ Accredited Juvenile Court Diversion Programs.
- 578 youth were served through this network.



STRATEGY AREA 2: Harm Reduction

2.1 Enhance capacity of harm reduction programs to provide education, referrals, supplies and disposal services; 2.2 Ensure the availability of opioid reversal kits

New Hampshire Harm Reduction Coalition (NHHRC)

NHHRC compassionately supports people who use drugs in collaboration with other Harm Reduction programs, promotes evidence-based strategies, and upholds the inherent worth of all people through advocacy and education. Highlights of the program include:

- NHHRC program participants reversed 899 overdoses due to increased access to naloxone.
- 8,624 doses of nasal naloxone and 467 injectable naloxone kits distributed.
- 62 trainings such as Harm Reduction 101, Overdose Prevention and Response, and Enhancing Provider Skills were done for public defenders, AIDS Service Organizations, homeless shelters, libraries, and hospitals.
- Over 100,000 test strips (fentanyl, xylazine, benzodiazepine) distributed.
- Increased access to free and public syringe disposal by partnering with cities to provide public disposal options, over 3000 locking Sharps containers distributed, and free biohazard disposal containers for community-based programs.
- 312 harm reduction exchanges operated with two Care Coordinators attending each exchange. When two staff can attend exchange services together this increases staff and participant safety and allows for more care navigation as well as better data collection.
- Purchased the state's first Overdose Prevention Van to reduce transportation barriers in accessing harm reduction services and later purchased a second van just in time to prepare for the winter ahead. A second mobile unit allows for a significant increase of supplies, staff, and disposal to be deployed to communities requesting harm reduction services.
- Expanded the Director of Education and Technical Assistance position to full-time, reducing the response time for training requests and allowing organizations to request educational content that meets the intended audience's needs.
- Partnered with North Country Health Consortium (NCHC). NCHC determined that building community readiness for harm reduction strategies would best be supported by educational opportunities, with specific content created for medical providers.



STRATEGY AREA 3: Care Coordination and Behavioral Health Integration

3.6 Expand capacity to provide evidence-informed care coordination across the continuum of care to a variety of populations, including closed-loop referrals

Community Housing Program

The Community Housing Program provides essential shelter and housing to qualifying individuals who are in imminent need. In order to remain successful in recovery and significantly decrease chances of recidivism, safe and reliable shelter is imperative. Highlights of the program include:

- 308 referrals accepted.
- 191 participants received housing.
- 15,639 support days.
- 284 housing assignments.
- Secured Opioid Abatement Commission funding to expand the program to those participating in mental health treatment court who have a diagnosis of opioid use disorder.

3.8 Support the readiness of healthcare systems to implement and/or expand services related to alcohol and other drugs across the continuum of care

Hospital Systems SUD Integration and MAT Development

These projects have a goal of providing both universal screening for all patients in inpatient, emergency department, and networked primary care practices using validated SUD screening tools, preferably integrated with existing health records, and brief interventions conducted by providers with patients who screen positive for SUDs. Highlights of the program include:

- The hospital may engage in additional process improvement projects which may include:
 - Peer recovery support services
 - Naloxone dispensation
 - Education on harm reduction
 - Staff training in areas such as the neurobiology of substance use disorders, trauma informed care, recovery supports, care of vulnerable populations, and integrated care
 - Establishment of a formal relationship with a community recovery support organization
 - A process for regular patient and family engagement in the design and evaluation of patient care
- Participating hospitals include:
 - Alice Peck Day Memorial Hospital
 - Dartmouth Hitchcock Medical Center
 - Exeter Hospital/CORE Physicians
 - Southern New Hampshire Health
 - Upper Connecticut Valley Hospital



- Valley Regional Hospital
- Wentworth-Douglass Hospital
- Hospital Care Addiction Systems Community of Practice meetings are held bimonthly.

STRATEGY AREA 4: Treatment

4.2 Increase specialized treatment services, across all levels of care as defined by The American Society of Addiction Medicine (ASAM) Criteria

Substance Use Disorder (SUD) treatment is a key element in New Hampshire's comprehensive strategy to address substance misuse. There were 10 Substance Use Treatment and Recovery Support Services contracts with providers throughout the state. These contracts enable providers to deliver treatment to New Hampshire residents and individuals experiencing homelessness in the state who are either uninsured or underinsured, as well as ensuring access to necessary treatment for individuals who would otherwise be unable to obtain it. These 10 providers served:

- 590 individuals with an alcohol use disorder
- 582 individuals with an opioid use disorder
- 380 individuals with an amphetamine use disorder
- 154 individuals with a cannabis use disorder
- 25 pregnant individuals

STRATEGY AREA 5: Recovery

5.1 Expand Recovery Community Organizations' (RCO) capacity to provide peer support services such as recovery coaching and mutual aid groups, through technical assistance as well as coordination and collaboration to identify sustainable funding models

Peer Recovery Support Services Facilitating Organization

Harbor Care serves as the facilitating organization to provide project management, training, technical assistance, billing functions, quality improvement and data collection to the Recovery Community Organizations. Highlights of the program include:

- 10 RCOs (Recovery Community organizations), servicing 21 different RCC (Recovery Community Center) locations across all 13 of NH's Public Health Regions.
- RCOs provided 28,532 individual peer recovery support services to 6,769 unique individuals, 11,964 activities with 134,177 people in attendance and distributed 1,209,171 items.
- Provided technical assistance to UNH on required reporting needs for RCOs contracted to run Alternative Peer Groups (APGs) on how to collect and gather needed data using RecoveryLink.
- Harbor Care, BDAS, and Growth Partners finalized a procedure for the NH RCO Standards of Excellence to ensure RCOs are providing quality services in alignment with national standards. Two RCOs went through this process this year.



Berlin Recovery Community Organization

Recovery Community Organizations (RCOs) are peer-led and peer-run agencies that provide services to support people in their recovery from substance misuse. All recovery centers throughout the state of New Hampshire are low-barrier and no cost for services; the only requirement is a desire to focus on your recovery. Berlin is located in Northern New Hampshire. Highlights of the program include:

- Open for 9 months in SFY24.
- 38 individual services (recovery coaching, brief check ins, intake, etc) provided.
- 43 activities with 278 in attendance (mutual aid meetings, outreach, prosocial events, etc.).
- Participants report an increase in recovery capital on average, but it is not large enough to be statistically significant.

Homeless Outreach

The Governor's Commission on Alcohol and Other Drugs provided specific funding for eight subcontracted Recovery Community Organizations (RCOs) to support outreach efforts and the distribution of resources to individuals experiencing homelessness from October 2023- June 2024. Highlights of the program include:

- 2,275 activities done across the state.
- 14,151 encounters happened.
- 769,155 resources distributed across the state.

5.2 Enhance recovery housing and other safe and supportive housing availability and promote quality standards that take into account substance-specific considerations and the many paths that individuals take to recovery

Recovery Housing

Safe living environments that support individuals in addiction recovery through peer support and recovery services. Highlights of the program include:

- Certified 26 new houses/recertified 83 with the following average breakdown:
 - Men's: 63
 - Women's: 32
 - Women with children: 2
 - Mixed gender: 2
 - LGBTQIA: 1
- Provision of rental assistance: NHCORR provided \$134,077 to houses on behalf of individuals seeking recovery support.
- Provided over 36 hours of technical assistance and training.

5.5 Support workplace initiatives that create healthy work environments for individuals in recovery

Recovery Friendly Workplace (RFW)

RFW is a program that promotes the wellness of New Hampshire employees who are affected by substance use by empowering workplaces to provide support for people recovering from substance use disorder.

Highlights of the program include:



- 376 participating workplaces
- 94,438 employees represented
- 34 workplaces designated RFW
- 6,546 employees receiving RFW supports/resources* (estimated)
- Size of RFW Workplaces:
 - 1-50 employees: 66.5%
 - 51 – 499 employees: 26.7%
 - 500+ employees: 6.8%

Other RFW Highlights:

- Expanded staff capacity to provide workforce development training.
- Engaged in NH Service to Science program moving toward Evidence Based Practice.
- Greater expansion of employers throughout NH – subcontract with North Country RPHN as way to expand into those areas.
- Developed an online learning management system that is available for staff and employers/employees.

STRATEGY AREA 6: Family Supports & Services

6.1 Support families impacted by substance use

SOS Recovery - Family Support Services

SOS peer support specialists offer recovery support and help with obtaining community-based services and resources, while providing hope and positive role modeling. Peers also work with peers to develop their own individual recovery plans. Highlights of the program include:

- 8 new facilitators trained in family support model.
- 7 different family support meetings held throughout the state.
- 204 total meetings held.
- 2,177 total number of meeting attendees.

STRATEGY AREA 7: Data Monitoring & Dissemination

7.2 Disseminate data to stakeholders to identify potential areas of focus and opportunities for improvement

Arkansas Foundation for Medical Care (AFMC)

AFMC provides program evaluation and data collection, analysis, and reporting for the Alcohol and Other Drug Continuum of Care services system in New Hampshire. AFMC combines program evaluation in



Treatment, Recovery, Prevention, and YRBS modalities of service to bind the continuum of care in more universal ways through data collection and analysis. Highlights of the program include:

- Produced three evaluations reports, one each for prevention, treatment, and recovery which will be used to monitor progress toward meeting established goals and metrics.
- Provided technical assistance and operational support for the administration of the 2023 Youth Risk Behavior Survey (YRBS).
- REDCap data reporting system
 - Prevention
 - Substance Use Prevention, Treatment, and Recovery Services Block Grant (SUPTRS BG or SUBG) Monthly Report for Regional Public Health Network (RPHN) Substance Misuse Prevention (SMP) Coordinators and Continuum of Care (COC) Facilitators
 - Student Assistance Program (SAP) Monthly Report
 - Juvenile Court Diversion Network (JCDN) Report
 - Treatment
 - Monthly Reporting for Contract Treatment Providers
 - Treatment Providers Quarterly Report
 - SUD Contract Compliance Tool
 - Recovery
 - Family Support Services Quarterly Report
 - Dashboards
 - Recovery
 - Public Dashboard
 - Internal Dashboard

Growth Partners

Growth Partners provides technical assistance to the Bureau of Drug and Alcohol Services and its provider network. Highlights of the program include:

- Conducted 6 customized Youth Risk Behavior Survey (YRBS) analyses and produced reports, infographics, and PowerPoint presentations for the following five areas: North Country, Capital Area, Upper Valley, South Central, and Seacoast.
- Finalized and distributed a YRBS in Action media kit featuring 2 videos and 2 shorter video reels of New Hampshire youth and adults discussing the importance of the YRBS.
- Developed and maintained a website to help schools and communities understand the importance of YRBS data and how to use it to improve programming for students and their families.
- Analyzed DUI arrest and YRBS data in New Hampshire and prepared a report of findings “The Impact of Race, Geography, and Income on DUI Arrests in NH”.



STRATEGY AREA 8: Workforce Capacity

8.1 Support and partner in implementation of the new plan to expand the behavioral health workforce, Giving Care: A Strategic Plan to Expand and Support New Hampshire's Health Care Workforce

Growth Partners

Workforce Retention and Wellbeing:

- Conducted an evaluation of: 1) the impact of secondary exposure to trauma among members of the behavioral health and other helping professions in New Hampshire; and 2) current strengths, challenges, and supports. This effort included producing a report of findings based on input from more than 190 persons who participated in 91 community conversations and 49 focus groups across the state.
- Used the report of findings ("Helping the Helpers: The Impact of Secondary Exposure to Trauma on New Hampshire's Workforce") to design the Thriving in the Workplace II initiative which will launch in SFY 2025 in partnership with the National Council for Mental Wellbeing.

Program and Practice Improvement:

- Helped BDAS and the Division of Liquor Enforcement conduct and analyze findings from 274 Synar inspections.
- Finalized and launched a guidance manual, 8 online video trainings, website, and certification process to help student assistance program coordinators use a consistent, evidence-based behavioral health screener with students.
- Finalized 2 guidance documents on conducting oral fluid HIV testing in SUD treatment centers and providing MAT for adolescents in office-based settings.
- Supported BDAS' Comprehensive review process for Recovery Community Organizations by conducting staff and participant surveys, assisting with report finalization, and collecting evaluation data to ensure continuous quality improvement.



Strategy Area 9: Professional Development

9.1 Increase access to training and technical assistance across all sectors

Prevention Certification Board (PCB) of New Hampshire

The purpose of prevention certification is to recognize and ensure that substance abuse prevention practitioners meet competency standards established by the International Certification and Reciprocity Consortium (IC&RC) and the Prevention Certification Board of New Hampshire. Highlights of the program include:

- 55 active Certified Prevention Specialists (CPS) with 5 applicants currently engaged in the process of being certified.
- Of the 55 active CPS, 5 have gone on to become Advanced Certified Prevention Specialist (ACPS) certified, with this advanced credentialing being established and became available for NH CPS professionals starting February 1, 2023.
- Monthly e-Newsletter has been developed and disseminated, keeping the prevention field informed and engaged with the PCB.
- Mentoring through monthly virtual office hours:
 - Each month, two Prevention Certification Board members hold virtual office hours in which any current CPS, or anyone interested in the CPS certification, can ask any questions they have or just get to know the board members.
 - This format started in December 2023 and since then there have been a total of 13 attendees.

New Hampshire Alcohol & Drug Abuse Counselors Association (NHADACA)

- 104 total BDAS funded trainings
- 1673 total number of participants
- Average evaluation rating was 4.6/5 (92%)

Growth Partners

Communities of Practice (CoP) and a Learning Community (LC)

- Supported three CoPs (Prevention, Peer Recovery Support Services, Hospital Systems Addiction Care) and one LC (SUD Treatment)
- Coordinated 17 CoP and LC convenings involving 1,397 members and featuring 51 presenters on a variety of topics
- Coordinated a 1-day ASAM Criteria 3rd Edition that was customized for Impaired Driver Care Management Program providers.



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