COMMUNITY COMPASS
NAVIGATING LOCAL RESOURCES FOR SUBSTANCE USE DISORDER

We encourage you to reach out and get help.
www.makinithappen.org
If you or a loved one are struggling with an issue and you are unsure how to get help there are several helplines available for you to talk to someone anonymously and get some direction on what to do next.

Our first responders are always there to help. The Safe Stations program is in place to make sure that anyone can find help any time of day or night. Visit any Manchester Fire Station to get help on the path to recovery.

Safe disposal of unused or expired prescription medication is a part of the solution to the increasing rates of prescription drug misuse. Drop boxes for safe drug disposal are available 24/7 at Police stations in Auburn, Bedford, Goffstown, Hooksett and Manchester.
IMMEDIATE RESOURCES

AMR
Emergency Medical Response in Manchester and Candia 24/7
no website

AUBURN FIRE DEPARTMENT
6 Pingree Hill Road Auburn NH 603-483-8141
http://www.auburnfire.org/

AUBURN POLICE DEPARTMENT
Safety Complex
55 Eaton Hill Rd.
603-483-2134
www.auburnnh.us

BEDFORD FIRE DEPARTMENT
24 North Amherst Rd.
603-472-5242
www.bedfordnh.org

BEDFORD POLICE DEPARTMENT
55 Constitution Dr.
603-472-5113
www.bedfordnh.org

CANDIA FIRE DEPARTMENT
11 Deerfield Road
Candia NH
603-483-2202
www.candiavfd.org

CANDIA POLICE DEPARTMENT
Description here
website here

DEA
(603) 628-7411
www.dea.gov/divisions/contacts/bos_contact.shtml

DEERFIELD FIRE DEPARTMENT
http://www.townofdeerfieldnh.com/Pages/DeerfieldNH_Fire/index

DEERFIELD POLICE DEPARTMENT
Description here
website here

GOFFSTOWN FIRE DEPARTMENT
www.goffstown.com/fd.html

GOFFSTOWN POLICE DEPARTMENT
HELLINE 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.
211
www.211nh.org

HOOKSETT FIRE DEPARTMENT
www.hooksettfire.org

HOOKSETT POLICE DEPARTMENT

MANCHESTER FIRE DEPARTMENT

MANCHESTER POLICE DEPARTMENT

NEW BOSTON FIRE DEPARTMENT
http://www.newbostonnh.gov/Pages/NewBostonNH_Fire/index

NEW BOSTON POLICE DEPARTMENT

NH STATEWIDE ADDICTION CRISIS LINE
Trained counselors to help you find the right next step for you. Call 24/7. Free and Confidential.
844-711-4357

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

SEXUAL ASSAULT HOTLINE
24 Hour
800-277-5570

DOMESTIC VIOLENCE HOTLINE
24 Hour
866-644-3574

MENTAL HEALTH CENTER OF GREATER MANCHESTER - EMERGENCY SERVICES
603-668-4111

SUICIDE PREVENTION HOTLINE
24 Hour - 800-273-8255
www.suicidepreventionlifeline.org

VETERAN'S CRISIS LINE
24 Hour - 800-273-8255 Press 1
THE VISION OF THE GREATER MANCHESTER REGION

is to have a comprehensive, integrated, accessible, and responsive Substance Use Disorder Continuum of Care that promotes the health of our communities.

Community Compass is a product of the Makin’ It Happen Coalition for Resilient Youth, Inc. in partnership with the Manchester Health Department. Funding for the development and distribution of this guide is supported in part by the Bureau of Drug and Alcohol Services, New Hampshire Department of Health and Human Services and the New Hampshire Charitable Foundation.
To all of the providers listed in this guide, we are deeply thankful to you for your dedication to helping others find a pathway to a healthy life. You are a compass to our residents, helping them navigate growing up, systems of care, insurance and other barriers. You each play in a role in making our communities healthier places to live, work, grow and play. A special thanks to those who helped make this project happen and provided subject matter expertise: Holly Cekala, Jenny O’Higgins, Maria Gagnon, Mary Forsythe-Taber, Pam Santa-Fe, Rik Cornell, Stephanie Savard and Tim Soucy.

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.

This resource guide is dedicated to our first responders who are out there every day saving lives and asking people if they need help. We know it can take a toll to see the pain caused by substance use disorders on families, friends and communities. The current opioid crisis has impacted our local communities and our first responders always answer the call. They are always willing to connect residents to resources. Thank you for your work. You are Makin’ It Happen.
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 circuitry, 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.

The impact of addiction can be far reaching. Cardiovascular disease, stroke, cancer, HIV/AIDS, hepatitis, and lung disease can all be affected by drug abuse. Some of these effects occur when drugs are used at high doses or after prolonged 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 and substance use disorders affect people from all walks of life and all age groups. These illnesses are common, recurrent, 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.

Learn more by visiting www.drugabuse.gov or www.samhsa.gov/prevention
Dear Resident:

The Manchester Health Department is the leading advocate for public health in New Hampshire and is proud and pleased to have long standing partnerships with many organizations to help improve the health of individuals, families and communities. Our Neighborhood Health Improvement Strategy, Community Schools Project and Weed and Seed program are examples of thriving partnership, collaboration and primary prevention work. The Mayor, Board of Aldermen and many City of Manchester Departments are supporting ongoing work in the Substance Misuse Continuum of Care alongside health, safety, education, business and community entities.

Substance use disorder negatively impacts the social wellbeing and the public health of our communities. The consequences reach far beyond an individual suffering from addiction - including the increased spread of infectious disease, prenatal drug exposure, increased crime, child abuse, domestic violence, and homelessness.

Treating the whole person including primary care, behavioral health and social wellbeing results in better health outcomes for individuals and ultimately for communities. The Manchester Health Department is proudly partnering with Makin’ It Happen to bring this directory to our region. Many of our partner organizations are listed in the pages of this guide, we know their work and we encourage you to reach out and get help for yourself or a loved one.

Sincerely,

Timothy M. Soucy, MPH, REHS
Public Health Director
City of Manchester
PHYSICAL & OVERALL HEALTH RESOURCES

CATHOLIC MEDICAL CENTER
330 Bed not for profit hospital. Behavioral health outpatient services, Mobile healthcare for homeless, West Side Neighborhood Health Center-serves as medical home for refugee population.
100 McGregor Street.
Manchester, NH
603-668-3545
www.catholicmedicalcenter.org

DARTMOUTH HITCHCOCK
6 Clinic locations in the Greater Manchester Region, 4 in Manchester and 2 in Bedford. DHC participates in SBIRT program
Manchester. Locations:
100 Hitchcock Way,
Canton Street. Suite.2
McGregor Street. at CMC
Queen City Ave. at Elliot
Bedford Locations:
South River Road. and Washington Place.
603-695-2500
www.dartmouth-hitchcock.org

ELLIOT HOSPITAL
296 Bed hospital -providing comprehensive healthcare services. Pathways unit is a 12 bed inpatient psychiatric unit providing 18-64 year olds acute mental health care. They also provide outpatient behavioral healthcare for ages 2-65. Elliot has two locations in Manchester as well as one in Hookset and Bedford. Elliot primary physicians conduct mental health screenings for youth in their offices
1 Elliot Way, Manchester
603-669-5300
www.elliothospital.org
BEHAVIORAL HEALTH IS ESSENTIAL
WHAT YOU SHOULD KNOW ABOUT BEHAVIORAL HEALTH

01 Mental 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 needs help. In fact, it really is a sign of strength. The number one way we know of that starts people on the road to recovery is to talk about 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 navigate, but the good news is that there are providers in your community to help you navigate systems of care and of 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 being required to cover essential benefits including mental health and substance abuse disorders with at least an equal level of benefits as the plans offer for the treatment of physical health problems.

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

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

To learn more visit www.samhsa.gov/treatment
BEHAVIORAL HEALTH IS ESSENTIAL

Dear Community Member:

The Greater Manchester Region is a remarkable group of interlocking communities. New Hampshire cities and towns sharing their resources has become increasingly important as we face cutbacks from the state and federal government. We work together because if we don’t, we all lose. I feel very fortunate to be a part of a team that works every day to make our region healthier.

Over the past few years the growing problems with opioid addiction have left many of our citizens dealing with incredible personal loss and despair. Our first responders, friends and family members have been confronted with unimaginable situations leaving everyone vulnerable to the effects of trauma.

Access to behavioral health services that is immediate and concurrent with need is critical because we know that the sooner appropriate treatment begins the better the success rate. If ever there were a time to fight off the stigma associated with mental illness, it is now. By not allowing the effects of stigma get in the way, we save lives.

So where do you begin? How do you get to the care or treatment needed? The simple answer is to talk about how you are feeling about yourself, friends or family members who are struggling with drug misuse or sadness. This important discussion is the best way to help you or others realize it really is okay to get help, that everyone is scared, and together we can get through this difficult time.

Our region is home to many wonderful organizations. I hope you will take some time to look through this guide and contact any of the agencies that may be of assistance to you or your loved one.

Sincerely,

Rik Cornell MSW, ACSW, LICSW
Vice President of Community Relations
The Mental Health Center of Greater Manchester
BEHAVIORAL HEALTH RESOURCES
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. Drop boxes are available 24/7 at Police departments in Auburn, Bedford, Hooksett, Goffstown and Manchester.

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 your children 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 www.drugfreenh.org/
PREVENTION WORKS.

Prevention Works! ...but we have to work on it! The Greater Manchester region has a rich history of digging deep and developing solutions designed to allow our communities to thrive. Recently we have found ourselves in one of our greatest challenges with the addiction epidemic. All of our substance misuse continuum of care partners from Physical and Mental Health, Prevention, Intervention, Treatment and Recovery have been called into action to address the challenges and begin the important work of finding ways to address the epidemic’s effects on our families, our neighborhoods or region.

Prevention is built on the belief that everyone plays a role in the development and continued vigilance towards educated, informed, healthy communities. Prevention can be as simple as talking – honestly, openly, talking to our children to let them know that we care and are open to discussions around substance misuse. Educating yourself around the warning signs of someone at risk and how to connect those at risk to help – that’s prevention. Throughout the community sectors you will find elements of the prevention efforts underway within the region. Schools are working to incorporate substance misuse education opportunities throughout the learning curriculum. Parent and community groups are scheduling prevention education sessions to help inform and offer opportunities for open discussion. Screening and Brief intervention and referral to treatment (SBIRT) is being adopted at many of the physician offices, this important screening tool allows individuals at risk to get connected to services early. Our continuum of care partners along with our core community sectors: Health, Government, Education, Business, Safety/Law Enforcement and Community/Family are collectively bringing their viewpoints and expertise to the regional efforts through the continuum of care initiative, and our public health network.

We have made tremendous strides over the past several months. Collaboration is up, individual and organization involvement is on the rise. Our region has truly rolled up its collective sleeves and put the substance misuse continuum of care into motion. Which brings us to the guide. The organizations identified in this guide are here to serve the community and are looking at proactive ways to work together. Please look through the guide and use it as your compass in this difficult time to help navigate through whatever challenges you may be facing.

Sincerely,

Mary Forsythe-Taber, CPS
Executive Director
Makin’ It Happen Coalition for Resilient Youth, Inc.
PREVENTION RESOURCES

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

AMERICAN FOUNDATION FOR SUICIDE PREVENTION
Education, Advocacy, and Research for suicide prevention
Mailing Address: 120 Wall Street, 29th floor, New York, NY 10005
Contact the New Hampshire chapter, email: newhampshire@afsp.org
1-888-333-AFSP (2377)
www.afsp.org/chapter/afsp-new-hampshire/

AUBURN PARKS AND RECREATION
47 Chester Rd.
603-682-9181

BEBOLD
Bedford Building Our Lives Drug-Free - a community coalition focused on the prevention of substance abuse through education and awareness
Bedford, NH
www.beboldbedford.org

BEDFORD PARKS AND RECREATION
24 North Amherst Street, Bedford, NH
603-472-3219
www.bedfordnh.org

BOYS AND GIRLS CLUB OF MANCHESTER
Programs for all youth including before and after school programs, teen center, summer programs and more
555 Union Street, Manchester
603-625-5031
Fees vary between programs, financial aid available.
www.BeGreatManchester.org

CANDIA PARKS AND RECREATION
74 High Street, Candia
603-483-8101
www.candianh.org

CHILD AND FAMILY SERVICES
Adolescent, children, young adults, adults, pregnant or parenting women, homeless individuals; parenting programs, assessment, care coordination, individual and group outpatient counseling, recovery support services, transitional living program (18-21 yo) Teen Center-Counseling, drug/alcohol use, suicide depression.
464 Chestnut Street, Manchester, NH (additional offices located throughout the state) 603-518-4000 or 800-640-6486
NH Healthy Families health Plan/Cenpatico, Well Sense Health Plan/Beacon Health Strategies, Anthem, Tufts, Minuteman, Cigna, Harvard Pilgrim, Medicaid, Self Pay, also supported by DHHS using a sliding fee scale
www.cfsnh.org

CHILD HEALTH SERVICES
Providing health services for at-risk youth from low-income families including bio-psychosocial health care, social services, nutrition services and behavioral and mental health services
1245 Elm Street Manchester, NH
603-668-6629
Free or discounted medical care and treatment to children in the Greater Manchester-area regardless of their families’ financial situations.
www.childhealthservices.org

CHILD WELFARE PROGRAMS AT THE YMCA
The Granite YMCA is focused on working with kids whose lives are complicated by risk factors including poverty, exposure to violence, substance abuse, poor school performance, engagement in risk-taking behaviors, or significant social-emotional difficulties. The Youth Opportunities Unlimited programs provide support to students who would otherwise fall through the cracks including programs for youth who have been suspended or expelled
30 Mechanic Street
Manchester, NH 03101
603-232-8613
www.graniteymca.org

COALITION FOR BEDFORD YOUTH
Community organization dedicated to supporting the well-being of Bedford youth by promoting community strategies that develop assets in children to sustain and build upon their protective factors.
P.O. Box 10113 Bedford, NH info@cbynh.org
www.cbynh.org

CRISPIN’S HOUSE COALITION FOR YOUTH
Non-profit coalition offering a wide variety of services and support programs to local youth and families.
P.O Box 411 Goffstown, NH 03045
603-497-3499
www.crispinshouse.org

Deerfield Parks and Recreation
8 Raymond Road, PO Box 159
Deerfield, NH 03037
603-463-8811 ext. 305
www.townofdeerfieldnh.com

FOUNDATIONS 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
603-225-0900
www.healthynh.com

GOFFSTOWN PARKS AND RECREATION
1555 Mast Street Goffstown
603-497-8990 x401
www.goffstown.com

GRANITE YMCA - ALLARD CENTER
After school, day and summer programs for youth, teen leadership programs and fitness across the lifespan
116 Goffstown Back Road
Goffstown, NH 03045
603-497-4663
Fees vary between programs, financial aid available
www.graniteymca.org/index.php?page=allard
PREVENTION RESOURCES

GRANITE YMCA - DOWNTOWN
MANCHESTER
Several before and after school programs, child-care, summer day camps, swim lessons, sports programs, enrichment programs and fitness across the lifespan
30 Mechanic Street
Manchester, NH 03101
603-623-3558
Fees vary between programs, financial aid available
www.granitymca.org/index.php?page=downtown

HOOKSETT PARKS AND RECREATION
603-391-4659
www.hooksett.org

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

MAKIN’ IT HAPPEN COALITION
Serving the greater Manchester community through comprehensive prevention and youth development services as well as Substance Use Disorder Continuum of Care work across the lifespan
497 Hooksett Road, Suite 207
Manchester, NH
888-573-8860
www.mih4u.org

MANCHESTER COMMUNITY HEALTH CENTER
High-quality, comprehensive, and family-oriented primary health care and support services
145 Hollis Street
184 Tarrytown Road
Manchester, NH
603-626-9500
www.mchc-nh.org

MANCHESTER POLICE ATHLETIC LEAGUE (MPAL)
After school, summer, athletic and recreational activities for at-risk youth
409 Beech Street
Manchester, NH
603-626-0211
www.manchesterpal.org

MANCHESTER PARKS AND RECREATION
475 Valley Street,
Manchester, NH
603-624-6444
www.manchester.nh.gov

MANCHESTER HEALTH DEPARTMENT
The Manchester Health Department oversees all the city services that work to improve the health of individuals, families, and the community through disease prevention, health promotion and protection from environmental threats. The department has specific initiatives connected to prevention including the Neighborhood Health Improvement Strategy, Weed and Seed, Blueprint for Violence Prevention and the Community Schools Project
1528 Elm Street
Manchester, NH 03101
603-624-6466
www.manchester.gov

MANCHESTER SENIOR SERVICES
Programming and education in health and wellness and recreational activities. Goal is to enrich the general well-being and quality of life to Manchester’s more mature population while preventing social isolation.
Departments/Senior-Services
151 Douglas Street
Manchester, NH 03101
603-624-6533
www.manchesternh.gov

MEDIA POWER YOUTH
Safe media education for schools and community to curb substance abuse, violence, and other at-risk behavior by youth
1245 Elm Street
Manchester, NH
603-222-1200
www.mediapoweryouth.org

MANCHESTER PARKS AND RECREATION
5 MEETINGHOUSE ROAD
NEW BOSTON, NH
603-487-2500 EXT. 710
www.newbostonnh.gov

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
603-647-2300
www.education.nh.gov

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
www.drugfreenh.org/

PROJECT LAUNCH
Linking Actions for Unmet Needs in Children’s Health (LAUNCH) is a collaboration between many local agencies with a goal of helping children to reach social, emotional, behavioral, physical, and cognitive milestones. Provides early childhood services, such as, parent skills training, home visits, and developmental screenings. For ages 0-8.
603-518-4371
www.cfsnh.org/index.php/programs-services/early-childhood-services/project-launch

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

NEW BOSTON PARKS AND RECREATION
5 MEETINGHOUSE ROAD
NEW BOSTON, NH
603-487-2500 EXT. 710
www.newbostonnh.gov

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
www.drugfreenh.org/

PROJECT LAUNCH
Linking Actions for Unmet Needs in Children’s Health (LAUNCH) is a collaboration between many local agencies with a goal of helping children to reach social, emotional, behavioral, physical, and cognitive milestones. Provides early childhood services, such as, parent skills training, home visits, and developmental screenings. For ages 0-8.
603-518-4371
www.cfsnh.org/index.php/programs-services/early-childhood-services/project-launch
PREVENTION RESOURCES

SAVATION ARMY
Community programs and services including Kid's Café, Senior Center, Dance and Drama classes, Women's Group, Narcotics Anonymous, Music lessons, Bible study and Church services, teen nights 121 Cedar Street Manchester, NH 03101 603-627-7013 www.nne.salvationarmy.org/manchester/home

TEEN INSTITUTE
Life-changing, experiential camps and workshops empowering a new generation of school and community leaders across New Hampshire and New England. Scholarships available for summer camps 112 West Pearl Street Nashua NH P (603) 545-7341 www.nhteeninstitute.org

UP REACH
Up Reach offers year round therapeutic riding and driving sessions, as well as equine assisted learning programming. Equine facilitated Mental Health, Court diversion. Scholarship funding available based on need 153 Paige Hill Road PO Box 355 Goffstown NH 603) 497-2343 www.upreachtrc.org

WEED AND SEED STRATEGY (MANCHESTER HEALTH DEPARTMENT)
A strategy that 'weeds out' crime, drug abuse, and gang activity, while 'seeding in' community involvement, neighborhood revitalization, and prevention efforts. Community events, teen nights, etc. 1528 Elm Street Manchester, NH 603-627-7013 www.manchesternh.gov/health

YWCA NH
Advocacy and support services for domestic violence, sexual assault and substance use disorders including crisis support, emergency shelter, support groups and community education 72 Concord Street Manchester, NH 03101 603-625-5785 or 24 hour crisis hotline: 603-668-2299 www.ywcanh.org

School-Based Alcohol and Drug Services: Students at most high schools and middle schools can get free and confidential alcohol, drug, and mental health services at their school. Common services include education; problem solving; alcohol, drug, and mental health screening, brief counseling, and referral to treatment services; and recovery support. These services are confidential and are not recorded in a student’s official educational record. Ask your school if they have a Student Assistance Program or alcohol/drug/mental health counselor.

SCHOOL-BASED SERVICES

AUBURN SCHOOL DISTRICT - SAU 15
90 Farmer Road, Hooksett, NH 03106 603-622-3731 www.sau15.net/about-sau-15/

BEDFORD SCHOOL DISTRICT - SAU 25
103 County Road Bedford, NH 03110 603-472-3755 https://sites.google.com/a/bedfordnhhk12.net/bsd/

CANDIA SCHOOL DISTRICT - SAU 15
90 Farmer Road, Hooksett, NH 03106 603-622-3731 www.sau15.net/about-sau-15/

DEERFIELD SCHOOL DISTRICT - SAU 53
267 Pemroke Street, Pemroke, NH 03275 (603) 485-5187 www.sau53.org/deerfield.htm

GOMTFOWNSCHOOL DISTRICT - SAU 19
11 School St., Goffstown, NH 03045 603-497-4818 www.goffstown.k12.nh.us/SAU19/

HUBKSETT SCHOOL DISTRICT - SAU 15
90 Farmer Road Hooksett, NH 03106 603-622-3731 www.sau15.net/about-sau-15/

MANCHESTER SCHOOL DISTRICT - SAU 37
195 McGregor Street, Manchester, NH 03102 603-624-6300 www.mansd.org

NEW BOSTON SCHOOL DISTRICT - SAU 19
11 School Street, Goffstown, NH 03045 603-497-4818 www.goffstown.k12.nh.us/SAU19/
INTERVENTION
It’s difficult to help a love 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 recognize the negative effects their behavior has on themselves and others.

Intervening in someone’s substance use can occur at any time. The goal of intervention is to reduce the harm related with substance misuse and provide your love 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.**

A professional can help assess the extent of the substance misuse and make recommendations for treatment. Professionals can be found at your primary care provider’s office, a school Student Assistant Program, your Employee Assistance Program or many community-based organizations throughout Greater Manchester listed in this guide.

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.

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.
Dear Resident,

The Greater Manchester Region is truly a remarkable community. I feel fortunate to be a part of a team of service providers working to make our community a healthier place to live and work.

Substance misuse can impact people of all ages and from all types of backgrounds. If you think someone you love has a problem with substance use, please seek out support, you cannot fix the problem yourself.

Intervention is critical because substance addiction is a progressive disease that gets worse over time. The earlier you intervene in the process, the better the chance for a successful recovery. Intervention can occur with anyone, at any time in their life. Asking for help is a sign of courage and a good first step towards a life free of substance misuse.

If you are worried about your own substance use or the substance use of a loved one, talking with a professional can help. A counselor can assess the situation and make recommendations for treatment and support. Help can be found through your physician, school, employee assistance program, and through community providers listed in the following pages of this guide.

Like many diseases, it can take several attempts at treatment to find the right approach. Don’t lose hope; addiction is a curable disease if the right treatment and recovery supports are put in place.

Fortunately, the region is home to many support services and organizations. This guide identifies and describes organizations in our community that provide services across the lifespan. I hope you will take some time to look through this guide and contact any of the agencies that may be of assistance to you or your loved one.

Sincerely,

Maria Gagnon, MSW
Chief Operating Officer
Child and Family Services
INTERVENTION RESOURCES

CHILD AND FAMILY SERVICES
Adolescent, children, young adults, adults, pregnant or parenting women, homeless individuals; parenting programs, assessment, care coordination, individual and group outpatient counseling, recovery support services, transitional living program (18-21 yo) Teen Center-Counseling, drug/alcohol use, suicide depression, Family & Support groups listed in “Other” in this guide.

NH Healthy Families health Plan/Cenpatico, Well Sense Health Plan/Beacon Health Strategies, Anthem, Tufts, Minuteman, Cigna, Harvard Pilgrim, Medicaid, Self Pay, also supported by DHHS using a sliding fee scale

464 Chestnut Street
Manchester, NH
(603)-518-4000 or 800-640-6486.
www.cfsnh.org

HILLSBOROUGH COUNTY DEPARTMENT OF CORRECTIONS
Educational and Rehabilitative programs including Operation Impact and Residential Substance Abuse Treatment
445 Willow Street
Manchester, NH 03103
(603)-627-5620
www.hillsboroughcountydoc.org

MANCHESTER COMMUNITY HEALTH CENTER
High-quality, comprehensive, and family-oriented primary health care and support services
145 Hollis Street
184 Tarrytown Road
Manchester, NH
603-626-9500
www.mchc-nh.org

OFFICE OF YOUTH SERVICES
Alcohol court referral program, anger management, crisis intervention & referral, fire safe intervention, restitution, substance abuse evaluation, Youth Educational Shoplifting program.
1045 Elm Street
Manchester, NH
603-624-6470
www.manchesternh.gov/Departments/Youth-Services

SUNUNU YOUTH SERVICES CENTER
Secure residential unit where youth participate in a prescribed behavioral program. The average length of stay prior to initial release is 8-12 month
1056 North River Road
Manchester NH
603-625-5471
www.dhhs.nh.gov/djjs/institutional/
TREATMENT IS EFFECTIVE.
The first step to finding the appropriate level of treatment is an assessment by a medical or substance use disorder professional.

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 like youth or veterans.

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 and people recover and go on to lead healthy and happy lives.

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.

Treatment is effective and people recover and go on to lead healthy and happy lives. Millions of your peers are in recovery.

Learn more by visiting www.samhsa.gov/treatment
TREATMENT IS EFFECTIVE.

Dear Resident:

Substance misuse widely impacts communities and ours is no exception.

Treatment is built on ensuring a seamless continuum of care to all points of support for a person suffering from a substance use disorder. This includes a range of services starting with screening and intervention, continuing to an appropriate treatment option, and finally ensuring long-term support within the larger recovery system. Treatment is critical as it provides key tools for an individual and family to utilize when their recovery is at risk. It provides the safe place to freely assess their disease and imparts evidence based skills needed to manage their addiction on a day-to-day basis. Like all diseases, knowledge is power and treatment brings knowledge of addiction, insight into individual experiences and a support system to nurture oneself through that process.

It is important to note that treatment is best viewed not as a one-time strategy to eliminate the adverse effects of a disease. Instead, it is best viewed as a continuum of services, ranging in type and intensity, over a long period of time, perhaps even a lifetime. Effective treatment means having multiple tools and supports in one’s recovery toolbox to be able to utilize when one’s recovery is at risk. Like treatment for many diseases, treatment for substance misuse is not a onetime solution. Instead, treatment for substance misuse is a multi-faceted and long term strategy to be used when recovery is challenged to ensure that the individual has supports to lean on and skills to utilize for managing recovery. While an individual may continually struggle with their disease, it is the skills, strategies and recovery support system that they have gained during treatment that will help to ensure long term recovery.

So how does one access an assessment or treatment? One can always start by reaching out to your primary care provider. Clearly this resource guide can provide many paths to treatment and residents can utilize the www.nhtreatment.org website and the 24hour addiction crisis line at 1-844-711-HELP or hope@keystonehall.org. All of these resources will support any community member to access treatment for yourself or a loved one.

Together we can help the Greater Manchester Region live up to its full potential and create a place where all of our citizens can live happy, healthy and successful lives.

Sincerely,

Stephanie Savard, LICSW
Chief Operating Officer
Families in Transition
TREATMENT RESOURCES

NH STATEWIDE ADDICTION CRISIS LINE
Trained counselors to help you find the right next step for you. Call 24/7.
Free and Confidential
844-711-4357

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

CHILD AND FAMILY SERVICES
Adolescent, children, young adults, adults, couples, pregnant or parenting women, homeless youth and young adults; home-based parenting programs, adoption services, care coordination, substance use assessment, individual outpatient behavioral health counseling, recovery support services, transitional living program (ages 18-21), homeless support services and teen drop in center.
Grief Recovery After Substance Abuse Passing (GRASP) group meets on the 2nd Thursday of every month at CFS from 6-7:30.
Families in Transition and Family Willows IOP
Serving adults, women, homeless individuals, pregnant or parenting women. Intensive Outpatient Program and Outpatient Services for substance abuse, Affordable housing, family emergency shelter, Permanent supportive housing, transitional housing.
Insurance: BDAS supported, sliding fee scale, Medicaid, Medicare, Well Sense Health Plan/Beacon Health Strategies, NH Healthy families Health Plan/Cenpatico, Ambetter, Anthem, Harvard Pilgrim, Maine Community Health Options, Minuteman.
Housing - income based rent.
122 Market Street, Manchester, NH
603-641-9441 x 401 (substance use treatment)
603-641-9441 (housing intakes)
www.fitnh.org

FARNUM CENTER
Medical Detoxification, Residential, Outpatient, Intensive Outpatient, Family Services, Suboxone Clinic.
140 Queen City Avenue Manchester, NH
888-840-4243
www.estreatment.org/farnum-center

HABIT OPCO
Methadone assisted Treatment/Evaluation, Group Outpatient counseling.
Insurance: Well Sense Health Plan/Beacon Health Strategies, Medicaid, Self Pay.
20 Market Street Manchester, NH
603-622-4747
www.crchealth.com

HEALTHCARE FOR THE HOMELESS
Clinic services include primary medical care, mental health care, addiction counseling, nurse case management, health education, social services, and assistance with entitlements such as Food stamps, Medicaid and Disability applications. In addition, dental care and eye care is available on a limited basis.
Insurance: No one is turned away due to an inability to pay.
HCH Clinic at New Horizons Shelter
199 Manchester Street (between Pine & Union Street) Manchester NH 03103
603.663.8716
www.catholicmedicalcenter.org/community-health/healthcare-for-homeless

KEYSTONE HALL
Outpatient and residential substance use disorder treatment. Keystone's 52 bed Cynthia Day Family center offers pregnant and post-partum mothers and children residential SUD treatment on-site.
Insurance: DHHS-supported, Sliding fee scale, Medicaid, Well Sense Health Plan/Beacon Health Strategies, NH Healthy Families Health Plan/Cenpatico, Ambetter, Anthem, Harvard Pilgrim, Maine Community Health Options, Minuteman, Self Pay.
615 Amherst Street Nashua, NH
603-881-4848
www.keystonehall.org

MANCHESTER METRO TREATMENT CENTER
Methadone assisted treatment
Insurance: Well Sense Health Plan/Beacon Health Strategies, Medicaid, Self Pay.
228 Maple Street Manchester, NH
603-622-5005
www.methodonetreatment.com

NH CATHOLIC CHARITIES
Provides individual, marital, family, and couples' counseling, helping people with personal difficulties including: depression, stress, family conflicts, relationship problems, anxiety, substance abuse, life adjustment issues, grief and loss.
215 Myrtle Street Manchester, NH
603-669-3030 or 800- 562-5249
www.nh-cc.org

OFFICE OF YOUTH SERVICES
Alcohol court referral program, anger management, crisis intervention & referral, fire safe intervention, restitution, substance abuse evaluation, Youth Educational Shoplifting program
1045 Elm Street Manchester, NH
603-624-6470
www.manchester.nh.gov

PHOENIX HOUSE
Residents of the state receive a variety of services including social detoxification, residential and outpatient treatment for adults and adolescents, and aftercare services
Keene, Northfield, Dublin
844-298-6171
www.phoenixhouse.org/locations/new-hampshire/
TREATMENT RESOURCES

SERENITY PLACE
Social detox-short term and long term, Intensive out-patient for adult men-Open walk-in, Lin’s place transitional living for women, substance abuse counseling services, Tirrell House -transitional living for men, wrap around services for anyone seeking treatment and recovery services 24 hrs. and help for family members who have a loved one struggling.
Insurance: No charge for services
351 Chestnut Street Manchester, NH
603-625-6980 (Lin’s place) 603-836-5450 (Men’s IOP) - 603-836-5145 (Tirrell’s House)
www.serenityplace.org

THE MENTAL HEALTH CENTER OF GREATER MANCHESTER - THE CYPRESS CENTER
Insurance: Medicaid, Medicare and most all insurance providers accepted.
401 Cypress Street Manchester, NH
603-668-4111
www.mhcgm.org

THE MENTAL HEALTH CENTER OF GREATER MANCHESTER - BEDFORD COUNSELING ASSOCIATES
Counseling for adults & seniors to address personal, family and relationship problems, life changes, stress, anxiety, child and teen behavior issues, depression, and substance abuse.
Insurance: Medicaid, Medicare and most all insurance providers accepted
1228 Elm Street Manchester, NH
www.mhcgm.org

THE MENTAL HEALTH CENTER OF GREATER MANCHESTER - NORTH END COUNSELING
Specialized skill building services for anger management and other extreme feelings, avoiding stressful situations and crises. Emergency response services 24/7 to emotional or psychiatric crises & suicide prevention.
Insurance: Medicaid, Medicare and most all insurance providers accepted
9 Blodget Street
Manchester, NH
www.mhcgm.org

VA HOSPITAL
Provides medication, psychotherapy, substance abuse, recovery, housing, and supportive employment services
718 Smyth Road
Manchester, NH
603-624-4366
www.manchester.va.gov

WESTBRIDGE
Residential Dual Diagnosis Treatment Residential program (men only), dual diagnosis outpatient services (males and females).
Treating post traumatic, mood, thought and anxiety disorders when combined with substance use disorders.
Insurance: Self-Pay
1361 Elm Street, Suite 207
Manchester, NH 877-461-7711
www.westbridge.org
It is vitally important that a person in recovery find a supportive community and stay connected.

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 find a supportive community and stay 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 minimalized and a full potential for a healthy life is possible to achieve.

It is vitally important that a person in recovery find a supportive community and stay 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 that use recovery supports have less relapses as well as minimal time spans within a relapse period. Recovery supports can reconnect you with your pathway and treatment as needed.

Learn more by visiting www.samhsa.gov/recovery
Dear Friend,

You live in a wonderful community filled with pride. I am glad to work alongside many other dedicated community members to help connect you to the resources you may need for yourself or a loved one.

Recovery is built on values that every community can be proud of - things like honesty, gratefulness, helping a neighbor in need, harnessing the resources within a community to promote healthy behavior, generosity and love, love of oneself and of one’s community. It is a critical component of a community because all communities need a healing process of some sort. New Hampshire is healing from the epidemic of addiction and recovery is a solution to the many issues addiction brings to our community.

Steps to finding the right recovery services for yourself or a friend include calling a recovery community center and talking with a recovery coach. Talk to your primary care provider about what treatment is available. Call your insurance company and ask what options are covered. Attend a 12 step meeting in your area. Talk to your spiritual and or religious leaders about faith based programs. Research online the success rates and consumer ratings of all treatment and recovery programs. Lastly, don’t give up, there is a solution for you and or a loved one that will work for you.

There are over 23,000,000 Americans in recovery that is true living evidence that treatment is effective and recovery is a reality.

I wish you all the best as you find your path to recovery. Remember to be an advocate for yourself and look for help when you need it. We are fortunate to have many support services in the region and we hope that this guide will help you to navigate them.

Sincerely,

Holly Cekala
Vice President of Programs
HOPE FOR NH RECOVERY
RECOVERY RESOURCES

ALCOHOL ANONYMOUS
Peer support to stay sober and help others achieve sobriety. Greater Manchester has numerous meeting sites
802-295-7511
(onsite go to District 12 for locations
www.nhaa.net

FAMILIES IN TRANSITION AND FAMILY WILLOWS IOP
Serving adults, women, homeless individuals, pregnant or parenting women. Intensive Outpatient Program and Outpatient Services for substance abuse. Affordable housing, family emergency shelter, Permanent supportive housing, transitional housing
122 Market Street, Manchester, NH
603-641-9441 x 401 (substance use treatment)
603-641-9441 (housing intakes)
Insurance: BDAS supported, sliding fee scale, Medicaid, Medicare, Well Sense Health Plan/Beacon Health Strategies, NH Healthy families Health Plan/ Cenpatico, Ambetter, Anthem, Harvard Pilgrim, Maine Community Health Options, Minuteman.
Housing - income based rent
www.fitnh.org

GRANITE STATE AREA NARCOTICS ANONYMOUS
Peer support for friends and family of addicts
24 Commercial Street, Manchester, NH
603-645-4777 or 1-888-624-3578
www.gsana.org

HELPING HANDS OUTREACH CENTER
24/7 Alcohol/Drug Related Recovery Transitional Housing, sober living home offered to men aged 18 and up.
50 Lowell Street, Manchester, NH
603-623-8778
www.helpinghandsmanchesternh.org

HOPE FOR NH RECOVERY CENTER
Support program that offers advocacy, education to improve the public perception about those in recovery from substance use disorders. Providing recovery support services, recovery coaching, community based trainings and a recovery community center
140 Central Street, Manchester, NH
603-935-7524
www.HopeforNHRecovery.org

LIBERTY HOUSE
Substance-free housing for veterans transitioning from homelessness. Employment and housing assistance, food pantry and clothing closet
75 W.Baker Street Manchester, NH
603-669-0761
www.libertyhousesnh.org

LIVE FREE RECOVERY CONSULTANTS
Family Recovery Services and Recovery Support Services
74 South Main Street, Newton, NH
603-702-2461
www.livefreerecovery.com

NAR-ANON, COCAINE ANONYMOUS
Peer support for friends and family of addicts
Hope for NH 40 Central Street, Manchester, NH
1800-477-6291
www.nar-anon.org

SALVATION ARMY
Narcotic Anonymous, Bible study and Church services, Senior Center, Dance and Drama classes, Women’s Group
121 Cedar Street, Manchester, NH
603-627-7013
www.salvationarmy.org

SERENITY PLACE
Social detox-short term and long term, Intensive out-patient for adult men-Open walk-in, Lin’s place transitional living for women, substance abuse counseling services, Tirrell House-transitional living for men, wrap services
351 Chestnut Street, Manchester, NH
603-625-6980 (Lin’s place) 603-836-5450 (Men’s IOP) 603-836-5145 (Tirrell’s House)
Payment/Insurance: No charge for services.
www.serenityplace.org

TEEN CHALLENGE
A Christian residential drug recovery program that is part of a network of 10 Teen Challenge centers across New England and New Jersey. Faith-based recovery program for 18+ year old males
147 Laurel Street, Manchester, NH
603-647-7770
www.tcmanchester.org

VA HOSPITAL
Provides medication, psychotherapy, substance abuse, recovery, housing, and supportive employment services.
718 Smyth Road Manchester, NH
603-624-4366
www.manchester.va.gov/
SHELTERS AND HOUSING SUPPORT

HARBOR HOMES VETERANS FIRST
Veterans’ Transitional and Permanent Supportive Housing, Homeless Veterans’ Reintegration Program. Manchester facility has 26 one and two bedroom apts.
335 Somerville Street, Manchester, NH
(603-882-3616
www.harborhomes.org

NEW HORIZONS FOR NH VETERANS FIRST
Veterans’ Transitional and Permanent Supportive Housing, Homeless Veterans’ Reintegration Program. Manchester facility has 26 one and two bedroom apts.
335 Somerville Street, Manchester, NH
(603-882-3616
www.newhorizonsfornh.org

SOUTHERN NH SERVICES (SNHS)
Provides low income assistance for child development, workforce development, Health, food and nutrition programs, Energy programs, community and multi-cultural programs. Provide housing and homelessness programs.
40 Pine Street, Manchester, NH
800-322-1073 or 603-668-8010

NEW HORIZONS FOR NH HOMELESS SHELTER
New Horizons provides primary medical care, addiction counseling, mental healthcare, dental care, eye care and specialty care as well as mental health services.
199 Manchester Street, Manchester, NH
603-668-1877
www.newhorizonsfornh.org

NEW HORIZONS FOR NH ANGIE’S SHELTER
For adult women NOT fleeing domestic or sexual violence.
199 Manchester Street, Manchester, NH
603-668-8698
www.newhorizonsfornh.org

NEW HORIZONS FOR NH HOMELESS SHELTER
New Horizons provides primary medical care, addiction counseling, mental healthcare, dental care, eye care and specialty care as well as mental health services.
199 Manchester Street, Manchester, NH
603-668-1877
www.newhorizonsfornh.org

SERVICES FOR FRIENDS AND FAMILY

AL-ANON
Peer support for friends and family who have a relationship with an alcoholic. See website for several locations.
1-888-425-2666
www.alanon.org

ALATEEN
Peer support for teens ages 12-19 who have a relationship with an alcoholic
St. Raphael’s Church 100 Ferry St. Manchester
1-888-425-2666
www.alateen.org

CHILDREN’S BEHAVIORAL HEALTH COLLABORATIVE
Parent support groups for parents of children, teens, and young adults substance abusing, in treatment, homeless, incarcerated or in recovery.
NE 10 Ferry St. Manchester, NH
603-668-4859
www.nh4youth.org

FAMILIES ADVOCATING SUBSTANCE TREATMENT, EDUCATION AND RECOVERY (FASTER)
Support group for parents of children addicted to substances. Meets every Tuesday @ 6pm
464 Chestnut Street, Manchester, NH
603-668-4859 fasternewhampshire@gmail.com
www.cfsnh.org

GRANITE STATE AREA NARCOTICS ANONYMOUS
Peer support for friends and family of addicts
24 Commercial Street Manchester
603-645-4777 or 888-624-3578
www.gsana.org

GRANDPARENTS SUPPORT GROUP
GrandParents Support Group – support for grandparents raising their grandchildren. Meets 2nd Friday of each month 10:30am-noon
464 Chestnut Street, Manchester, NH
603-851-1087 or michael674@comcast.net
www.cfsnh.org

GRIEF RECOVERY AFTER SUBSTANCE ABUSE PASSING (GRASP)
Support Group for those who have lost someone to substance use - meets on the 2nd Thursday of every month at Child & Family Services from 6-7:30
464 Chestnut Street, Manchester, NH
603-325-5211
www.cfsnh.org
OTHER RESOURCES

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. (also manage http://nhTreatment.org/)
501 South Street 2nd Floor Bow, NH 03304
www.nhcenterforexcellence.org

CHAMBER OF COMMERCE
The Greater Manchester Chamber of Commerce is a regional organization serving the city of Manchester and the surrounding communities of Auburn, Bedford, Candia, Derry, Goffstown, Hooksett, Litchfield, Londonderry, and Merrimack.

FED CAP
Each year, Fedcap offers an array of services through its four practice areas 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.

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 manage 211 hotline)
22 Concord Street Floor 2 Manchester NH
603-625-6939
www.graniteuw.org

GREATER MANCHESTER CLERGY ASSOCIATION
Interfaith pastoral counseling and recovery supports

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/home

MANCHESTER TRANSIT AUTHORITY
Transportation to locations across Manchester. Partner with many agencies across the city to best serve residents.
110 Elm St. Manchester NH
603-623-8801
www.mtabs.org

MASSACHUSETTS COLLEGE OF PHARMACY AND HEALTH SCIENCES
MCPHS University prepares students for successful careers in healthcare through excellence in teaching, scholarship, research, professional service, and community engagement.
1260 Elm Street Manchester NH
603.314.0210
www.mcphs.edu

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
(603) 225-9540
www.new-futures.org

NH BDAS
State Agency working to significantly reduce alcohol and other drug misuse and its social, health, and behavioral consequences for the citizens of New Hampshire through public policy and resource development, education, and supporting initiatives that ensure the delivery of effective and coordinated prevention intervention and treatment services.
www.dhhs.nh.gov/dcbcs/bdas/

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 Street Suite 308 Concord NH
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.
http://www.dhhs.nh.gov/dcbcs/bdas/commission.htm

OTHER RESOURCES GUIDES

REDBRICK GUIDE
For parents of children in Manchester schools
www.redbrickguides.org/Assets/PDFPages/14_15_English_Full.pdf

UNEMPLOYMENT GUIDE TO COMMUNITY RESOURCES
Unemployment help including Food Stamps, Food Pantries, WIC, Fuel Assistance and more
www.manchesternh.gov/health/2012UnemploymentGuidetoCommunityResources.