

**THE COMMUNITY RESOURCE NETWORK
 SPRING NETWORKING MEETING
 AGENCY INFORMATION
 5/13/11 Meeting**

A Safe Place **

The mission of A Safe Place – Domestic Abuse Support Services - is to break the cycle of domestic abuse by providing crisis intervention, support services, education and advocacy to survivors, their families, and the community. We serve all of Rockingham and Strafford Counties and have outreach offices in Salem and Rochester. We also have a 24 hour hotline and a 24 hour emergency shelter in a confidential location. Our advocates provide support in the courts for Restraining orders, Divorce and Custody issues, and assist victims in obtaining legal services and provide advocacy with various social service agencies. We also have weekly support groups in each of our office locations. All the services A Safe Place provides are FREE and Confidential. Seeking help is the first step for victims of domestic abuse who want to take back their lives and journey forward from victim to survivor!"

24-hour Hotline: 603.436.7924

Administrative Office Line: 603.436.4619

Rochester, NH

24-hour Hotline: 603.330.0214

Salem NH,

24-hour Hotline: 603.890.6392

24-hour TOLL FREE (in NH): 1.800.854.3552

Website: www.asafeplacenh.org



The Adult Learner Services Program of Rockingham County

The Adult Learner Services Program of Rockingham County offers adults free, confidential, one-to-one and small group instruction in basic reading, math, writing, English for Speakers of Other Languages (ESOL) and preparation for the high school equivalency exam (GED). Volunteer tutors receive training, materials and ongoing support as they work in partnership with their students to reach individual educational goals. Customized small group instruction can be arranged where there is a need in the community

Katie Walker kwalker@sau16.org

Adult Learner Services Coordinator

Tuck Learning Campus

30 Linden Street

Exeter, NH 03833

tel (603) 775-8458 fax (603) 775-8430 www.sau16.org/adult.htm

The Birchtree Center

Our nonprofit organization improves the quality of life for children and youth with autism and their families through nurturing relationships, therapeutic programming and specialized education. Our center in Newington offers a year-round special educational day program for students with autism aged 2-21 years. Our Outreach Program provides consultation, training,

direct services and support for students, families, schools and community agencies in New Hampshire, Maine, Massachusetts, and Vermont.

The Birchtree Center

2064 Woodbury Avenue, Suite 204

Newington, New Hampshire 03801-2808

603-433-4192; www.birchtreecenter.org



Camp Gundalow before and after-school program

With the 2010-2011 school year in full swing, the Camp Gundalow afterschool program is off with a bang! So far this year, students have made nature houses, paper plate animals and decorations and are now working on their own books. Students in the afterschool program have also had hands-on learning opportunities for healthy cooking. We have made granola, banana-oat muffins, whole-wheat pita chips, and yogurt fruit-dip for fruit kabobs. Students were able to show their completed projects and works in progress to their parents at our Open House and Parents Night on September 21st.

Afterschool students are looking forward to starting swimming lessons in October at the Portsmouth YMCA. Swimming lessons are included in registration prices for the day and a family membership to the YMCA is offered with full time enrolment in the afterschool program. Upcoming field trips for October include attending a corn maze and going apple picking. Please feel free to contact Bailey Agakian at bagakian@seacoastymca.org or by phone at 802-318-3794 for any additional information.

Caring Companions of Easter Seals NH **

Caring Companions is one of the state's trusted sources of non-medical home care services for seniors, disabled and chronically ill persons. We serve individuals statewide and have qualified, screened and trained Easter Seals employees ready to assist. Flexible hours, consumer choice, consistency, individualized care and follow through are keys to our success. Our goal is to work together to enable consumers and/or their loved ones to live at home safely and independently. Services we provide include: housekeeping; personal care; transportation; meal preparation and companionship.

Contact person: Laurie Duff, Director lduff@eastersealsnh.org
603 621-3497 1-800-870-8728 Website: www.nh.easterseals.com

Casey Family Services

Casey Family Services, New Hampshire division is a non-profit organization offering an array of services to support and strengthen children, families, and communities statewide with offices in Concord and Littleton. Casey offers foster care services to children who cannot live with their birth families, primarily due to neglect or abuse. Services focus on the safety and healthy development of the child, including the development of lifelong family connections that help children exit foster care and prepare for adulthood. To support its work, the division has a great need for individuals and couples to serve as foster or adoptive parents to children in care. Casey is the direct services agency of the Annie E. Casey Foundation.

Chris Doyle cdoyle@caseyfamilyservices.org
105 Loudon Road, Building Two, Concord, NH 03301; 603.224.8909 telephone
551 Meadow Street, Littleton, NH 03561; 603.444.9909 telephone
newhampshire@caseyfamilyservices.org

The Chase Home for Children

The Chase Home for Children is licensed by the State of New Hampshire to provide residential treatment services for a maximum of twenty-five male and female adolescents who, for a variety of reasons, cannot live at home. Residential Treatment Services include behavior modification interventions; individual, family and group therapy; psycho-educational groups, family outreach; educational services; and, independent living skills building. Other program components include art, photography, computer skills, and woodworking as well as a Ropes Course (lower elements) located on the grounds.

The length of stay for residential services varies according to individual needs. Traditional placements average 6 months. Emergency placements range from a 24 hour stay up to 2 or 3 weeks. Regardless of the type of placement or length of stay, all residents are fully integrated in the program.

As an Intermediate Level Residential Treatment Program, *The Chase Home* focuses on community based treatment. As such, all residents attend public school and receive therapy and medical services in the community. Residents also participate in recreational and cultural activities and are volunteers and/or employed in the community.

The fundamental principles of *The Chase Home* philosophy are based on respect, responsibility and community and the belief that children and adolescents need a positive and structured environment that fosters behavioral changes needed to maintain appropriate and safe behaviors in the community. The program strives to help each resident improve self-esteem and increase self-reliance.

The Chase Home has broadened its array of services and now offers **Intensive Family Collaboration (IFC)** which combines a short term (up to 45 days) residential stay with a 4 to 5 month aftercare component. The goal of IFC is to assist the family in managing the family's stress and facilitate connections to community supports which will enable the child to be maintained in a safe and stable family environment after the conclusion of IFC. While participating in IFC, residents may take full advantage of all programmatic activities of *The Chase Home* including participation in group work and cultural and recreational events.

Laurie Liskow lliskow@chasehome.org

698 Middle Road * Portsmouth, New Hampshire 03801 * Phone 436-2216 Fax (603) 431-5147

Child and Family Services

ADOPTION AND EARLY CHILDHOOD



•**Adoption Services**— Unbiased, confidential counseling for parents facing unplanned pregnancy; expert adoption planning services available. Home studies for domestic and international adoptions; consultation and mediation. Post-adoption search and reunion coordination including counseling and support for birth parents, adoptees and siblings.

•**Early Supports & Services/Early Intervention**—Provides family-centered early supports and services and therapies to infants and toddlers who have developmental disabilities, developmental delays, or who are at risk of developmental delays. Birth to three. Services are provided in the child's natural environment.

•**Healthy Families Home Visiting Program**—Serves pregnant women through an array of services that work to ensure good prenatal care, successful birth outcomes, positive early parent/child relationships and optimal early childhood development.

TEEN AND YOUNG ADULT SERVICES

•**Student Assistance Program**—An array of school based programs dedicated to ensuring positive academic and social outcomes for students. Focuses on substance abuse prevention, violence prevention, successful home-school partnerships, positive peer leadership, goal

development and life skills training. Provides individual, family and/or group counseling and case management.

●**Transitional Living Program**—Safe, stable housing and supportive services provided to homeless youth ages 18-21. Services include mentoring, life skills training that helps with cooking, laundry, budgeting, educational support and more. Katie reeder reederk@cfsnh.org

●**Street Outreach**—Assistance to street youth, homeless youth and those at risk of homelessness. Provides direct relief and opportunities for runaway and homeless youth to stay safe while finding stable home environment. Derek Price in the Portsmouth, Hampton area: priced@cfsnh.org and Jennifer Brooks in the Rochester school system brooksja@cfsnh.org

●**Housing Support Program**—Works to re-house young adults who are at risk of becoming homeless. Provides security deposits, subsidizes utility bills, assists with employment and building independent living skills and covers rent while individual becomes self-sufficient.

COUNSELING

Therapeutic counseling for children, youth and adults, couples and families. Help with child behaviors, problems in school, divorce and step-family adjustment, family violence, relationship conflicts, emotional complaints, stress, self-defeating behaviors, addictive behaviors, loss and trauma, anxiety, phobias, compulsions.

► Clinicians can also provide services within local elementary schools. Most insurances accepted. Generous sliding fee scale available.

FAMILY SUPPORT

●**Permanency Solutions/Foster Care**—Multi-faceted program that tailors a spectrum of therapeutic, social and community services to the specific needs of a child and his/her family. Facilitates permanence through family stabilization or reunification. Includes foster care services such as placement, foster parent training and family support.

●**Integrated Home Based Services**—A 90-day service designed to restore positive family functioning by providing intensive support and intervention. Includes family therapy, tracking and/or parent support.

●**Turnabout**— Intensive tracking, supervision and/or mentoring of adjudicated youth (age 11-17). Community based.

●**Parent Aide (Child Health Support Services)**— Provides supervised visits between parents and children and offers practical help with parenting and household management.

●**Deployment Cycle Support Program**—A military-civilian partnership designed to assist service members and their families before, during and after deployment.

Care coordinators work with families to provide anything from mental health counseling, home-based family support, transportation, housing, emergency financial assistance, counseling for children at home and school, child care and respite services, employment assistance, help with accessing and navigating the healthcare system, and more.

SUMMER CAMP

●**Camp Spaulding**—An overnight summer camp for boys and girls ages 8-14. Activities include an equine program, arts & crafts, archery, canoeing, fishing, swimming lessons, hiking, field trips, activity days, campfires, a wilderness camp program and high and low ropes courses. Four 2-week sessions each summer.

COMMUNITY EDUCATION & OUTREACH

●**ParentLine**—Free and confidential parenting advice that is accessible by emailing parentline@cfsnh.org or by calling a toll-free warm-line, 1-800-640-6486.

ADVOCACY

•**NH Children's Lobby**—Improving the lives of children and families through legislative, judicial, and public policy initiatives. Members receive newsletter and action alerts during legislative session.

1-800-640-6486 www.cfsnh.org



Community Child Care Center of Portsmouth

Founded in 1967, the Community Child Care Center of Portsmouth (CCCC) provides a quality, affordable program for children in the Seacoast New Hampshire area. CCCC provides early education, all inclusive preschool, and before & after school programming to children age 8 weeks through 12 years old in Portsmouth and Greenland. CCCC is an education center assessing children for social, emotional, cognitive, physical, and language development regularly, and is accredited by the National Association for the Education of Young Children (NAEYC). CCCC has programs at Community Campus, in all three Portsmouth Elementary Schools, and Greenland Central School. The center serves 300+ children currently, and its mission is to provide quality affordable care to all families, and advocate for children and families in need. We partner with DHHS, DCYF, Portsmouth and Greenland School Districts, Great Bay Community College, The City of Portsmouth, and more to serve all families. **Tuition assistance and scholarships are available for all low income families (currently 30% of our 250 families receive assistance).** For more info call 603-422-8223,

We have **openings currently** in preschool through school-age programs, as well as PEAK full-day summer camps for Portsmouth and Greenland students in 1st through 5th grades! For more info call 603-422-8223.

Visit communitychildcarenh.org, or follow us on FaceBook and twitter! Look for news on our fall and spring fundraising events coming soon!

Community House Calls **

Community House Calls of Chester, NH was recognized as the 2006 winner and the 2007 finalist of the New Hampshire Better Business Bureau Torch Award for Marketplace Ethics. This honor recognizes high ethical standards of behavior towards customers, employees, suppliers, and communities in which they do business. This private-pay company is additionally a Medicaid approved provider for HCBC and a VA approved contractor.

Community House Calls offers innovative programs designed to support people in their own homes, empowering them to live safer, more productive lives. They offer professional services that balance the challenges of aging with the on-going demands of home ownership - thereby providing peace of mind for both the individuals and their families.

Community House Calls believes in treating every client on an individual basis, listening well to not only their needs, but also their desires, and in so doing is making a substantial difference to clients, one client at a time - maximizing their independence at home.

Community House Calls offers start to finish service and reliability. Services, both one-time and on-going, include: home safety & accessibility assessments & reports; home safety modifications such as ramps, hand rails, doorways widened & thresholds removed; bathroom safety modifications such as barrier free showers and grab bars; routine and preventative maintenance programs; seasonal home adjustments; and minor home repairs & improvements- as well as a variety of other services.

Service area encompasses the greater Manchester, Nashua & Seacoast areas of NH. You may reach them at: 603-887-7878 or 1-888-887-0688, or on the web at:

www.communityhousecalls.com



Community Partners

Community Partners is designated by the State of New Hampshire as the Community Mental Health Center and Area Agency for Developmental Services in Strafford County.

- Behavioral health services include 24/7 crisis intervention services; group, individual and family therapy; youth and family services; community support programs for persons with severe and persistent mental illness; adult outpatient therapy on a sliding fee scale for the under or uninsured; psychiatry; and medication monitoring.
 - Developmental services include case management; residential and day programs; community support services; family support, including respite and transition planning; and nursing. Family-Centered Early Supports and Services are available for children from birth to age three with a developmental disability or delay and their families.
 - Partners in Health, a program of Special Medical Services, is available for children with a chronic health condition and their families.
 - Advance Employment Services (AES), a subsidiary of Community Partners, provides vocational services and supports for any client or resident of Strafford County interested in pursuing employment.
- For more information about Community Partners and its services, please call 603-516-9300 or visit the website at www.communitypartnersnh.org.

Community Resource Network

CRN provides:

- Networking meetings
- A compilation of services and contact information in hardcopy and on the CRN website
- A unique opportunity for orientation of new staff to the resources in the region:
- Starting point to coalesce around issues/barriers to services/community needs:

How do you weigh the benefits of the learning opportunities the CRN affords your staff? What is it worth to you and your agency to have up to date information about other agencies in Rockingham, Strafford and lower York Counties?

► CRN runs on dues/donations from participating agencies/organizations. We need fiscal help to be able to continue networking and learning from each other in these changing times. See the CRN website www.crnnh.org for a donation form or contact:

Susan Turner sturner@rcaction.org Cell: 969-5318

► Does your organization or committee need help pulling a group together to work on an identified need – call Susan at the RCCR and see how we can help organize/facilitate the efforts.

Community Wellness Coalition

The CWC works to develop and support individual, family and community well-being in all the interdependent dimensions of life: physical, emotional, intellectual, spiritual, social, cultural, occupational, financial/material and environmental. The CWC has as its primary activity the promotions of collaboration among individuals and organizations in Kittery, Eliot, York, and South Berwick, ME. The CWC is available to help the community to identify and fill any resource gaps which prevent maintenance or restoration of well-being.

Contact information: <http://www.keysregion.org/cwc.htm>

Glen MacWilliams, president gmacwill@maine.rr.com Nancy Farron, coordinator nanf@comcast.net

Crotched Mountain Community Care **

Crotched Mountain Community Care (CMCC) provides care management services to elders and adults with chronic illness and disabilities. CMCC has worked with individuals on the Home and Community Based Care (HCBC) program, also known as Choices for Independence for the past 22 years and is a statewide program. We also provide care management for families and individuals on a private pay basis offering assessment and care plan development, ongoing care management and consultation. Our care managers have established strong professional relationships with home care providers and community providers statewide. Our goal is to provide support, advocacy and care coordination to allow individuals to remain living in their own homes where they want to be.

Ann Schwartzwalder, Program Director 431-3042
30 International Drive Suite 202 , Portsmouth, NH 03801
ann.schwartzwalder@crotchedmountain.org www.crotchedmountain.org

Direction Behavioral Health Associates **

Direction's Intensive Outpatient Programs (IOP) provides mental health care to adolescents in the Greater Nashua Area and the Seacoast Area. As the only programs of their kind in the region, they offer a much-needed "intermediate" level of care for adolescents who have needs that are too complex to be effectively managed in an office outpatient setting, but do not reach the threshold warranting inpatient hospitalization. They offer a new alternative for outpatient providers, emergency rooms, school guidance counselors, primary care physicians, parents, and other local agencies seeking mental health care for their patients, students, clients, and children.

The IOP runs between the hours of 3 and 6 PM Monday through Friday, and consists of full psychiatric care (including evaluation and medication management, where appropriate), group therapy, family therapy, and case management. We accept all major private insurances, and continue active efforts to contract with the State Medicaid Programs. Length of stay is generally between two to four weeks. For more information, please visit our website at www.directionbehavioralhealth.com.

Seacoast Program: 603-760-1942 -- seacoast@directionbehavioralhealth.com

Nashua Program: 603-880-8188 -- admin@directionbehavioralhealth.com

Easter Seals **

Make a difference in the life of a child - become a foster parent. Easter Seals is looking for a few good people in the southern New Hampshire and Maine area to welcome a child who needs a little extra care into their home. We offer 24 hours-a-day, 7 days-a-week support, training, and reimbursement. Call Mae Tetler, Easter Seals/New Hampshire Foster Care Licensor 1-800-870-8728 or 603-436-2704

The Epping/Newmarket Coalition for Youth and Families has been established to bring quality evidence based programs, training and prevention materials and resources to the communities of Epping and Newmarket with the goal of providing healthy and positive living choices for our youth and families.

Established in the fall of 2008, the coalition - managed by the advisory board panel, has diligently been working to develop a solid foundation that will enable the coalition to grow and sustain the goals laid out in the mission statement:

The Epping/Newmarket Coalition for Youth and Families is a collaborative organization dedicated to empowering our youth to make healthy and positive lifestyle choices through awareness campaigns, education, coordinated activities, and resources.

Currently funded under the NH Strategic Prevention Framework (SPF) State Incentive Grant (SIG) and a member of the Allies in Substance Abuse Prevention (ASAP) coalition, the Epping/Newmarket coalition for Youth and Families is actively promoting the goals of the coalition, recruiting members and financial sponsors and working to establish baseline working relationships with the businesses and providers that serve our two communities.

The coalition is reaching out to the community to invite all to join us at an upcoming monthly meeting. Join us to learn more details regarding the work we are seeking to do, the community support we feel is vital and learn how your input and involvement will have a positive impact on our youth and community.

Monthly meetings are generally held on the second Wednesday of each month. For times and locations call: 603.686.6844 or check out our web site @ www.eppingnewmarketcoalition.org or email us @ connect@eppingnewmarketcoalition.org

Everyday Money Matters

We've all been in that uneasy position – trying to remember if the bills are paid and financial papers are in order. At Every Day Money Matters, we help our clients find that peace of mind.

We cater to people trying to enjoy their everyday lives without the hassles of keeping up with confusing and ever mounting paperwork. Services also include monthly bill pay if desired. we don't sign the checks of course. We set up a neat schedule for the client to glance at, to help them keep this task as simple as possible.

Whether the need is collecting and organizing bills and statements for monthly review and payment, untangling Medicare and Medigap statements and payments due or just getting checks out the door on time, we can help.

We start with an initial complimentary consultation, helping potential clients develop a plan that fits their individual needs and budgets. Call today to see how we can help!

Dianne McMillen (c) 603-801-5210
3 Gage Street, Dover, NH 03820



Exeter Adult Education **

ABE/GED/ESOL Spring and Summer Classes:

Call for more information or to make an appointment to register!

Exeter Adult Education is located at the Tuck Learning Campus (old Exeter High School building) 30 Linden Street entrance D in Exeter.

Summer class schedule for basic skills and GED:

DAYS: Mondays & Wednesday 9:00 AM - 12:00 PM

EVENINGS: Mondays & Wednesdays, 6:00-8:00 PM starting June 20th

ESOL classes are:

EVENINGS: Monday and Wednesdays 6:00-8:00 PM starting June 20th

Adult High School Diploma and Enrichment Programs are off for the summer and will restart in September.

For complete information of courses & times go to <http://adulterdrw.sau16.org>

Please call 775-8457 with any questions.

Exeter Hospital **

HealthReach Community Education of Exeter Hospital offers community and school based programming by experienced health educators. Contact us at 580-7964 for more information on our services and programs.

- **HealthReach Smoking Cessation Program** – Your community resource for holistic, research-based approach to achieving a smoke free lifestyle! Individual support is facilitated by the Program Coordinator and is insurance reimbursable. For more information on this program call the HealthReach Information Center at Exeter Hospital at 580-7964.
- **Exeter Hospital Classes** – CPR saves lives! Would you know what to do in an emergency? HealthReach Community Education of Exeter Hospital offers CPR and First Aid classes taught by certified instructors in the updated American Heart Association guidelines. We also offer off-site classes, including Healthcare Provider Recertification courses, to day care centers, businesses, schools, dental offices, recreation centers, scouting troops, and others. For more information, contact the HealthReach Information Center at 580-6668 or Cyndi Burke at 580-7153.
- **Babysitting Course:** The course prepares youth with the training every parent wants in a babysitter – including safety, basic child care, safe play, first aid, leadership, professionalism, critical action skills and much more. It will also teach you the responsibilities and qualities of being a good babysitter and what to expect from the person who hires you. This course is ideal for current and future babysitters, teaching them the best ways to keep both the children in their care and themselves safe. Best of all, **Babysitter’s Training** takes place in a fun, interactive environment bringing confidence, competence and life skills. No pressure. No stress. The course is designed for today’s youth 11-15 years old. The course can be offered off-site with an enrollment of 5 or more students. For more information, contact Cyndi Burke at 580-7153.
- **“BUILDING STRENGTH TOGETHER”® Bone Health Education Group of Exeter Hospital; Member of the National Osteoporosis Foundation’s Professional Partner’s Network®** Free for men and women of all ages interested in an energetic, informative, and interactive discussion about bone health, osteoporosis prevention and osteoporosis self-care. Quarterly meetings facilitated by an Exeter Hospital-affiliated health professional. Learn about nutrition, fitness, medical management and more! A partnership of Exeter Hospital’s Center for Orthopaedic and Arthritis Care and the HealthReach Osteoporosis Program. Call the HealthReach Information Center for more information @ 580-6668.
- **T. Elliott Young Lecture Series:** Community outreach is a very important part of our mission. That is why we invite our community to attend the T. Elliott Young Health and Wellness Lecture Series. This series of 12 lectures, 6 held in the Fall and 6 in the Spring, touch on a variety of health-related topics often recommended by our community members. Lectures are held in the Exeter Hospital North Conference Rooms on various Tuesday evenings from 7-9 p.m. Health professionals and educators in attendance will receive 1.8 contact hours when they complete an evaluation of the lecture; contact hours are awarded the night of the lecture. Registration is \$5 and is used to assist HealthReach Community Education in continuing to offer free outreach services to our community. For calendar information, or to reserve a seat, please call the HealthReach Information Center at 603-580-6668 or visit us on the web at www.exeterhospital.com.

Families First Health and Support Center



Located at the Community Campus in Portsmouth, Families First is the Seacoast’s community health center, providing a broad range of health and family support services to individuals and families, regardless of ability to pay. For the latest information about Families First, please sign up for our monthly E-newsletter: <http://www.familiesfirstseacoast.org/newsletter.html>
 Services include:

- **Medical care:** Medicaid, Medicare and all private insurance are accepted and there is a sliding fee scale for uninsured or underinsured residents of New Hampshire and Maine. Includes primary care for men, women and children of all ages; prenatal care; well-child care and immunizations; social services coordination (including help enrolling in New Hampshire Healthy Kids and Medicaid); health education and counseling (including managing chronic illnesses, drug & alcohol addiction, nutritional services, and behavioral health); on-site lab services; free breast and cervical cancer screenings for eligible women; access to prescription assistance; and developmental screening for children. Call 603-422-8208 ext. 1.
 - **Dental Care:** All *children and teens* living in New Hampshire and Maine, who do not have a dentist, can access Families First Dental Center. The Dental Center also serves established adult patients of Families First Health Center (there is a three month wait before they can access preventive dental care). Referrals are accepted for clients of the Krempels Center and AIDS Response Seacoast. Medicaid and private insurance are accepted, and there is a sliding fee scale for the uninsured or underinsured. Call 603-422-8208 ext. 1.
 - **Parenting classes and family programs** are offered year-round at the Community Campus in Portsmouth, and also regularly in the Lower Seacoast region and Western Rockingham County region. Many programs are free; some have a charge but it is waived for clients of Families First Health Center or home visiting programs. For up-to-date program listings, visit <http://www.familiesfirstseacoast.org/PDFprogramlistings.html> or call 603-422-8208, ext. 2
 - **Parenting classes** include topics such as Keeping Your Cool, 1-2-3 Magic, Reasonable Expectations, Communication, Effective Discipline, Parenting After Divorce or Separation, etc. **Family programs** include parent/child playgroups for babies, toddlers and preschoolers; and programs where parents and kids spend some time together and some separately.
- Mother-to-Mother Connections** a group for moms with postpartum depression, anxiety or other challenges beyond everyday postpartum adjustment issues, runs Thursday mornings and is facilitated by certified doula Susan Remillard and Andrea Rutherford. Advance signup required; call Joanna at 603-422-8208 ext. 123.
- Individualized support for families coping with a wide variety of stressors** such as financial, housing, transportation, family issues, behavioral issues and much more. Families First home visitors and care coordinators offer support, education and links to needed services and benefits, and assistance completing applications for NH Healthy Kids, SeaCare and housing. Call 603-422-8208 ext. 125.
- **Partners in Health** provides individualized assistance to families who have a child with a chronic illness such as allergies, asthma, diabetes, genetic disorders, cancer and more. Call 603-422-8208 ext. 146.
 - **Mobile health care for people who are homeless.** Mobile health teams travel to sites in Portsmouth, Hampton, Dover, and Rochester, including shelters, soup kitchens, churches and Salvation Army locations. The teams provide health care, substance abuse counseling, social work services and dental care. Call Emily, 603-422-8208 ext. 129. For a van schedule, call 888-922-0005 or visit http://www.familiesfirstseacoast.org/documents/HCHvancalendar_001.pdf.
 - **Seacoast Healthy Grins**, a school-based oral health education, dental screening, cleaning and referral program. Call Cindy Bishop 603-422-8208 ext. 138.
 - **Professional Development** is available to groups on a variety of child and family topics. The cost is \$150 for a 1.5-hour session. Call the Family Center at 422-8208 ext. 123.

Greenleaf Woods Counseling

Greenleaf Woods Counseling sees clients with issues of anxiety, depression, sexual abuse, substance abuse, relationship imbalance, sexual orientation, and trauma. Both Peg Correia,

M.Ed., M.L.A.D.C, and Sally Wool, M.Ed., M.L.A.D.C. offer After Care to those who have completed an Impaired Driver Intervention Program and are seeking reinstatement of their Driver's Licenses. We also offer a sliding fee scale and accept some insurances.
427-5392 s_g_wool@yahoo.com

Homeless Center for Strafford County

Homeless Center for Strafford County is a 6 bedroom home converted into an emergency overnight shelter for Strafford county residents. We provide shelter, food, clothing, support and case management to individuals who find themselves homeless during the months of October through April. Referral based intakes only; we cannot accept walk ins nor call ins; this maintains the safety of our families staying with us.

Susan Ford, Director 332-3065
homelesscenter@peoplepc.com

Home Instead Senior Care

Home Instead Senior Care is the world's trusted source of non-medical home care services for seniors. The foundation of the company is a trusted franchise network of more than 800 independently owned offices in the United States and around the world. Locally, our office has been serving seniors on the Seacoast and in Southern New Hampshire since 2002. Our approach to senior care is personalized for each client and family. Our goal is to promote quality of life and independence. Website: homeinstead.com/scnh

Carey Fitzgerald, Community Liaison - careyfitzgerald@homeinstead.com - 603.433.5959

The HUB

The HUB Family Resource Center is becoming a program of Community Partners. This new relationship gives the HUB a stronger foundation to support all families in Strafford County by reducing the barriers to services for families and by increasing operating cost efficiencies for the HUB, allowing funds from donors and grants to go directly to education and prevention programs across the region.

This merger presents the opportunity for the Community Partners children and family services departments to build on the HUB's capacity as a family resource center and to create a continuum of services for families. Staff of the HUB will become part of the Community Partners family. Suzanne Iverson, Early Supports and Services Program Director is supervising HUB staff.

The merger increases opportunities for further collaboration and expansion of the new combined organization. The missions of both organizations focus on respectfully supporting individuals and families in the region to help them realize their maximum potential, whether as families or individuals addressing specific situations. While every person's need is unique, we value the opportunity to better serve households experiencing multiple challenges.

Referring agencies will be able to reach the HUB and Community Partners as they did before—phone numbers and e-mails will remain the same and through www.hubfamilies.org

Denise Lepine dlepine@hubfamilies.org

Lisa Paone lpaone@hubfamilies.org

Martha Fenton mfenton@hubfamilies.org

Laurie Parker lparker@hubfamilies.org

Deirdre Siede dsiede@hubfamilies.org

Suzanne Weete sweete@hubfamilies.org

Tara Bianchi tbianchi@hubfamilies.org

McConnell Community Ctr, Dover 749-9755

Rochester Community Ctr, Rochester 994-0012

Atkinson Street, Dover 749-8800

Somersworth Satellite 692-6811

In Home Senior Services, Inc.

In-Home Senior Services, Inc. was established in 1993. We were one of the first Home Care agencies in the area. The company employs on average 45 Personal Care Attendants or Personal Support Specialists – all of whom are certified in Personal Care. We service the Greater Portland area, York County and the Rockingham and Strafford county areas of New Hampshire. Our service provides the elderly an opportunity to live independently in their own homes. The duties of a PCA/PSS range from light housecleaning, laundry, meal prep, to assisting with bathing, dressing and respite for the primary caregiver. Our service can cover a 2 hour period once a week and go up to a 24-hour period seven days a week. We take great pride in our attendants and the work that they perform and feel each client/attendant relationship is like adding someone to their family.

658 Main St
Gorham, ME 04038
207-856-1212
1-800-689-4311



Joan G. Lovering Health Center formerly Feminist Health Center – Portsmouth

The Health Center is a free-standing non-profit clinic. We are fully licensed and operate with board certified doctors, licensed nurse practitioners, registered nurses and well trained staff. We provide quality reproductive health care counseling in a confidential, safe and supportive environment. Services we provide are:

- Well woman care – Our family practice advanced registered nurse practitioners offer a full range of routine health care including, but not limited to pap smears, birth control, vaginal & urinary tract infections, PMS and menopause consultation, and the morning after pill.
- Contraceptive counseling and pregnancy testing – Individual counseling on the pros and cons of the range of contraceptive methods and finding the one that would best meet individual needs.
- We also offer in-depth pregnancy options counseling which supports the right of each woman to make her own informed decision. We also offer ultrasounds to determine gestational size and inter-uterine pregnancy.
- First trimester abortions – Either surgical, performed by a board certified physician or early pregnancy abortion by medication are available by appointment.
- STD/HIV testing – Walk-in clinics on Wednesday evenings are for men and women. We provide STD testing and treatment, as well as HIV counseling and rapid testing.

General information about our services is available over the phone (436-7588) Mon, Tue, Thu, Fri 8am to 5pm and Wed 8am to 7:30pm.

The Feminist Health Center of Portsmouth – Brigit Ordway – Brigit@fhc-p.org

POB 456 436-7588

559 Portsmouth Avenue

Greenland NH 03840

Email: mail@fhc-p.org website: www.fhc-p.org



Lamprey Health Care: **

Primary Care for the Whole Family At Lamprey Health Care, we focus on prevention, health education and lifestyle management of the entire family. Our Board-Certified Medical Staff and team approach, combined with our comprehensive wrap-around services, are what make us different.

Focusing on the health of every patient, Lamprey Health Care offers a medical home with access to many health services in addition to primary health care, such as case management, health and

nutrition education, chronic disease management, interpretation services, as well as health education programs, community clinics, and health screenings.

Primary Care

Prenatal & Obstetrical Care
Pediatric & Adolescent Care
Adult & Elderly Care

Women's Health

Gynecological Care
Family Planning
Childbirth
Breast & Cervical Cancer Program

Other Health-Related Services

Chronic Disease Management
Diabetes Education & Management
Early Childhood Development
Substance Abuse Counseling
Nutrition Education & Counseling



School-Based Dental Program

Medication Assistance
Interpretation Services
Transportation Services
Lab Services
Referrals to Specialists

On-Site Services in Raymond & Newmarket

X-Ray Services
Mammography
Physical and Occupational Therapy
**provided in collaboration with Exeter Hospital*

Hospital Services

Exeter Hospital

For further information: www.lampreyhealth.org Or call Office located in Newmarket: 207 Main Street; #659-3106 and Raymond: 127 Route 28; #895-3351.

Lamprey Senior Transportation provides weekly shopping trips for seniors and those with disabilities in 28 seacoast towns. Our handicap accessible busses visit each town once a week and provide door to door service. There is also a once a month day-long outing that includes lunch and a seasonal point of interest. Rides to medical appointments are available but must be scheduled several weeks in advance. Transportation may be reached at 1 800 582-7214.

Living Innovations **

Providing Support for Elders and People with Disabilities

Living Innovations is a mission-driven agency dedicated to the belief that we all deserve lives of quality and dignity at home and in the community. A company with strong local roots, we have grown from one small, seacoast New Hampshire office to a network of over ten locations that provide compassionate, competent care to hundreds of elderly and disabled people living in New Hampshire, Maine and northeastern Massachusetts.

Living Innovations Home Care is focused on the particular needs of elders and their families. We believe that each person, and each situation, is unique and we strive to develop individualized care plans and make strong caregiver matches that optimize the client's ability to stay happy, healthy, and safe at home. What does this mean?

Living Innovations Home Care has:

- Developed care plans of as little as two hours per week of homemaking services for those needing help with light housekeeping, shopping and transportation
- Developed care plans to help with bathing, dressing and hygiene as well as homemaking and meal preparation
- Developed 24/7 care plans for frail seniors who wish to "age in place" and require comprehensive care to remain in their home
- Developed care plans for those needing medication reminders and even for those requiring skilled nursing services in their home

At *Living Innovations Home Care*, we value our elders and the richness they bring to our lives. We know that every caregiver is a companion as well and we look for that special blend of

compassion and competence in every member of our staff. Please look for us online at www.Livinginnovations.com or call us at 866-665-9778 for a free in-home care assessment.

LSS In-Home Care

LSS In-Home Care is a Licensed Home Health Care Agency dedicated to providing quality nonmedical paraprofessional home care services to residents of New Hampshire and Maine. Each day we help over 500 people meet their daily needs, remain in their homes, and preserve their independence. Our services include:

- Light housekeeping tasks
- Meal assistance
- Grocery shopping and other errands
- Transportation to appointments
- Neighborhood or community outings
- Mail assistance and organization
- Bathing, and other personal care assistance
- Medical reminders
- And more.....

Please visit us online at www.lssinhomecare.org, call 603-224-8111, toll free 800-244-8119

More Than Wheels

More Than Wheels is an award-winning nonprofit organization that helps people get the best deal on a reliable and fuel-efficient car. Since its establishment in 2001, More Than Wheels has helped nearly 1,400 New England residents get the best deal on a new or nearly new car by negotiating with dealers to secure the lowest price and providing the lowest interest rate available. We provide personal financial education by giving people the tools and knowledge they need to improve and maintain their financial stability—now and in the future.

As a result of the new car and empowered with the knowledge and skills, many are able to improve their job prospects, their family's health and well-being, their credit and overall financial stability. A survey conducted by the Carsey Institute at the University of New Hampshire showed that among More Than Wheels clients surveyed:

- 75 percent reported spending less on car repairs.
- 73 percent reported a better overall financial outlook.
- 50 percent are better able to get to their jobs.
- 52 percent had improved access to health care.
- 38 percent have improved access to nutritious food options.



Get the Best Deal on a New Car

Whether you have good credit or need help with your finances, our car-buying experts will:

- Help you find the car that fits your needs.
- Negotiate with the dealer and the bank on your behalf to get the lowest price and interest rate.
- Help you save on gas and repairs with a reliable, fuel-efficient car.
- Improve Your Finances

For people who need help with their finances, More Than Wheels' award-winning program features a comprehensive [Financial Fitness](#) course that can help you raise your credit score and

improve your financial planning. Our program has helped nearly 1,400 New England residents save money and plan for the future.

Please call 866-455-2522 or visit our website at www.morethanwheels.org for client qualification to the program.

National Able Network®

National Able Network® is a nonprofit employment and training agency that administers the SCSEP (Senior Community Service Employment Program) in New Hampshire. The SCSEP program is designed to help individuals 55 years and older obtain "on-the-job" training and/or "gain work experience" in order to successfully find unsubsidized employment.

WIN-WIN Situation

What does National Able Network® do:

- * Pays min wage for 20 hours per week to our Participants up to 1 year in one training assignment
- * Tracks and reviews with Training Site Supervisor the progress of the Participant
- * Provides training opportunities for the Participant to strengthen the successful outcome of obtaining employment

What do you have to do to become a Community Partner and Training Site provider:

- * Meet with National Able Network to review and sign the agreement
- * Provide a "job" description aka TAD (Training Assignment Description)
- * Provide 20 hours per week of training and work experience for a participant performing their TAD
- * Assign a Training Site Supervisor to manage the Participant and sign time sheets

Other Options:

Employment Services (promise of employment agreement) OJE (On the Job Employment)
National Able Network® pays 100% wages (usually minimum wage) for an approved "on-the-job" training for 4 weeks and 100% (part time position), 50% (full time position) up to 12 weeks.
Workman's Compensation Insurance is paid by Able until actual employment starts.

The entire community benefits by the following:

- * The Community Partner gets that "helping hand" and is "serving" their community
- * The Participant is receiving the "training and experience" necessary to find employment
- * National Able Network® fulfills their mission statement by "helping people get back to work and life"

Are YOU Ready to Start?

For more information or to schedule an intake, call Lori Mader at 603-860-4222 today!

Lori J Mader, Program Manager Email: lmader@nationalable.org

997 Elm Street, Manchester, NH 03101 Web: www.nationalable.org

Office: 603-836-0912 Fax: 603-623-5277 Mobile: 603-860-4222



New England Emergency Response Systems **

NEERS is a locally based provider of personal emergency response systems (commonly called help buttons, or Lifelines, or medi-alerts) for people who are elderly, disabled or in some way at risk. If these people want to stay at home safely, we provide a personal emergency response system which allows them to access help instantly, 24/7, 365 days a year. A trained operator will check on them whenever they send in a signal by pushing the button; if help is needed, it will be dispatched immediately. The service is surprisingly affordable, \$39 to set it up and \$39 per month with discounts available for Senior Friends members. For information or to order service call: 1-800-888-0338. www.neers.com/

New Futures

New Futures Announces its 2010-2011 Leadership Retreat Schedule!

New Futures is a nonprofit, nonpartisan, advocacy organization working to reduce underage alcohol problems and increase access to treatment and recovery in New Hampshire. New Futures does not provide direct services. Rather, their focus is on changing public policy with the support of community members who advocate for change.

The Community Leadership Initiative (CLI) is a statewide, informal network of advocates concerned about these issues. Participants in CLI attend a one-day leadership retreat which prepares them to be effective advocates primarily focused on the state legislature. Retreats are scheduled for December 9, 2010; February 10, 2011; and April 6, 2011.

Applications and info: www.new-futures.org or Linda King, lking@new-futures.org or 225.9540.

New Futures to Host Advocacy Workshops!

Designed to provide prevention, treatment and recovery advocates with the most current information on issues ranging from the state budget process to the impact of federal health care reform on the field, these workshops are open to all at no charge.

All workshops will be held in Concord from 9:00 a.m. to 12:00 p.m.

The series begins on November 4th with “The State Budget Process: What You Should Know” with presenters Steve Norton of the NH Center for Public Policy and Jeff McLynch of the NH Fiscal Policy Institute. To view the full schedule, visit www.new-futures.org or call 225.9540. Register by email, adminasst@new-futures.org.

New Generation, Inc. **

Founded in 1987 by Ruthie Ford & Sharon Fernald on the principle that every pregnant or parenting woman needs shelter and support. We are located in a historic farmhouse in Greenland, NH. Our program provides services for up to seven women age 18 and over. Pregnant women may stay until their baby is 3 months old and those that enter our program with an infant may stay until the baby reaches age one. We also have a transitional apartment located within the shelter for one woman and up to two children for up to eighteen months. Residents must work or attend classes or do community service work.

Annemarie Cullen

Phone/Fax 603.436.4989

www.newgennh.org

Program Coordinator, LPN, BS

P O Box 676/568 Portsmouth Avenue

Greenland, NH 03840

The New Hampshire Association For The Blind

The NH Association for the Blind is a private statewide non-profit direct service agency. It is 77% funded by charitable contributions and is fully accredited by the National Accreditation Council. Referring persons who are blind and visually impaired for service can be done by calling toll free 1-800-464-3075.

DIRECT SERVICES include: Social Work, Rehabilitation teaching, Low vision services, orientation and mobility instruction, assistive technology service, educational services, volunteer services and public education.

For additional information about any of our services, please contact:

McGreal Sight Center

25 Walker Street

Concord, NH 03301

1-800-464-3075

OR Denise Caruso, Low Vision/Rehabilitation Therapist

127 Parrott Avenue

Portsmouth, NH 03801

603-431-9401ext.360

NH Connections Seacoast Region Network

Our Mission is to strengthen and expand family/school/community partnerships to improve the educational outcomes for all children and youth with disabilities and to facilitate access to supports and services statewide.

Our Goals are to strengthen and expand family/school/community partnerships, to support family involvement in the special education process, and increase awareness of resources to help children succeed.

Contact Kyle Szczepanik Seacoast Facilitator to partner together to improve the educational outcomes of all children and youth with disabilities in the seacoast region and statewide. Join the email list serve and receive and share resources on trainings, workshops, NH rules and special education updates. NH Connections partners to provide trainings and workshops around special education and disability awareness. We hold monthly regional meetings to collaboratively examine resources, services and create action plans to address needs identified by the seacoast regional network.

=>Join us by calling Kyle at 978-6651, email her at

kylenhcs@yahoo.com or visit website: www.nhconnections.org

NH Connections is strengthening family-school-community partnerships, increasing awareness of the Special Education Process, and connecting people to resources to help children and youth succeed.

New Hampshire Division for Children, Youth and Families

Department of Health and Human Services

New Hampshire Division for Children, Youth and Families Department of Health and Human Services The Division for Children, Youth and Families (DCYF) is the unit within the Department of Health and Human Services that provides protective and preventative services to children, youth and their families. DCYF strives to protect children from abuse and neglect and to help families nurture their children into physically and emotionally healthy adults.

Child protection and family support services are provided by Child Protective Service Workers (CPSWs) in 11 District Offices throughout New Hampshire. CPSWs join with families to provide both contracted services and referrals to community agencies to assist in correcting the conditions that lead them to DCYF.

Tricia Hazlett, MA, Supervisor IV 433-8300. For DCYF, Option 5

thazlett@dhhs.state.nh.us

50 International Drive Portsmouth NH 03801 603-334-4320

New Hampshire Employment Security

NH Employment Security (NHES) is a federally funded state agency. Today NHES has 13 local offices located across the state to provide services to job seekers and employers.

The mission of NHES is to:

- Operate a free public Employment Service through a statewide network of Job and Information Centers, providing a broad range of assisted and self-directed employment and career related services, and labor market information to all customers.
- Pay Unemployment Compensation benefits in a timely manner to eligible claimants and collect the tax which funds these payments.
- Develop and disseminate labor market information and provide measurements of labor market outcome to assist local and state officials, private employers, educators and trainers and the public in making decisions which promote economic development and the efficient use of state labor resources.

Cynthia Dobrowolski Employment Counselor

New Hampshire Employment Security www.nh.gov/nhes
2000 Lafayette Road
Portsmouth, NH 03801
603-436-3702

NH Foster and Adoptive Association

The NH Foster and Adoptive Association (NH FAPA) is committed to enhancing the lives of our youth in care and the families who serve our children. We are a non - profit whose mission is to support foster and adoptive parents and remain a consistent voice on behalf of all children. NH FAPA partners with NH Children, Youth and Families, community organizations and local businesses to help provide support and resources to ensure that these families can thrive. These local groups provide direct support, networking, and fun activities for our foster and adoptive families across the state. We recognize unique challenges and rewards that are presented to foster and adoptive parents. We are here to help these families have the strength, the support and the resources needed to nurture our youth in care.



Cheryl Wachter 603-271-4711 acpcheryl@metrocast.net www.nhfapa.org
Recruitment and Retention Coordinator
NH Foster and Adoptive Parent Association

New Hampshire Healthy Kids

New Hampshire Healthy Kids is a private non-profit organization working in partnership with the NH Department of Health and Human Services, Harvard Pilgrim Health Care, and Northeast Delta Dental to provide access to low-cost or free health & dental coverage to NH's uninsured children and low-income pregnant women.

Just a few of the services covered by the Healthy Kids program are:

- Hospital services
- Doctor visits
- Dental Care
- Prescriptions

NH Healthy Kids, 1 Pillsbury St.
Concord, NH 03301
1-877-464-2447
www.nhhealthykids.com



New Hampshire Legal Assistance **

NH Legal Assistance

NHLA is currently open for LIMITED intake and referrals. We are asking potential clients to:

- *Please contact the Legal Advice and Referral Center (LARC) to determine whether you are eligible for our services. You may contact LARC online at www.nhlegalaid.org or if you are unable to apply online, call 1-800-639-5290 or 603-224-3333.*
- *LARC will screen you for eligibility and determine what legal services might be available for you, including a referral to New Hampshire Legal Assistance if appropriate.*
- *In the meantime, please make sure you meet all deadlines in your case. You can also call the NH Bar Association's Reduced Fee Program at 715-3290 or the full fee Lawyer Referral Service at 229-0002.*

If agency representatives have additional questions about what Legal Assistance can do, please contact Kay Drought via e-mail kdrought@nhla.org or via my direct phone number 206-2253.

Normal business hours of 8:30 to 5:00 Monday through Friday.

We can be reached at 431-7411 or 1-800-334-3135

154 High Street, Portsmouth, New Hampshire.

Kay E. Drought, Litigation Director

Tel. 603-431-7411, extension 2503

Fax 603-431-8025

New Heights Teen Center

An innovative out-of-school program in Portsmouth, New Heights serves more than 550 Seacoast youth between the ages of 11 and 18 annually. In support of its mission *to assist Seacoast youth in developing the competence, character, confidence, and resiliency necessary for a healthy and successful adulthood*, New Heights offers a wide array of quality, experiential learning activities. Some of these activities, like *Sages of RPG*, encourage problem solving and gamesmanship through unique gaming mediums such as board, card, and role-playing games, while others are athletic in nature such as *Sports Club* for basketball, softball, and floor hockey. Additional activities include arts and crafts, *Cooking Club*, and the popular *Adventure Program*, which offers rock climbing, mountain biking, skiing, sledding, hiking and other outdoor-related opportunities.

New Height also offers a formal **Mentor Program**, which provides tangible structure and guidance to its participants. Led by highly qualified and trained staff, this portion of New Heights' programming is crucial to its long-term success and ability to help youth successfully negotiate the pressures of adolescence. Partnering with additional agencies from across the region, New Heights seeks to promote the following protective factors in the lives of its participants:

- Positive attitudes, values or beliefs
- Conflict resolution and problem-solving skills
- Good mental, physical, spiritual and emotional health
- Positive self-esteem
- Success at school
- Strong social supports
- Community Engagement



New Heights is located within the Community Campus at 100 Campus Drive, Suite 23, Portsmouth, NH 03801. For more information, call Meghan Basile, Assistant Director, at (603) 422-8235 x 106, email: mbasile@newheightsonline.org, or visit www.newheightsonline.org

New Outlook Teen Center

The New Outlook Teen Center provides after school and summer adventure programming for youths ages 11-18 in the Greater Exeter area and the SAU-16 School District. Support from Rockingham County Incentive Funds is requested to strengthen and develop new services and activities, accommodate a growing number of participants and facilitate community-based prevention efforts.

New Outlook provides after school programming with numerous structured activities five days per week from 2:30 to 6:00 P.M. as well as evening and weekend events at least monthly. Core after-school activities include educational and recreational groups; homework help; community interaction projects; community service site supervision; cooking instruction; outdoor based adventures; youth-adult partnerships, leadership development initiatives and curricula; musical performances and instruction; art and creative expression gatherings; individual and community arts projects; and team sports. After school, youth also have the opportunity to develop meaningful relationships with caring and professional staff and volunteers.

<http://www.newoutlookteencenter.org/> 778-3933 120 Front Street/P.O. Box 865

One Sky Community Services **

One Sky Community Services is a non-profit agency that contracts with the state of N.H. to assist people with developmental disabilities or acquired brain disorders to live as valued and participating members in their communities. One Sky is one of ten regional agencies that contract with the state of New Hampshire's Bureau of Developmental Services to provide

developmental services throughout the state. In Region VIII (northern Rockingham County), One Sky offers supports such as:

- Service Coordination for adults and high school students making the transition to adult life;
- Community Services for individuals living independently or in shared homes in the community;
- Early Supports and Services for children under age three and Family Support Services that include respite care and information/referral for a variety of needs;
- Family Support services that include help in securing benefits, obtaining adaptive equipment, networking with parents of children with developmental delays and disabilities and emotional support for the entire family.

For more information, call 603-436-6111 or 1-800-660-4103. Fax: (603) 436-4622

Family Support Services -- Lenore Sciuto, ext. 107

Adult Service Coordination -- Karen McLaughlin, ext. 135

Community Services – Leslie Hanson, ext. 143

Intake for persons aged 3 and above -- Eliza Hobson, ext. 115

Intake for Early Supports and Services for children up to age 3 -- Jennifer Warchol, ext. 147

One Sky is located at 755 Banfield Road, Suite #3, Portsmouth, NH 03801. Visit our website, www.oneskyservices.org

Planned Parenthood of Northern New England**

Planned Parenthood of Northern New England (PPNNE) is the largest reproductive health care and sexuality education provider and advocate in northern New England. Founded in 1965, PPNNE is now seeing patients at 21 locations across Vermont, New Hampshire, and southern Maine.

Mission of PPNNE: To provide, promote, and protect access to reproductive health care and sexuality education so that all people can make voluntary choices about their reproductive and sexual health.

The Planned Parenthood Promise: Creating hope for humanity: the freedom to dream, to make choices, and to live in peace with our planet.

PPNNE Services: Abortion Referral, Birth Control Services, Emergency Contraception, HIV Testing, HPV & Hepatitis Vaccines, Men's Health Services, Patient Education, Pregnancy Testing, Options & Services, STI Testing & Treatment, Women's Health Services.

•Payment Information

Medicaid accepted. If you are uninsured, you may qualify for a state-funded program or a lower fee scale. Please bring the following documents: pay stubs. Fees for services are based on your household income. Please bring proof of income when you arrive for your visit. We accept the following forms of payment: cash, checks, major credit/debit cards, or money orders. Payment is expected at time of service. Visit us on the web at www.PPNNE.org

Contact Information: Site Manager, Holly Schiavoni, Holly.Schiavoni@ppnne.org,

•Exeter Location:

108 High Street

Exeter, NH 03833

Phone 603.772.9315 X2301

Hours:

Monday: 9:00-5:00

Tuesday: 11:00-7:00

Wednesday: 9:00-3:00

Thursday: 11:00-7:00

Friday & Saturday: CLOSED

Positive Pathways to Prevention

Positive Pathways to Prevention has been established to bring quality evidence based programs, training and prevention materials and resources to the Greater Portsmouth communities. Established in the summer of 2008 this coalition - managed by an oversight board of directors made up of parents, business owners, school and police personnel - has been meeting monthly working to develop a solid foundation that will enable the coalition to grow and sustain the goals laid out in the mission statement:

This partnership will actively engage the entire Greater Portsmouth area through collaboration of community resources, to ensure that members are making healthy choices and held accountable for their actions to reduce risk and harm related to substance use.

Please get involved and contact Stacy Kramer for more information at (603)617-0085 or at skramer@portsmouth.k12.nh.us.

Also, check out our site at www.positivepathwaystoprevention.ning.com.

Raymond Coalition for Youth

Raymond Coalition for Youth is a strong community coalition that works together as a whole to address issues facing youth on a daily basis. We work to find solutions and tools for the youth to use to make healthy choices. In this work we also promote supports for the parents, families and community to have the ideal outcomes to help our youth succeed.

Our mission is : RCFY empowers the community to promote positive youth development and strengthen community assets by coordinating services and opportunities through prevention initiatives, including www.rcfy.org suicide, alcohol, tobacco and other drugs Meetings are attended by community members, police, school staff and administration, town offices, parents and youth.

- Meetings are open to the public and everyone is welcome to join us on the second Thursday of the month, 9 – 10:30 am, in the conference room of Lamprey Health Care located on RT 27 ?Our
- After School Program at the Raymond middle school is open for all students in grades 5 – 8 immediately after school till 6 PM. This provides a safe, fun, exciting and enriching place for youth to go after school.
- Youth Action, a high school student group open to all students , is for those who are interested in making their community a better place and educating them at the same time. They conduct ongoing awareness campaigns around the dangers of making bad choices.
- Youth Advisory, our middle school group, is for all 7 + 8th graders and acts as a beginner group to prepare them for Youth Action.

► For more information you may visit www.rcfy.org or contact Celeste Clark, Executive Director cclark@rcfy.org 603-895-4735 x 125

The Richie McFarland Children's Center



The Richie McFarland Children's Center is an early intervention program whose purpose is to help young children reach their full developmental potential and to support their families through that process. We provide developmental and support services for children with and without special needs, assistance to their families and assistance in the use of community and health resources. Our agency offers the following services:

Family-Centered Early Supports and Services Program (ESS)—home-based intervention services for infants and toddlers (ages birth to three) who meet the criteria of the entitlement program mandated through the Individuals with Disabilities Education Act (IDEA); supported in part by state and federal funding. Eligibility for this program is based on the child's developmental profile, an established condition or at-risk characteristics.

Early Learning Programs—inclusive, developmentally enriched group experiences at our facility in Stratham or in other community settings. These group experiences provide children

with valuable social opportunities that include developmentally appropriate activities as well as individualized educational and therapeutic support as needed.

Parent Education and Support Programs—services provided to families either one-on-one or in a group setting that focus on a specific topic of interest or area of need. Current options include:

It Takes Two to Talk, The Hanen Program---Our certified Hanen instructors teach parents fun activities and interaction guidelines that enhance their child's communication skills. The program combines group learning and individual consultation to help parents understand strategies for developing their child's speech, language and communication skills.

Parents As Teachers Program---Our certified Parents As Teachers (PAT) educators offer parents practical ways to encourage learning, manage challenging behavior, and promote strong parent-child relationships. The program's core components consist of personal visits, group meetings, developmental screenings and linkages to a network of community resources.

Parent –Child Group Program---Our family counselor offers a group experience that supports families in creating social opportunities for their child, provides caregivers with developmental guidance, demonstrates positive discipline strategies, and creates a safe environment for families to network and gain support from one another.

Pediatric Therapies—play-based therapy for children (ages birth to five) who warrant therapeutic intervention but do not qualify for entitlement programs such as Early Supports and Services Program or Preschool Special Education. The therapeutic services offered include occupational therapy, physical therapy, speech and language pathology, and special education.

Baby Signs®—a 6-week curriculum-based program for any parent who wants to foster communication with their young child. The program teaches easy ways to learn and practice sign language through a structured 6-week play session.

Know Your Baby, Trust Yourself—is a home visiting program that leverages RMCC's early childhood development and parenting expertise with a new client base, and builds on our existing collaborations with community health care providers. Our goal is to help new parents feel secure in their ability to help their child grow and flourish.


Visit our website at www.richiemcfarland.org, call the Center at 778-8193, or email Pat Sue Spear, Program Coordinator at pspear@richiemcfarland.org or Sue Ford, Intake and Enrollment Coordinator at sford@richiemcfarland.org for more information about any of our services.

Rochester District Visiting Nurse Association **

Rochester District Visiting Nurse Association is a full service Home Health Care Agency serving Strafford, No. Rockingham and So. Carroll Counties in New Hampshire since 1913. Rochester District VNA has many certified specialists inc; Wound/Ostomy, IV, Psychiatric, Maternal Child Health, Lactation Consultation and Diabetes, on staff to provide the best care possible. Services Include; Nursing, Rehabilitative Therapies, (Physical, Speech, Occupational) Licensed Nursing Assistants, Medical Social Worker, Support Services and Adult Day Center.

Rochester District Visiting Nurse Association's Adult Day Center is the perfect balance between healthcare and socialization in a safe environment. The center provides individualized care for adults in need of medical, therapeutic and social intervention. The Center is open Monday through Friday from 8 a.m. to 5 p.m. to accommodate caregiver's work schedules. Participants are involved in a caring and stimulating environment. Each participant receives an individualized plan of care from specialized staff members. Services provided include nursing, therapies, personal care, group exercise and wellness programs, healthy meals, socialization and counseling. Transportation Available.

For more information please contact Judy Ouellette, Community Relations Director at (603) 332-1133 or visit our website at www.yourvna.org.

Rockingham Community Action  please go to: www.rcaaction.org for detailed info on each program *RCA Administration Office has moved to 4 Cutts Street in Portsmouth.*

► **Community Action Centers** provide the following services to income-eligible individuals and families in need: Homeless prevention (utility/rent/mortgage), security deposit/rent assistance, emergency food, supplemental food/personal care products, IDA (Individual Development Accounts), holiday assistance/referral, Personal Emergency Response System, and information/referral/advocacy and fuel and electric assistance programs.

The Seacoast Action Center (474-3507) serves the following communities: Hampton, Hampton Falls, Kensington, North Hampton, Rye, Seabrook, South Hampton, and Stratham.
1-800-979-3507

The Greater Raymond Action Center (895-2303) serves the following communities: Brentwood, Candia, Deerfield, East Kingston, Epping, Exeter, Fremont, Kingston, Newfields, Newmarket, Northwood, Nottingham, and Raymond. 1-800 974-2303

The Greater Salem Action Center (893-9172) serves the following communities: Atkinson, Auburn, Chester, Danville, Derry, Hampstead, Londonderry, Newton, Plaistow, Salem, and Sandown.
1-800 939-9172

► **Asset Building Program**

The RCA Asset Building Program comprises three areas of work. The primary focus is to serve as partner with the Community Loan Fund in administering the Individual Development Account Program (IDA). This is a specialized matched savings program for low to moderate income persons who are pursuing one of four asset purchasing goals: (1) home purchase, (2) development of a small business enterprise, (3) pursuing a post-secondary education program, and (4) purchase of a car. RCA works with home purchase and education candidates, while applicants seeking the other asset goals are referred to other community partners. Participants meeting the program's training and savings requirements earn a 3:1 match on their savings assisting them to achieve their asset-purchase goals. The maximum amount of matching funds is \$6000, which would represent a total account of at least \$8000, plus accumulated interest. Development of a viable Seacoast Financial Education Network is another area of focus. The various financial education providers and resources will be cataloged in order to facilitate and expand the number of referrals. Any gaps in services will be identified and addressed. Lastly, we will promote the free tax preparation services provided through the CASH Coalition, including the VITA and AARP Tax Aide resources. The Asset Building mission is to expand the number of persons pursuing these opportunities, assist them in building savings and assets, and to strengthen the connections between the three areas of work. The contact person is heather Weste, Asset Building Coordinator, Rockingham Community Action, 4 Cutts Street, Portsmouth, NH 03801, (603) 431-2911, hweste@rcaaction.org.

► **Rockingham Community Action Child Care Services (RCA CCS)**

Our program provides **Child Care Resource and Referral Services (CCR&R)** and we sponsor the **Child and Adult Care Food Program (CACFP)**. We provide both services in both Rockingham and Strafford counties.

The CCR&R services include supplying families in Rockingham and Strafford counties with names of local child care programs, providing tips for families on evaluating and selecting quality child care and providing information to families on child care resources, including financial assistance.

We also provide ongoing training, visits and telephone consultations to support the professional development of child care providers in Rockingham and Strafford counties.

As a sponsor of the CACFP, we help to improve the health and eating habits of children. Children in participating family child care homes and child care centers receive nutritious meals which help keep them healthy and growing. The CACFP is a federal program that partially

reimburses child care providers for the meals served to the children in their care. The programs we sponsor are located in Rockingham, Strafford and Hillsborough counties.

Rockingham Community Action Child Care Services

8 Centerville Drive

Salem, NH 03079

(603) 893-8446; ccs@reaction.org

1 Old Dover Road, Suite 2,

Rochester, NH 03867

603 994-3505, 603 994-3506

or 800-913-1912

► **Families @ Work** provides newly employed parents with financial assistance, access to community resources, and employment coaching services that will enable them to keep working and contribute to their family's overall well-being. Amy Cooper, Work Resource Specialist
Phone: 603 817-3452 Fax - 603 766-0168 email: acooper@reaction.org

► **HEAD START** is now recruiting and accepting applications for the 2010-2011 school year. Head Start is a federally funded free pre-school program for income eligible children and their families. Head Start offers a comprehensive child and family program that provides pre-school children, between the ages of 3 – 5 years old, with an individualized program, nutritious meals, health services, social services, and helps to promote parent involvement both in the classroom and in the community. Head Start also encourages age eligible children with disabilities to apply. For information or to apply please call the Head Start administrative offices at 430-4900 or 1-800-556-9300.

► **Portsmouth Adult Basic Education (ABE) Program** provides quality adult basic education services to the greater Portsmouth community. Classroom-based instruction is available for adults (18 years and older) in need of basic literacy skills in reading, writing, math, pre-GED and GED preparation (**ABE classes**); as well as English for speakers of other languages (**ESOL classes**).

ABE Classes (Basic Skill & GED Preparation):

- Day ABE Classes: Tuesdays/Wednesdays/Thursdays 9 am – 12 noon
- Evening ABE Classes: Tuesdays & Thursdays 5:30 – 8:30 pm

ESOL Classes (English Language):

- Day ESOL Classes: Level 1: Tuesdays & Thursdays 9 am – 12 noon;
- Day ESOL Classes: Level 2: Wednesdays & Fridays, 8:45-10:45 am
- Afternoon ESOL Classes: Wednesdays 12 noon – 2 pm
- Evening ESOL Classes(mixed levels): Tuesdays & Thursdays 5:30 – 8:30 pm

ABE and ESOL classes are free of charge. GED classes - scholarships available to cover cost. Limited, free on-site childcare is available on first-come, first-served basis. All classes are held at the Community Campus, 100 Campus Drive, in Portsmouth. There is an open entry / open exit policy, allowing students to join at any time during the school year of September through May. **Call RCA's Portsmouth Adult Basic Education Program for more information and to register at, 422-8233.**

► **Literacy Services**

Rockingham Community Action (RCA) offers a wide range of Literacy Services aimed at promoting an early love of reading, access to high quality, age appropriate books and engaging, interactive literacy activities and opportunities for low-income children (birth to 5th grade), their caregivers and families. RCA's Literacy Services include:

- * **The Gift of Reading Program** – a library-based free hardcover book distribution program held annually during the holiday season in partnership with local public libraries (25 of the 37 Rockingham County communities).
- * **The Gift of Reading Storytime at WIC clinics** – theme-based storytimes featuring a read-aloud book and integrated arts activities along with quality paperback book

distributions are presented by trained volunteers in WIC clinic settings throughout Rockingham County.

- * **The Tales to Go/Child Care Provider Project** – a fall, winter and spring traveling literacy van project visiting family child care providers with theme-based read aloud storytimes, integrated arts activities and healthy snacks, book lending and free quality paperback book distributions.
- * **The Tales to Go Summer Project** – a summer traveling literacy van project visiting public and private housing complexes, mobile home parks, recreation and community centers with theme-based read aloud storytimes, integrated arts activities and healthy snacks, book lending and free quality book distributions.
- * **Reading is *Fundamental* Program** – a high quality paperback book distribution program, which allows RCA to distribute books to over 3,000 low-income children throughout Rockingham County in RCA's WIC (Women, Infants & Children) and CSFP (Commodity Supplemental Food) programs, Head Start program and Tales to Go programs.

For more information contact:

RCA Literacy Services, 4 Cutts Street, Portsmouth, NH 03801
778-4770 literacyservices@rcaction.org

Rockingham County Community Resource Network

The Rockingham County Community Resource Network, Inc. is the parent organization for the CRN. RCCRN is fiscally sponsored/supported by Families First Health and Support Center.

RCCRN's mission is to build partnerships, expand resources and eliminate barriers so that every community member can realize complete physical, emotional and social well-being.

RCCRN promotes and supports individual, family and community well being in all the interdependent dimensions of wellness: physical, emotional, intellectual, spiritual, social, cultural, occupational, financial/material, and environmental. RCCRN can play a specific role in bringing entities together to find solutions to the issues facing our region. The RCCRN partners are currently working in coalitions on Mental Health Integration, Prevention and Wellness, Health Care for the Homeless, Suicide Prevention, Veterans Conference and the planning for a Supervised Visitation Center. For more information on our initiatives or to join the collaborative contact:

Susan Turner Cell: 969-5318  sturner@rcaction.org www.crnnh.org

Rockingham VNA and Hospice

Rockingham VNA and Hospice is a community based non-profit Home Health agency that serves Rockingham County as well as the communities of Lee, Durham and Barrington. We provide Skilled Nursing, Physical Therapy, Occupational Therapy, Social Work, Home Health Aide, Registered Dietician, specialty services for Diabetes, Wound Care Management and Falls prevention to the adult and elderly population. Our Tele-Health component, the Health Buddy can help monitor the status of our patients and remotely sends information to our Tele-Health RN who reviews the information received and works with the doctor in coordination of care.

The Advanced Illness Program emphasizes palliative care to address the many ways that a serious illness affects the patients and their families.

Hospice is a comprehensive team oriented program of care that seeks to treat and comfort terminally ill patients and their loved ones. Hospice is a philosophy of care that accepts death as a part of life, seeking neither to hasten nor to prolong the dying process.

Our mission is to assist in improving the health of the community by promoting well being and independence by providing patient centered healthcare services in the comfort of the home and within the communities we serve.

Rockingham VNA and Hospice also provides the communities with clinics to help our adult and elderly residents stay well and be well. Such clinics include, blood pressure, foot care, seasonal flu clinics and community health education.

For more information about our service please feel free to call us at 1-800-540-2981 or visit our web site at www.exeterhospital.com.

Seabrook Even Start **

Seabrook Even Start is a family literacy program located in Seabrook Elementary school. We provide adult education, early childhood education, parenting education and interactive literacy activities aimed at raising literacy levels in the Seabrook community. Qualifying families are residents of Seabrook who have children birth through eight years old. We offer GED preparation, adult basic education, and ESOL classes for parents twice a week. Quality child care is provided during class time. Flexible individual tutoring is also available for parents whose schedule conflicts with class times. Home visits are conducted to provide early literacy support at home. Parenting workshops are offered regularly at the school in connection with Title One. Transportation is provided to and from Even Start events when needed. Even Start is a free, year round program in which enrollment is open and ongoing.

Contact: Marci Dionne - Coordinator/Early Childhood Educator

Kim Kelly - Adult Educator/Parenting Educator

256 Walton Road, Seabrook New Hampshire 03874

(603)474-2252 X134



SeaCare Health Services



SeaCare Health Services serves 21 towns in Rockingham County providing:

- **Medical Access program** - for people at or below 185% of poverty level; Access to primary and specialty care physicians, nurse practitioners, mental health therapists, chiropractors and holistic care providers
- **Care Coordination** - Nancy Sauter, Marian Smith, Carrie Tammik and Stephanie Van Kleeck help participants navigate the health care system and establish personal health goals.
- **The Medication Bridge Program** - Kellie Pollard and Deb Dupont assist eligible uninsured and underinsured participants of all ages to receive needed prescription medications free of charge or at a low cost from pharmaceutical companies.
- **The Children's Connection** – Karen Rowell and Danielle Clivio provide home visiting services to promote growth and development in children including NH Health Kids enrollment, Medical Homes, Parenting, ADD, ADHD, Asthma Management and much more!

Contact SeaCare Health Services 772-8119 www.seacarehealthservices.org

Hours of operation are: 8:30 - 4:30

11 Downing Court, Exeter, NH 03833

Appointments can be made through the above number for our Exeter, Portsmouth or Seabrook offices.

Seacoast Family Food Pantry

SFFP strives to fulfill the needs of low-income individuals with food, personal products and education for healthy living. We provide these services on an emergent and on-going basis, respecting the dignity of each individual. Current services:

- Emergency Food Aid

- Food Pantry, year round
- Confidential guidance and referral to all other local service agencies
- Collaboration with all local service agencies
- Personal Care products
- Holiday distribution to needy individuals and families
- Education and outreach programs
- Serve NE Food Co-op

SFFP serves Portsmouth and the greater Seacoast area, including New Castle, Greenland, Newington, Rye, N. Hampton, Hampton, and Stratham.

7 Junkins Avenue, Portsmouth, NH Food Pantry 436-0641

Diane Giese, Executive Director dgiese13@comcast.net Office 436-6161

Margie Parker, Assistant Executive Director Fax 1-866-388-1582

Seacoast Family Promise

Mission: to empower families experiencing homelessness to regain independence by working in partnership with local congregations and community resources.

Seacoast Family Promise provides family plans, financial management, community service resources and more to assist families who wish to evaluate and overcome obstacles to their success. Working with numbers of up to 14 people or 5 families, this unique program offers solutions. Part of the national Family Promise, the local success rate for SFP is currently 92% with a national success rate of 85%.

SFP leverages 2 dollars for every 1 dollar donated in goods and services by local support faith communities, which calculates to running a program for around \$160,000 that would otherwise cost \$457,000. This program works!

Pati Frew-Waters, Network Director 603-658-8448

6 Emery Lane, P.O. Box 233, Stratham, NH 03885

sihnh@comcast.net

The Seacoast Family YMCA

The mission of the Seacoast Family YMCA is to put into practice the positive Values of respect, caring, honesty & responsibility through programs that build spirit, mind and body for all.

Through this mission, we strive never to turn anyone away on inability to pay.

The Seacoast Family YMCA offers programs for health seekers of all ages from infant to seniors. The facility offers an Olympic size heated indoor pool, fitness center, Adult and Youth fitness classes including Yoga, Nia, Ballroom dancing, Youth Fit, Stretch -N-Strengthen, youth sports and gymnastics. A full aquatic program from swim lessons to Rusty Hinges. After school childcare and summer camp.

Katie Lewis kewis@seacoastymca.org

550 Peverly Hill Road, Portsmouth, NH 03801

431.2334



Seacoast Hospice, A Division of Beacon Hospice

Seacoast Hospice is a community of caregivers providing case management and practical care to children, adults, seniors and families coping with terminal illness

Often people choose Seacoast Hospice after having undergone numerous invasive, usually exhausting, disease-fighting treatments. Once in hospice care, we make our patients as comfortable and pain free as possible and help them refocus on the joys in life that may have been pushed aside during the time of treatment.

Seacoast Hospice serves patients in their homes, hospitals, assisted living facilities, nursing homes, and at the Hyder Family Hospice House. Seacoast Hospice focuses exclusively

on end-of-life issues, so each patient benefits from an experienced team of specialized caregivers: physicians, nurses, licensed nursing assistants, social worker, spiritual care coordinators, bereavement coordinators, homemakers and trained volunteers to help patients and families with the specific challenges of coping with terminal illness.

Bernice Ducharme, Regional Clinical Director

10 Hampton Road

Exeter, New Hampshire 03833

1-800-Hospice

Email: info@beaconhospice.com

Seacoast Mental Health Center **

With offices located in Portsmouth and Exeter, NH, the mission of **Seacoast Mental Health Center (SMHC)** is to provide a broad and comprehensive array of high quality, effective and accessible mental health services to residents of the Seacoast region. The staff is comprised of highly qualified, experienced professionals who are specially trained in psychiatry, psychology, counseling, social work and nursing. Our goal is to offer high-quality mental health services in a safe and confidential environment.

Founded in 1963 to address the mental health care needs of the region, SMHC is one of 10 state-designated community mental health centers (CMHCs) in New Hampshire. As a state-designated CMHC, it is mandated to provide evaluation to children, adolescents and families, the elderly, and severely and persistently mentally ill, regardless of their ability to pay. Specific programs include:

Adult Outpatient Program - Provides comprehensive range of psychotherapy services to address the intrapsychic, interpersonal, and substance abuse problems of adults living in the Seacoast.

Center for Learning and Attention Disorders (CLAD) - Provides both diagnostic and treatment services for individuals of all ages who are coping with learning, attention, or behavior problems in the home, school, or the workplace.

Child, Adolescent & Family Services (CAFS) - CAFS provides clinical services to children up to 18 years of age and their families. Services are provided in our offices, family homes and other community settings.

Community Support Program (CSP) - Serves adult individuals, and their families, who experience disabling mental illness. Provides clinical and psychiatric rehabilitation services.

Elder Services - Dedicated to serving older adults and their caregivers so they may lead rich fulfilling and productive lives.

Emergency Services - Dedicated to serving older adults and their caregivers so they may lead rich fulfilling and productive lives.

Psychiatry/Psychology Services – Ten Board Certified psychiatrists and three Registered Nurses perform Psychiatric Evaluations, Medication Monitoring & Hospital Consultations.

Portsmouth office 431-6703; Exeter office 772-2710 www.smhc-nh.org

Support Groups

2nd Monday of the month

6:30 - 8:30 pm Bipolar Support Group

Community Campus (Lower Level)

100 Campus Drive, Portsmouth, NH

CONTACT: Diane Cyr, (603) 957-5767

dcyr@smhc-nh.org

2nd & 4th Thursday of the month 7 – 9 pm

Seacoast Chapter of NAMI - NH

Community Campus (Library – 1st floor)

CRN Spring General Meeting

100 Campus Drive, Portsmouth, NH

CONTACT: Jackie Ellis, (603) 431-1512

Don Moore, (603) 436-3264

3rd Monday of the month 1 – 2pm

Schizophrenia Support Group

Community Campus Board Room

1 Campus Drive, Portsmouth, NH 03801

CONTACT: Diane Cyr, (603) 957-5767

dcyr@smhc-nh.org

Every Friday

7 – 8:30 PM Greater NH Seacoast area
Chapter of DBSA (Depression and Bipolar
Support Group), Exeter Hospital
3rd Floor Conference Room #1
Contact: 778-3160

Every Monday

7 – 8:30 pm Depression and Bipolar
Support Alliance
Wentworth Douglas Hospital
789 Central Ave, Dover, NH 03801
Contact: Joe “Jay” Breakfield 603-280-4411

Senior Community Service Employment Program

Senior Community Service Employment Program (SCSEP) assists NH residents 55 years old and over, on limited incomes with developing job skills, obtaining part-time, paid opportunities in government or non-profit organizations, and finding future unsubsidized jobs as required. Benefits include paid holidays, vision care, and more. We are currently recruiting in Belknap, Merrimack and Rockingham Counties. For more information, please call us at 1-800-856-5525, SCSEP is a program of Community Action Program Belknap-Merrimack Counties, Inc., P.O. Box 1016, Concord, NH 03302-1016.
Candace Whittemore, Program Manager
Community Action Program Belknap-Merrimack Counties, Inc.
2 Industrial Park Dr., PO Box 1016, Concord, NH 03302-1016
603-225-3295 603-228-1898 Fax



Sexual Assault Support Services (SASS) **

Sexual Assault Support Services (SASS) is dedicated to the prevention of child sexual abuse, sexual assault and stalking, while supporting victims, survivors and others impacted by sexual violence.

This mission is accomplished through a '*Safe Kids. Strong Teens.*' collaborative education program provided by SASS and the local domestic violence agency, A Safe Place (ASP) to children in grades K-12 in an effort to prevent child sexual abuse, sexual harassment, bullying and teen dating violence. Annually, over 10,000 students and 1500 teachers, parents and other adults participate in the '*Safe Kids. Strong Teens.*' prevention programs.

The SASS client services program provides a confidential 24-hour toll-free crisis hotline, 24-hour accompaniment and support to police stations, hospital emergency rooms, courts and local Child Advocacy Centers, support groups, and information and referral services. SASS services are offered to nearly 300,000 people or approximately one-third of the population of the entire state.

Annually, SASS provides support services to over 1100 individuals and families impacted by sexual violence.

●4th Annual 5K Walk/Run to Keep Kids Safe

April 16, 2011 at Pease Tradeport, Portsmouth NH
Get your team of walkers/runners together to compete in a fundraising contest! Or donate your time & talents by volunteering to help make this year's 5K a success.

●Advocate Training

To begin in early February 2011.
SASS is always looking for dedicated volunteers to provide support and information to those affected by sexual violence. If you are interested in joining our team as an Advocate to answer the hotline or to accompany survivors, contact Lindsey at 603-436-4107.

●Support Groups

Support groups for female adult survivors and female teen survivors will start in the spring. Please call any of our locations to request an application or to answer any questions.
24-hour hotline 1-888-747-7070, website: www.sassnh.org , Rochester Office: 332-0775

Portsmouth Office: 603-436-4107.

Sight Services for Independent Living

Sight Services for Independent Living (SSIL) is a comprehensive program for people, aged 55 and older with vision loss who live at home. SSIL provides information, adaptive aids, training and support at no cost. Services include the areas of low vision, personal and household management, independent travel, benefits planning, communication and community integration.

SSIL sponsors peer support group meetings at many locations throughout the state which provide an outlet for the visually impaired person to find support and understanding from persons with similar conditions who live in their geographic areas.

To be eligible for SSIL, a New Hampshire resident must be 55 or older and have a significant visual loss.

Sight Services for Independent Living

21 South Fruit St. Suite 20

Concord NH 03301

1-800-581-6881

<http://www.ed.state.nh.us/education/doe/organization/adultlearning/vr/SSIL.htm>

Squamscott Community Commons

Robin Drunic, Executive Director

PO Box 521, Exeter NH 03833

Phone: 603-778-4722 Cell: 603-978-1436

robin@squamscott.org www.squamscott.org

St. Michael's Parish

St. Michael's Parish has three (3) Outreach Programs that helps the Stratham, Exeter, Brentwood, East Kingston, Newfields and Kensington people who are struggling just to make ends meet. These programs are:

- **Back to School** where each child is provided a backpack, school supplies according to their grade, a shirt, pants, socks, underwear and sometimes gift cards for shoes.
- **Thanksgiving Baskets**, each family is provided with a Turkey and all the trimmings that go with a Thanksgiving feast.
- **Christmas Basket**, each child receives 3 gifts that each gift is \$50 or less, a shirt, pants, socks and sweatshirt. The family receives a Christmas dinner basket.

We have several churches in the SAU-16 District area step in and help us with the Thanksgiving and Christmas Baskets along with the Exeter Fire Department for gifts. Please list St. Michael's Parish for these programs so that we can help as many people that we can in our area.

Leah Grant, Pastoral Minister 603-772-3916 ext. 12 www.svdpexeter.com

The St. Vincent de Paul Society **

The St. Vincent de Paul Society Exeter NH Conference serves the needs of the poor in Exeter, Stratham, Newfields, E. Kingston, Kensington and Brentwood NH. The Conference operates an area-wide food pantry that serves those communities as its primary focus. Our facilities are located at the Michael House, 11 Linden St. in Exeter, NH 03833. Among other services, we provide an "Advocacy Program" which renders coaching, counseling, guidance and emergency

financial help for those individuals and families who need assistance. We also connect with the many other agencies offering similar services in our area including the network of St. Vincent de Paul Societies that exist nationwide. Our website carries complete information on our services at: <http://www.svdpexeter.com>.

We are sponsored and receive generous support from [St. Michael's Catholic Church](#) in Exeter, NH. We are also fortunate and thankful to receive support from several other non-Catholic religious, public, business and private entities - both individuals and groups – throughout our service area. Over the past several years, with a sour economy, our client base has grown extensively. But, our motto says it all: We Help People.
Herb Salls, SVdP Client Services Volunteer 603-772-3916 Ext 15
11 Linden Street
Exeter, NH 03833

The Homemakers Health Services **

We are A Homecare Agency, located at 215 Rochester Hill Road, in Rochester, The Homemakers, is a full service, charitable health care agency which provides comprehensive, quality, and cost effective home health, home support and adult medical day care services. When dealing with difficulties due to aging, chronic illness, or getting back on your feet after a hospital stay, the professional, knowledgeable staff The Homemakers Health Services can help make your life easier. www.TheHomemakers.org
Contact: René J. Philpott, 603.335.1770, rphilpott@thehomemakers.org;

The Salvation Army

The Salvation Army, an international movement, is an evangelical part of the universal Christian church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination. Welcome to the Seacoast: Capt. Debora Coolidge and Lt. Erin Rischawy
The Salvation Army Portsmouth, NH
Middle Street
Office Phone 603-436-2606 Laura O'Brien - Secretary for appointments

United Way of the Greater Seacoast **

United Way of the Greater Seacoast is working to advance the common good by focusing on education, income and health. These are the building blocks for a good life—a head start on quality education that leads to success in future jobs, enough income to support a family through retirement, and good health. Our goal is to create long-lasting changes that prevent problems from happening in the first place.

The United Way Volunteer Action Center provides: Volunteer Management training and consultation , On-line volunteer recruitment , GoodsMatch product donation program , BoardMatch referral program , Promotion of volunteerism though a weekly Herald column, Fosters on-line, volunteer fairs , Spirit of the Seacoast quarterly volunteer award.

Robin Albert, Director
Volunteer Action Center
112 Corporate Dr., Portsmouth, NH 03801
Office: 603.436.5554 x 136 Fax: 603.436.6349
www.uwgs.org

University of NH Cooperative Extension

UNH Cooperative Extension provides programs and resources for families and youth in the following areas:

● **Family and Consumer Resources** programs are in the areas of parenting, stepfamilies, money management, media literacy, food safety and healthy lifestyles. Contact Claudia Boozer-Blasco, M.Ed. or Karen Blass, M.Ed., Extension Educators in Family and Consumer Resources, at claudia.boozer-blasco@unh.edu or karyn.blass@unh.edu.

● **Nutrition Connections** brings nutrition knowledge and food skills to limited-resource people of all ages. Instruction is available through small group instruction, in-home visits, newsletters and correspondence courses, and youth programs. Contact Terri Schoppmeyer, B.S., Educational Program Coordinator, Food and Nutrition at terri.schoppmeyer@unh.edu.

● **4-H Youth Development** provides opportunities for youth to enhance their skills and abilities in a wide variety of interest areas and offers expertise in community youth development. Contact Rick Alleva, Ed.D, Extension Educator, 4-H Youth Development, rick.alleva@unh.edu. UNH Cooperative Extension also provides programming through **Agricultural Resources, Forestry Resources, Marine Resources, and Land and Water Conservation**. For more information, contact UNH Cooperative Extension, Rockingham County, 113 North Rd., Brentwood, NH 03833, 603-679-5616 or visit our web site at www.extension.unh.edu.

The VA Medical Center: Healthcare for Homeless Veteran's Program

The healthcare for homeless veterans (HCHV) staff engages homeless veterans through outreach and linkage to a full range of services that can facilitate a break in the cycle of homelessness.

The HCHV program provides outreach to shelters or referrals to transitional housing programs along with referrals to physical and psychiatric examinations with follow up for primary, psychiatry, and specialty care. Homeless veterans with mental health and chemical dependency problems may also receive ongoing case management.

The ultimate goal is to link veterans to VA services as well as to services provided by other community agencies serving the homeless; the HCHV program has three components: 1. outreach and referral services 2. grant and per diem programs 3. supported housing services. All of which are important parts of the seamless system of care.

To make a referral or for additional information, please contact:

Lisa Winn, Homeless Coordinator Lisa.winn@va.gov
VA Medical Center, 718 Smyth Road, Manchester, NH 03104
603.624.4366 x 3622 (office) 603.657.5613 (cell)

Victims, Inc **

Victims, Inc. Spring Training coming up for Trauma Intervention Volunteers in Strafford and Rockingham Counties. Check the website.

Call 335-7777 for more information.

<http://www.victimsinc.org>

Wentworth Connections **

The Seacoast area is fortunate to have a wide range of high quality services for seniors, offered by many area enterprises and agencies. Two of those agencies, **The Portsmouth Senior Center and Compass Care adult day**, have undergone a management transition that became effective on January 5. The change relates to the fact that **Parrott Avenue Place** and the above mentioned programs are now a part of the **Mark Wentworth Home** – a non-profit nursing home and assisted living community that has been serving the Portsmouth area for nearly a hundred years, and has long had a vision of extending services out into the community. The services provided will continue to be based at Parrott Avenue and will now be known as **Wentworth Connections**. This transition was agreed to by the boards of directors of all of the agencies involved, with the expectation that by bringing the services together under a single management

that some efficiencies can be gained and that the whole will become greater than the sum of its parts.

The management of Wentworth Connections is provided by **Living Innovations**.

Cindi Shanley, is the hands on Director

For further information:

Cindi Shanley at 430-0070

Neal Ouellett, CEO of Living Innovations at 422-7308

Perry Blas, Community Liaison - 603-436-1586 pblas@livinginnovations.com

WestRoc Collaborative Partners Coalition

Focused on the communities of Western Rockingham County the WestRoc Coalition has a mission: *To provide programs focusing on prevention, treatment and Recovery which encourage healthy living.* This is a newly reorganized group which is Partner-centric with the goal of bringing partners together for discussion, working on issues and developing programs and initiative that highlight the strength of the partners within the continuum of care model. The group meets once a month typically on the third Friday of each month. For meeting location and more details about the coalition please check out our web site: www.westrockcoalition.org (set to launch winter of 2011) or email us @ info@westrockcoalition.org

Women Supporting Women

The Women Supporting Women Center is a wellness and enrichment center, open for more than 13 years, now serving both women and men. WSW offers lectures, workshops, support groups, a lending library, and psychotherapy, all aimed at the emotional, spiritual and personal growth of adults. A quarterly newsletter details the 15-25 different programs offered each cycle, as does the web site, www.wswcenter.com.

WSW began opening some of our groups to men for the first time this year. The programs offered run the gamut from important informational groups (ie, legal aspects of divorce, financial literacy, etc) to topical support groups, book and movie discussion groups, uplifting community builders (wine and food tasting, introductory watercolor class), spiritual (personal purpose, divine identity, energy healing), personal growth (communication skills, forgiveness, journaling) and whimsical angel and fairy classes.

WSW is also a safe, supportive place for women to learn and practice leadership skills, following the 12-hour leadership training class offered. New leaders are encouraged and assisted in their conception, development and implementation of a topic they want to offer a class in. The WSW philosophy is informed by the empowering work of the co-counseling community, incorporating such concepts as No Advice Giving, One Person Speaks at a Time (for about the same amount of time), speak from your own experience, etc. The typical participant ranges in age from 30-something to 70-something. It is a model for well people; those needing more specific attention are directed to the fine agencies in our community already doing crisis work and offering emergency services.

Claire Houston, Director, MS, LCMHC, Lic. Psychotherapist (603) 772-0799

111 Water St, Exeter, NH 03833 www.wswcenter.com

Working Futures

Working Futures is a transitional job readiness program crafted especially for NHEP participants. A four-week intensive program, Working Futures is designed to assist with building the soft skills required by today's employers. The program includes modules on: job survival skills, self development, and job searching, as well as individual modules that allow participants to focus their learning. Program graduates will have: job readiness skills, effective

workplace behavior, improved self-esteem and confidence, and effective job search tools. All that in four (intensive!) weeks.

David Phreaner, D.Mn. Rochester Office: 150 Wakefield Street, Suite 4
Career Development Specialist Working Futures
603-335-6847

Workplace Success

Workplace Success is a work experience and training program that provides participants in the NH Employment Program with the skills, knowledge, and support to obtain unsubsidized employment. The Workplace Success concept comprises two components: community work experience and onsite volunteer activities and skills training, all of which develop and polish job skills needed by participants to enter or reenter the workforce. We have two offices in Rockingham County: Portsmouth and Salem. mdix@reaction.org www.reaction.org
Contact: Megan Dix 766-0166

Zebra Crossings

Our mission is to enrich the lives of children with a chronic health condition, including those at risk of developing a chronic health condition, by fostering greater self-confidence, a sense of independence and a desire to realize their full potential through fun and engaging enrichment programs that build a strong and caring community support network for families.

Programs are currently available to youth between ages 6 and 12 with family and sibling programs offered as well. Some examples of chronic health conditions that Zebra Crossings currently is able to (but not limited to) accommodate are asthma, diabetes, congenital heart problems, cystic fibrosis, epilepsy and juvenile rheumatoid arthritis. Please review our Program Tracks and admission guidelines for further details of who may qualify for our program.

Programs are scheduled periodically throughout the year with an emphasis on school vacation weeks and the summer months. We encourage our participants to join us for multiple programs and events; it is a wonderful way to increase their self-confidence and stay connected with friends who have a common understanding of their needs. Our programs are medically supervised to ensure the safety of all of our program participants. Programs are held at various locations throughout the greater seacoast region of NH. Recreational activities include art projects, sports, group games, swimming, climbing wall, and ropes courses.

Astrid Wielens, Executive Director
61 Locust Street – Dover, NH 03820
603-312-2052

info@zebra-crossings.org
www.zebra-crossings.org



PLEASE NOTE

Please remind your Executive Directors about that value of the CRN networking meetings and workshops. They are an important part of **providing** services to your clients! It is not too late in the year to become a member agency.

** CRN Member – **urge your agency to become a member - GET YOUR STARS!!!**



Major Contributor to CRN/Serves on RCCRN Board - want to get one of these?

Talk with Susan or any of the RCCRN Board members:

Kathy Crompton, SeaCare Health Services

kcrompton@seacarehealthservices.org

Helen Taft, Families First Health and Support Center

htaft@familiesfirstseacoast.org

CRN Spring General Meeting

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5/13/11

Peggy Small Porter, Richie McFarland Children's Center psmallporter@richiemcfarland.org
Linda Griebisch, Feminist Health Center, lindag@fhc-p.org
Becky May, ServiceLink of Rockingham County bmay@rockingham servicelink.com
Ron Cohen, Child and Family Services cohenr@cfsnh.org
Deb Bartley, Lamprey Health Care, dbartley@lampreyhealth.org
Rick Alleva, UNH Cooperative Extension, rick.alleva@unh.edu

RCCRN has had many community partners to thank for their support throughout the years. Special thanks to Rockingham Community Action for doing the heavy lifting! They have provided support, fiscal sponsorship and funding throughout the last 10 years. October 1, 2010, RCCRN moved to Families First. We look forward to continuing our work under the auspices/fiscal sponsorship of Families First Health and Support Center!