



# Substance Use and Mental Health Resource Guide

UPDATED AUGUST, 2022

Information about prevention, treatment, recovery, and harm reduction for substance use and mental health disorders, and a list of resources in and around Strafford County, NH

## Who we are:

With the mission of improving the health, wellness, and quality of life for all individuals in Strafford County, NH, the Strafford County Public Health Network works to build one integrated system of community members, businesses, and health organizations working together to address public health needs.

## Why we made this guide:

Strafford County Public Health Network and our partners in our Addiction Task Force have created this Resource Guide as a tool for those seeking information and resources related to the prevention, treatment and recovery of substance use disorders. This comprehensive guide covers a wide range of resources\* related to substance use disorder and other supports that may be helpful for individuals and families impacted by substance use and mental health. You can find this resource guide and more on our website at [SCPHN.org](https://www.scpnh.org).

**If you or someone you know is experiencing a medical emergency, please call 911 immediately.**

## Translation & Relay Services

### NH Access #'s:

Relay New Hampshire: 711

TTY/Voice English: 800-735-2964

TTY/Voice Spanish: 866-479-7569

VCO: 800-735-4423

Speech-to-Speech: 800-735-1245

[tmobileaccess.com](https://tmobileaccess.com)

IP Relay Services from your computer or smartphone

[freetranslations.org](https://freetranslations.org)

Free translation service that text can be copied and pasted into

[translate.google.com](https://translate.google.com)

Free translation tool that can translate text, documents, and websites

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# Understanding Treatment



The **ASAM (American Society of Addiction Medicine) Criteria** is a tool that explains treatment across five levels of care. You will also notice decimal numbers that describe stages within those five levels. Clinicians use the ASAM Levels of Care to do an **assessment** that looks at individual risks and needs, as well as strengths, skills and resources. This assessment is used to find an ASAM Level of Care that matches an individual's needs.

**Assessments** are important so that you can find the level of care that fits your needs. A licensed professional will use the *ASAM Criteria* to complete an assessment and will then refer you to a treatment provider within that level of care.

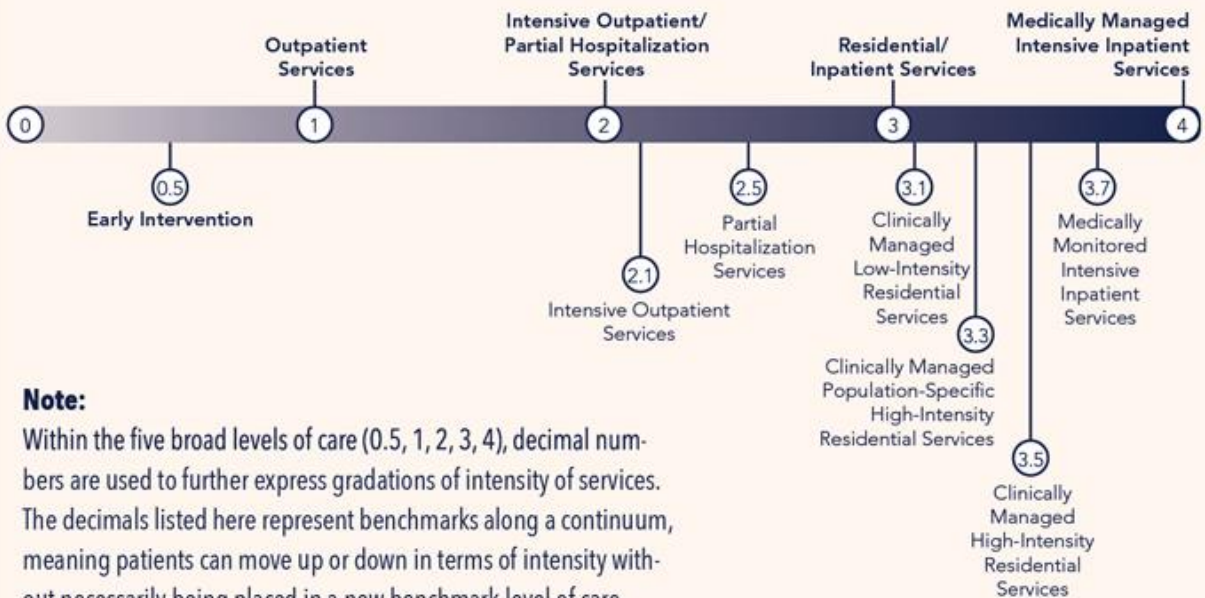


## How we use the ASAM in this Guide:

We have used the *ASAM Levels of Care* in this guide as a way to list different types of treatment. Each section of treatment resources has a picture of the ASAM to the left with a green circle around the level of care being shown in that section, as well as a description of that level of care.



### REFLECTING A CONTINUUM OF CARE



#### Note:

Within the five broad levels of care (0.5, 1, 2, 3, 4), decimal numbers are used to further express gradations of intensity of services. The decimals listed here represent benchmarks along a continuum, meaning patients can move up or down in terms of intensity without necessarily being placed in a new benchmark level of care.

*Remember, it is important to get an assessment from a licensed clinician to help choose the level of care you or a loved one needs.*

# How to Find Resources

This guide has many resources, but sometimes you need something different. Organizations may open or close, providers may change their services, or groups may move on- or offline. Below are some tips on how to find resources or information that may not be in this guide:

## Know where to look:

- Our SCPHN website has this guide and more state and local resources listed, as well as other helpful information; Find us at [SCPHN.org](http://SCPHN.org)
- Facebook pages usually have an organization's most up-to-date information about activities and services
- Check social media posts and comments on an organization's Facebook page to find questions other people have asked
- Check the 'Events' tab on Facebook to find events near you. There is a 'Browse events by:' tool that you can use to find relevant events by searching things like "Health" or "Kids"
- Town websites often have a community calendar with events. They also list city services that might be helpful (*you can find links to the town-websites on our SCPHN website*)
- You can use Google to find other resources or directories



## Know how to search:

When using Google, there are a few ways to get search results that are most helpful:

- Look for websites that end in ".gov" or ".org"
- Put words in "quotation marks" to get results that contain those specific words  
*For example, searching: Outpatient Treatment for "Substance Use" will show you pages that contain the words "Substance Use" related to outpatient treatment*
- Add the words "Near Me" or your town name at the end of your search to get local results, rather than national ones

## Know the keywords:

- Some services use a certain words to describe what they do. To find them, try searching with some of the words used in this resource guide. For example, try using “withdrawal management” if you aren’t finding the right results for “Detox”
- Do multiple searches using similar keywords to find more results. For example, try searching for “Behavioral Health near me” as well as “Therapists near me”
- Providers have certifications that are shortened to acronyms. Use these acronyms to find providers who are independent or harder to find. For example, try searching: “MLADC near me” to find a Masters Licensed Alcohol and Drug Counselor (a type of therapist)

## Still feeling overwhelmed?

We hope this guide will help you find treatment and other resources and information, but here are some resources that can help you navigate the system and answer questions:



**NH 211** is the connection for New Hampshire residents to the most up to date resources they need from specially trained Information and Referral Specialists. Dial 2-1-1 or visit [211NH.org](http://211NH.org) to get connected, get answers, or to be connected to your local Doorway



**Service Link of Strafford County** connects individuals to supports and services that they may need  
Call 603-332-7398

Your **local Welfare Office** can help you find helpful resources (see Basic Needs on page 45)

# Prevention

**Substance Misuse Prevention** is a process that works to prevent substance misuse or limit the development of problems associated with using substances such as alcohol, nicotine, marijuana or other drugs. Prevention efforts may focus on individual's knowledge, attitudes and skills about the use of substances to increase protective factors and decrease risk factors, and the development of substance use disorders. These may also focus on the environments that people live, work and play in.

**Risk and Protective Factors** are characteristics that contribute to the chances of someone developing a substance use disorder. These characteristics exist in individuals, relationships, communities and society. Risk factors make healthy outcomes less likely, while protective factors can make healthy outcomes more likely.



## Why Substance Misuse Prevention is Important

Everyone has a responsibility to do what they can to make sure our young people grow up to have healthy, strong futures. Drinking and substance use can negatively affect young people's school performance, future job prospects, and physical and mental health, damaging their lives well into adulthood. But together, this is something we can prevent from happening. It's our job to support policies and programs that prevent and reduce drug use among adolescents. (*Frameworks Institute*)

## Online Prevention Resources

### Campus Drug Prevention

[campusdrugprevention.gov](https://campusdrugprevention.gov)

### National Institute on Drug Abuse

[drugabuse.gov](https://drugabuse.gov)

### Partnership to End Addiction

[drugfree.org](https://drugfree.org)

### The Partnership for Drug Free NH

[drugfreenh.org](https://drugfreenh.org)

### Strafford County Public Health Network

[SCPHN.org](https://SCPHN.org)

### Substance Abuse and Mental Health Services Administration (SAMHSA)

[samhsa.gov](https://samhsa.gov)



# Risk Factors

# Protective Factors

## Individual-Level

Genetic predisposition to addiction

Positive self-image

Self-control

Social competence

Exposure to alcohol prenatally  
Adverse Childhood Experiences



## Relationship-Level

Alcohol & other drug use in the home

Parental involvement

Positive peer role-models

Child abuse & maltreatment

Trusted-adult relationships

Inadequate supervision

Clear rules, expectations & boundaries



## Community-Level

Neighborhood poverty

After-school activities

Neighborhood violence

Transportation services

Adverse Community experiences

Diversion programs



## Society-Level

Social norms that favor substance use

Hate-crime laws

Racism

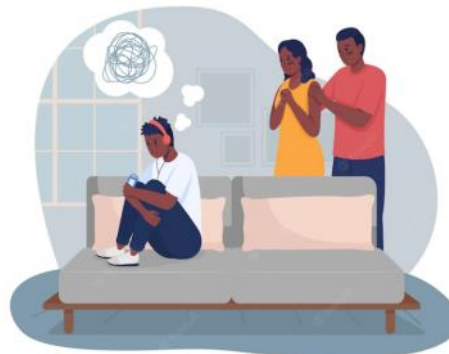
Policies limiting access to substances

Lack of economic opportunity

Prescription monitoring programs

## What parents, guardians and caretakers can do:

- Educate yourself and youth about the dangers of risky behaviors
- Create and maintain clear and consistent rules and boundaries at an early age
- Offer open lines of communication with youth
- Help youth identify and understand mixed messages about substance use
- Ensure that youth living in and visiting your home do not have access to substances
- Be a 'trusted adult'
- Stay active and engaged with your child and youth in your community
- Model healthy behaviors
- Encourage youth participation in substance free events and activities





## What anyone in the community can do:

- Join a local coalition or working group
- Follow local coalitions, organizations and partners that promote prevention, positive youth development and healthy communities
- Advocate for comprehensive alcohol & drug policies in your schools and community
- Create and enforce local laws and policies that promote alcohol, drug and tobacco free public areas and workplaces
- Host, promote, and involve youth in substance-free events in your community
- Celebrate and promote positive substance-free activities, successes and events

# Prevention Resources In and Around Strafford County

## **Cafe Red**

Provides a safe and stable place for kids to hangout after school. Encourages kids to come in the afternoon and play games, eat a meal, get a good laugh and enjoy a listening ear.

57 Wakefield St Rochester, NH

603-332-9689

[graceplace.com](http://graceplace.com)

## **Dover Coalition for Youth**

The Dover Coalition for Youth is a non-profit community organization tasked with improving the quality of life in Dover for youth and families by preventing the harm caused by substance abuse.

46 Chestnut St Dover, NH

603-516-3279

[dovercoalition.org](http://dovercoalition.org)

## **Dover Mental Health Alliance**

A community coalition working to build a resilient community that is educated, responsive and conscious of the impact of mental illness.

Dover, NH

dovermha@gmail.com

[facebook.com/DoverMHA](https://www.facebook.com/DoverMHA)

## **Dover Teen Center**

The Dover Teen Center provides a variety of activities and support to Dover youth in grades 6 thru 12 and is a place where participants can

get involved in a number of artistic, educational, adventure and athletic activities that embrace our community values and expectations.

30 St. Thomas Street Dover, NH

603-516-8336

## **Dover Youth 2 Youth**

Dover Y2Y is a youth empowerment program taking on the threat of alcohol & drug abuse. Y2Y is open to students in 6th -12th grade in local schools in Dover.

46 Chestnut St Dover, NH

603-516-3274

[dovery2y.org](http://dovery2y.org)

## **Strafford County Public Health Network**

311 Route 108 Somersworth, NH

603-994-6357

[scphn.org](http://scphn.org)

## **Seacoast Youth Services**

Adolescent Substance Abuse Program (ASAP) for young people with early and mid-level substance abuse issues who are not in need of inpatient or residential treatment. Positive Youth Development programs. Student Assistance Program; a short-term educational, counseling and referral service for students.

Parent support group.

867 Lafayette Rd Seabrook, NH

603-474-3332

[seacoastyouthservices.org](http://seacoastyouthservices.org)

# Medication Storage & Disposal

**Poison Control Center: 1-800-222-1222**

- Store medicines up and away—out of children’s reach and sight
- Put medicines away every time in a safe and secure location, like a locked cabinet or lockbox
- Keep track of your refills
- Make sure the safety cap is locked
- Talk to your children about medicine safety



**In three easy steps, the Deterra® Drug Deactivation System neutralizes drugs permanently, safely and quickly:**



1. Tear open pouch and place unused medications inside Deterra. For transdermal patches, attach sticky side of patch to a paper towel before placing inside.



2. Fill pouch halfway with warm water and wait 30 seconds for air to release. Some foaming may occur.



3. Seal pouch tightly, gently shake and dispose of in trash.

For more information, visit [DeterraSystem.com](http://DeterraSystem.com)



**The National Prescription Drug Take Back Day** aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. These events occur annually in April and October. To find a site near you, visit [dea.gov/takebackday](http://dea.gov/takebackday)



## Medication Disposal Sites In and Around Strafford County

### **Wentworth Douglass Hospital**

789 Central Ave, Dover

### **CVS Pharmacy**

338 High St. Somersworth

### **Wal-Mart Pharmacy**

2200 Woodbury Avenue, Newington

### **Walgreens Pharmacy**

104 S Main Street, Rochester

### **CVS Pharmacy**

301 North Main St, Rochester

### **CVS Pharmacy**

One West Road, Stratham

### **Maxi Drug North, Inc.**

1390 Lafayette Road Unit A, Portsmouth

### **Wal-Mart Pharmacy**

116 Farmington Rd, Rochester

### **York Hospital**

15 Hospital Drive, York, ME

### **CVS Pharmacy**

321A Lafayette Rd. Hampton

### **Wal-Mart Pharmacy**

1930 Main Street, Sanford, ME

### **Durham Police Department**

86 Dover Road, Durham

### **Somersworth Police Department**

12 Lilac Lane Somersworth

### **Lee Police Department**

20 George Bennett Road, Lee

### **Rollinsford Police Department**

667 Main St, Rollinsford

# Harm Reduction

**Harm Reduction** is a set of strategies and ideas aimed at reducing problem outcomes associated with substance use. Harm Reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use substances. Harm reduction incorporates strategies from safer use and managed use, to abstinence, addressing conditions of use, along with the use itself. (*Adapted from Harm Reduction Coalition*)

**Naloxone (Narcan)** is a non-addictive, life-saving drug that can reverse the effects of an opioid overdose when administered in time. (CDC)

Narcan is the most commonly used brand of Naloxone in our communities and can be found in both nasal and injectable forms.



**Good Samaritan Laws** exist in most states and are meant to encourage people who witness emergency situations or crimes to help injured parties or victims. The laws do this by giving immunity from suit for liability that might otherwise be imposed on those bystanders who voluntarily provide help. These policies protect the victim and the person seeking medical help for them from drug possession charges. (CDC)

**NH's Good Samaritan Law** states that "a person who, in good faith and in a timely manner, requests medical assistance for another person who is experiencing a drug overdose shall not be arrested, prosecuted, or convicted for possessing, or having under his or her control, a controlled drug in violation of RSA 318:B-2, if the evidence for the charge was gained as a proximate result of the request for medical assistance." (NH Law Library)



Are you a **business or organization** interested in adding Narcan to your office's first-aid kit? Contact SCPHN to learn more & to order your FREE Narcan supply & training for your business today at [SCPHN@GoodwinCH.org](mailto:SCPHN@GoodwinCH.org)

**Fentanyl Test Strips (FTS)** are a low-cost drug testing tool that identify the presence of fentanyl in unregulated drugs prior to use. This low-barrier, evidence-based harm reduction tool can be used by people who use drugs (PWUD) to test samples in injectable, powder, and pill forms.

Fentanyl is a synthetic (man-made) opioid that is approximately 50-to-100-times more potent (or “stronger”) than morphine, is cheap to make and is commonly mixed into other drugs like heroin, cocaine, methamphetamine, and MDMA ([NIDA](#)). Illicitly manufactured fentanyl has become more common in drug supplies, and rates of related deaths have skyrocketed, increasing by up to 4-times in recent years ([CDC](#)).

FTS can easily be used by PWUD to see if fentanyl is in their substances. This information can help with decision making and safety planning related to the purchase and use of substances, and for PWUD to share information with their peers about drug supplies and overdose risk. FTS can also be used to start conversations about the risk of contaminated drug supplies and other harm reduction practices with PWUD ([NHRC](#)).



## How Are FTS Used?

FTS are very user-friendly, little instruction is required. After a small amount of the substance is dissolved in water, the test strip is dipped into the liquid for 15 seconds and set on a flat surface for about 5 minutes or until results appear ([CDPH](#)).

(+) One line = fentanyl was found

(-) Two lines = no fentanyl was found

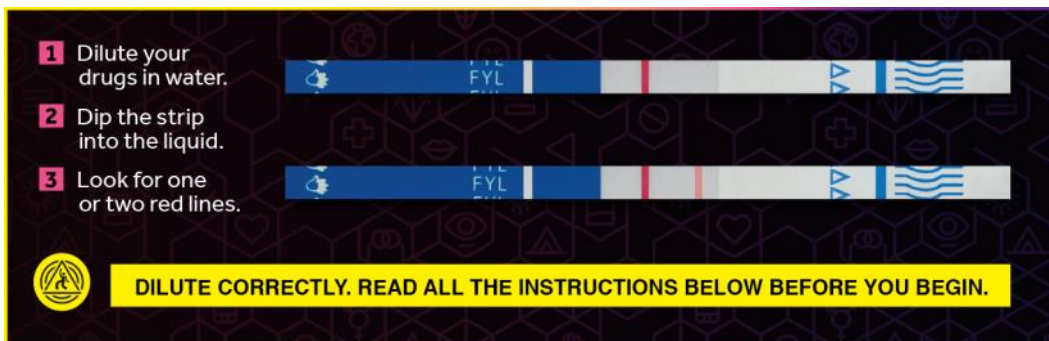


Image from Dance Safe: [dancesafe.org](https://dancesafe.org)

Studies have shown FTS’ ability to detect fentanyl in samples of street drugs, they do not measure how much there is (“quantity”) or how strong it is (“potency”) ([CDPH](#)).



# Harm Reduction in Strafford County

## **HAND UP Health Services | NH Harm Reduction Coalition**

delivers free, community-based services that reduce the personal and social harms associated with drug use. Hand-Up is a Syringe Services Program of the New Hampshire Harm Reduction Coalition operating in Strafford and Rockingham counties and the surrounding area. Find the schedule on their website.

[nhhrc.org/handup](http://nhhrc.org/handup)

Text or Call: 207-370-7187

## **SOS Recovery Community Organization**

SOS Recovery Harm Reduction Services provide individuals and people who use drugs a wide variety of supplies and services to achieve positive change in their lives. Stop in to any of their centers to receive naloxone, safer injection supplies, wound supplies, safer sex supplies, and safer smoking supplies. SOS is a registered syringe service provider.

Dover Location: 4 Broadway

Rochester Location: 14 Signal Street

[SOSRCO.org](http://SOSRCO.org)

603-841-2350

## **How Can I Get Naloxone (Narcan)?**

In addition to NHHRC & SOS, you can find Naloxone at:

### **The Doorway at Wentworth-Douglass Hospital**

789 Central Avenue, Dover  
603-742-5252 or Dial 2-1-1

### **Goodwin Community Health**

311 Route 108 Somersworth  
603-749-2346

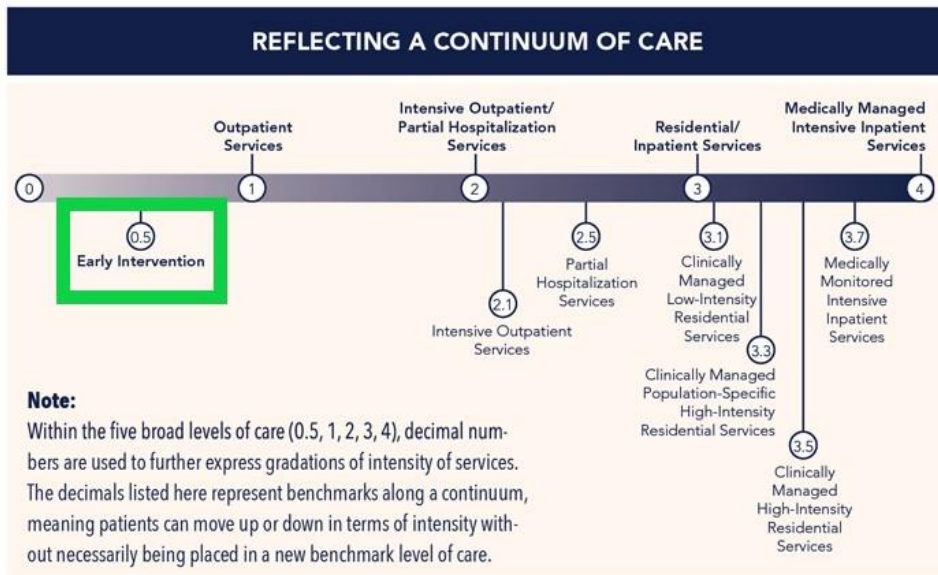
- **Ask your doctor** to write a prescription for a person who uses drugs, family, friends and community members, and it is covered by most insurances
- Most **local pharmacies** offer naloxone without a prescription

*If you're having trouble accessing naloxone or fentanyl test strips, reach out to SCPHN and we can help you get connected at [SCPHN@GoodwinCH.org](mailto:SCPHN@GoodwinCH.org) or call 609-749-2346 ext. 2579*

# Early Intervention

**Early Intervention** includes a variety of services and supports that are available to adults, youth and families. These services are typically available at the first sign of substance use. Early intervention strategies work to identify the underlying issues and triggers, and assists with establishing healthy coping skills, a sense of confidence and self-worth, which minimizes the need or want to use drugs or alcohol.

**Juvenile Diversion** is a restorative justice program for adolescents (up to 17 years old) that have been found with a misdemeanor charge for a delinquent act including possession and/or use of substances. Each juvenile is individually assessed and given a specific plan that directs them to participate in activities such as education, counseling and/or community service that repairs the harm caused and helps restore or build positive assets rather than receiving punishment through juvenile court.



**SBIRT— Screening, Brief Intervention, Referral to Treatment** is an evidence-based screening tool used in different settings (example: Juvenile Justice Program or Primary Care Provider) to identify substance use or other risky behaviors in youth, provide positive feedback when none is found, and refer to treatment when appropriate.

*Screenings are an important way to identify substance use and get connected early.*

# Adolescent Brain Development

The human brain develops over time, **and is not fully developed until the age of 25**. Parts of the brain to develop first are those that control physical activity (cerebellum), emotion (amygdala) and motivation (nucleus accumbens). The prefrontal cortex, which is responsible for impulse control, more reasoned thought and good judgment, develops last.

Developing teen brains are more susceptible than the brains of adults to damage from outside influences, such as drugs and alcohol. **This means that any substance use during the teen years creates a more distinct risk for immediate and lasting harm.**



To support your teen with vaping cessation:

Text **"QUIT"** to **47848** or visit [teen.smokefree.gov](https://teen.smokefree.gov)

Text **"Start My Quit"** to **36072** or visit: [nh.mylifemyquit.org](https://nh.mylifemyquit.org)



*According to the 2019 NH Youth Risk Behavior Survey, 50% of high school-aged youth reported use of a vaping product (an increase from 41% in 2017) and 34% currently use a vaping product (an increase from 24% in 2017)*



The **Quit Vaping** app provides the *Buddy System*, where you and a friend can quit together and track each other's progress

# Adolescent Treatment Services

*The services listed in this section offer varying levels of outpatient treatment to adolescents under the age of 18*

## Adolescent Treatment in Strafford County

### **Chestnut Hill Counseling (Counseling Center of New England)**

Provide a variety of behavioral health services to treat many different mental health conditions.

16 5th St, Dover

[counselingcenter.com](http://counselingcenter.com)

603-749-4462

### **Cocheco Falls Counseling, LLC**

Outpatient behavioral health and substance misuse counseling.

100 Main Street, Suite 143, Dover

603-343-4678

### **Community Partners**

Provides acute and chronic treatment needs for adolescents, young adults, adults and older adults.

50 Chestnut St, Dover

585 White Mountain Hwy, Milton

25 Old Dover Rd, Rochester

[communitypartnersnh.org](http://communitypartnersnh.org)

603-516-9300

### **Goodwin Community Health**

Short-term behavioral health and substance use outpatient services for adolescents.

Assessment will be completed by behavioral health team for appropriate level of care. If

needed, a referral will be made to a provider or program in the community.

311 Route 108, Somersworth

[goodwinch.org](http://goodwinch.org)

603-749-2346

### **Great Bay Mental Health**

Provide a variety of behavioral health services for substance use disorders, child & adolescent issues, medication management, post-trauma issues and more.

15 Old Rollinsford Road, Suite 302, Dover

[wdhospital.org](http://wdhospital.org)

603-742-9200

### **Home Base Collaborative Family Counseling**

Outpatient substance use counseling, group & individual counseling, impaired driver services (DWI), substance use evaluations.

29 Columbus Ave. Rochester

[homebasenh.org](http://homebasenh.org)

603-978-0166

### **Joan Breault**

Individual counseling to youth and young adults ages 13-25.

2 Washington Place, Pickering Building, Suite 301, Dover

[drjoanbreault.com](http://drjoanbreault.com)

603-874-4440

# Adolescent Treatment Services in Strafford County

## LifeStance Health

A mental healthcare company focused on providing evidence-based, medically driven treatment services for children, adolescents, and adults suffering from a variety of mental health issues in an outpatient care setting, both in-person and through telemedicine.

16 Fifth Street, Dover

603-749-4462

[lifestance.com](https://www.lifestance.com)

## Lilac City Counseling Inc

Co-Occurring Substance Use Disorders, Trauma. provide professional psychotherapy services to children, adolescents, adults, couples and families.

163 Rochester Hill Rd, Rochester

[lilaccitycounseling.com](https://www.lilaccitycounseling.com)

603-332-4004

## Meredith Hamel, LADC (Wellness & Recovery Place)

Treatment programs specializing in substance abuse, anger management, and domestic violence.

1 Old Dover Road, Suite 10, Rochester

[wellnessandrecoveryplace.com](https://www.wellnessandrecoveryplace.com)

603-335-7070

## Mill House Counseling Center

Multidisciplinary group of experienced mental health professionals who provide a broad range of therapeutic interventions for children, adolescents, and adults. provide both short-term, solution-focused and longer-term insight-oriented therapies in a safe,

supportive and confidential environment.

180 Locust Street, Dover

[millhousecounseling.com](https://www.millhousecounseling.com)

603-742-1373

## Paul Spack Counseling

An addiction counselor seeing patients with Posttraumatic Stress Disorder (PTSD), depression, and more.

251 Central Ave, Dover

603-742-3222

## Salmon Falls Behavioral Health

Offer psychotherapy and related services to children, adolescents, adults, couples, and families.

1 Old Dover Rd, Suite 1, Rochester

[salmonfallsbehavioralhealth.com](https://www.salmonfallsbehavioralhealth.com)

603-335-2444

## White Birch Recovery Services PLLC / John Eldgredge, MLADC

Co-Occurring Substance Use Disorders, Trauma / Mental Health and Addiction Counseling, Trauma Therapy, MLADC evaluations, Neurofeedback and impaired driver after-care services.

2 Washington St., Suite 216, Dover

[whitebirchrecovery.com](https://www.whitebirchrecovery.com)

603-200-3035



# Adolescent Treatment Services Around Strafford County

## **Endurance Behavioral Health**

Mental health partial-hospitalization program (PHP) for adolescents ages 13-20, which runs 5 days/week from 12–6 pm and provides an intermediate level of care for clients whose needs are too complex for outpatient therapy but do not reach the threshold for inpatient hospitalization. Our PHP provides intensive treatment and stabilization for clients who are unable to attend school, wish to avoid a hospitalization, or require a step-down following an inpatient stay.

823 Lafayette Rd Seabrook, NH

[endurancebehavioralhealth.com](http://endurancebehavioralhealth.com)

603-760-1942

## **Growing Harmony Services, LLC**

Through connected compassionate relationship between consumer and therapist and the transformational tools of Heart-Centered Hypnotherapy, EMDR (Eye Movement Desensitization Reprocessing), mindfulness, group community, and learning self-regulation, balance is re-membered or discovered for the first time. Primarily work with trauma, often see people in recovery, but not seeing people for substance use treatment.

121 Hills Road Pittsfield, NH

[growingharmonyservices.com](http://growingharmonyservices.com)

603-661-7345

## **Live Free Recovery**

Individual counseling for adults, Individual adolescent treatment including weekly counseling, weekly support group and same

age peer supports, Adolescent IOP, Mentoring program.

2 Puzzle Ln, Bldg. 2 Unit 1 Newton, NH

[livefreerecovery.com](http://livefreerecovery.com)

603-702-2461

## **Mary Yost**

Offering treatment for those who need help making change happen in many areas of life including mental health and substance use disorders, and more.

17 Hancock Street Portsmouth, NH

603-387-2256

## **Seacoast Youth Services**

Adolescent Substance Abuse Program (ASAP) for young people with early and mid-level substance abuse issues not in need of inpatient or residential treatment. Positive Youth Development programs. Parent support group. Student Assistance Program is a short-term educational, counseling and referral service for students.

867 Lafayette Rd Seabrook, NH

[seacoastyouthservices.org](http://seacoastyouthservices.org)

603-474-3332

## **Families First**

Short-term behavioral health and substance use outpatient services for adolescents. Assessment will be completed by behavioral health team for appropriate level of care. If needed, a referral will be made to a provider or program in the community.

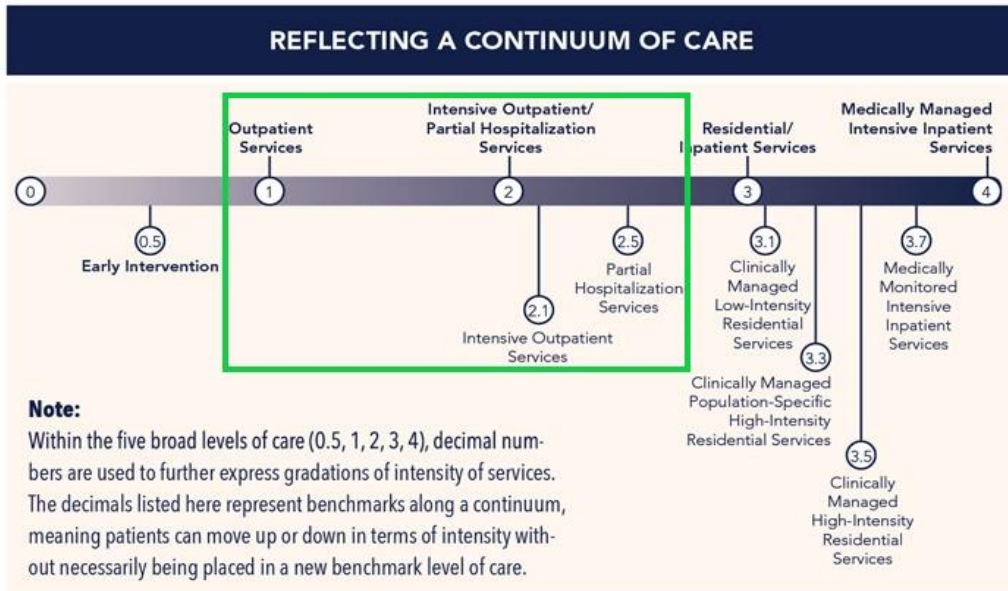
100 Campus Drive, Portsmouth, NH

[familiesfirstseacoast.org](http://familiesfirstseacoast.org)

603-422-8208 ext 3118

# Adult Outpatient Treatment

There are different levels of outpatient treatment available. The level of care is determined by an assessment from a licensed clinician.



**Outpatient Treatment (1)** includes a variety of services that may be offered in different settings including individual counseling, case management, 12-Step or other programs. Outpatient programs allow the client to work, participate in other programs or maintain family and social commitments during treatment.

**Intensive Outpatient Treatment (2.1)** or Intensive Outpatient Programs (IOP), includes services that can meet the complex needs of people with co-occurring substance use and mental health disorders. This level of treatment requires more hours per week than ‘outpatient treatment’, but still offers flexible meetings to maintain work and other commitments during treatment.

**Partial Hospitalization Programs (2.5)** offer structured programming where the patient lives at home but attends treatment daily. This level of treatment is for those who do not require 24-hour care, but still need a controlled program and environment.

# Adult Outpatient Services in Strafford County

## **Bonfire Behavioral Health Services**

A range of comprehensive treatment programs, including PHP, IOP and other outpatient options. Experienced treatment staff provide a wide array of evidence-based treatment options which we tailor to each client's individual needs.

[bonfirerecovery.com](http://bonfirerecovery.com)

833-655-1032

## **Chestnut Hill Counseling (Counseling Center of New England)**

A variety of behavioral health services to treat many different mental health conditions.

16 5th St, Dover

[counselingcenter.com](http://counselingcenter.com)

603-749-4462

## **Cocheco Falls Counseling, LLC**

Outpatient behavioral health and substance misuse counseling.

100 Main Street, Suite 143, Dover

603-343-4678

## **Community Partners**

Acute and chronic treatment needs for adolescents, young adults, adults and older adults.

50 Chestnut St, Dover

25 Old Dover Rd, Rochester

60 Rochester Hill Rd, Rochester

[communitypartnersnh.org](http://communitypartnersnh.org)

603-516-9300

## **Dochas Counseling Center**

Substance Use Disorder and Mental Health.

35 Third Street, Dover

603-285-1667

## **Exeter Counseling Center**

Adults and couples suffering from addiction, trauma and mood disorders.

17 Main Street, Suite 2, Durham

[exetercounseling.com](http://exetercounseling.com)

603-778-7433

## **Frisbie Memorial Hospital**

Partial Hospitalization Program, for adults age 18 years and older who are struggling with maintaining daily routines due to symptoms of anxiety, depression, or other mental health issues. Individuals receive high quality treatment designed to meet the unique needs in a safe and therapeutic setting.

11 Whitehall Road, Rochester

603-332-5211

[frisbiehospital.com](http://frisbiehospital.com)

## **Goodwin Community Health**

Behavioral Health, Medication Assisted Recovery —all individuals 17 years or older struggling with substance use disorders and co-occurring mental health disorders.

311 Route 108, Somersworth

[goodwinch.org](http://goodwinch.org)

603-749-2346



### **Great Bay Mental Health**

A variety of behavioral health services for substance use disorders, child & adolescent issues, medication management, post-trauma issues and more.

15 Old Rollinsford Road, Suite 302, Dover

[wdhospital.org](http://wdhospital.org)

603-742-9200

### **Home Base Collaborative Family Counseling**

Outpatient Substance Use Counseling, Group & Individual Counseling, Impaired Driver Services (DWI), Substance Use Evaluations.

29 Columbus Ave. Rochester

[homebasenh.org](http://homebasenh.org)

603-978-0166

### **LifeStance Health**

A mental healthcare company focused on providing evidence-based, medically driven treatment services for children, adolescents, and adults suffering from a variety of mental health issues in an outpatient care setting, both in-person and through telemedicine.

16 Fifth Street, Dover

603-749-4462

[lifestance.com](http://lifestance.com)

### **Hope on Haven Hill**

Providing treatment, recovery services and housing for pregnant and parenting women with substance use disorder.

158 Route 108, Somersworth

[hopeonhavenhill.org](http://hopeonhavenhill.org)

603-841-5353

### **Joan Breault**

Individual counseling to youth and young adults ages 13-25.

2 Washington Place, Pickering Building, Suite 301, Dover

[drjoanbreault.com](http://drjoanbreault.com)

603-874-4440

### **Lilac City Counseling Inc.**

Provide professional psychotherapy services to children, adolescents, adults, couples and families. Treatment for substance use disorders, trauma and co-occurring disorders.

163 Rochester Hill Rd, Rochester

[lilacitycounseling.com](http://lilacitycounseling.com)

603-332-4004

### **Meredith Hamel, LADC**

Wellness & Recovery Place. Treatment programs specializing in substance abuse, anger management, and domestic violence.

1 Old Dover Road, Suite 10, Rochester

[wellnessandrecoveryplace.com](http://wellnessandrecoveryplace.com)

603-335-7070

### **Mindful Healing Counseling Services LLC**

Hypnotherapy, Transgender Issues, LGBTQ, PTSD, Traumas, DBT Skills, Mindfulness, Anger Management, Domestic Violence, Divorce/Separation Counseling, Depression, and more.

1 Old Dover Rd Unit 6, Rochester

[nhcounselor.com](http://nhcounselor.com)

603-433-3070

### **Paul Spack Counseling**

Co-Occurring Substance Use Disorders.  
102 Durham Rd, Dover  
[spack-paul-e-counseling.hub.biz](http://spack-paul-e-counseling.hub.biz)  
603-742-3222

### **ROAD to a Better Life**

Medication Assisted Treatment (MAT)  
Buprenorphine for Opioid Use Disorder,  
Naltrexone for Opioid Use Disorder and  
Alcohol Use Disorder, Adjunctive Medications  
for comfort or co-morbid problems such as  
depression or anxiety. Pregnancy Addiction  
Program.  
255 Route 108, Somersworth  
[roadtoabetterlifenh.com](http://roadtoabetterlifenh.com)  
603-841-2301

### **Roberta Stanhope, ARNP,PMH,CNS,BC,PLLC**

Psychiatric issues including, but not limited  
to, Depression, Anxiety, Mood Disorders,  
Bipolar, PTSD, Grief, Psychotic Disorders,  
ADHA, and Recovery.  
13 Jenkins Court, Suite 220, Durham  
603-651-0293

### **Salmon Falls Behavioral Health**

Offer psychotherapy and related services to  
children, adolescents, adults, couples, and  
families.  
1 Old Dover Rd, Ste 1, Rochester  
[salmonfallsbehavioralhealth.com](http://salmonfallsbehavioralhealth.com)  
603-335-2444

### **Southeastern NH Alcohol and Drug Abuse Services**

Outpatient Programs- Outpatient Counseling,  
Focus on Recovery Women’s IOP, Drug Court  
IOP and Impaired Driver Care Management  
Program.  
272 County Farm Road, Dover  
[senhs.org/programs/outpatient](http://senhs.org/programs/outpatient)  
603-516-8160

### **White Birch Recovery Services PLLC**

Co-Occurring Substance Use Disorders,  
Trauma and mental health and addiction  
counseling, trauma therapy, MLADC  
evaluations, neurofeedback and impaired  
driver services.  
2 Washington St., Suite 216, Dover  
[whitebirchrecovery.com](http://whitebirchrecovery.com)  
603-200-3035

## **Adult Outpatient Services Around Strafford County**

### **Addiction Recovery Services**

IOP consists of group therapy and education  
for 3 hours/day, 4 days/week for 5 weeks –  
20 sessions total. Length of treatment may be  
extended based on individual needs.  
1145 Sagamore Ave, Portsmouth, NH  
[arsnh.com](http://arsnh.com)  
978-228-5853

### **Aware Recovery Care**

In-home withdrawal management,  
medication-assisted treatment (MAT) and  
management, individual therapy, family  
therapy, and coordinated medical and  
behavioral health.  
15 Constitution Dr #2N, Bedford, NH  
[awarerecoverycare.com](http://awarerecoverycare.com)  
603-769-8462

### **Better Life Partners**

Treatment for substance use and mental health. Works with members to treat co-occurring conditions to provide them with the support they need. Including supportive group therapy and medication assisted treatment. Medicaid/Medicare accepted; sliding fee-scale offered.

44 S Main St Suite 2, Hanover, NH

[betterlifepartners.com](http://betterlifepartners.com)

866-679-0831

### **The Counseling Center of New England**

Suboxone treatment at several offices in Southern New Hampshire. Outpatient SUD Treatment with psychologists with specialty training in alcohol and substance abuse treatment, and licensed alcohol and drug abuse counselor, provide individual treatment Locations in Dover, Portsmouth & more.

[counselingcenter.com](http://counselingcenter.com)

603-883-0005

### **Endurance Behavioral Health**

(Adolescents 12-20)

Mental health partial-hospitalization program (PHP) for adolescents ages 13-20, Program runs 5 days a week from 12–6 pm and provides an intermediate level of care for clients whose needs are too complex for outpatient therapy but do not reach the threshold.

823 Lafayette Rd, Seabrook, NH

[endurancebehavioralhealth.com](http://endurancebehavioralhealth.com)

603-760-1942

### **Families First**

Behavioral Health, Medication Assisted Recovery.

100 Campus Drive, Portsmouth, NH

[familiesfirstseacoast.org](http://familiesfirstseacoast.org)

603-422-8208 ext 3118

### **Live Free Recovery**

Individual counseling for adults, Individual adolescent treatment including weekly counseling, weekly support group and same age peer supports, Adolescent IOP, Mentoring program.

2 Puzzle Ln, Bldg. 2 Unit 1, Newton, NH

[livefreerecovery.com](http://livefreerecovery.com)

603-702-2461

### **Mary Yost**

Offering treatment for those who need help making change happen in many areas of life. Substance use disorders, DOT, DUI evaluations, as well as others.

17 Hancock Street, Portsmouth, NH

603-387-2256

### **Portsmouth Regional Hospital**

Inpatient admission, involuntary emergency admission, an outpatient partial hospitalization program, 24/7 crisis and referral hotline and community programs.

333 Borthwick Ave, Portsmouth, NH

[portsmouthhospital.com](http://portsmouthhospital.com)

603-436-5110

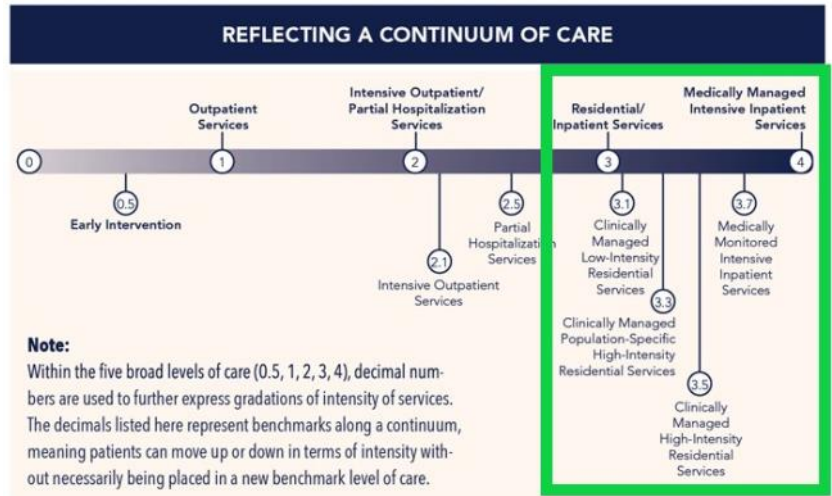
Call (603) 758-1376 for more information about our PHP program

# Adult Inpatient Treatment

**Inpatient Treatment (3-4)**, also known as ‘residential treatment’, provides ongoing support and treatment in a residential setting for those with complex needs.

Residential treatment programs are staffed by addiction, mental health and general medical personnel who can provide a range of medical services to residents with substance use and co-occurring mental health disorders.

There are different levels of Inpatient Treatment based on the intensity of care needed, which is determined by an assessment from a licensed clinician.



## Adult Inpatient Services in Strafford County

### Hope on Haven Hill (Women)

Providing treatment, recovery services and housing for pregnant and parenting women with substance use disorder

326 Rochester Hill Road, Rochester

[hopeonhavenhill.org](http://hopeonhavenhill.org)

603-948-1230

### Turning Point (Men & Women)

Residential treatment program for adults 18+ who meet the criteria for low-intensity residential treatment, and often have completed a 28-day high-intensity treatment program (although not required). Clients are given the opportunity to further enhance and strengthen their recovery for up to 90 days.

272 County Farm Road, Dover

[senhs.org](http://senhs.org)

603-516-8181

# Adult Inpatient Services Outside of Strafford County

## **Farnum Center (Men & Women)**

Detox: 24/7 medical monitoring to clients (age 18+) who require that level of care for treatment of alcohol, opiates, and other substance use disorders. Residential: average length of stay for our residential program is between three and four weeks, PHP, IOP, MAT, Outpatient, Aftercare.

140 Queen City Ave, Manchester, NH

[farnumcenter.org](http://farnumcenter.org)

603-622-3020

## **GateHouse Respite (Men & Women)**

Expert clinical care, safe and supervised housing, 12-step immersion program, life skills & case management services, trauma therapy.

155 Main Dunstable Rd., Suite 130, Nashua

855-448-3588 | [gatehousetreatment.com](http://gatehousetreatment.com)

## **Green Mountain Recovery Center (Part of Granite Recovery Centers) (Men & Women)**

Primary residential drug rehab facility for men and women ages 18 years and older. Adult-oriented and gender-separate, utilizes a 12-Step curriculum tightly integrated into evidence-based clinical therapies. Sub-acute medical detox facility providing care for clients with a high-to-manageable withdrawal risk.

244 Highwatch Rd, Effingham, NH

[graniterecoverycenters.com](http://graniterecoverycenters.com)

866-913-7957

## **Harbor Care Keystone Hall (Men & Women)**

Keystone Hall, a program of Harbor Care, offers both high intensity and low intensity residential treatment for men and women in a 66-bed facility.

615 Amherst Street, Nashua, NH

[harborcaresh.org](http://harborcaresh.org)

603-881-4848

## **Harbor Care Cynthia Day Family Center (Women)**

Residential treatment program for pregnant and parenting women and their children.

615 Amherst Street, Nashua, NH

[harborcaresh.org](http://harborcaresh.org)

603-881-4848

## **Phoenix Dublin, Keene (Men & Women)**

Services include stabilization, medication-assisted treatment, residential care, and partial hospitalization (also called day treatment with boarding), and outpatient and intensive outpatient (iOP) treatment.

3 Pierce Rd, Dublin, NH

[phoenixhouse.org](http://phoenixhouse.org)

603-671-9392

### **Portsmouth Regional Hospital (Men & Women)**

Inpatient admission, involuntary emergency admission, an outpatient partial hospitalization program, 24/7 crisis and referral hotline and community programs.

333 Borthwick Ave, Portsmouth, NH

[portsmouthhospital.com](http://portsmouthhospital.com)

603-436-5110

*Call (603) 758-1376 for more information about our PHP program*

### **Sobriety Centers of NH at Antrim House (Men & Women)**

The Antrim House offers detoxification (3.7) and residential treatment (3.5) for men and women that offers a comfortable and compassionate treatment experience guided by a team of dedicated treatment professionals. Major insurance accepted.

55 Main Street, Antrim, NH

[sobrietycentersofnh.com](http://sobrietycentersofnh.com)

603-808-0185

### **Headrest (Men & Women)**

Low-Intensity Residential Program: Safe and sober environment to grow and reconstruct a life without substance use. Priority is given to those who are without a place to go post-treatment. Clients will interact with their Case Manager on a daily basis. Our vocational program is designed to work side by side with individuals who are experiencing substance use disorder or are in recovery. By working with the client and employer, we help clients obtain and retain career ladder, living wage jobs.

14 Church St, Lebanon, NH

[headrest.org](http://headrest.org)

603-448-4400

GREATER SEACOAST COMMUNITY HEALTH

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# Medication Assisted Treatment & Recovery

**Medication Assisted Treatment or Recovery (MAT/MAR)** is the use of medication, along with other behavioral therapies, to treat substance use disorders.

**There are several different types of medications that are used to treat substance use disorders:**

**Vivitrol or Naltrexone** – Naltrexone is a prescription pill or injectable medication used to help treat alcohol dependence and to prevent relapse of opioid use disorders. The pill form is taken once per day. Vivitrol, the injectable form of the medication, typically lasts in someone's system for 24-30 days and works by blocking opiate receptors in the brain, making it nearly impossible for a person to feel high when using heroin or other opioids.

**Methadone** is a prescription medication taken daily to treat opioid use disorders by reducing cravings and withdrawals from opioids. Methadone is used for short-term treatment or as a maintenance program for recovery.

**Suboxone/Buprenorphine** – Suboxone is a prescription medication used to treat opioid use disorders by fighting cravings and withdrawal symptoms. Suboxone is the combination of buprenorphine and Naloxone (see page 15 for definition), which makes it difficult, if not impossible, to feel the effects of an opioid. Suboxone may not have to be taken every day, which may be more convenient for some than methadone.



# MAT/MAR Services In & Around Strafford County

## **Better Life Partners**

Treatment for substance use and mental health. Works with members to treat co-occurring conditions to provide them with the support they need. Including supportive group therapy and medication assisted treatment.

Medicaid/Medicare accepted; sliding fee-scale.

44 S Main St Suite 2, Hanover

[betterlifepartners.com](http://betterlifepartners.com)

866-679-0831

## **Groups Recover Together**

Outpatient Model, Suboxone (buprenorphine/naloxone) is prescribed weekly.

40 Winter Street, Suite 204, Rochester

[joiningroups.com](http://joiningroups.com)

1-800-683-8313

## **Goodwin Community Health**

Behavioral Health, MAR—individuals 17 years or older struggling with substance use disorders and co-occurring mental health disorders. Buprenorphine/naloxone (Suboxone or Subutex) and Vivitrol (Extended release naloxone) to patients 18 and older.

311 Route 108, Somersworth

[goodwinch.org](http://goodwinch.org)

603-749-2346

## **ROAD to a Better Life**

Medication Assisted Treatment (MAT) Buprenorphine for Opioid Use Disorder, Naltrexone for Opioid Use Disorder and Alcohol Use Disorder, Adjunctive Medications for comfort or co-morbid problems such as depression or anxiety. Pregnancy Addiction Program. Individual and Group therapy. IOP.

255 Route 108, Somersworth

[roadtoabetterlifenh.com](http://roadtoabetterlifenh.com)

603-841-2301

## **Health Care Resource Centers (HCRC)**

Medication-Assisted Treatment (MAT) and Substance Use Counseling (Methadone).

200 Route 108, Somersworth

[hrccenters.com](http://hrccenters.com)

603-953-0077

## **Families First**

Behavioral Health, MAR—individuals 17 years or older struggling with substance use disorders and co-occurring mental health disorders. Buprenorphine/naloxone (Suboxone or Subutex) and Vivitrol (Extended release naloxone) to patients 18 and older.

100 Campus Dr, Portsmouth, NH

[familiesfirstseacoast.org](http://familiesfirstseacoast.org)

603-422-8208 ext 3118

## **Clear Choice MD**

Medication Assisted Treatment.

750 Lafayette Rd, Portsmouth, NH

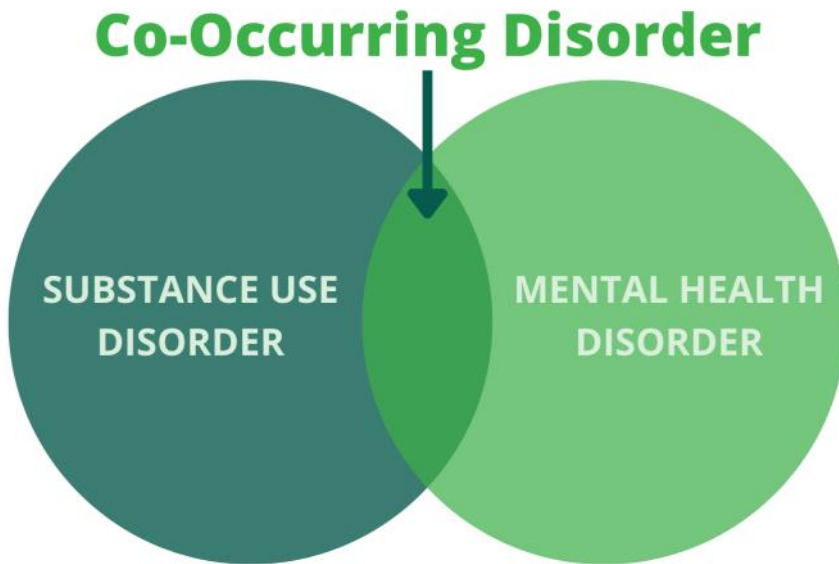
[ccmdcenters.com](http://ccmdcenters.com)

603-427-8539



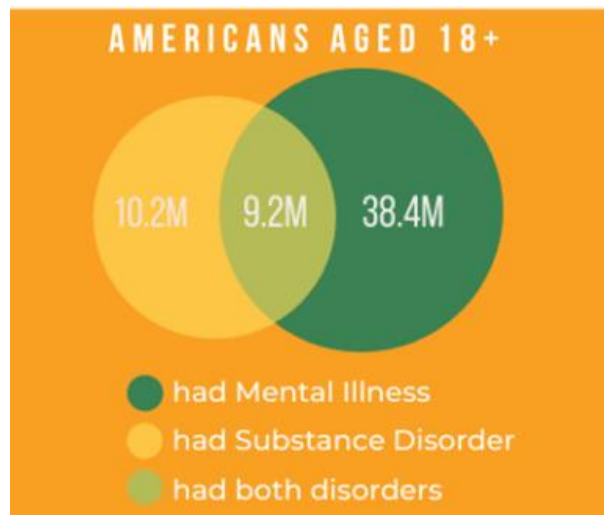
# Mental Health & Co-Occurring Disorders

**Dual Diagnosis or Co-Occurring Disorders** are when someone has been diagnosed with a substance use disorder as well as a mental health disorder. Some providers are only qualified to treat someone's mental health or substance use disorder alone, but it is important to treat both disorders at the same time for the best possible outcome.



People with mental illness are more likely to experience a substance use disorder than those not affected by a mental illness.

According to SAMHSA's 2018 National Survey on Drug Use and Health, approximately 9.2 million adults in the United States have a co-occurring disorder.



Co-Occurring Disorders can impact several areas of an individual’s life. To provide appropriate treatment for co-occurring disorders, the Substance Abuse and Mental Health Services Administration (SAMHSA) recommends an integrated treatment approach.

**Integrated treatment** involves coordinating substance abuse and mental health interventions, rather than treating each disorder separately without consideration for the other.

**Dual-recovery groups** located at treatment sites or offsite can also play a role in recovery by offering a supportive forum for the discussion of psychiatric symptoms, medication, substance-related impulses, and coping strategies.

## Statewide & Online Resources for Mental Health

### **NH Rapid Response Access Point**

Available 24 hours a day, 7 days a week – including holidays – by phone, text or chat to support you in your time of need. If you or someone you care about is having a mental health or substance use crisis, you can call and speak to trained and caring staff. 833-710-6477 or Dial 9-8-8 from a NH phone number

[NH988.com](http://NH988.com)

### **NAMI NH**

A grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness and suicide. You will find information and a number of resources on their website:

[NAMINH.org](http://NAMINH.org)

### **NAMI NH Support Groups**

[naminh.org](http://naminh.org)

### **NAMI NH Info & Resource Line**

For families and individuals affected by mental illness/emotional disorders. Please note this is not a crisis line.

Monday-Friday 9am -5pm

1-800-242-6264

[info@NAMINH.org](mailto:info@NAMINH.org)

### **The Trevor Project**

The world’s largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people.

Text “Start” to 678-678

Call 1-866-488-7386

[thetrevorproject.org](http://thetrevorproject.org)

**988** SUICIDE & CRISIS  
**LIFELINE**

**24/7 CALL, TEXT, CHAT**



- ✔ Stay Connected
- ✔ Know the Signs
- ✔ Ask and Listen
- ✔ Find Help

### Signs of Suicide Risk

- Acting down or acting different
- Not doing things they used to love
- Changes in sleep
- Shutting people out

**NH RAPID RESPONSE ACCESS POINT: 833-710-6477**  
**NATIONAL SUICIDE PREVENTION HOTLINE: 800-273-8255**



I Care NH is a mental health and wellness initiative of the New Hampshire Department of Health and Human Services and the NH Suicide Prevention Council



*For more hotlines & helplines, see page 51*

# Reducing Stigma

**Stigma** is a negative attitude toward people based on certain distinguishing characteristics. Stigma contributes significantly to negative health outcomes and can pose a barrier to seeking treatment.



1 in 5 adults in the US experience mental illness

**35%** of people with serious mental illness in the US,  
and **90%** with substance use disorders, do **NOT**  
receive treatment, largely due to stigma.

## Here are 9 ways to fight stigma from NAMI NH:

1. Talk Openly About Mental Health
2. Educate Yourself and Others
3. Be Conscious of Language
4. Encourage Equality Between Physical and Mental Illness
5. Show Compassion for Those with Mental Illness
6. Choose Empowerment Over Shame
7. Be Honest About Treatment
8. Let the Media Know When They're Being Stigmatizing
9. Don't Harbor Self-Stigma

Visit [NAMINH.org](https://www.namih.org) to learn more about fighting stigma of mental health

# Mental Health Providers in Strafford County

## **Chestnut Hill Counseling**

### **(Counseling Center of New England)**

Provide a variety of behavioral health services to treat many different mental health conditions.

16 5th St Dover

[counselingcenter.com](http://counselingcenter.com)

603-749-4462

## **Cocheco Falls Counseling, LLC**

Outpatient behavioral health and substance misuse counseling.

100 Main Street, Suite 143 Dover

603-343-4678

## **Community Partners**

Acute and chronic treatment needs for adolescents, young adults, adults and older adults.

50 Chestnut St Dover

25 Old Dover Rd Rochester

[communitypartnersnh.org](http://communitypartnersnh.org)

603-516-9300

## **Dochas Counseling Center**

Counseling for substance use and/or mental health disorders.

35 Third Street Dover

603-285-1667

## **Goodwin Community Health**

Behavioral Health for adolescents and adults struggling with substance use disorders and co-occurring mental health disorders.

311 Route 108 Somersworth, NH

[goodwinch.org](http://goodwinch.org)

603-749-2346

## **Exeter Counseling Center / Jeanne Allen, MSW, C-CATODSW**

Works with adults and couples suffering from addiction, trauma and mood disorders.

17 Main Street, Suite 2 Durham

[exetercounseling.com](http://exetercounseling.com)

603-778-7433

## **Great Bay Mental Health**

Provide a variety of behavioral health services for substance use disorders, child & adolescent issues, medication management, post-trauma issues and more.

15 Old Rollinsford Road, Suite 302 Dover

[wdhospital.org](http://wdhospital.org)

603-742-9200

## **Home Base Collaborative Family Counseling**

Outpatient Substance Use Counseling, Group & Individual Counseling, Impaired Driver Services (DWI), Substance Use Evaluations.

29 Columbus Ave. Rochester

[homebasenh.org](http://homebasenh.org)

603-978-0166

**Joan Breault**

Individual counseling for youth and young adults ages 13-25.

2 Washington Place, Pickering Building, Suite 301 Dover

[drjoanbreault.com](http://drjoanbreault.com)

603-874-4440

**Lilac City Counseling Inc.**

Co-Occurring Substance Use Disorders, Trauma. provide professional psychotherapy services to children, adolescents, adults, couples and families.

163 Rochester Hill Rd Rochester

[lilacitycounseling.com](http://lilacitycounseling.com)

603-332-4004

**Meredith Hamel, LADC (Wellness & Recovery Place)**

Treatment programs specializing in substance abuse, anger management, and domestic violence.

1 Old Dover Road, Suite 10 Rochester

[wellnessandrecoveryplace.com](http://wellnessandrecoveryplace.com)

603-335-7070

**Mindful Healing Counseling Services LLC**

Specializes in Hypnotherapy, Transgender Issues, LGBTQ, PTSD (Combat and Complex), Traumas, DBT Skills, Mindfulness Skills, Anger Management, Domestic Violence Issues, Divorce/Separation Counseling, Depression, and Anxiety.

1 Old Dover Rd Unit 6 Rochester

[nhcounselor.com](http://nhcounselor.com)

603-433-3070

**Roberta Stanhope, ARNP,PMH,CNS,BC,PLLC**

Treating psychiatric issues including, but not limited to, Depression, Anxiety, Mood Disorders, Bipolar, PTSD, Grief, Psychotic Disorders, ADHA, and Recovery.

13 Jenkins Court, Suite 220 Durham

603-651-0293

**Salmon Falls Behavioral Health**

Offer psychotherapy and related services to children, adolescents, adults, couples, and families.

1 Old Dover Rd, Ste 1 Rochester

[salmonfallsbehavioralhealth.com](http://salmonfallsbehavioralhealth.com)

603-335-2444

**Embodied Directions Wellness Sanctuary**

Therapeutic wellness space, offering trauma-informed and therapeutic movement, yoga, meditation, energy work, group experiences, workshops and training.

66 Third Street #103 Dover

[embodieddirections.com](http://embodieddirections.com)

603-609-8817

**White Birch Recovery Services PLLC / John Eldgredge, MLADC**

Co-Occurring Substance Use Disorders, Trauma / Mental Health and Addiction Counseling, Trauma Therapy, MLADC evaluations, Neurofeedback and impaired driver after-care services.

2 Washington St., Suite 216 Dover

[whitebirchrecovery.com](http://whitebirchrecovery.com)

603-200-3035

# Mental Health Providers Around Strafford County

## **Families First**

Behavioral Health for adolescents and adults struggling with substance use disorders and co-occurring mental health disorders.

100 Campus Drive Portsmouth, NH

[familiesfirstseacoast.org](http://familiesfirstseacoast.org)

603-422-8208 ext 3118

## **Growing Harmony Services, LLC**

Through connected compassionate relationship between consumer and therapist and the transformational tools of Heart-Centered Hypnotherapy, EMDR (Eye Movement Desensitization Reprocessing), mindfulness, group community, and learning self-regulation, balance is remembered or discovered for the first time. Primarily work with trauma, often see people in recovery, but not seeing people for substance use treatment.

121 Hills Road Pittsfield, NH

[growingharmonyservices.com](http://growingharmonyservices.com)

603-661-7345

## **Mary Yost**

Offering treatment for those who need help making change happen in many areas of life.

Substance use disorders, DOT, DUI evaluations, as well as others.

17 Hancock Street Portsmouth, NH

603-387-2256

## **Seacoast Youth Services**

Adolescent Substance Abuse Program (ASAP) for young people with early and mid-level substance abuse issues who are not in need of inpatient or residential treatment. Positive Youth Development programs. Parent support group. Student Assistance: The Student Assistance Program is a short – term educational, counseling and referral service for students that may be experiencing obstacles to academic or behavioral success in school.

867 Lafayette Rd Seabrook, NH

[seacoastyouthservices.org](http://seacoastyouthservices.org)

603-474-3332



# Peer Recovery Support Services

**Peer Support** is provided by people with similar experiences of being diagnosed with mental health conditions, substance use disorders, or both. By sharing lived experience and practical guidance, peer support workers provide non-clinical, strength-based support to others experiencing similar challenges. (SAMHSA)

## Peer Support Services in Strafford County

### **Infinity Peer Support**

Provides free, non-medical approach to mental health wellness and recovery to adults ages 18+ at no cost.

55 Signal Street, Rochester

[infinitypeersupport.org](http://infinitypeersupport.org)

### **SOS Recovery Community Organization**

A collaborative of peers seeking to find or maintain recovery from problematic drug use and their allies working together to create safe spaces and peer based recovery supports by offering one to one recovery support services, crisis response, telephone recovery supports, meetings and workshops, support for all pathways to recovery, and more.

**Dover Location:** 4 Broadway

**Rochester Location:** 14 Signal Street

**Hampton Location:** 1 Lafayette, Bldg. 1

[SOSRCO.org](http://SOSRCO.org)

603-841-2350

[Info@SOSRCO.org](mailto:Info@SOSRCO.org)

### **Triangle Club**

A welcoming meetinghouse providing a safe environment for those recovering from substance use disorder, offering 12-Step programs such as Alcoholics Anonymous (AA), Heroin Anonymous (HA), Narcotics Anonymous (NARC-ANON), as well as other peer-based supports.

120 Broadway, Dover

[triangleclubdovernh.org](http://triangleclubdovernh.org)

603-742-9803

### **Seacoast Outright LGBTQ Youth in Recovery**

[seacoastoutright.org](http://seacoastoutright.org)

Every Thursday at 4:30pm

Virtual meetings

[APGYouth@SeacoastOutright.org](mailto:APGYouth@SeacoastOutright.org)



# Recovery Housing

**Recovery Housing** is a residential space for people in early recovery from substance use disorders that provides a safe and healthy living environment along with peer and other recovery supports in the home.



**New Hampshire Coalition of Recovery Residences (NHCORR)** is a non-profit organization that ensures minimum quality standards on NHCORR registered recovery homes in New Hampshire. Recovery Homes register with NHCORR on a voluntary basis. Learn more and see a full, up-to-date list of NHCORR-Certified Homes at [NHCORR.org](https://www.nhcorr.org).



## Recovery Homes in Strafford County

**Abi's Place** (Women & their children)

Rochester

[hopeonhavenhill.org](https://www.hopeonhavenhill.org)

**Freemen House** (Men)

Dover

[thefreemenhouse.com](https://www.thefreemenhouse.com)

**Freemen House, Elliott Bell House** (Men)

Somersworth

[thefreemenhouse.com](https://www.thefreemenhouse.com)

**Sober Sisters Recovery** (Women)

Somersworth

[sober-sisters.org](https://www.sober-sisters.org)

**Spring House** (Women)

Dover

[thefreemenhouse.com](https://www.thefreemenhouse.com)

# Other Recovery Homes in New Hampshire

## **Adira Sober Living** (Men and Women)

Manchester, NH

[Adirasoberliving.com](http://Adirasoberliving.com)

## **Butterfly House** (Women)

Laconia, NH

[butterflyhouseforwomen.org](http://butterflyhouseforwomen.org)

## **Dismas Home of NH** (Women)

Manchester, NH

[dismashomenh.org](http://dismashomenh.org)

## **Endeavor House** (Women)

Center Conway, NH

[mwvsupportsrecovery.org](http://mwvsupportsrecovery.org)

## **GateHouse Sober Community** (Men and Women)

Nashua, NH

[gatehousetreatment.com](http://gatehousetreatment.com)

## **H.O.M.E. Sober Living** (Men and Women)

Manchester, NH

[homesoberliving.net](http://homesoberliving.net)

## **Homestead Inn** (Men)

Boscawen, NH

[homesteadinn.org](http://homesteadinn.org)

## **Hope 2 Freedom Recovery Homes** (Male)

Claremont, NH

## **Into Action Sober Living** (Men and Women)

Manchester, NH

[Intoaction.net](http://Intoaction.net)

## **Liberty House** (Veteran ) (Men)

Manchester NH

[Libertyhousenh.org](http://Libertyhousenh.org)

## **Live Free Structured Sober Living** (Men)

Keene, NH

[livefreesl.com](http://livefreesl.com)

## **Lotus House** (Women)

Nashua, NH

## **Magnolia House** (Women)

Hampton, NH

[Magnoliahousenh.org](http://Magnoliahousenh.org)

## **Prospect House** (Men)

Keene, NH

[prospecthousenh.org](http://prospecthousenh.org)

## **Reverence House** (Men)

Laconia, NH

[reverencehouse.com](http://reverencehouse.com)

## **Rise Above** (Men & Women)

Nashua + Hudson, NH

[time2riseabove.com](http://time2riseabove.com)

## **RJM House** (Men)

Manchester, NH

[rjmhouse.com](http://rjmhouse.com)

## **Summerwood House** (Men)

Hampton, NH

## **Starting Point Sober Living** (Men)

Manchester, NH

[startingpointnh.com](http://startingpointnh.com)

## **Starting Point Sober Living** (Men)

Manchester, NH

[startingpointnh.com](http://startingpointnh.com)

## **Unity House** (Men)

Laconia, NH

[unitysoberliving.com](http://unitysoberliving.com)

**White Mountains Recovery Homes (Men)**

4 locations in Littleton, NH

1 location in Plymouth, NH

[whitemountainsrecovery.com](http://whitemountainsrecovery.com)

**Merrimac St Sober Living (Men)**

Laconia, NH

[Merrimacstsoberliving.com](http://Merrimacstsoberliving.com)

**Passage House (Men)**

Laconia, NH

[passagehousenh.com](http://passagehousenh.com)

**RJM Upon Awakening (Women)**

Manchester, NH

[Rimhouse.com](http://Rimhouse.com)

**Tabula Rasa (Men)**

Manchester, NH

[Trsoberliving.net](http://Trsoberliving.net)

**Westwood House (Men)**

Nashua, NH

## Warming & Cooling Centers in Strafford County

### Dover:

**McConnell Center Cafeteria**

61 Locust Street, Dover

Business Hours

**Dover Public Library**

73 Locust St.

Business Hours

**Dover City Hall**

288 Central Ave., Dover

Business Hours

**Dover Police Department lobby**

46 Chestnut Street, Dover

Open 24 hours, 7 days a week.

**Community Action Partnership of Strafford County's Day Center at Bradley Commons**

577 Central Ave., Dover

Monday-Friday, 8am-4:30pm

### Rochester:

**Rochester Public Library**

65 S Main Street, Rochester

Monday—Wednesday 9am-8pm

Thursday and Friday 9am-5pm

**Rochester City Hall**

150 Wakefield Street, Rochester

Monday through Friday 8am-5pm

### Somersworth:

**Somersworth Public Library**

25 Main Street, Somersworth

Business Hours

**Somersworth City Hall**

1 Government Way

Business Hours

**Willand Warming Center**

Open during life-threatening cold weather

30 Willand Drive, Somersworth

# Family Support Resources

**Family Support Resources** are available to support family members and loved ones of those with, or those who have lost someone to, substance use or other mental health disorders.

## Family Support Resources In and Around Strafford County

### **Brentwood One Goal Family Support Group**

Every 2nd Wednesday, 6:30—8PM

Austin House 263 NH-125 Brentwood ,NH

Contact: Pamela Baker 603-785-3670

Child Care available on request:

[ourcry@gmail.com](mailto:ourcry@gmail.com)

### **Dover Families Hoping and Coping**

Every Thursday, 7—8 :30 PM

SOS Recovery Community Center

4 Broadway, Dover

Contact: John 603-969-1305

Derral/Chuck 603-340-4025

Cindy 603-781-7232

[Familieshoping@gmail.com](mailto:Familieshoping@gmail.com)

### **Farmington Circle of Hope**

Every 1st and 3rd Wednesday 7—8:30PM

Central Cuts Salon

83 Central Street, Farmington

Contact: Lynn 603- 817-6174

Karen 603-755-1345

[circleofhope603@yahoo.com](mailto:circleofhope603@yahoo.com)

### **Rochester Circle Of HOPE**

Every 2nd & 4th Tuesday, 7-8:30PM

Frisbie Memorial Hospital

11 Whitehall Road, Rochester

Contact Renee or Ralph 603-617-9963

### **NAR-ANON**

12-Step Program for family & friends.

Every Wednesday, 6-7:00pm

Triangle Club

120 Broadway Dover

603-742-9803

### **Portsmouth Families Hoping and Coping**

Every 1st & 3rd Wednesday, 7:00—8:30 PM

Safe Harbor Recovery Center

865 Islington Street Portsmouth, NH

Contact: Elaine 603-315-9177

Tim 603-703-3948

### **Seabrook FASTER Family Support Group**

Every 3rd Thursday , 6-7 PM

Church of Christ

867 Lafayette Road Seabrook, NH

Contact: Chucky 978-423-1222

### **SOS Recovery Community Organization**

Family Peer Support Coordinators at SOS offer hope, guidance, and advocacy for family members with loved ones struggling with mental health concerns and problematic substance use. Offering support through face-to-face and/or digital support groups, phone calls and individual one-on-ones.

Dover Location: 4 Broadway

Rochester Location: 14 Signal Street

Hampton Location: 1 Lafayette, Bldg. 1

[sosrco.org](http://sosrco.org)

# Basic Needs

**Basic Needs** are things like food, shelter, clothes and other things people need to survive.

## Comprehensive Resources for Basic Needs in Strafford County

### **Barrington Welfare**

333 Calef Hwy, Barrington  
603-664-0155

### **Dover Welfare Office**

61 Locust Street, Dover  
603-516-6500

### **Durham Welfare Office (Business Manager)**

8 Newmarket Road, Durham  
603-868-8043

### **Farmington Welfare**

356 Main Street, Farmington  
603-755-3100

### **Lee Welfare Office**

7 Mast Road, Lee  
603-969-8251

### **Middleton Welfare Office**

182 Kings Highway, Middleton  
603-473-5230

### **Milton Human Services Dept.**

424 White Mtn Highway, Milton  
603-652-4501, ext. 9

### **New Durham Welfare Office**

4 Main Street, New Durham  
603-859-2091

### **Rochester Welfare Office**

31 Wakefield Street, Rochester  
603-332-3505

### **Rollinsford Public Assistance Office**

667 Main Street, Rollinsford  
603-742-2510 x313

### **Salvation Army**

28 Signal Street Rochester  
[satruck.org](http://satruck.org)

### **Service Link of Strafford County**

25 Old Dover Road, Rochester  
603-332-7398

### **Somersworth Welfare Office**

1 Government Way, Somersworth  
603-692-9509

### **Strafford Community Action Partnership (CAP)**

577 Central Ave #10, Dover  
603-435-2500

### **Strafford Welfare Office**

12 Mountain View Drive, Strafford  
603-664-2192 Ext. 108





## Supplemental Nutrition Assistance Program

The SNAP Program is about good nutrition and health. It provides eligible people with benefits to buy food items at grocery stores, farmers markets and other approved food retailers.

Have EBT? Get 50% OFF fruits & veggies **at participating grocery stores** with DOUBLE UP FOOD BUCKS. For more information, visit: [doubleupnh.org](http://doubleupnh.org)



The Granite State Market Match allows NH residents receiving SNAP to turn \$10 into \$20 in healthy, locally-grown produce every time they visit the farmers market. [granitestatemarketmatch.org](http://granitestatemarketmatch.org)

UNH Cooperative Extension worked with partners to create a map where you can find where to go for free or low-cost food throughout New Hampshire. Find the map & more information at [extension.unh.edu/FoodAccessMap](http://extension.unh.edu/FoodAccessMap)



## Food Access Map



Extension

# Food Programs in Strafford County

## Community Action Partnership Summer Meals

Locations throughout Strafford County  
[straffordcap.org](http://straffordcap.org)

## End 68 Hours of Hunger

Locations throughout Strafford County  
[end68hoursofhunger.org](http://end68hoursofhunger.org)

## Gather – Traveling Pantry Market

Travels throughout Strafford County  
603-436-0641  
[gathernh.org](http://gathernh.org)

## Red's Good Vibes

Traveling meals throughout Strafford County  
[redsgoodvibes.com](http://redsgoodvibes.com)

## SAMM Van

Travels throughout Strafford County  
[seacoateatlocal.org/SAMM](http://seacoateatlocal.org/SAMM)

## Seacoast Eat Local

2 Washington Street, Suite 331 Dover  
888-600-0128  
[seacoateatlocal.org](http://seacoateatlocal.org)

## Strafford Meals on Wheels

25 Bartlett Ave, Suite A, Somersworth  
603-692-4211  
[straffordmealsonwheels.org](http://straffordmealsonwheels.org)

## UNH Cooperative Extension Nutrition Connections

273 Locust Street, Suite A Dover  
603-749-2529  
[extension.unh.edu](http://extension.unh.edu)

## Women, Infant, Children (WIC)

311 Route 108  
Somersworth  
603-332-4358  
[goodwinch.org/WIC](http://goodwinch.org/WIC)



# Food Pantries in Strafford County

## Barrington Community Food Pantry

105 Ramsdell Lane Barrington  
[barringtonfoodpantry.org](http://barringtonfoodpantry.org)  
603-664-0233

## Barrington Community Garden

Behind Calef's Country Store (Rt. 9)  
Barrington  
603-664-6098

## Bethany United Methodist Church

24 Main Street Rochester  
603-332-3618

## Christian Believers Fellowship Food Pantry

32 Chapel Lane Somersworth  
603-692-9320

**Community Action Partnership Food Pantry**

61 Locust Street, Suite 240  
(McConnell Center) Dover  
[straffordcap.org](http://straffordcap.org)  
603-435-2500

**Community Action Partnership Food Pantry**

527 Main Street Farmington  
[straffordcap.org](http://straffordcap.org)  
603-435-2500

**Community Food Pantry**

176 West High St Somersworth  
603-692-2907

**Cornucopia Food Pantry**

15 Mill Road Durham  
[cornucopia.unh.edu](http://cornucopia.unh.edu)  
603-862-1165

**Dover Food Pantry at First Parish  
Congregational Church**

1 Silver Street Dover  
603-742-5664

**Dover Friendly Kitchen**

5 Hale Street Dover  
603-742-5664

**Dover Housing/Seymour Osman Community  
Center**

40 Hampshire Circle Dover  
[dhasocc.org](http://dhasocc.org)  
603-749-6692

**Emmanuel Advent Christian Church Food  
Pantry**

24 Eastern Ave Rochester  
603-332-5355

**Gerry's Food Pantry**

150 Wakefield Street, Suite 5 Rochester  
503-330-3468

**Grace Community Church Food Pantry**

9 Mechanic Street Farmington  
603-833-7541

**Grace Community Church Food Pantry**

57 Wakefield St. Rochester  
603-332-9689

**Interfaith Food Pantry**

400 Main St (First Congregational Church)  
Farmington  
603-755-4816

**Joseph's Storehouse Food Pantry**

124 Milton Rd Rochester  
[josephsstorehouse.com](http://josephsstorehouse.com)  
603-994-1076

**McKenzie's Farm**

71 NE Pond Rd Milton  
[mckenziesfarm.com](http://mckenziesfarm.com)  
603-652-9400

**New Durham Food Pantry**

5 Main Street New Durham  
603-817-0372



**Our Daily Bread Food Pantry at St. Joseph's Church**

150 Central Ave Dover  
603-742-4837

**Revolution Church Food Pantry**

87 Lowell St Rochester  
603-332-0212

**Rochester Fellowship Soup Kitchen**

34 South Main St. Rochester  
603-332-4170

**Salvation Army Food Pantry & Soup Kitchen**

10 Olde Farm Lane Rochester  
603-332-2623

**Seeds of Faith Food Pantry**

1 Front Street, Suite 160 Rollinsford  
[seedsoffaithnh.org](http://seedsoffaithnh.org)  
603-692-9230

**St. Thomas Moore Food Pantry**

6 Madbury Road Durham  
603-868-2666

**Third Baptist Church Food Pantry & Soup Kitchen**

30 Strafford Road Strafford  
603-664-7750

**UCC Food Pantry at First Church Congregational**

63 S Main St Rochester  
603-332-1121

**We Care Food Pantry**

370 White Mountain Highway Milton  
[wecarefoodpantry.us](http://wecarefoodpantry.us)  
603-923-9456

**Wilkinson Memorial Food Pantry**

17 Mast Road Lee  
603-659-2861



## Food Pantries Near Strafford County

**Gather – Pantry Market**

210 West Rd. Portsmouth, NH  
[gathernh.org](http://gathernh.org)  
603-436-0641

**House of Hope Soup Kitchen**

6 Sullivan Square Berwick, ME  
207-698-9944

# Housing Resources in & Around Strafford County

## **Cross Roads House**

600 Lafayette Road Portsmouth

[crossroadshouse.org](http://crossroadshouse.org)

603-436-2218

## **Families in Transition**

576 Central Ave, Dover

[fitnh.org](http://fitnh.org)

603-750-4199

## **Homeless Center for Strafford County**

9 Isinglas Drive, Rochester

[homelesscenterforstraffco.org](http://homelesscenterforstraffco.org)

603-332-3065

## **Infinity Peer Support**

55 Summer Street, Rochester

[infinitypeersupport.org](http://infinitypeersupport.org)

603-948-1036

## **My Friend's Place**

368 Washington Street, Dover

[myfriendsplacenh.org](http://myfriendsplacenh.org)

603-749-3017

## **New Generation Inc.**

568 Portsmouth Ave, Greenland

[newgennh.org](http://newgennh.org)

603-436-4989

## **Rochester Schools: Families in Transition**

150 Wakefield Street Suite #8, Rochester

[rochesterschools.org](http://rochesterschools.org)

603-332-3678 ext. 1141

## **Strafford Community Action Partnership**

577 Central Ave #10, Dover

[straffordcap.org](http://straffordcap.org)

603-435-2500

## **Waypoint**

279 Locust St Suite B., Dover

[waypointnh.org](http://waypointnh.org)

603-742-5662

## **Waypoint Youth Resource (Drop-In) Center**

3 Wallace Street, Rochester

[waypointnh.org](http://waypointnh.org)



# Hotlines, Helplines & Other Helpful Resources

**If you or someone you know is experiencing a medical emergency or is threatening themselves or others, dial 9-1-1. For non-life threatening mental health crisis, dial NH Rapid Response Line at 833-710-6477.**

**National Suicide & Crisis Lifeline:** Call or Text 9-8-8

**Veteran's** Dial 9-8-8, then dial 1

## **NH Rapid Response Line**

For mental health crisis

Dial 833-710-6477 or visit [NH988.com](https://www.nh988.com)

## **NH 211**

Statewide, comprehensive, information and referral service

Dial, 2-1-1 or 866-444-4211 or visit [211NH.org](https://www.211NH.org)

## **Trevor Lifeline**

Support for LGBTQ+ young people under 25

1-866-488-7386 or text "START" to 678678

## **Trans Lifeline**

Peer support and crisis hotline for trans people

1-877-565-8860

## **HAVEN NH**

Violence Prevention and Support Services

24-Hour Support Line: 1-603-994-SAFE (7233) or visit [HAVENNH.org](https://www.HAVENNH.org)

## **Seacoast Outright**

Serving, supporting, and advocating for LGBTQ+ youth in the Seacoast area and beyond

[seacoastoutright.org](https://www.seacoastoutright.org)

## **Service Link of Strafford County**

Connects individuals to supports and services that they may need

603-332-7398

## **Bureau of Elderly & Adult Services**

Provides a variety of social and long-term supports to adults aged 60+ and adults aged

18—60 with chronic illness or disability. Accessed through Service Link of Strafford County

603-332-7398



The most up-to-date version of this guide can be found on our website at [SCPHN.org](https://www.scpHN.org)

*Special thanks to the members of our Strafford County Addiction Task Force for their support in creating this guide.*

*To join our Addiction Task Force, please email us at [SCPHN@GoodwinCH.org](mailto:SCPHN@GoodwinCH.org)*