



Greater Nashua Public Health Network

MUNICIPAL UPDATE – MERRIMACK SEPTEMBER 2018



PUBLIC HEALTH ADVISORY COUNCIL

The **Greater Nashua Public Health Advisory Committee (PHAC)** is a network of organizations and individuals that work collaboratively to improve the health of the Greater Nashua Public Health Region (GNPHR) and its residents.

The **PHAC Executive Committee** is comprised of decision-makers from a variety of Greater Nashua PHAC partner organizations and provides leadership guidance to support health related efforts in the Greater Nashua Public Health Region.

PUBLIC HEALTH EMERGENCY PREPAREDNESS

- Regional Public Health Emergency Response Annex – Provides plans to conduct a coordinated response to a public health event
 - Mass Vaccination/Dispensing (aka Points of Dispensing (PODs))
 - Medical Surge
 - Public Information & Warning
 - Multi-Agency Coordinating Entity (Public Health Emergency Operations Center)
 - Non-Pharmaceutical Interventions
 - Fatality Management
 - Volunteer Management
- Regional Facility and Services Directory
- Cache of supplies, including medical supplies and strategic assets.
- Conduct exercises, trainings, planning and preparedness/response activities.

SUBSTANCE MISUSE PREVENTION (SMP)

- Focus on building regional capacity to address substance misuse.
- Coordinate with local, regional and state-level Substance Misuse Prevention programs, substance use disorder providers and community stakeholders.
- Provide technical assistance to local substance misuse coalitions.
- Host/sponsor trainings/events to promote substance misuse prevention.
- Assist with development of the three-year Regional SMP strategic plan and guide the implementation of data-driven, evidence-based, and culturally appropriate initiatives to achieve regional priorities.

SUBSTANCE USE DISORDER CONTINUUM OF CARE (SUD CoC)

- Provide support within the Greater Nashua Public Health Region for the development of regional capacity for a comprehensive, accessible continuum of care for Substance Use Disorder (SUD).
- Assess service availability within the continuum of care: prevention, intervention, treatment and recovery support services, including the regions' current assets and capacity for regional level services.
- Work with partners to establish a plan to build the capacity to increase substance use disorder services. Collaborate with community partners, healthcare, behavioral health and other providers within the continuum of SUD services.

YOUNG ADULT LEADERSHIP (YAL)

The Young Adult Leadership (YAL) program provides a risk reduction and response “training-for-trainers” geared toward young adults (ages 18-25). YAL is NAMI NH CONNECT training. CONNECT is a designated National Best Practice Program that trains professionals and community members to prevent and respond effectively to suicide and other behavioral health issues. The intent of the program is for the training participants to facilitate training for other young adults, especially those in high risk or high need areas. The goals are:

- to reduce risk factors while enhancing protective factors
- to positively impact healthy decisions around the use of substances;
- to increase knowledge of the consequences of substance use;
- to increase knowledge and effectiveness to recognize substance misuse, mental illness and suicidal risk; and
- to increase the capacity of young adults to take collaborative actions towards increasing awareness of substance misuse prevention, emotional health, and suicide among their peers and other stakeholders.

COMMUNITY HEALTH ASSESSMENT 2017

As part of the ongoing process of community health improvement, every three years the City of Nashua, Division of Public Health and Community Services (DPHCS) conducts a Community Health Assessment (CHA) for the City of Nashua and the Greater Nashua Public Health Region. This is the second Community Health Assessment conducted for the region – the first was published in September 2011. A CHA is a process by which community members gain an understanding of the health concerns and needs of the community by identifying, collecting, analyzing and disseminating information on the community’s assets, strengths, resources and needs. There are many health topics covered in this CHA, including access to healthcare, maternal health, chronic conditions, emergency preparedness, environmental health and substance misuse. The overarching goals of the CHA are to engage community partners, identify emerging health issues, provide information to community members and set the foundation for future programs and grant opportunities for the GNPHR. The most recent CHA was published in September 2017. It can be found at <https://nashuanh.gov/560/Community-Health-Assessment>.

COMMUNITY HEALTH IMPROVEMENT PLAN

Following the CHA, DPHCS continues the improvement process by developing a Community Health Improvement Plan (CHIP). Through the evaluation of health data and issues identified in the CHA, the Greater Nashua CHIP process prioritizes health topics and creates an action plan to address those issues over the following three years. Community engagement is key to the CHIP process so that the resulting plan reflects not only the shared commitment to priority issues, but also considers the full community’s assets, strengths, resources and needs for bringing about positive change. In this way, no single organization within the PHAC is burdened with full responsibility for the decisions or actions required to improve health, but all contribute in various ways to the improvement efforts. In addition, in order to maximize health impact and gain widespread support for improvement, the Greater Nashua CHIP coordinates with state level partners and aligns shared health priorities with the goals and objectives outlined in the NH State Health Improvement Plan (SHIP). The

most recent CHIP, as well as supplemental information, can be found at <https://nashuanh.gov/564/Community-Health-Improvement-Plan-CHIP>.

MUNICIPAL ROLES & RESPONSIBILITIES

- Designate staff to represent the town on the PHAC and its committees (including Executive Committee)
- Support staff in attending trainings and exercises offered by the Public Health Network
- Designate staff to participate in PH emergency planning
 - Maintain town specific site plans – including set-up, security, staffing, etc.
 - Provide updated municipal contact information (quarterly)
- Assist in public education efforts
 - Identify potential audiences
 - Provide space for local meetings/trainings when needed
 - Distribute information – print, television, website, social
- Act as a liaison between the Public Health Network and your community
 - Provide opportunities for staff and residents to participate in public health initiatives
 - Promote public health initiatives

Greater Nashua Public Health Network Quarterly Update September 2018



This newsletter is a publication of the Greater Nashua Public Health Network. There are five programs that are part of the Public Health Network Services program: Public Health Advisory Council (PHAC), Public Health Emergency Preparedness (PHEP), Substance Misuse Prevention, SUD Continuum of Care, and Young Adult Leadership. Community Health programs, including Healthy Homes, also serve the Greater Nashua Region.

2018 Infection Connection

The Third Annual Greater Nashua Health Conference was a success! With over 100 attendees, The Infection Connection: Past, Present, and Future was very informative.

The conference focused on describing the emerging trends in infectious disease. It featured discussion on clinical features, pathophysiology, epidemiology, and prevention. The goal was to showcase how vaccination has been a successful public health strategy for disease eradication.



Katie Hatcher shared with the participants a very emotional and personal account of her family's experience with pneumococcal meningitis. Her 20 month old son fought for his life ... and won. She discussed her never ending quest for answers and has used her strength to teach others about the benefits of vaccination.

Wendy Wright enlightened the audience with her presentation on improving vaccination rates. She reminded providers they have the

power to make it happen. Parents want to feel as though they are making informed decisions that are best for their children—they need knowledge and a provider push. She identified the 2018 recommended vaccinations and necessity of good scheduling. She also discussed the impact of various vaccines on morbidity and mortality. Her energetic presence left the audience armed and ready to advocate.



Dr. Abigail Mathewson's presentation explored the changing epidemiology of tickborne disease in NH and examined the environmental change and impact of human behavior. She also highlighted the importance of maintaining state response plans pertaining to vectorborne and zoonotic disease.

Dr. Elizabeth Talbot, an infectious disease and tropical medicine trained internist, spoke about the importance of maintaining awareness of infectious disease. She reviewed theories for the rapid emergence of infectious disease. Furthermore, she described the

epidemiology, clinical features, treatment, and prevention strategies for international pathogens that impact US providers and patients.



The conference featured an array of vendors offering information and swag to attendees.

We are grateful for the months the planning committee worked to make this night happen. Stay tuned for next



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Dimensions of Gender

This summer, some of the DPHCS staff attended the Regional Public Health Conference. We participated in an *Understanding Identity* session. We hope to share our takeaways in this piece.

While our gender may begin with the assignment of our sex, it doesn't end there. A Cisgender person has a gender identity consistent with the sex they were assigned at birth. A Transgender person has a gender identity that does not match the sex they were assigned at birth.

A person's gender is the complex interrelationship between three dimensions:

- Body: our body, our experience of our own body, how society genders bodies, and how others interact with us based on our body.
- Identity: our deeply held, internal sense of self as male, female, a blend of both, or neither; who we internally know ourselves to be.
- Expression: how we present our gender in the world and how society, culture, community, and family perceive, interact with, and try to shape our gender. Gender expression is also related to gender roles and how society uses those roles to try to enforce conformity to current gender norms.

Each of these dimensions can vary greatly across a range of possibilities. A person's comfort in their gender is related to the degree to which these three dimen-



sions feel in harmony. Let's explore each of these dimensions in a little more detail.

Descriptors for gender identities are rapidly expanding; youth and young adults today no longer feel bound to identify strictly with one of two genders, but are instead establishing a growing vocabulary for gender. More than just a series of new words, however, this shift in language represents a far more nuanced understanding of the experience of gender itself.

Because expectations around gender expression are so rigid, we frequently assume that what someone wears, or how they move, talk, or express themselves, tells us something about their gender identity. But expression is distinct from identity -we can't assume a person's gender identity based on their gender expression.

One final distinction to make is the difference between gender and Sexual orientation, which are often incorrectly thought to be the same thing. However, gender and sexual orientation are two distinct aspects of our identity. Gender is personal (how we see ourselves), while sexual orientation is interper-

sonal (who we are physically, emotionally and/or romantically attracted to).

Gender diversity has existed throughout history and all over the world. One of the most fundamental aspects of a person's identity, gender deeply influences every part of one's life. Where this crucial aspect of self is narrowly defined and rigidly enforced, individuals who exist outside of its norms face innumerable challenges. Even those who vary only slightly from the norm can become targets of disapproval.

This does not have to be the case. Through a thoughtful consideration of the uniqueness and validity of every person's experiences of self, we can develop greater acceptance for all. Not only will this create greater inclusion for individuals who challenge the norms of gender, it will create space for all individuals to more fully explore and celebrate who they are.

To learn more and discover how your facility can become more gender inclusive visit
www.genderspectrum.org

2018 Greater Nashua PhotoVoice Project

PhotoVoice is a program in which participants take photos as a means of telling a story. PhotoVoice is used around the world to give people without a voice an opportunity to tell their story. Over the years, Nashua has expanded the project from the Nashua Police Athletic League to include the Boys and Girls Club of Greater Nashua and the Boys and Girls Club of Souhegan Valley with the hopes that the project will continue to expand each year.



This summer, 24 Greater Nashua youth participated and completed a total of 18 projects. The theme of this year's project was "Dear Future Me... What are you

doing today to ensure a healthier tomorrow?".

As part of the program, participants received a public health presentation from the City of Nashua Division of Public Health and Community Services where they were able to learn more information about what public health prevention looks like. The goals of this project were to increase participants understanding of public health in the community, promote critical dialogue and knowledge about personal and community issues within Public Health through large and small group discussions, and to provide visual representation(s) of community experience and problems within the Public Health context.



The participating youth spent four

weeks this summer learning about photography and capturing photos to show actions they are taking to ensure a healthier tomorrow for themselves and their communities. Over 50 Greater Nashua community members joined us to view the final artwork at a photo gallery on August 17, 2018 at the Nashua Public Library.



This is what Substance Misuse Prevention looks like; building up the youth, increasing their social skills and their relationship network, educating them on healthy living and making sure their self-esteem is in a positive place. Those are the true goals of all prevention programs to build up healthy, successful youth that in turn create healthy and successful communities.

2018 GREATER NASHUA PUBLIC HEALTH ADVISORY COUNCIL ANNUAL MEETING

Wednesday, October 10, 2018

8AM – 5PM

Location: The Event Center at the Courtyard Marriott - Nashua, NH

Connect with Greater Nashua Public Health Network partners to get the latest information about programs, services and initiatives that are contributing to improving the health of our communities.



United Way of Greater Nashua



Greater Nashua • Greater Health



Greater Nashua IDN



REGISTER at

bit.ly/2018GNPHACAM

Registration fee \$25/per person

CEUs/CMEs available pending approval

For further information or any questions, contact Nicole Viau at viaun@nashuanh.gov or 603-589-4508.

#BeThe1To

September is National Suicide Prevention Awareness Month—a time to share resources and [stories](#) in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention.

#BeThe1To is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote heal-

ing, help and give hope.

Ask: Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation.

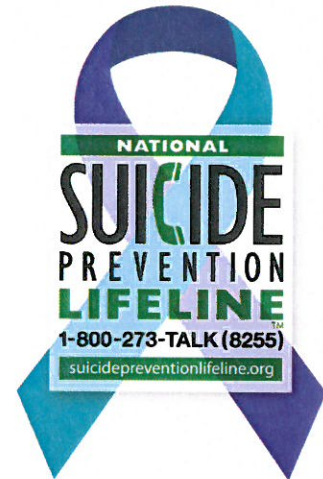
Keep Them Safe: A number of studies have indicated that when lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline.

Be There: Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful by after speaking to someone who listens without judgment.

Help Them Stay Connected: Helping someone at risk create a network of resources and individuals for support and safety can help

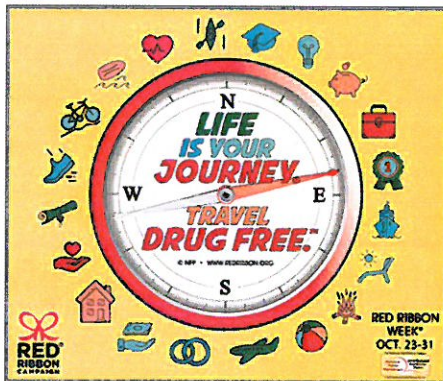
them take positive action and reduce feelings of hopelessness.

Follow Up: Studies have also shown that brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they have been discharged from hospitals or care services.



For more information visit: www.suicidepreventionlifeline.org

Life is your Journey: Travel Drug Free 2018 Red Ribbon Week - October 23-31



Since 1988, The National Family Partnership sponsors *Red Ribbon Week*. It is an education and prevention initiative that serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities. Visit their website for more information - www.redribbon.org

Drug Take Back Day—October 27, 2018

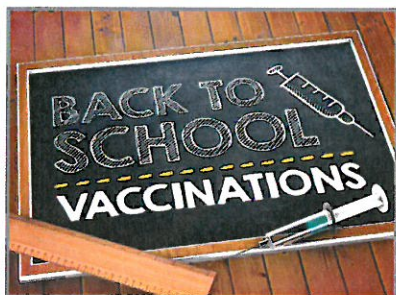
Do you have old, unused medication in your home that you don't know what to do with? You're in luck. The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for misuse and medications. In April, during the 15th National Take Back Day, there were 5,842 take back sites with a total collection weight of **949,046 pounds** or 474.5 tons. In NH, there were 122 take back sites with a total collection weight of 14,895 pounds. Some larger states had collection weights of over 82,000 pounds collected. Over 4,500 law enforcement employees participated in this event Nationally. NH was lucky to have 120 law enforcement employees take part. Do your part by disposing of your medications safely this October.

As of October 1st, you can locate collection sites near you here: https://www.deadiversion.usdoj.gov/drug_disposal/takeback/



Be Wise - Immunize!

Back-to-school season is here. It's time for parents to gather school supplies and backpacks. It's also the perfect time to make sure your children are up to date on their vaccines.



One of the most important things a parent can do to protect their child's health is getting their child vaccinated according to the recommended immunization schedule. Whether parents have a baby starting at a new child care facility, a toddler heading to preschool, a student going back to elementary,

middle or high school – or even a college freshman – parents should check their child's vaccination records.

Serious health consequences can arise if children are not vaccinated. Without vaccines, children are at increased risk for disease and can spread disease to others in their play groups, child care centers, classrooms and communities. This includes spreading diseases to babies who are too young to be fully vaccinated and people with weakened immune systems due to cancer and other health conditions.

Vaccinating according to the recommended immunization schedule provides your child with safe and effective protection against preventable diseases. If you haven't already, check your child's immunization record and schedule a visit

to their physician or clinic. Doing so now will avoid a potential last-minute rush and will help ensure there are no surprises on the first day of school.

Vaccines are thoroughly tested before licensing, and carefully monitored after they are licensed, to ensure they are very safe. Vaccines are the safest and most effective way to prevent several diseases. They not only protect vaccinated individuals, but also help protect entire communities by preventing and reducing the spread of infectious diseases. Currently, the United States has the safest vaccine supply in its history. The country's long-standing vaccine safety system ensures vaccines are as safe as possible.

Parents can find more about recommended vaccines by visiting www.cdc.gov/vaccines/parents

September is National Food Safety Education Month!

This year's theme focuses on *The Culture of Food Safety*. As a focal point within the restaurant industry, food safety is now synonymous with an operation's reputation. Check out the four weeks!

Week 1: What is Food Safety?



The scientific discipline describing handling, preparation, and storage of food in ways that prevent food-borne illness.

To keep food safe, it is important to control the five most common risk factors that can cause a food-borne illness.

1. Purchasing food from unsafe sources
2. Failing to cook food correctly
3. Holding food at incorrect temperatures
4. Using contaminated equipment
5. Practicing poor personal hygiene

Week 2: Handwashing

Handwashing is the most important part of personal hygiene and is an important part of an operation's food safety culture. Correct handwashing is critical to preventing the spread of pathogens.

Make handwashing an essential part of your operation's culture by: Modeling correct behaviors, giving positive reinforcement, and identifying corrective actions.

Week 3: The Role of Food Safety Training

All employees, from managers to servers to cooks, need to be trained correctly in food safety. Make sure that employees understand risks, there are procedures in place, and food handlers understand correct hygiene.

Week 4: Time and Temp Control

Make taking temperatures an essential part of your operation's culture by having calibrated thermometers readily available and making sure equipment temperatures are correct.

For More Information Visit:
<https://www.servsafe.com/Landing-Pages/National-Food-Safety-Month>

NATIONAL PREPAREDNESS MONTH 2018



September 2018 National Preparedness Month

September is National Preparedness Month! Every year, NPM reminds all of us that we must take action to prepare ourselves and our families for disasters that can impact our communities.

PREPARE NOW **LEARN HOW**

This year's overarching theme is "**Disasters Happen. Prepare Now. Learn How.**" Throughout the month, preparedness staff with the Greater Nashua Public Health Network will be offering activities for community members to learn about preparedness and how to take action to be more prepared.



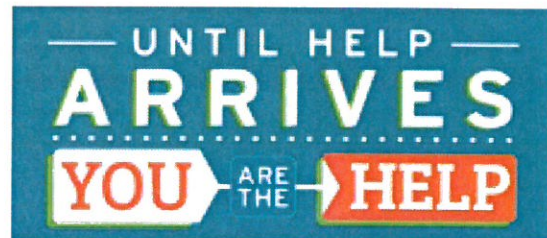
Week 1: Make and Practice Your Plan

In Week 1, all are encouraged to make and discuss an Emergency Plan with their families. Plan with your household, your neighbors, and those in your emergency support network.

Want to learn more? Join the Greater Nashua Public Health Network in a webinar to discuss how to make an Emergency Action Plan on **Thursday, September 6th at 6pm.**

Week 2: Learn Life Saving Skills

During this week, the Greater Nashua Public Health Network will offer two trainings: *Until Help Arrives* and *Narcotics Administration and Substance Use Awareness*. The skills you learn in these classes just may save a life!



Week 3: Check Your Insurance

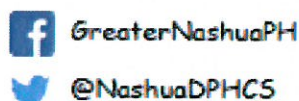
Your home, your personal belongings, and your business are meaningful and valuable assets. If a disaster strikes, having insurance for your home or business property is the best way to ensure you will have the necessary financial resources to help you repair, rebuild, or replace whatever is damaged. **Follow us on social media** to learn more about insurance, quick tips, and actions you can take to protect what really matters most.

Week 4: Save For an Emergency

Over 40 percent of all Americans don't have \$400 in savings according to the Federal Reserve. What will you do if there is a disaster? During the final week of National Preparedness Month, take time to assess, gather, review, safeguard, and update important financial information. Complete an **Emergency Financial First Aid Kit** and learn more at www.ready.gov/financial-preparedness.

Sign Up for classes and learn more about National Preparedness Month activities at www.NashuaNH.gov/PHEP.

Follow Greater Nashua Public Health on Social Media!



What are you are doing for National Preparedness Month?

#GNPHPrepares

Community Health Improvement Plan Progress Update

The 2015-2018 Community Health Improvement Plan (CHIP) identified the top eight health issues in the GNPHR and provided specific goals and objectives for improving health conditions in the priority areas of suicide prevention, mental health, substance misuse, obesity, heart disease and stroke, diabetes, access to healthcare, and public health emergency preparedness.

As the 2015-2018 CHIP planning period comes to a close and the development of the 2018-2021 CHIP begins, evaluating the effec-

tiveness of the previously initiated 2015-2018 CHIP is essential. While program specific advances can be measured and evaluated, systemic change (or lack thereof) is difficult to attribute to individual programs.

Of the eight priority areas identified in the 2015-2018 CHIP, three goals were completely met, while the other five priority areas were addressed through the completion of objectives and strategies. The goals that were completed were; to increase awareness of suicide prevention, indicators, and prevention resources in the GNPHR, to conduct a comprehensive analysis of the



mental health system capacity in the GNPHR, including gaps/needs, identifying mental health resources, and indicating priority areas for improvement, and to increase the capacity of the Greater Nashua Public Health Advisory Council/PHNS to prepare for, respond to and recover from public health incidents.

The Division of Public Health and Community Services is currently working collaboratively with the Greater Nashua Public Health Advisory Council Executive Committee on the 2018-2021 CHIP development process and will use the previous CHIP to inform that process.

What Does Substance Use Look Like in Greater Nashua?

The Division of Public Health and Community Services (DPHCS), based on self-reported studies conducted by the CDC, estimates that about 18% of the Nashua population actively uses substances (not including alcohol), and of that percentage about 5% use opioids. This would mean that about fifteen thousand people in Nashua use substances and of those people about four thousand use opioids. It is likely that this number is underreported due to the self-reported nature of the study design and that the true rate of substance use disorder is in fact higher.

Having an accurate estimate of the extent of substance use disorder is essential in order for DPHCS

to track the effectiveness of prevention and intervention based strategies in the community. An accurate estimate of the rate of substance use disorder in conjunction with demographic information about the population may also inform the development of programs and policies to better serve and protect the substance use disorder population itself and the community at large.

In order to develop an accurate estimate of the extent of substance use disorder in the Greater Nashua, DPHCS has begun the process of creating focus groups with the objective of understanding what substance use really looks like in Greater Nashua. The target population will be community members

who are already engaged with DPHCS outreach staff.

After the focus group series is complete, a generalizable online survey will be available for all community members to participate in. The community survey will ask similar questions that will be asked in the focus groups. Statistically, DPHCS will utilize multiplier methods in order to get an accurate estimate of the substance use disorder population size in Nashua and the region.

Stay tuned!



Division of Public Health and Community Services Community Health Department

DPHCS Clinic Schedule

Tuesdays:

Blood Pressure: 1:30-3:30 pm
Immunization: 4:00-7:00pm
TB Testing: 4:00-7:00pm

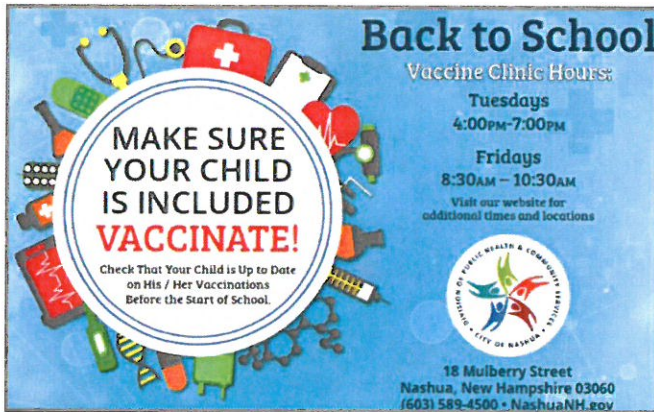
Thursdays:

STD/HIV/HCV; 3:00-6:00pm
Blood Pressure: 3:00-6:00pm

Friday:

Blood Pressure: 8:30-10:30am
Immunization: 8:30-10:30am
TB Testing: 8:30-10:30am
*Lead Testing 8:30—10:30am

*Call for more information prior to visiting DPHCS clinic



Clinic Services Available

Always private and confidential

Immunizations (\$10 per person)

- Pneumonia
- Hepatitis A
- Hepatitis B
- Shingles *call to check availability
- Td (Tetanus, Diphtheria)
- Tdap (Tetanus, Pertussis, Diphtheria)
- Influenza (Flu) \$15 for adults and free for children & uninsured adults

Free Blood Pressure Screening

HIV/HCV Screening, Testing, and Counseling

Although a fee is requested, no one will be denied immunization treatment due to inability to pay.

Please bring in past immunization records if available.

For more information: 603.589.4500

NH RESPONDS

NHResponds is the system used pre-register health and general volunteers who have indicated their interest in responding in an emergency. The New Hampshire Emergency System for the Advance Registration of Volunteer Health Professionals (ESAR-VHP) is an electronic database of emergency volunteer health professionals using a common national credentialing system so volunteers can be easily identified to assist in an emergency response.

For more information:

<https://www.nhresponds.org/nhome.aspx>



Improving Health. Preventing Disease. Reducing Costs for All

The New Hampshire Public Health Association (NHPHA) supports science based public health policy and has a goal of informing citizenry of changes needed in the laws and government in order to improve public health. They track bills and attend hearings on public health issues. To check the status of NHPHA's position on current NH bills or to subscribe to the "Health in All Policies" E-News, check out their website:

<http://nhpha.org/advocacy/current-activities/bill-tracking>

Upcoming Events

September

*Preparedness Month, Recovery Month, Childhood Obesity Awareness Month,
Food Safety Education Month*

20

9AM-2PM: Stand Down for Homeless Vets
Harbor Homes, 77 Northeast Blvd., Nashua

October

National Substance Abuse Prevention Month, Breast Cancer Awareness Month

5

5-7:30PM: Community Food Celebration
SNHMC 10 Prospect St., Nashua
Register here: <https://bit.ly/2wbrU31>

10

8AM-5PM: Greater Nashua PHAC Annual Meeting
Courtyard by Marriott, Nashua

16

5:30-6:30PM: Narcan Training
Harbor Homes, 45 High St., Nashua
Register here: <https://bit.ly/2P5C3FB>

22-28

Lead Prevention Week

23

8:30-3:30: NH Healthy Homes Annual Conference
Concord Grappone Conference Center.
To Register: <https://nhhealthyhomes.com/>

23-31

Red Ribbon Week

25

8-4:30PM: Safe Stations Academy Conference
Sky Meadow Country Club.

Register here: http://harborhomes.org/events/ssa_conference/

November

American Diabetes Month

24

5-10PM: Holiday Stroll, Main Street Nashua

Interested in having your event added to our calendar?

Please contact Courtney at ellisonc@nashuanh.gov or 603.589.4552

Trainings

Trainings and Presentations Available

The Division of Public Health and Community Services has the ability to provide trainings, presentations, and webinars. Trainings can be conducted at the Division of Public Health and Community Services, at your organization, conference, or online.

Our trainings and presentations can be adaptable to most audiences and if you don't see a training that fits your needs, we are happy to work with you.

For a full listing of our trainings visit: <http://bit.ly/28KWBy0>

**To schedule a presentation
or for more information,
contact Courtney Ellison
ellisonc@nashuanh.gov
603.589.4552**

Stay Informed—Get Connected!



GreaterNashuaPH

NashuaDPHCS



@NashuaPHealth

Help Spread the Word!

If you like this newsletter,
please share with your friends,
family, and colleagues!



Nashua Public Health



Instagram

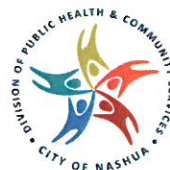
NashuaDPHCS

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Division of Public Health and Community Services

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PREVENTION OF SUBSTANCE USE IS A COMMUNITY RESPONSIBILITY

WHAT CAN COMMUNITIES DO TO PREVENT SUBSTANCE MISUSE?

- LOCK UP YOUR PRESCRIPTIONS
- SUPPORT LOCAL EFFORTS TO KEEP YOUTH HEALTHY
- LEARN & SHARE RESOURCES
- GET INVOLVED, VOLUNTEER!



THE COMMUNITY IS HEALTHIER & SAFER WITH YOUR PARTICIPATION. WE ARE ALL PART OF THE SOLUTION.

Addressing Substance Misuse in the Greater Nashua Region

Substance Misuse is a national topic of concern. "In 2015, 66.7 million people in the United States reported binge drinking in the past month and 27.1 million people were current users of illicit drugs or misused prescription drugs"¹. The effects of substance use in an individual reverberate throughout the community. The cost of substance use include decreased mental and physical health, lost productivity, increased crime and violence, child abuse and neglect, healthcare costs, increased motor vehicle crashes with the most impactful cost being the lives lost to this disease. Every year in the United States 88,000 deaths are attributed to alcohol misuse². In addition, in 2014 there were 47,055 drug overdose deaths including 28,647 people who died from a drug overdose involving some type of opioid —more than in any previous year on record³. In the Greater Nashua Region the concerns are the same. In Nashua, the number of overdose deaths increased from 19 in 2015 to 37 in 2016⁴. According to the Nashua Police Department Annual report, the number of Drug Offenses has increased from 404 offenses in 2015 to 574 in 2016⁵. Hope is not lost to turn the tide on the substance use crisis facing the Greater Nashua Community. All citizens have a role to play in addressing substance misuse within the community. Substance misuse prevention works. treatment is effective and people recover! If you want to become part of the solution, learn more about the substance misuse prevention and continuum of care efforts in the Region.

Substance Misuse Prevention

In 2007, the State of New Hampshire launched a progressive Regional Network System for alcohol and drug misuse prevention. The Greater Nashua Prevention Network also known as *Beyond Influence* was created through this statewide initiative to deliver comprehensive, multi-level, data driven, community based prevention to the Greater Nashua Region.

Continuum of Care

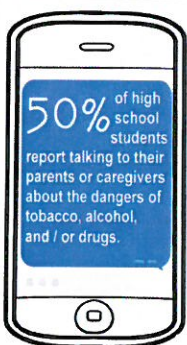
In coordination with a whole-person approach, the NH Bureau of Drug and Alcohol Services (BDAS) is committed to developing comprehensive, effective, and accessible continuum of care in every region of the state that includes prevention, identification, early intervention, treatment, and recovery supports, that is integrated with primary and behavioral health.

Substance Misuse Prevention

“Prevention is the word is the word, that you heard. It’s got groove, it’s got meaning”

New Hampshire is going through a Public Health crisis involving opioids. In times of crisis it’s understandable that people may want to find an easy and fast fix to a problem. The issue of substance use disorders (SUD) is not an easy one to solve. SUD is a complex disease that impacts brain function. Mental health is often intertwined with SUD making the issue even more complex. The most comprehensive way to address SUD is through a multi-level, data driven community based approach. Successful outcomes can be achieved by applying that approach throughout the continuum of care starting in

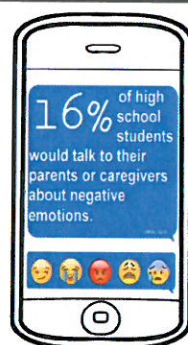
community based prevention system by convening stakeholders within the community. The SMP Coordinator along with community stakeholders convened to create the Greater Nashua Strategic Plan for Prevention 2016-2019. This document is available on-line at (<http://www.dhhs.nh.gov/dcbcs/bdas/documents/nashua-workplan.pdf>). The SMP Coordinator also promotes prevention within the community, promotes mental health awareness and suicide prevention. The Principles of Substance Misuse Prevention promote building people up by strengthening leadership, community engagement, self-



Did you know in the Greater Nashua Region...

No age is too young to start the conversation

For tips on how to better communicate with your child visit: drugfreenh.org



prevention work but extending it into intervention, treatment and recovery supports. The Prevention Framework which ensures that prevention work follows certain steps which include:

- Assessing the needs of the community.
- Building capacity for prevention services
- Planning the who, where, what, when and how services are being offered.
- Implementing the programs, services or strategies
- Evaluating the effectiveness of the work

The Prevention Framework also follows the guiding principles of cultural competence and sustainability. The Substance Misuse Prevention (SMP) Coordinator’s task is to create a multi-level, data driven and commu-

esteem and healthy lifestyles. It does not use scare tactics to achieve its goal of creating a healthier and safer community. Because this is a community based approach we encourage anyone who wants to become involved to be part of the solution. Community members can start by becoming more informed about substance use disorders by scheduling a training or presentation. You can also join the regional prevention team or a local coalition. For more information about local coalitions please see page four of this document for contact information and locations of active coalitions within the Greater Nashua Region. To learn more about scheduling a training contact the SMP Coordinator or COC Facilitator, contact information on page four. Prevention works. Treatment is effective and people recover!



WELCOME TO The Nashua

Photo Voice Gallery

Presented by the Nashua Division of Public Health and Community Services



Please enjoy viewing the stories Nashua's youth have told through photography!

Prevention Presentations Available

- **Prevention at Home** - the objective of this presentation is to understand that substance misuse prevention starts at home and give tools to discuss substance misuse at different ages in order to promote communication and keep children safe. This presentation is given in separate sessions focusing on diverse age groups.
 - Prenatal to 5 year olds
 - Six to 12 year olds
 - Teens and young adults
- **Substance Use Disorder and Language** - The objectives include understanding how the brain is impacted by substance use and learning the difference between helpful and unhelpful language regarding substance use disorders.
- **Drug-Free Workplace Policy** - The objectives of this presentation include understanding the financial toll that substance use has on the workplace, how to establish policies that support a drug-free workplace and support employees in recovery.
- **Prevention in Parental Support Services**—Objectives include understanding substance use disorder and supporting children’s substance misuse prevention from a parental support role.

The Greater Nashua Community recognizes that
addiction is a disease.
 We encourage you to reach out and get help.

The NH Addiction Crisis Line
 1-844-711-HELP

Continuum of Care for Substance Use Disorders

Substance Misuse Continuum of Care

The Continuum of Care (CoC) is an integrated framework that depicts synergy, collaboration, and communication with key stakeholders involved in promotion, prevention, treatment, and recovery. It “encourages communities to support resiliency and recovery and to lay the foundation for public health regions to begin to address the gaps in the continuum over time” (Bureau of Drug and Alcohol Services -BDAS, 2016). Whole-person and whole-community support is vital for the CoC’s success in promoting health, preventing the misuse of substance and overdoses, assuring access to patient-centered and individualized treatment, and helping those suffering from SUD achieve supported, long term recovery.

Continuum of Care Facilitator

Throughout this public health crisis New Hampshire has seen a significant rise in substance use, followed by an increase in demand for SUD services. This increase in demand for services exposed major gaps and barriers within the network of services and the CoC. In response to identifying and acknowledging these gaps in access, BDAS created a position with the main commitment to “developing comprehensive, effective, and accessible continuum of care in every region of the state that includes prevention

identification and early intervention, treatment, and recovery supports, and integrated with primary and behavioral health” (BDAS, 2016).

Every public health region in New Hampshire now has a Continuum of Care Facilitator. In addition to engaging and networking within the region, the CoC Facilitator is tasked with developing a regional gaps assessment and CoC plan. The regional gaps assessment analyzes data collected within the community to expose barriers and breaches within the continuum. New Hampshire’s 2016 Substance Use Disorder Continuum of Care Assets and Gaps Assessment Result is available to read online at <https://www.dhhs.nh.gov/dcbcs/bdas/documents/coc-assessts-gap.pdf>.

Continuum of Care Presentations Available

Naloxone/Narcan Training—The objective for this training is to learn the signs of an overdose and how to administer Narcan/Naloxone. Participants of this training will receive a Narcan kit .

Talking ‘Bout My Generation—The objective on this presentation is to discuss and gain an understanding of Substance Use in New Hampshire focused on 18-25 year olds (who compose the largest demographics of substance misuse in New Hampshire).

Harm Reduction and Syringe Service Presentation—What is Harm Reduction in the context of Substance Use Disorder. What services are considered harm reduction? What are the benefits of a syringe service program.

SUD Assessments for Adolescents—What are the most common forms of assessments available for adolescents and in what settings are they used.

The Language of Recovery

INSTEAD OF...	TRY...
Addict, junkie, alcoholic	Person with a substance use disorder (SUD)
Addiction	Substance use disorder (SUD)
Clean	Abstinent, not using
Former addict	Person in recovery
Relapse	Resurgence/re-occurrence
Drug abuse	Drug use or drug misuse
Dirty	Actively using
Crazy	Experiencing a mental health crisis
Suicidal	Having thoughts of self-harm/suicide

merrimacksafeguard
helping youth and families make positive choices



Citations and References

- Center for Behavioral Health Statistics and Quality. (2016). Results from the 2015 National Survey on Drug Use and Health: Detailed tables. Rockville, MD: Substance Abuse and Mental Health Services Administration.
- Stahre, M., Roeber, J., Kanny, D., Brewer, R. D., & Zhang, X. (2014). Contribution of excessive alcohol consumption to deaths and years of potential life lost in the United States. Preventing Chronic Disease, 11(E109).
- Rudd, R. A., Aleshire, N., Zibbel, J. E., & Gladden, R. M. (2016). Increases in drug and opioid overdose deaths — United States, 2000–2014. MMWR, 64(50), 1378-1382.
- American Medical Response, Overdose Report for Nashua, June 2017.
- Nashua Police Department Annual Report 2016.

Additional Resources available.:

Your Recovery Is Our Priority!
Call the NH Statewide Addiction Crisis Line

1-844-711-HELP

hope@keystonehall.org



Local Coalitions

Nashua Prevention Coalition

Meets the first Wednesday of the month at 20 Broad St. Nashua NH at 3:00pm

For more information contact Jan Valuk via email at: NPCDirector@unitedwaynashua.org

Merrimack Safeguard

Meets the first Thursday of the month at 646 Daniel Webster Hwy, Merrimack, NH at 6pm

For more information contact Tom Prentice via email at: tprentice@merrimacknh.gov

Community Action for Safe Teens (CAST)

Meets the second Wednesday of the month at 66 Elm St, Milford, NH at 3:30pm

For more information contact Monica Gallant at: mgallant4@aol.com

Pelham Community Coalition

Meets the third Thursday of the month at 36 Village Green, Pelham, NH at 6:00pm

For more information contact the coalition via email at: pelhamcoalition@gmail.com

Litchfield Community Coalition

Meets quarterly at Litchfield town hall.

For more information contact Kelly Fraser at: Kfraser@litchfieldsd.org



Beyond Influence

18 Mulberry Street
Nashua, NH 03060

SMP Coordinator 603.589.4538 phone

VasquezL@NashuaNH.gov

603.594.3452 fax



www.gonashua.com/649/Substance-Misuse-Prevention

2015-2018 GREATER NASHUA COMMUNITY HEALTH IMPROVEMENT PLAN

WORKING TOWARDS A HEALTHIER NASHUA REGION

The work of community health improvement in the Greater Nashua region is supported by an ongoing three year process where local health information and data is assessed, priority issues are identified and strategies for improvement are implemented. The Greater Nashua region completed a

Community Health Assessment (CHA) in 2011, that was followed by the 2012 Community Health Improvement Plan (CHIP) and by implementation efforts supported by the community. A second CHA was completed in 2014, followed by the 2015 CHIP plan. Community

partners from all sectors participate on a Public Health Advisory Council that guides the process and will lead improvement initiatives over the 2015-2018 period. The next CHA will be published in 2017.

Read the complete CHIP
www.nashuanh.gov



PUBLIC HEALTH ADVISORY COUNCIL

The 2015-2018 CHIP is an aggressive, yet realistic, plan that will assist the network of community partners known as the Public Health Advisory Council (PHAC) as they work collaboratively to improve health in the greater Nashua Region. As part of efforts to formalize the council and to improve visibility and recognition for public health efforts, CHIP initiatives are identified with the PHAC branding logo.



Greater Nashua • Greater Health

Greater Nashua Community Health Improvement Plan 2015-2018

Summary Brochure



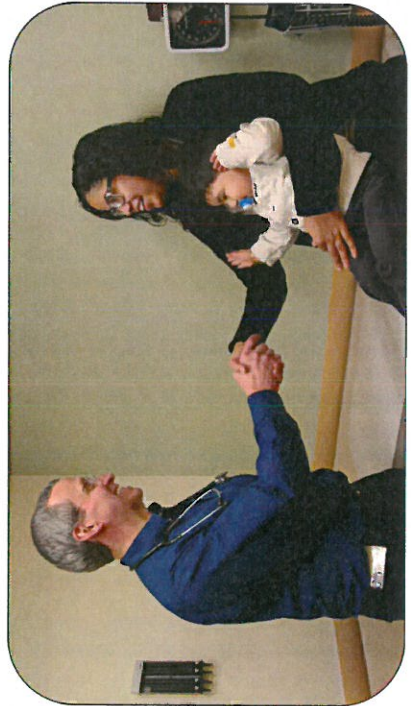
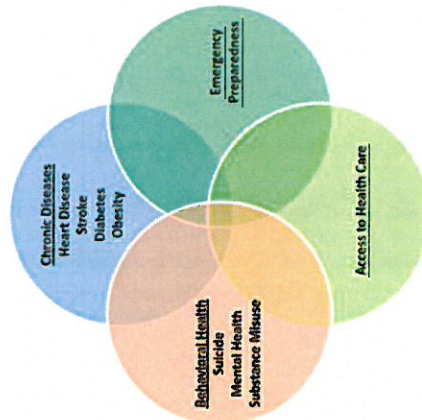
What is a Community Health Improvement Plan?

A CHIP details goals, objectives, and strategies for addressing health needs identified by the Community Health Assessment. Topic areas are prioritized, and action plans are implemented.

Why CHIP?

Engage community partners • Provide a framework for addressing community-wide issues • Provide information to the public • Work systematically to improve health status • Monitor changes and trends

Build partnerships and coalitions



The Greater Nashua community supports the CHIP through commitments of staff time and resources. See the complete CHIP report for more details.



Suicide, Mental Health, and Substance Misuse have been combined as Behavioral Health.



Chronic disease is a leading health issue in the United States. The CHIP will guide regional efforts to reduce obesity, diabetes, heart disease and stroke.



A Collaborative Effort

The Public Health Advisory Council Executive Committee members identified four main priority areas for the 2015-2018 improvement cycle. These areas are broken down below.

Priority Topic	2015-2018 CHIP Goals
1) Behavioral Health Suicide	Increase awareness of suicide prevention, indicators, and prevention resources in the Greater Nashua Public Health Region Conduct a comprehensive analysis of the mental health system capacity in the Greater Nashua Public Health Region, including gaps/needs, identifying mental health resources, and indicating priority areas for improvement
Mental Health	Decrease substance misuse in the Greater Nashua Public Health Region
Substance Misuse	Reduce overweight and obesity in the Greater Nashua Public Health Region
2) Chronic Disease Obesity	Provide chronic disease education and screening opportunities in the Greater Nashua Public Health Region to increase awareness and reduce rates of heart disease and stroke
Heart Disease and Stroke	Provide chronic disease education and screening opportunities in the Greater Nashua Public Health Region to increase awareness and reduce rates of diabetes
Diabetes	Enhance access to quality, comprehensive healthcare services in the Greater Nashua Public Health Region
3) Access to Healthcare	Increase capacity of the Greater Nashua Public Health Advisory Council/Public Health Network Services to prepare for, respond to and recover from public health incidents
4) Emergency Preparedness	

Information and Resources:

More information on the CHIP report can be found on the City of Nashua, Division of Public Health and Community Services website at <http://bit.ly/lm4HBSc>
Look for examples of CHIP programs in the community:

- Million Hearts Campaign: <http://usa.gov/lcwbDxAc>
- 5-2-1-0 Program: healthy guidelines for nutrition and physical activity: <http://www.letsgo.org/>
- My Health My Care Video Series: increasing knowledge on access to care <http://bit.ly/1OQNhsa>

Contact:
City of Nashua
Div. of Public Health and Community Services
18 Mulberry St.
Nashua, NH, 03060
Tel. 603-589-4560



What is Public Health?

Public Health is the science of protecting and improving the health of communities through education, promotion of healthy lifestyles, and research for disease and injury prevention.

Who We Are

The Division of Public Health and Community Services is the public health entity for the City of Nashua. It is the first accredited Health Department in New Hampshire. All of the Departments within the Division offer services that directly impact the health, social, and economic well-being of the residents of the City of Nashua and the surrounding communities.

We provide trainings, presentations, and webinars on a variety of health topics

Learn more here:

<http://bit.ly/DPHCSTrainings>

Office Hours

Monday - Friday

Community Services

8am-5pm

Community Health

8am-5pm

Environmental Health

8am-12pm, 1-5pm

City Welfare

8:30am-12pm, 1pm-4:30pm

Contact Information

Environmental Health

603.589.4530

Community Services

603.589.4560

City Welfare

603.589.4555

Community Health

603.589.4500

Find us and follow!



Nashua Public Health



@NashuaPHHealth



Nashua DPHCS

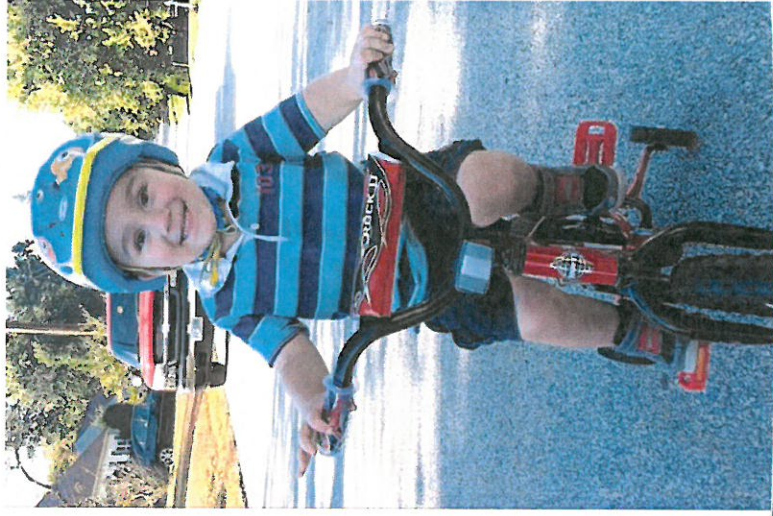


Greater Nashua Public Health

Nashua DPHCS



Scan the QR code to visit our website!



Community Health

Clinic Hours

Tuesdays:

Blood Pressure 1:30-3:30pm

Immunization* 4-7pm

TB Testing 4-7pm

Thursdays:

STD/HIV/HCV 3-6pm

Blood Pressure 3-6pm

Fridays:

Blood Pressure 8:30-10:30am

Immunization* 8:30-10:30am

TB Testing 8:30-10:30am

* 10\$ fee requested, but no one will be denied immunizations due to inability to pay

City of Nashua
Division of Public Health
and Community Services

18 Mulberry Street

Nashua, NH 03060

Nashuanh.gov/DPHCS



City of Nashua
Division of Public Health
and Community Services

Promote. Protect. Prevent.

Revised: June 2017

cation programs through the organization of and participation in community outreach events, trainings and maintenance of the Division's website and social media presence.

Community Services Department
603.589.4560

The Community Services Department coordinates cross-departmental projects such as Public Health Accreditation, Strategic Planning, the Community Health Assessment, and the ongoing work of The Community Health Improvement Plan. The activities help community members gain an understanding of the health concerns and needs of residents, community's assets, and resources by analyzing and disseminating public health data. This department houses the Regional Public Health Network Services, which includes initiatives related to Substance Misuse, Public Health Emergency Preparedness, the Public Health Advisory Council, and Health Promotion & Education.

Community Services staff facilitate efforts of the **Greater Nashua Public Health Advisory Council (PHAC)**. The Greater Nashua Regional Public Health Network Services program coordinates and facilitates the Greater Nashua PHAC, a network of organizations and individuals that work together to improve the health of the Region and its residents. The PHAC informs the development of regional Community Health Assessments and its partners are integral in the successful implementation of the Community Health Improvement Planning process.

The Public Health Promotion Specialist Plans, organizes, and implements health edu-

Environmental Health Department
603.589.4530

The mission of the Environmental Health Department is to protect the health of the public by defining, eliminating, controlling and managing environmental hazards. This is accomplished through the enforcement of laws and ordinances that protect the public from harmful environmental factors, often in collaboration with other City or State partners. This department:

- Licenses and inspects food service establishments, swimming pools and spas
- Inspects child care, foster homes and schools
- Responds to complaints regarding sanitation and environmental health hazards
- Oversees Rabies Control activities
- Approves demolition, septic and subdivision plans

- Provides education to the public



emergency assistance for income eligible residents. Assistance is available with rent, food, utilities and medications. Each applicant will be interviewed confidentially to review household circumstances and eligibil-

Community Health Department
603.589.4500

The Community Health Department provides services that protect the public's health by ensuring that individuals are tested, treated, and/or provided vaccinations that protect the entire community from communicable disease. This department is comprised of nurses, outreach workers, and a LADC who provide regional services.

- Child and Adult Immunizations
- Flu Clinics
- Blood Pressure Clinics
- Tuberculosis Testing
- Sexually Transmitted Disease (STD), Hepatitis C (HCV), and HIV testing and counseling
- Communicable Disease Investigation
- Asthma Home Visiting Program
- Drug and Alcohol Counseling with Licensed Drug and Alcohol Counselor

In collaboration with Community Development, **The Healthy Homes Program** provides childhood lead poisoning case management and healthy homes activities in the Greater Nashua Region.

The **Public Health Emergency Preparedness** program coordinates with partners to increase the capacity of the Greater Nashua Public Health Region to efficiently and effectively prevent, protect against, prepare, respond to, and recover from emergencies and disasters that will potentially impact the health of our residents. Planning includes mass dispensing of medication or vaccine in response to a disease outbreak.

DPHCS houses the Substance Misuse Services Program for the Greater Nashua Public Health Region, called **Beyond Influence**. The program has two staff members, one who focuses on **Prevention (SMP Coordinator)** and the other who focuses on the **Substance Misuse Continuum Facilitator (COC)**.

The **SMP Coordinator** focuses on education and awareness within our community to understand the prevalence and increase protective factors against substance use disorder. The SMP Coordinator provides technical assistance to stakeholders and agencies looking to implement evidence based prevention programs.

The **COC Facilitator** brings partners, providers and stakeholders together to build relationships, share resources and collaborate on initiatives to increase substance misuse services within the Region

Welfare Department
603.589.4555

The Welfare Department provides interim