

Winnepesaukee Region Resource Guide



**Partnership for
Public Health**

67 Water Street, Suite 105

Laconia, NH 03246

603-528-2145

www.pphnh.org

Addiction, substance use disorders and substance misuse continues to have a significant impact on the health of our communities. The Winnepesaukee Region Resource Guide is comprised of local and statewide services and resources that are available across the continuum of care. This guide includes services and resources in Prevention, Treatment and Recovery. It was developed by the Partnership for Public Health with support from the Partners in Community Wellness Team, a workgroup of the Winnepesaukee Public Health Council.

For more information:



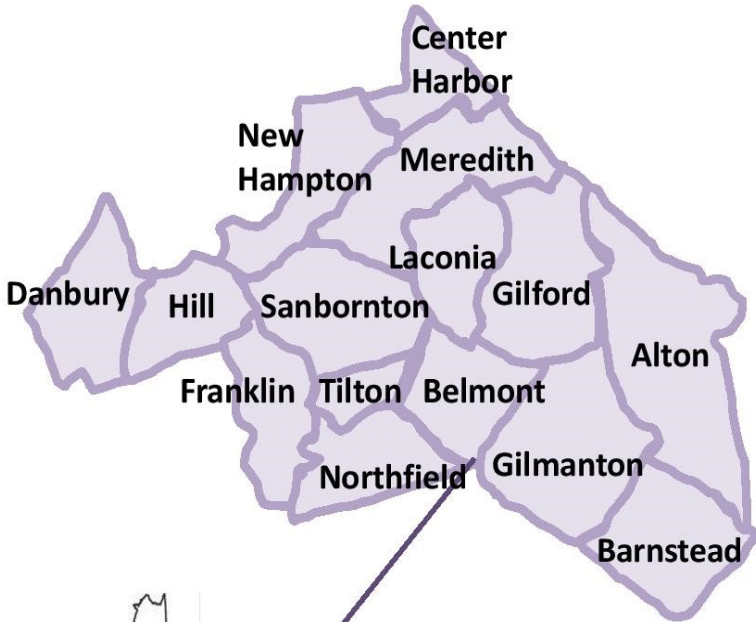
@PPHNH

or

www.pphnh.org

The information provided in this guide is for informational purposes only. It is not an endorsement of any organization or the services they offer. While we make every effort to keep the information up to date, we make no representations or warranties of any kind, expressed or implied, about the completeness, accuracy, reliability, suitability or availability of any of the organizations or providers listed.

Winnepesaukee Public Health Region



**PARTNERSHIP FOR
PUBLIC HEALTH**

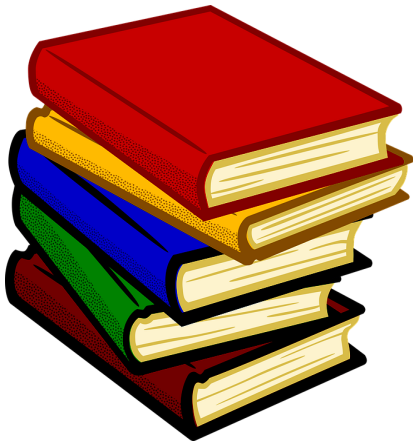
67 Water Street, Suite 105
Laconia, NH 03246
603-528-2145
www.lrp-ph.org

January 14, 2016

Winnipesaukee Region

Public Libraries

*The programs and resources available at local libraries will vary.
Please call or inquire within to learn more.*



Alton 603-875-2550

Barnstead 603-269-3900

Belmont 603-267-8331

Center Harbor 603-253-6950

Danbury 603-768-3765

Franklin 603-934-2911

Gilford 603-524-6042

Gilmanton 603-364-2400

Gilmanton Corner 603-267-6200

Hill 603-934-9712

Laconia 603-524-4775

Laconia Goss Reading Room 603-524-3808

Meredith 603-279-4303

New Hampton 603-744-8061

Sanbornton 603-286-8288

Tilton/Northfield 603-286-8971

Winnepesaukee Region

Public School Districts

SAU 72: Alton School District	603-875-7890
SAU 86: Barnstead School District	603-435-1510
SAU 80: Belmont School District	603-267-9223
SAU 18: Franklin School District	603-934-3108
SAU 73: Gilford School District	603-527-9215
SAU 79: Gilmanton School District	603-364-5681
SAU 103: Hill School District	603-934-2245
SAU 2: Inter Lakes School District	603-279-7947
SAU 30: Laconia School District	603-524-5710
SAU 4: Newfound Area School District	603-744-5555
SAU 59: Winnisquam School District	603-286-4116



The services and programs offered in each district will vary. To get more information regarding student/family supports within the schools, please contact the SAU that serves your community.

Winnepesaukee Region

Community Prevention-Based Coalitions

“Coalitions are typically made up of people who represent different sectors of the community - business, law enforcement, schools, local government, health, media, parents, youth, and the faith community, all working together to develop a comprehensive community-wide approach to substance abuse issues. Many communities realize that local drug problems require local solutions. “

Definition obtained from: <https://www.getsmartaboutdrugs.gov/content/get-involved-community-anti-drug-coalition>

Barnstead Helpers

Email: ethelmconaghy@gmail.com

A coalition using grassroots effort to reduce the use & abuse of drugs & alcohol in our community through locally –supported, comprehensive, & environmental strategies

Belmont/Canterbury's It Takes A Community

Email: jenghealthyhappy@gmail.com

A coalition dedicated to the prevention of alcohol & substance misuse by providing education, information & referral services to the communities of Belmont & Canterbury



Franklin Mayor's Drug Task Force

Email: taskforceinfo@franklinnh.org

Call: 603-998-5337

www.franklinnh.org/mayors-drug-task-force

Facebook: [Franklin Mayor's Drug Task Force](#)

A coalition working together to strengthen policy enforcement & positive community norms for the drug & alcohol free development of our youth & families in Franklin & Hill

**Franklin Mayor's
DRUG TASK FORCE**



*Turning on the Power of Prevention
in the Franklin-Hill Community*

Winnepesaukee Region

Community Prevention-Based Coalitions

[Gilford Together](#)

Email: kbeitler@sau73.org

Call: 603-527-9215

Facebook: [Gilford Together](#)

A coalition committed to developing a healthy community by providing awareness, education, resources & support in order to prevent substance & alcohol misuse



[Interlakes Call to Action](#)

Email: lisa.ransom@interlakes.org

A coalition for substance misuse prevention education for the interlakes region

[Stand Up Laconia](#)

Email: standuplaconia@gmail.com

www.standuplaconia.com

Facebook: [Stand Up Laconia](#)

A coalition standing up to effectively & compassionately confront the causes & consequences of substance misuse by advocating for prevention, intervention, treatment, & recovery



[Stand Up Winnisquam](#)

Email: dshimberg@myfairpoint.net

Call: 603-726-1258

Or contact: Sarah Fox, Program Director
Winnisquam Office of Student Wellness

www.wrsoc.org

A coalition promoting physical & mental health awareness, preventing substance misuse & creating a positive impact on the community by providing opportunities for youth, families, & community members



Winnepesaukee Region

Public Safety Departments



**in an
emergency,
DIAL 9-1-1**



Police:

Fire:

Alton PD	603-875-3752	Alton FD	603-569-1197
Barnstead PD	603-269-8100	Barnstead FD	603-269-4121
Belmont PD	603-267-8350	Belmont FD	603-267-8333
Center Harbor PD	603-527-5454	Center Harbor FD	603-253-4451
Danbury PD	603-768-5568	Danbury FD	603-768-3652
Franklin PD	603-934-2535	Franklin FD	603-934-2205
Gilford PD	603-527-4743	Gilford FD	603-527-4758
Gilmanton PD	603-267-7401	Gilmanton FD	603-364-2500
Hill PD	603-934-3949	Hill FD	603-934-5350
Laconia PD	603-524-5252	Laconia FD	603-524-6881
Meredith PD	603-279-4561	Meredith FD	603-279-6061
New Hampton PD	603-524-8585	New Hampton FD	603-744-2735
Northfield PD	603-286-8982	Sanbornton FD	603-286-4819
Sanbornton PD	603-286-4323	Tilton/Northfield FD	603-286-4781
Tilton PD	603-286-4442		

American Association of Poison Control Center

Call 1-800-222-1222

Text POISON to 797979

Online at www.poisonhelp.org



NALOXONE IN NEW HAMPSHIRE

What is naloxone?

Naloxone (or Narcan) is a drug used during an opioid overdose after calling 911. This drug is safe and can save a person's life. comes in many forms, including an intranasal spray (spray you squirt into the nose) or by a shot into a large muscle.

Who should have naloxone?

If you use opioids or you have friends and family who use, you should consider having naloxone.

How can I get naloxone for myself or a loved one?

This life-saving medication is available, without a prescription, at many NH pharmacies and through [The Doorway NH](#).

If you or someone you know is experiencing problems related to drugs or alcohol, please call 2-1-1 or visit [The Doorway NH](#) for help.



Winnepesaukee Region

Permanent Drug Drop Off Box Locations

Barnstead Police Department

24 Shackford Corner Rd, Center Barnstead
(603) 269-8100
Monday thru Friday 9:00am to 3:00pm

Belmont Police Department

16 Fuller St, Belmont
(603) 267-8351
Monday thru Friday 7:00am to 11:00pm

Center Harbor Police Department

36 Main St, Center Harbor
(603) 253-9756
Mon, Tues, Thurs, & Fri 9:00am to 3:00pm
Wed 9:00am to 12:00pm then 6:00pm to 8:00pm

Franklin Police Department

5 Hancock Terrace, Franklin
(603) 934-2535
Available 24/7

Gilford Police Department

47 Cherry Valley Rd, Gilford
(603) 527-4737
Available 24/7



Gilmanton Police Department

297 NH-140, Gilmanton
(603) 267-7401
Monday thru Friday 8:00am to 4:00pm

Winnepesaukee Region

Permanent Drug Drop Off Box Locations

Laconia Police Department

126 New Salem St, Laconia
(603) 524-5252
Available 24/7

Meredith Police Department

400 Daniel Webster Highway, Meredith
(603) 279-4561
Everyday 8:00am to 12:00pm

New Hampton Police Department

24 Intervale Rd, New Hampton
(603) 744-5423
Mon & Wed 8:00am to 5:00pm
Fri 8:00am to 3:00pm

Northfield Police Department

138 Park St, Northfield
(603) 286-8982
Monday thru Friday 8:00am to 4:00pm



Winnipesaukee Region

Parks & Recreation Departments

[Alton Parks & Recreation](#)

328 Main St - A.V.A.S. Park, Alton
parksrec@alton.nh.gov
(603) 875-0109

[Barnstead Parks & Recreation](#)

barnsteadparksandrec@gmail.com
(603) 269-4071 ext. 8

[Belmont Recreation](#)

14 Mill St, Belmont
(603) 267-1865



[Center Harbor Parks & Recreation](#)

chparksandrec@metrocast.net
(603) 455-1632

[Danbury Community Center](#)

15 High St, Danbury
(603) 768-3424

[Franklin Parks & Recreation](#)

Bessie Rowell Community Center
12 Rowell Dr, Franklin
(603) 934-2118



[Gilford Parks & Recreation](#)

47 Cherry Valley Rd, Gilford
(603) 527-4722

[Gilford Youth Center](#)

19 Potter Hill Rd, Gilford
(603) 524-6978

Winnipesaukee Region

Parks & Recreation Departments

[Gilmanton Recreation](#)

503 Province Rd, Gilmanton
(603) 267-6700

[Hill Parks & Recreation](#)

30 Crescent St, Hill
(603) 934-3951

[Laconia Parks & Recreation](#)

306 Union Ave, Laconia
parks@laconianh.gov
(603) 524-0521

[Meredith Parks & Recreation](#)

Meredith Community Center
1 Circle Dr, Meredith
(603) 279-8197

[Pines Community Center](#)

61 Summer St , Northfield
(603)286-8653

[Sanbornton Recreation](#)

16 Hunkins Pond Rd, Sanbornton
(603) 286-2659

[Tilton Parks & Recreation](#)

257 Main St, Tilton
(603) 286-4521



Winnepesaukee Region

Youth & Family Services

Boys & Girls Club of the Lakes Region

Franklin Area

41 Daniel Webster Dr, Franklin
(603) 410-5184

Laconia Area

876 N Main St, Laconia
(603) 527-0198

Tilton Area

76 Winter St, Tilton
(603) 410-5492

Link to [Before & After School Program](#)

Link to [School Vacation Camp Program](#)

Facebook: [Boys and Girls Club of the Lakes Region](#)



Greater Tilton Area Family Resource Center

5 Prospect St, Tilton
(603) 286-4255

Link to [Programming Overview](#)

Programs include: Family Supports, Forever Hope Training Center, Happy Trails Drop In Playgroup, Healthcare Navigation, Parent Education, Resource Coordination, & Sober Threads Peer Recovery Support Services

Facebook: [Greater Tilton Area Family Resource Center](#)



Lakes Region Community Services

719 North Main St, Laconia
(603) 524-8811

Link to [Developmental Services](#)

Programs include: Services for Children, Services for Adults, & Resource Coordination

Link to [Elder Services](#)

Link to [Family Resource Center](#)

Programs include: Autism Center, Family-Centered Early Supports & Services, Parent Education, & Step Ahead & Home Visiting NH

Facebook: [Lakes Region Community Services](#)



Winnepesaukee Region

Youth & Family Services



COMMUNITY ACTION PROGRAM BELKNAP-MERRIMACK COUNTIES, INC.

EMPOWERING COMMUNITIES SINCE 1965

Community Action Program (CAP)

Belknap-Merrimack Counties

Family Planning & Prenatal Programs

Franklin Area

316 Central St, Franklin
(603) 934-3444

Laconia Area

121 Belmont Rd, Laconia
(603) 524-5453

Meredith Area

147 Main St, Meredith
(603) 279-4096

Link to [Family Planning](#)

Link to [Healthy Families America](#)

Link to [WIC Program](#)

Head Start & Early Head Start

Franklin Area

Bessie Rowell Community Center
12 Rowell Dr, Franklin
(603) 934-2161

Laconia Area

121 Belmont Rd, Laconia
(603) 524-7050

Link to [Head Start](#)

Link to [Early Head Start](#)

Link to [Child Care](#)

Other Programs

Link to [Energy Assistance](#)

Link to [Health, Food, & Nutrition](#)

Link to [Housing & Homelessness](#)

Link to [Meals on Wheels](#)

Link to [Senior Programs](#)

Link to [Transportation](#)

Link to [Workforce Development](#)

Facebook: [Community Action Program](#)

[Belknap-Merrimack Counties](#)

Winnepesaukee Region

Youth & Family Services

Juvenile Diversion Program

Belknap County

34 County Dr, Laconia

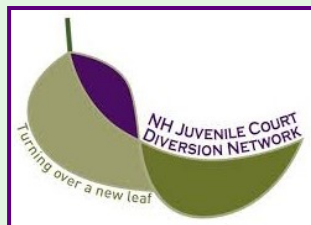
(603) 527-5493

Merrimack County

4 Court St, Suite #2, Concord

(603) 225-5445

(603) 934-1015



New Beginnings - Without Violence & Abuse

832 N Main St, Laconia

(603) 528-6511

24-Hour Hotline: 1-866-841-6247

Link to [Services](#)

Services include: 1-to-1 Peer Support, 24-Hour Accompaniment, Court Advocacy, Educational & Outreach Programs, Emergency Assistance, Emergency Shelter, Support Groups, & Systems Advocacy

Facebook: [New Beginnings](#)



R.E.S.P.E.C.T (Resources to Educate, Support, and Protect Every Community Teen)

841 Central St #102, Franklin

(603) 934-4905

Call for meeting information

UNH Cooperative Extension Service

Belknap County

64 Court St, Laconia

(603) 527-5475

Email: ce.belknap@unh.edu

Merrimack County

315 Daniel Webster Highway, Boscawen

(603) 796-2151

Email: ce.merrimack@unh.edu

Facebook: [UNH Cooperative Extension](#)



Extension

Winnepesaukee Region

Youth & Family Services

Waypoint

719 N Main St, Laconia

(603)524-5835

1-800-640-6486

Link to [Advocacy](#)

Link to [Camp Spaulding](#)

Link to [Early Childhood & Family Support](#)

Link to [Homelessness Youth Continuum](#)

Link to [Intervention & Treatment](#)

Link to [Seniors & Adults with Disabilities](#)

Facebook: [Waypoint](#)



Youth Assistance Program

291 Main St, Suite 5, Tilton

(603) 286-8577

Email: dshimberg@myfairpoint.net

Link to [Programs](#)

Programs include: Court Diversion, Prevention, & Referrals

An alternative to the Juvenile Court System, with Crisis Intervention, Community Service, Information & Referral, Parent Support, Positive Decision-Making, Substance Abuse Program, Support Counseling, Tobacco Education, & Violence Prevention/Anger Management



FREE STATEWIDE RESOURCES

Crisis, Intervention & Referral Services



[2-1-1](#) is an easy-to-remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community. Visitors to 211's website can search its online database of community services that contains information for over 1,800 health and human service providers and 4,500 service locations. Call 2-1-1 for assistance.

[The Doorway](#) helps people with an opioid use disorder (OUD) or other substance use disorders (SUD). There are nine Doorway locations, providing single points of entry for people seeking help for substance use, whether they need treatment, support, or resources for prevention and awareness. The regional Doorways ensure that help is always less than an hour away. 24/7 access to services is also available by dialing 2-1-1.



The [NH Alcohol and Drug Treatment Locator](#) is a website directory where visitors can locate alcohol and drug treatment service providers in New Hampshire who offer assessments, withdrawal management, outpatient counseling, residential treatment, recovery supports and other services. Visit: nhtreatment.org for more information.

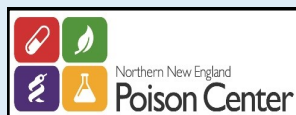


The [NH Recovery Hub](#) is an on-line resource for people who are curious about, are entering into, or who are sustaining recovery from substance use disorders. Visit: nhrecoveryhub.org for more information.

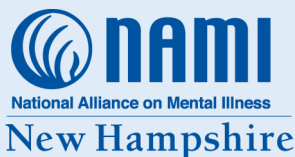


FREE STATEWIDE RESOURCES

Crisis, Intervention & Referral Services



[Northern New England Poison Center](#) is a free, 24-hour poison emergency and information helpline, available to serve the general public and healthcare professionals. They also provide education on how to prevent and respond to poisonings. Call 1-800-222-1222 or text POISON to 85511 for assistance.



National Alliance for the Mentally Ill NH Chapter or [NAMI NH](#) is an organization working to improve quality of life for all by providing support, education and advocacy for people affected by mental illness. Call 1-800-242-6264 or (603)225-5359, or email info@naminh.org for assistance.



**American
Foundation
for Suicide
Prevention**

American Foundation for Suicide Prevention NH Chapter or [AFSP NH](#) is a voluntary health organization dedicated to saving lives and bringing hope to those affected by suicide. Call 603) 318-6517 or email Shamera Simpson, the NH, ME, & RI Area Director for AFSP, at ssimpson@afsp.org for assistance.



[ServiceLink](#) helps individuals access and make connections to long term services and supports, access family caregiver information and supports, explore options and understand and access Medicare and Medicaid. It is designated as NH's Aging and Disability Resource Center and the NHCarePath Full Service Access Partner providing services for individuals of all ages, income levels and abilities. Call 1-866-634-9412 for assistance.

FREE STATEWIDE RESOURCES

Crisis, Intervention & Referral Services



[NH Coalition To End Homelessness](#) was founded in the belief that having a home is a basic human right and is fundamental to becoming an engaged and contributing member of our community. Call the helpline at 1-866-444-4211 or use the help locator at www.home4hope.com for assistance.



[NH Coalition Against Domestic & Sexual Violence](#) is a coalition dedicated to creating safe and just communities through advocacy, prevention, and empowerment of anyone affected by sexual violence, domestic violence, and stalking. Call the 24-Hour Domestic Violence Hotline at 1-866-644-3574, the 24-Hour Sexual Assault Hotline at 1-800-277-5570, or (603)224-8893 for further assistance.



NH BUREAU OF DRUG & ALCOHOL SERVICES (BDAS)

Yearly Resources Guides



The [NH Bureau of Drug and Alcohol Services \(BDAS\)](http://www.dhhs.nh.gov/dcbcs/bdas) publishes yearly Resource Guides that provide listings of state-funded initiatives broken out by Prevention, Treatment and Recovery.



All Resources Guides will be listed on the following page: www.dhhs.nh.gov/dcbcs/bdas/guide.htm



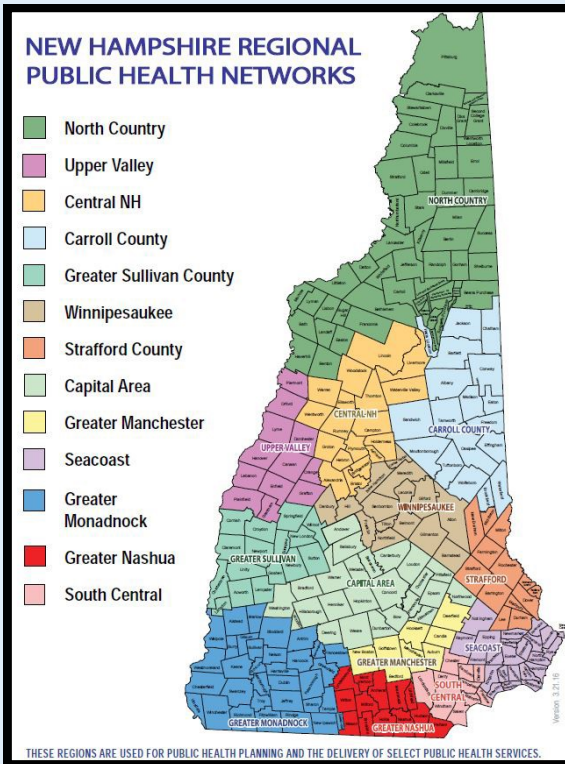
NH DEPT. OF HEALTH AND HUMAN SERVICES
NHBDAS
BUREAU OF DRUG AND ALCOHOL SERVICES

Promoting Prevention and Recovery

NH REGIONAL PUBLIC HEALTH NETWORKS (RPHN)

Partnership for Public Health for Winnepesaukee Region

The goal of the [NH Regional Public Health Networks](#) (RPHNs) is for all New Hampshire residents to be healthy and safe. There are 13 RPHNs involving broad public health interests, including local health departments and health officers, health care providers, social service agencies, schools, fire, police, emergency medical services, media and advocacy groups, behavioral health, and leaders in the business, government, and faith communities, working together to address complex public health issues. We are successful when our residents lead long and healthy lives.



Contact the RPHN organization for your community to receive information, resources, and services that are currently being offered and/or are available in your area.

FREE NATIONWIDE RESOURCES

Crisis, Intervention & Referral Services

Crisis Text Line: text 741741

24/7 support from a trained Crisis Counselor,
text from anywhere in the US for help

Disaster Distress Helpline: 1-800-985-5990

TTY number 1-800-846-8517

24/7 support in immediate crisis counseling for
people who are experiencing emotional distress
related to any natural or human-caused disaster

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

TTY number 1-800-799-4889, or chat [online](#)

Confidential support for people in distress,
prevention & crisis resources for you or your
loved ones, & best practices for professionals

Trans Lifeline: 1-877-565-8860

Staffed by transgender people to support transgender
people who are in crisis or just need someone to talk to,
even if it's just about whether or not you're trans

The Trevor Project: 1-866-488-7386

Text START to 678678, or chat [online](#)

Confidential, 24/7 support from a trained counselor for young
person in crisis, feeling suicidal, or in need of a safe &
judgment-free place to talk, especially for LGBTQ youth

Veterans Crisis Line: 1-800-273-8255 & Press 1

Text a message to 838255, or chat [online](#)

Confidential, 24/7 support for veterans & their families

LANGUAGE IS IMPORTANT

SPEAK UP NH
NH.ORG

SAY THIS

Person with a substance use disorder

Person in recovery

Person living with an addiction

Person arrested for a drug violation

Choose not to at this point

Medication is a treatment tool

Had a setback

Maintained recovery

Positive drug screen

Source:



LANGUAGE IS IMPORTANT

SPEAK UP NH
NH.ORG

NOT THAT

Addict, junkie, druggie

Ex-addict

Battling/suffering from an addiction

Drug offender

Non-compliant/bombed out

Medication is a crutch

Relapsed

Stayed clean

Dirty drug screen

Source:





LRGHealthcare

Substance Use Services

Achieve long-term recovery from addiction through counseling services and medication treatment.

- Medication Assisted Treatment (MAT)
- Substance Abuse and Mental Health Services Administration (SAMHSA)



To access the Doorway at LRGHealthcare...

- **CALL 2-1-1 ANYTIME**
- Enter the front door at LRGH and let the front desk reception know you are looking for the Doorway.
- A recovery coach will then be paged to assist you in finding the appropriate treatment options for you.

The Doorway can also be reached directly at **603.934.8905**.

The Doorway at LRGHealthcare will embed a recovery coach on site at **Lakes Region General Hospital (LRGH) Monday–Friday, 8AM–5PM**. The coach will do the initial screening and aid anyone requesting help in finding treatment alternatives. A counselor will also be available either on site or by pager during those same hours to perform an evaluation for any client for whom this would be appropriate.

After hours, clients looking for help should call **2-1-1**.

What is Suboxone®?

Suboxone is the primary active ingredient in Suboxone Film (Buprenorphine and Naloxone). By attaching to the same receptors as other opioids, such as heroin, it may help to suppress withdrawal symptoms and reduce cravings.

Many patients are able to maintain sobriety long-term without long-term Suboxone®.

FREQUENTLY ASKED QUESTIONS

What is the Doorway at LRGHealthcare? *The Doorway at LRGHealthcare is one of 9 access points throughout the state for substance use services. The Doorway at LRGHealthcare is part of a “Hub and Spoke” model. The purpose of the model is to make access to services easier and to break down many of the barriers that often stop people from utilizing community services.*

What is the Hub and Spoke Model? *The “Hub” provides a central access place for services. The hub does not provide treatment, but can be an access point for people to connect to services that do provide treatment. The “Spokes” are the agencies in the community that can provide services based on the information received from the Hub.*

Where is the Doorway at LRGHealthcare located? *The Doorway at LRGHealthcare can be accessed by presenting to the front entrance to LRGHealthcare in Laconia between the hours of 8a and 5p, M-F (excluding state holidays). It can also be accessed by calling 603-934-8905 during those same days/hours. People can also call 2-1-1 and be connected to on-call services for resources or evaluations. 2-1-1 is a statewide service that operates 24/7 and can provide resources and information.*

When is the Doorway at LRGHealthcare open? *The Doorway at LRGHealthcare is staffed from 8a – 5p, Monday through Friday. A Recovery Coach will meet with any person who is seeking services. The Doorway at LRGHealthcare is also staffed with a Substance Use Clinician who can provide evaluation for treatment, if necessary. After hours and on weekends, people can call 2-1-1 and, if needed, they may have an evaluation over the phone with an on-call clinician. They will then be connected back to their local hub when it opens.*

How are the Hubs funded? *The Hubs are funded through the New Hampshire Department of Health and Human Services by a federal grant that is administered by the Substance Abuse and Mental Health Services Administration (SAMHSA). The State Opioid Response (SOR) Grant is specifically targeted to help decrease the problems associated with Opioid Use Disorders.*

Who will the Hubs serve? *The Hubs are located throughout the state and positioned specifically to make sure that people do not have to travel more than 1 hour for services. Hub locations can be found on the NH DHHS Website: <https://www.dhhs.nh.gov/media/pr/2018/doorway.htm>.*

Anyone can call and/or present to the Doorway locations, even if they are just looking for information about resources in order to help a loved one. The SOR grant was developed in order to target Opioid Use Disorder, but the hub locations are prepared to help people with Substance Use Disorder and can provide information and referral resources, even if it is ultimately determined that Opioid Use Disorder is not the primary diagnosis.

LRGHealthcare
care. compassion. community.

Corey E. Gately, MLADC
Director of Substance Use Services
603.737.6047 / cgately@lrgh.org

MEDICATION-ASSISTED TREATMENT (MAT)

“Medication assisted treatment (MAT) is the use of medications in combination with counseling and behavioral therapies for the treatment of substance use disorders. A combination of medication and behavioral therapies is effective in the treatment of substance use disorders, and can help some people to sustain recovery. “

Definition obtained from: [https://
www.integration.samhsa.gov/
clinical-practice/mat/mat-overview](https://www.integration.samhsa.gov/clinical-practice/mat/mat-overview)

Bahder Behavioral Services (Belmont)
info@drbahder.com 603-527-8682
802-293-0026
drbahder.com

Groups (Laconia)
info@joinGroups.com
800-683-8313
joingroups.com

MEDICATION-ASSISTED TREATMENT (MAT)

HealthFirst Family Care Center (Franklin)
603-934-1464
healthfirstfamily.org

HealthFirst Family Care Center (Laconia)
603-366-1070
healthfirstfamily.org

New Season Treatment Center (Franklin)
franklin.nh@cmglp.com
877-284-7074
www.newseason.com

Recovery Clinic at LRGHealthcare (Franklin)
603-737-6047
www.lrgh.org

Recovery Clinic at LRGHealthcare (Gilford)
603-737-6047
www.lrgh.org

Treatment

OUTPATIENT / COUNSELING TREATMENT

A&D Recovery Counseling (Laconia)
603-998-7337

Borderline Counseling Services (Laconia)
603-581-9196

Chrysalis Recovery Center, LLC (Franklin)
603-998-4210
www.chrysalisrecovery.com

David Parisi, LICSW, MLADC (Gilford)
603-528-6060
www.daveparisi.com

Horizon's Counseling Center (Gilford)
horizonscounseling@horizonsnh.org
603-524-8005
603-706-0336
horizonsnh.org

Lakes Region Mental Health Center (Laconia)
603-524-1100
603-528-0305 for emergencies 24/7
www.lrmhc.org

OUTPATIENT / COUNSELING TREATMENT

Linda Brewer, MSW, LICSW, MLADC (Meredith)
603-393-6292

Lori Seog, LADC, IDSP (Franklin)
603-848-2833

Riverbend (Franklin)
603-934-3400
www.riverbendcmhc.org

Serendipity Counseling (Tilton)
603-860-1319

SKY Counseling Services (Laconia)
603-848-0643

Tucker Counseling (Tilton)
603-286-9584

Webster Place (Franklin)
603-934-9815
www.farnumcenter.org

Treatment

INTENSIVE OUTPATIENT TREATMENT

Avenues A Recovery Community (Concord)
admissionsNH@avenuesrecovery.com
(603) 505-8365
www.avenuesrecovery.com

Blueprint Recovery Center (Concord)
help@blueprintrecoverycenter.com
833-440-8643
www.blueprintrecoverycenter.com

Concord Hospital (Concord)
Substance Use Services
603-227-7000
www.concordhospital.org

Granite Recovery Center (Concord)
855-712-7784
www.graniterecoverycenters.com

Horizon's Counseling Center (Gilford)
Nathan Brody Intensive Outpatient Program
horizonscounseling@horizonsnh.org
603-524-8005
603-706-0336
horizonsnh.org

INTENSIVE OUTPATIENT TREATMENT

New England Recovery & Wellness (Concord)
855-500-8037
855-500-0167
newenglandraw.com

Riverbend (Concord)
Choices Addiction Recovery Services
844-524-6673
www.riverbendcmhc.org

RESIDENTIAL TREATMENT

Driven By Circumstances (Franklin)
drivenbycircumstances@gmail.com
Jim Joy at 603-455-8670
drivenbycircumstances.org

Farnum Center (Manchester)
603-662-3020
farnumcenter.org

Farnum North - Ray House (Franklin)
603-263-9359
farnumcenter.org

Treatment

RESIDENTIAL TREATMENT

Farnum North - Webster House (Franklin)

603-934-2020

farnumcenter.org

Headrest (Lebanon)

603-448-4872

www.headrest.org

Hope on Haven Hill (Rochester)

603-948-1230

www.hopeonhavenhill.org

Keystone Hall (Nashua)

Formerly Greater Nashua Council on Alcoholism

603-881-4848

www.keystonehall.org

North Country Health Consortium (Bethlehem)

Friendship House

603-869-2210

www.nchcnh.org

RESIDENTIAL TREATMENT

Phoenix House (Dublin)
accessnh@phoenixhouse.org
603-563-8501
1-888-671-9392
www.phoenixhouse.org

Phoenix House (Keene)
accessnh@phoenixhouse.org
603-358-4041
1-888-671-9392
www.phoenixhouse.org

Plymouth House (Plymouth)
info@theplymouthhouse.com
603-536-5500
800-428-8459
www.theplymouthhouse.com

Sobriety Centers of NH (Antrim)
info@sobrietycentersofnh.com
603-808-0185
sobrietycentersofnh.com

Treatment

TRANSITIONAL LIVING

Butterfly House for Women (Laconia)
butterflyhouseforwomen@gmail.com
603-527-8682
802-272-7570
www.butterflyhouseforwomen.org

Cornerstone House for Men (Northfield)
cornerstonehouse4men@gmail.com
Jim Joy at 603-455-8670
David Wiggins at 802-272-7570
www.cornerstonehouseformen.com

Farnum Transitional Living (Manchester)
603-622-3020
farnumcenter.org

Granite Recovery Center (Manchester)
855-712-7784
www.graniterecoverycenters.com

Live Free Structured Sober Living (Keene)
877-932-6757
livefreessl.com

TRANSITIONAL LIVING

Live Free Structured Sober Living (Manchester)

877-932-6757

livefreessl.com

New Life Recovery Homes (Laconia)

Spring St. Sober Living

603-273-8442

newliferecoveryhomes.com

New Life Recovery Homes (Meredith)

Meredith House Holistic Retreat

603-273-8442

newliferecoveryhomes.com

Recovery Mountain (Tilton)

877-639-0900

recoverymountainnh.com

White Mountains Recovery Homes (Littleton)

603-262-3964

www.whitemountainsrecovery.com

Treatment

RECOVERY COMMUNITY ORGANIZATIONS



[Navigating Recovery of the Lakes Region](#)

102 Court Street, Laconia, NH 03246

(603) 524-5939

HOURS OF OPERATION

Monday	9:00am - 5:00pm
Tuesday	9:00am - 5:00pm
Wednesday	9:00am - 4:30pm
Thursday	9:00am - 5:00pm
Friday	9:00am - 5:00pm
Saturday	11:00am - 3:00pm

*If you need support after-hours,
please call 2-1-1.*

Walk - ins are welcomed & encouraged!



RECOVERY COMMUNITY ORGANIZATIONS



WEEKLY SCHEDULE OF MEETINGS & PROGRAMS

MON: Art of Recovery (art journaling, painting, photography, etc.) @ 10:00am - 12:00pm

TUES: Jewelry Making @ 3:00pm - 4:00pm

WED: Mindfulness Meditation @ 5:15pm - 5:45pm
SMART Recovery Family & Friends Meeting
@ 6:00pm - 7:30pm

THURS: NA Meeting @ 12:00pm - 1:00pm
TED Talks Thursday @ 3:00pm - 4:00pm
SMART Recovery Meeting @ 6:00pm - 7:00pm

FRI: NA Meeting @ 7:00pm - 8:30pm

SAT: NA Meeting @ 10:00am - 11:00am
Art of Recovery (art journaling, painting, photography, etc.) @ 11:00am - 1:00pm

Recovery

RECOVERY COMMUNITY ORGANIZATIONS



WEEKLY SCHEDULE OF MEETINGS & PROGRAMS

MON: Women's AA (located @ NT Congregational Church) @ 12:00pm, Beginner's AA @ 6:00pm

TUES: Playgroup @ 9:00am - 11:00am, Parent Education (currently Sober Parenting Journey) @ 12:00pm - 2:00pm

WED: Coloring Hour @ 10:00am, All Recovery @ 1:30pm, AA Meeting @ 7:00pm

THURS: Playgroup @ 9:00am - 11:00am

FRI: Alanon Family Group @ 6:00pm, Ala-teen @ 6:00pm

SAT: Trainings/Studies as posted

2ND WED of the MONTH: Parenting the 2nd Time Around for Grand families @ 12:00pm - 1:30pm

(FREE lunch & childcare)

Recovery

SUPPORT GROUPS, MEETINGS & SERVICES

Al-Anon is a mutual support group of peers who share their experience in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives. Call the toll-free Meeting Line at 888-425-2666 to find meetings in your area. Call NH Al-Anon Answering Service at 603-369-6930 or go to NH Al-Anon website at nhal-anon.org for more information.

Ala-teen is a peer support group for teens who are struggling with the effects of someone else's problem drinking. Go to Al-Anon website at al-anon.org for more information.

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements to participate. Call the NH AA Hotline at 800-593-3330, send an email to office@nhaa.net, or go to NH AA website at nhaa.net for more information.

SUPPORT GROUPS, MEETINGS & SERVICES

Families Sharing Without Shame is a meeting place for parents who have a child or children who are or have misused drugs and or alcohol.

Our goal is to provide parents a safe place to share their fears, tears and triumphs. We commit to advocating throughout the State of NH to eliminate the stigma associated with addiction. Private sessions are available. Call 603-568-0533, email FamiliesSharingWithoutShame@comcast.-Net, or go to www.families-sharing-without-shame.com for more information.

F.A.S.T.E.R. Parent Support Group (*Families Advocating Substance Treatment, Education, & Recovery*) Are you a parent concerned about substance use by your child, teen or young adult? You are not alone. Come hear from other parents sharing their stories and gain information, support, and resources to answer your questions and address your concerns. Drug addiction is a preventable disease when information and intervention happens early. Treatment works and recovery is possible. It is okay to ask for help. As a parent, you can play an important role in prevention and in supporting your child's recovery. Go to www.nh4youth.org for locations and contacts for meetings in your area.

Support

SUPPORT GROUPS, MEETINGS & SERVICES

Marijuana Anonymous is a fellowship of people who share our experience, strength, and hope with each other that we may solve our common problem and help others to recover from marijuana addiction. The only requirement for membership is a desire to stop using marijuana. Our primary purpose is to stay free of marijuana and to help the marijuana addict who still suffers achieve the same freedom. Call or text 800-766-6779 or go to www.marijuana-anonymous.org for more information.

Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. Our name, Narcotics Anonymous, is not meant to imply a focus on any particular drug; NA's approach makes no distinction between drugs including alcohol. Call the 24 hour helpline at 1-888-NA-Help-U or 888-624-3578, or go to The Granite State and Seacoast Areas of Narcotics Anonymous website at gsana.org for more information.

SUPPORT GROUPS, MEETINGS & SERVICES

NAMI NH Various Support Groups Looking for support? Come and make important connections to others who: understand the challenges you face and the opportunities ahead, feel the same way you do, have had the same experiences, will help you learn new coping skills, and will share their successes and strategies with you. Groups are led by a trained facilitator who is a family member, parent or consumer. Find a support group near you by going to www.naminh.org/find-support/support-groups.

NH Survivors of Suicide Loss (NH SOSL) Network is a coalition of individuals bereaved by suicide loss. They are joined by concerned mental health professionals and community members, who help publicize local and national resources that provide support. The network is focused on helping those bereaved with the profound, lingering grief that suicide leaves in its wake, which those who have not experienced cannot fully understand. Call NAMI NH at 800-242-6264 or 603-225-5359, email at info@naminh.org, or go to www.naminh.org for more information and/or to find a meeting near you.

Support



Most recent update:
September 2019

