



# Partnership Member Meeting

May 7, 2021



# Agenda

- Welcome (Julie)
- The Changing Prevention Landscape: Calendar/Event Review (Traci)
- Creating and Sharing a Statewide Message:  
Methamphetamine/Stimulant Spotlight Fact Sheet (Julie)
- National Prevention Week Activities (Julie)
- Engaging with The Partnership (Karyn)

# 1st Meeting Highlights

## What can the Partnership do to support prevention in NH?

- A statewide message they can send out in any information they share --
  - have all of this information in one place
  - accurate and up-to-date
  - Best practices
  - Action items for parents/community members
  - Compilation of prevention activities and events
- It is helpful when resources have the partnership logo AND room for the partners to add their own logos, too
  - Vice versa - Partnership can review partner content, vet content, and then create resources to share

# Steering Committee

Traci Fowler, NH Charitable Foundation

Monica Gallant, Souhegan Boys and Girls Club

Melissa Lee, UNH Cooperative Extension

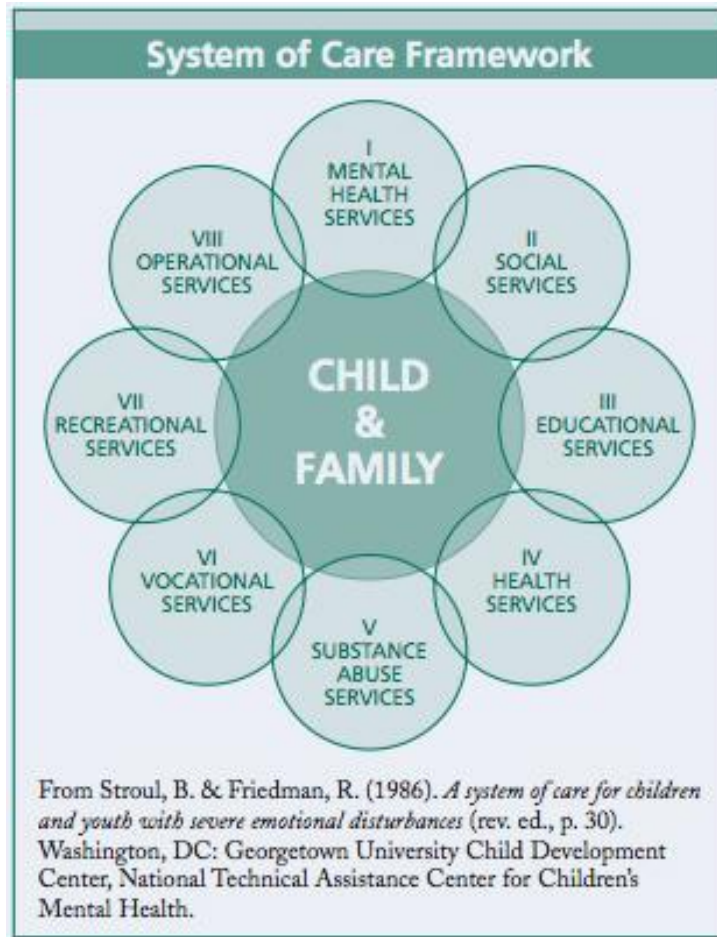
# Aligning efforts within NH's System of Care: BRIEF overview

Traci Fowler, MSW

Partnership meeting May 7, 2021

A System of Care (SoC) is a spectrum of effective, community-based services and supports **for children, youth with or at risk for mental health challenges and their families.**

The SoC is organized into a coordinated network, builds meaningful partnerships with families and youth, and addresses their cultural and linguistic needs in order to help them to function better at home, school, community, and throughout life



## System of Care CORE VALUES

- Family Driven and Youth Driven
- Community-Based
- Culturally & Linguistically Competent
- Trauma Informed & Responsive

## RSA 135-F: NH's System of Care Law

- In 2016, NH passed the System of Care Law (SB 534) which imbedded the System of Care approach & values **in state law**
- Implementation remains a major policy priority of advocacy partners, New Futures and NAMI NH
- Outlines steps towards building a comprehensive and integrated System of Care for children's behavioral health
- Requires Interagency Coordination at the State level (HHS & DOE)
- Requires ongoing yearly [progress reports](#)



## Senate Bill 14 (2019)

- Infused close to \$20 million into the System of Care
- Makes improvements in alignment with:
  - DCYF Adequacy & Enhancement Assessment
  - Family First Prevention Services Act
  - 10-Year Mental Health Plan
- Further integrates child welfare services with the System of Care to help prevent deep end, and often expensive, involvement in the “system”

# Calendar/Event Review

## Meetings Held on the Odd Months

May 7 - General Partnership Meeting  
May 13 - Student Assistance Programs (SAP) 11- 1  
May 18 - Young Adult Coordinators (YAC) 10 - 12  
May 19 - Substance Misuse Prevention Coordinators (SMPC)/ Drug Free Communities (DFC) 9:30 - 1:30  
July 9 - General Partnership Meeting 10 - 11:30  
July 20 - YAC 10 - 12  
July 21 - SMPC/ DFC  
Sept. 10 - General Partnership Meeting 10 - 11:30  
Nov. 5 - General Partnership Meeting 10 -11:30

## Meetings Held on the Even Months

June 4 - Prevention Task Force (PxTF) 9:30 - 11:30  
June 10 - SAP 11 - 1  
June 11 - Steering Committee Meeting  
June 15 - YAC 10 - 12  
June 16 - SMPC/ DFC 9:30 - 1:30  
June 25 - Governor's Commission (GC) 9:30 - 11:30  
Aug. 6 - PxTF - 9:30 - 11:30  
Aug. 13 - Steering Committee Meeting  
Aug. 17 - YAC 10 - 12  
Aug. 18 - SMPC - 9:30 - 1:30  
Aug. 27- GC 9:30 - 11:30  
Oct. 8 - Steering Committee Meeting

# Creating and Sharing a Statewide Message

- Emerging trends
- Identifying need
- Collaborating
- Responding

# Methamphetamine/Stimulant Fact Sheets Announcement

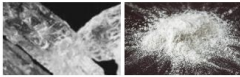
## GENERAL FACTS ON METHAMPHETAMINE

Methamphetamine is a stimulant that people take to get high and to get a rush of energy. This makes it a popular substance to take when going to a dance club. Crystal methamphetamine is a form of the drug that looks like glass fragments or shiny, bluish white rocks. Methamphetamine is usually found as a white, bitter-tasting powder or pill and is often produced to look like a prescription amphetamine medication (Adderall). Unknowingly taking methamphetamine in the form of a look-alike prescription stimulant could have serious physical and mental health consequences. It is important to only take prescription medications from the original pill bottle. Methamphetamine can be swallowed, snorted, inhaled, smoked, or injected into a vein (increasing effect and potential for addiction).

Methamphetamine increases the amount of natural chemical dopamine in the brain that is involved in body movement, motivation, pleasure and reward. The drug's ability to rapidly release high levels of dopamine in the reward areas of the brain produces the "rush"

### OTHER NAMES OF METHAMPHETAMINE ARE:

speed • uppers • meth • crystal meth  
chalk • ice • glass  
Christmas tree • crank



METHAMPHETAMINE CRYSTAL AND POWDER



METHAMPHETAMINE PILLS - PRESSED TO LOOK LIKE ADDERALL

Photo courtesy: Drug Enforcement Agency

### EFFECTS OF USING METHAMPHETAMINE

The effects of methamphetamine can last for many hours and it may take up to 4 days for the drug to completely leave the body!

#### Short-Term Effects:<sup>2</sup>

- Increased wakefulness and physical activity
- Decreased appetite
- Faster breathing
- Rapid and/or irregular heartbeat
- Increased blood pressure
- Increased body temperature
- anxiety or paranoia

#### Long-Term Effects:<sup>2</sup>

- Addiction
- Psychosis, including: paranoia, hallucinations, repetitive motor activity
- Changes in brain structure and function
- Deficits in thinking and motor skills
- Increased distractibility
- Memory loss
- Mood disturbances
- Severe dental problems
- Weight loss
- Increased incidents of infections such as HIV and Hepatitis
- Intense itching, leading to skin sores from scratching

- Spotlight Factsheet:
  - General Facts on Methamphetamine
  - Talking with Your Child about the Use of Prescription Stimulants (Adderall, Ritalin) and Methamphetamine
  - Helping You Reduce the Harm with Methamphetamine
  - Facts for Providers on Harm Reduction, Treatment and Recovery for Methamphetamine Use (Coming Soon)
- [drugfreeh.org/media-materials/](https://drugfreeh.org/media-materials/)

# National Prevention Week

- May 9-15, 2021
- [samhsa.gov/prevention-week](https://samhsa.gov/prevention-week)
- Follow us on Twitter, Instagram, Facebook, and LinkedIn and tag us in your Prevention Week activities!
- Follow the hashtag #NPW2021 across platforms to engage with other orgs participating in National Prevention Week!



# National Prevention Week

- **Monday, May 10:** Preventing Prescription Drug and Opioid Misuse
- **Tuesday, May 11:** Preventing Underage Drinking and Alcohol Misuse
- **Wednesday, May 12:** Preventing Illicit Drug Use and Youth Marijuana Use
- **Thursday, May 13:** Preventing Youth Tobacco Use (E-Cigarettes and Vaping)
- **Friday, May 14:** Preventing Suicide

# Engaging with The Partnership

Listserv discussion:

- Goal: to facilitate collaboration between partners
  - Themes/trends in the NH prevention community
  - Emerging research
  - Partner needs
  - Upcoming activities and events

# Engaging with The Partnership

## Engaging with us (communication channels):

1. Subscribe to The Partnership's email listserv for updates
2. Follow on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#)
  - a. Retweet/share, comment!
3. Follow along with The Partnership's web updates
4. Join a workgroup
5. Other: how do you want to engage with us?



# Engaging with The Partnership

## Sharing content:

1. Tag us on social media!
  - a. [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#)
  - b. Example: photos from a prevention event, sharing a new resource
2. Tell us about your events, activities, or resources (or communication and training needs!!)
  - a. Email: [info@drugfreenh.org](mailto:info@drugfreenh.org)
  - b. Web form: [drugfreenh.org/contact-us/](http://drugfreenh.org/contact-us/)

# Engaging with The Partnership

## Need support?

- Upcoming training session: Social Media 101
- 90-minute webinar covering the basics:
  - Features of commonly used platforms
  - Creating a social media strategy
  - Tools for scheduling, managing, and measuring social media
  - Tips for creating engaging content

# Upcoming Meetings

## The Power of Prevention Conference

Monday, October 4, 9-3:00

 Poll: In Person vs Virtual

## Partnership Convenings

Friday, July 9th, 10 -11:30 am

Friday, September 10th, 10 -11:30 am

Friday, November 5th, 10 -11:30 am

# Questions

- [kmadore@jsi.com](mailto:kmadore@jsi.com)
- [thepartnership@jsi.com](mailto:thepartnership@jsi.com)