

Public Health Council of the Upper Valley

Partner Meeting

September 20, 2024

See list of attendees at the end of the notes.

PHC Partner Meeting Topic: Advocating for (more) Recovery Housing in the Upper Valley

Housing First (Lynne Goodwin, Lynne.Goodwin@lebanonnh.gov)

- Housing First is a coalition of human-service agencies, housing providers, healthcare entities, concerned citizens, and others who want to tackle the issue of homelessness from a “what can we do to promote services?” perspective
- With the support of Housing First and Angela Zhang from LISTEN, a report was written with 9 recommendations of best practices the City of Lebanon can do for unhoused neighbors
 - These recommendations include recovery friendly housing
- Housing First launched a subcommittee in February that focused on recovery housing
 - Prior to this subcommittee, it was noticed that housing was hard to find in the area, specifically for people leaving organizations like Headrest
 - Local pit counts were showing substance use disorder was the 2nd most self-reported condition that people were struggling with while they were experiencing homelessness
 - People often do not want to return to where they were from because it wasn't recovery-friendly for them

Presentation: *Upper Valley Recovery Housing Assessment* by Hattie Kahl (Alice Ely)

Slides will be shared.

Panel Discussion (Moderated by Dan Wargo,):

- Cheri Bryer (Cheri.L.Bryer@hitchcock.org), Peer Recovery Specialist at the Addiction Treatment Program at DHMC
 - Years ago, with PHC, Second Growth, and Twin Pines Housing, 4 apartments were established for newly parenting mothers in recovery to have secure housing
 - First mother who lived in these apartments has sustained recovery for 12 years
 - Having programs such as recovery housing in the Upper Valley are needed
 - Having someone who can support you and say “come back” when you slip up is massive
 - Having an accountability piece with the structure and stability builds people up and allows them to be successful
 - It's difficult to let go of harmful things from the past, but when you're in a healthy environment and able to make healthy connections, it's easier to let go of those things
- Linda Snow (Linda.M.Snow@hitchcock.org), Resource Specialist at the Addiction Treatment Program at DHMC
 - Barriers to transportation make it difficult for people to access recovery housing in other towns, including those with children
 - Recovery housing allows people to build on skills and take accountability
 - People who relapse are given the tools that might help them get back into recovery faster
 - Recovery housing helps combat isolation that may arise from coming back from treatment
 - Individuals are looking for life skills, such as cooking, chores, budgeting money, finding housing, etc.
- Dan Wargo (dan@tlcfamilyrc.org), Director of TLC Recovery Programs
 - It's common when people come into treatment, they are trying to get the help they need and want to know next steps

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- Individuals are faced with going back to where they were in first place, or living with family and friends – recovery residencies help create an affordable, structured, comfortable, and stabilized environment
- The Upper Valley has a lot of supports for individuals in recovery, but financial stability and employment takes time when individuals start from ground zero
 - This is where recovery residencies can fill in the gaps
- TLC central office is in Claremont – has 4 recovery residencies with peer support
 - 25% of people served in Claremont are at recovery residencies, and there is more success seen for these individuals

Discussion Period:

- Q: What are the structures in place to support those with felonies?
 - A: People with felonies do get approved for housing depending on time served, and people with felonies often get into recovery housing as recovery housing also focuses on supporting those in the criminal justice system. It is easier nowadays to get records expunged if the felony or misdemeanor happened a while ago, but there is still work to be done to eliminate barriers.
 - Hartford Restorative Justice center provides a multi partner supportive housing model that has reduced reoffense and relapse by providing individuals a circle of care and focus on integrating in the community
- Q: Does Twin Pines Housing still offer targeted housing options?
 - A: Twin Pines has been a great partner, and they have an individual that helps maintain housing which helps those make transitions to living on their own. Twin Pines offers waivers to support those entering housing with criminal service records. If someone returns to using, however, they are at risk of losing their housing.
- Q: How do we start working now to overcome barriers?
 - A: We should have a practical step-by-step process to meet the needs of people.
- Q: Is there a way to have places for the families and communicate that this is a whole societal process surrounding an individual with substance use disorder?
 - A: The Dismas House has community dinners that include families and allows individuals to build back relationships. Headrest allows adult children to visit throughout the week for individuals to spend time with their family. The Addiction Treatment Program has had previous family education nights to allow them to learn about addiction, so potentially offering this again in the future can engage family members.
 - Or supplemental family? for those who don't have family or the relationship can't be fixed. People who might volunteer to play role who have experience with alcoholism and get it and understand. What are our assets?
- Q: What opportunities are there at Headrest?
 - A: Headrest has received funding to build recovery housing in Lebanon. Headrest is trying to navigate zoning and where they can secure a place, and support is needed from the community on this process.
- Q: How can the Public Health Council push recovery-friendly employers and workplaces?
 - A: It might be worth having someone from Recovery Workplace NH come. There is the potential of a Recovery Workplace Certification that is robust and points are allotted to organizations. It's important to raise awareness that people can recover and highlight the champions, as well as decrease stigma. Having events, educational panels, and other

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opportunities including family members to show what recovery will look like (such as the TLC Recovery BBQ) is important.

- Q: How do we support those who need recovery housing in a community where housing is limited?
 - A: Work with news sources that show the community how recovery housing is effective and that it is a model for success. It's important to educate the general public about substance use disorders.

Partner Sharing & Introductions

Stacey Chiocchio

- Launched a **Hidden in Plain Sight** Room at Hypertherm
 - Set-up of a teenager bedroom where there are signs of substance misuse
 - It's been successful in engaging associates
 - Come check it out at 21 Hypertherm (21 Great Hollow Road, Hanover NH)
 - Goal is to move it around to different Hypertherm facilities, and then loan it out to different organizations when it returns to the Upper Valley
 - It'd be great for an organization to eventually house the kit and offer it out to community organizations

Rosemary Affeldt

- Dismas House has just celebrated their 10th anniversary
- The church has been providing meals to members, and has heard many success stories from individuals at Dismas

Beth O'Donnell

- Alice Peck Day is planning for an event around substance use, so contact Beth if you have insight on how to this event might go

Ella Harper-Schiehl

- New substance misuse prevention consultant at VDH
- Good Neighbor Health Clinic will go in front of the Hartford Select Board to petition for a Harm Reduction Vending Machine, so if you're able to attend, please do
- Welcome new Chronic Disease Designee, Geneva Cote

Andrea Smith

- October 26 is National Prescription Drug Takeback Day Event, where ALL Together is partnering with the Lebanon Police Department at Hannaford
- ALL Together and Hartford Community Coalition partnered together to recently host a Youth Mental Health First Aid training at Montshire Museum. If you're a part of an organization and are interested in learning about Youth Mental Health First Aid or Adult Mental Health First Aid, please contact Andrea. This is offered at no-cost to non-profit organizations.

Rudy Fedrizzi

- Lynn Thompson just joined VDH as a School Liaison Nurse, so if you interface with schools, consider collaborating
- GUVIST is doing community-integrative projects such as lead prevention that will be talked about at October 3 GUVIST meeting – please attend if interested
 - GUVIST meetings are first Thursdays of the month
 - Another project is focused on hypertension and controlling chronic conditions
 - If anyone has a connection to Gifford Medical Center, please let Rudy know

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Lynne Goodwin

- New Hampshire Coalition to End Homelessness Regional Roundtable on Homelessness Event on Friday, October 11 from 9 am to 11 am at the Kilton Library

Miranda Dupre

- Working on the BIPOC Business Ownership Project, which started in June
- First event of a stakeholder gathering for those involved in home ownership, business ownership, and racial equity to see what resources and gaps exist – [link here](#)

Gregory Wilson

- Event on November 15 in Bradford in coordination with Little Rivers, with an emphasis on supporting families
- There is now a class on Sunday afternoon that came out of the previous Thetford event

Kym Williams

- Community Care of Lyme Upper Valley Thrives event is next Saturday (9/28) – [link here](#)

Flu & COVID Vaccine Updates

PHC Community Flu Vaccine Clinics (Alice Ely)

- Next Thursday (9/26) – First free community flu vaccine event in Plainfield
 - Future locations will include Enfield, Orford, Bradford, Canaan, and Windsor
 - Alice will have posters for each individual clinic – please share with your networks that they are free, walk-ins, and no insurance information will be asked of you
 - Dartmouth students are the vaccinators as part of their educational experience, so come and help train the next generation of doctors
- Why so few opportunities for free vaccines post-COVID? (Rudy Fedrizzi)
 - In general, CDC establishes a list of approved vaccines that all insurance companies cover for free, though you may be charged for an administrative fee. This list does not include flu or COVID vaccines. States can also access these vaccines for free. This explains why these vaccines are not routinely offered by the state.
 - People over 65 rely on Medicare, which will pay for vaccines. This is why VDH does not provide any vaccine for people over 65.
 - In New Hampshire, COVID and flu vaccines are limited. There are greater restrictions on COVID and flu vaccines through the pathway Nancy Kreis utilizes – so these vaccines are targeted only to adult community members who are completely uninsured.
- NH school-based flu vaccines are running.

Next Meeting:

Friday, October 18, 2024, 9:00 to 11:00 am

Topic: Access to Healthcare Update – New Opportunities and Services

Location: 71 Heater Rd, Lebanon at Hypertherm

Or Join with Teams on your computer, mobile app, or room device:

[Click here to join the meeting](#)

Meeting ID: 250 775 068 320

Passcode: 99F6Xd

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Attendees:

Affeldt	Rosemary	
Bergeron	Stephanie	WCBH
Brooks	Hanna	DHMC
Brownell	Ann	
Bryer	Cheri	DHMC Addiction Treatment Program/Moms in Recovery
Butts	Meghan	Upper Valley Lake Sunapee Regional Planning Commission
Carey	Michelle	
Chiocchio	Stacey	Hypertherm/HOPE Foundation
Cote	Geneva	VDH
Desilets	Rebecca	City of Lebanon
Desnoyers	Keisha	
Duff	Emily	Waypoint
Dupre	Miranda	Vital Communities
Ely	Alice	Public Health Council of the Upper Valley
Esdon	Jim	DHMC Injury Prevention Center
Farnsworth	Barbara	DHMC
Fedrizzi	Rudy	VDH/WRJ
Goodwin	Lynne	Lebanon Human Services
Griffin	Heather	LISTEN
Harper-Schiehl	Ella	VDH/WRJ
Hayes	Tracey	Public Health Council of the Upper Valley
Hender	Ellen	Vital Communities
Kreis	Nancy	DHMC
LaRoche	Kendra	Special Needs Support Center
Mason	Peter	Headrest
Newbern	Jeana	Lake Sunapee Region VNA
O'Donnell	Beth	Alice Peck Day Memorial Hospital
O'Neil	Peggy	WISE
Smith	Andrea	DHMC
Snow	Linda	DHMC Addiction Treatment Program/Moms in Recovery
Taylor	Bridgett	
Tecca	Martha	Community Care of Lyme and SHARE
Wargo	Dan	TLC Recovery Center
Williams	Kym	TDI, PHC
Williams	Mark	
Wilson	Gregory	
Zanleoni	Emily	Hartford Community Coalition