



2019 Exeter Hospital Community Health Needs Assessment

*Conducted by Exeter Health Resources,
on behalf of Exeter Hospital, Core Physicians
and Rockingham VNA & Hospice*

In collaboration with:

Exeter Area YMCA
Foundation for Seacoast Health
Greater Seacoast Community Health
Lamprey Health Care
Richie McFarland Children's Center
Society of St. Vincent de Paul Exeter
Seacoast Mental Health Center
Seacoast Public Health Network



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2019 Exeter Hospital Community Health Needs Assessment

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Exeter Hospital

Organization Overview

Exeter Hospital is a 100-bed, community-based hospital serving New Hampshire's Seacoast Region. The mission of Exeter Hospital is to improve the health of the community. The hospital's scope of care includes comprehensive medical and surgical health care services including, but not limited to: breast health, maternal/child and reproductive medicine, cardiovascular, gastroenterology, sleep medicine, occupational and employee health, oncology, orthopedics, general surgery and emergency care services. Exeter Hospital is accredited by DNV Healthcare, Inc., and is a Magnet®-recognized hospital. Magnet designation from the American Nurses Credentialing Center is the most prestigious distinction a health care organization can receive for nursing excellence and high quality patient care.

Core Physicians

Organization Overview

Core Physicians is a community-based, multi-specialty group practice affiliated with Exeter Health Resources that provides comprehensive primary, specialty and pediatric dental care throughout the greater Seacoast area. Over 160 providers in 15 locations pursue exceptional patient satisfaction through clinical competence and professional office administration.

Rockingham Visiting Nurse Association & Hospice

Organization Overview

Rockingham Visiting Nurse Association & Hospice is a community-based, home health and hospice agency providing individuals and families with the highest quality home care, hospice and community outreach programs within Rockingham County and surrounding towns.

I. Foreword

As required by Internal Revenue Code 501 (r) (3) Exeter Hospital, in collaboration with a representation of its community partners, has compiled the following report outlining the findings of its 2019 Community Health Needs Assessment (CHNA). Section 501 of the Code requires tax-exempt “hospital organizations” to conduct a CHNA at least once every three taxable years. The report and its findings are specific to the hospital’s geographic service area of 36 towns located within Rockingham County. The purpose of the CHNA is to identify and assess the significant health needs of the communities served by the hospital, and to “prioritize those health needs and identify potential measures and resources available to address the health needs.” (26 CFR)

The report includes:

(1) a definition of the communities served by the hospital facility and a description of how the communities were determined; (2) a description of the process and methods used to conduct the CHNA; (3) a description of how the hospital facility took into account input from persons who represent the broad interests of the community; (4) a prioritized description of the significant health needs identified through the CHNA; and (5) a description of potential measures and resources identified through the CHNA to address significant health needs.

To complete the assessment, a steering group convened in January 2019 composed of Seacoast area leaders with deep working knowledge of community health needs. The steering committee included representatives from Exeter Hospital, The Foundation for Seacoast Health, Greater Seacoast Community Health, Lamprey Health Care, Richie McFarland Children’s Center, Society of St. Vincent De Paul Exeter, Seacoast Mental Health Center, Seacoast Public Health Network, and the Exeter Area YMCA. The findings noted within this report provide insight to the health and well-being of the communities served by Exeter Hospital and its community partners. These findings allow the hospital to advance its mission of improving the health of the community by allocating resources to the greatest needs.

II. 2019 Steering Committee

Jay Couture, Executive Director, Seacoast Mental Health Center
Lauren Garza, Administrative Coordinator, Lamprey Health Care
Debra Grabowski, Chief Executive Officer, Foundation for Seacoast Health
Darren Guy, DO, FAAP, Medical Director of Population Health, Exeter Health Resources
Tanisha Johnson, Associate Branch Director, Exeter Area YMCA
Janet Laatsch, RN, MBA, Chief Executive Officer, Seacoast Community Health
(merger of Families First and Goodwin Community Health)
Jennifer McGowan, Community Impact Officer, Exeter Health Resources
Sarah Plante, DNP, RN, CNL, Director Population Health, Exeter Health Resources
Maria Reyes, Continuum of Care Facilitator, Seacoast Public Health Network
Anita Rozeff, Grants and Contracts Manager/Compliance Officer, Lamprey Health Care
Peggy Small-Porter, Executive Director, Richie McFarland Children’s Center
Alex Turek, Executive Director, Exeter Area YMCA
Debra Vasapolli, Director of Community Relations, Exeter Health Resources
Mark Whitney, VP Strategic Planning, Exeter Health Resources
Allison Yeagle, Marketing Strategy Consultant
Molly Zirillo, Executive Director, Society of St. Vincent de Paul Exeter

III. Key Findings

Although the key findings of the 2019 CHNA remain comparable to the 2016 report, it is worth noting that in some cases the contributing factors have shifted.

Access to Health Care

As shown in the 2016 Community Health Needs Assessment, access to comprehensive healthcare services continues to be a notable concern. Although more people have gained entry to the healthcare system through insurance coverage, the high cost of both deductibles and co-payments limit its use. Uninsured or underinsured community members face additional barriers to care. This leads to unmet health needs, delays in receiving care, and preventable hospitalizations. The need continues for improved access to medical care, dental services, and transportation for appointments. Concerns about cost appear to have increased since the last CHNA.

Behavioral Health (Substance Use Disorder and Mental Health Services)

Substance Use Disorder

Consistent with the 2016 CHNA, substance misuse and abuse treatment and recovery services for both the youth and adult populations remains a major need. There is a significant correlation between substance use and mental health needs, and therefore it is important to address both concerns under the theme of Behavioral Health. Unfortunately, many individuals suffering from mental health and substance use disorders do not, or cannot, receive treatment due to barriers such as cost and the scarcity of services.

Mental Health

Mental health services continue to be a prominent health need in the community. Since the 2016 report, the adult population has seen some improvement in accessing care. Unfortunately, youth populations continue to show a high prevalence of mental health issues combined with a lack of care options. Increasing access to community-based mental health services to better meet the needs of Rockingham County residents is crucial.

Elder Care and Support Services

Accessing services for seniors remains a key health concern. “The State of NH is now ranked as having one of the fastest growing number of older adults in the country, at the same time that the working age population is not growing. According to the NH Center for Public Policy Studies, the largest impact on NH is anticipated to occur after 2020, when the estimated number of older adults will rise from 106,086 to 247,740 (NH State Plan on Aging). Additional services needed include adult day programs, transportation, legal services, home health services, prevention and wellness programs, dental services, lower cost prescriptions, and end of life care. These findings are consistent with both the 2013 and 2016 CHNA’s. See addendum NH State Committee on Aging.

Transportation

Transportation is another area of continued need, especially for vulnerable populations including the elderly, disabled, and people with illnesses that require frequent healthcare appointments. Lack of transportation can also lead to social isolation, loneliness, and adverse health effects. “Transportation is a critical service for older adults and adults with disabilities, helping them to continue to live in their home and community.” (NH State Plan on Aging)

IV. Introduction

Health is not simply the result of clinical care. Other factors are now recognized as being equally, if not more important, in determining an individual's health. These other factors are called Social Determinants of Health (SDOH), defined as “conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.” (Healthy People 2020) Representatives from the Exeter Hospital Population Health team joined the CHNA advisory committee to advance the connections between Social Determinants of Health and the needs identified by the community.



The five key social determinants of health and their contributing factors are outlined below:

1. *Economic Stability*

- Employment
- Food Insecurity
- Housing Instability
- Poverty

2. *Education*

- Early Childhood Education and Development
- Enrollment in Higher Education
- High School Graduation
- Language and Literacy

3. Social and Community Context

Civic Participation
Discrimination
Incarceration
Social Cohesion

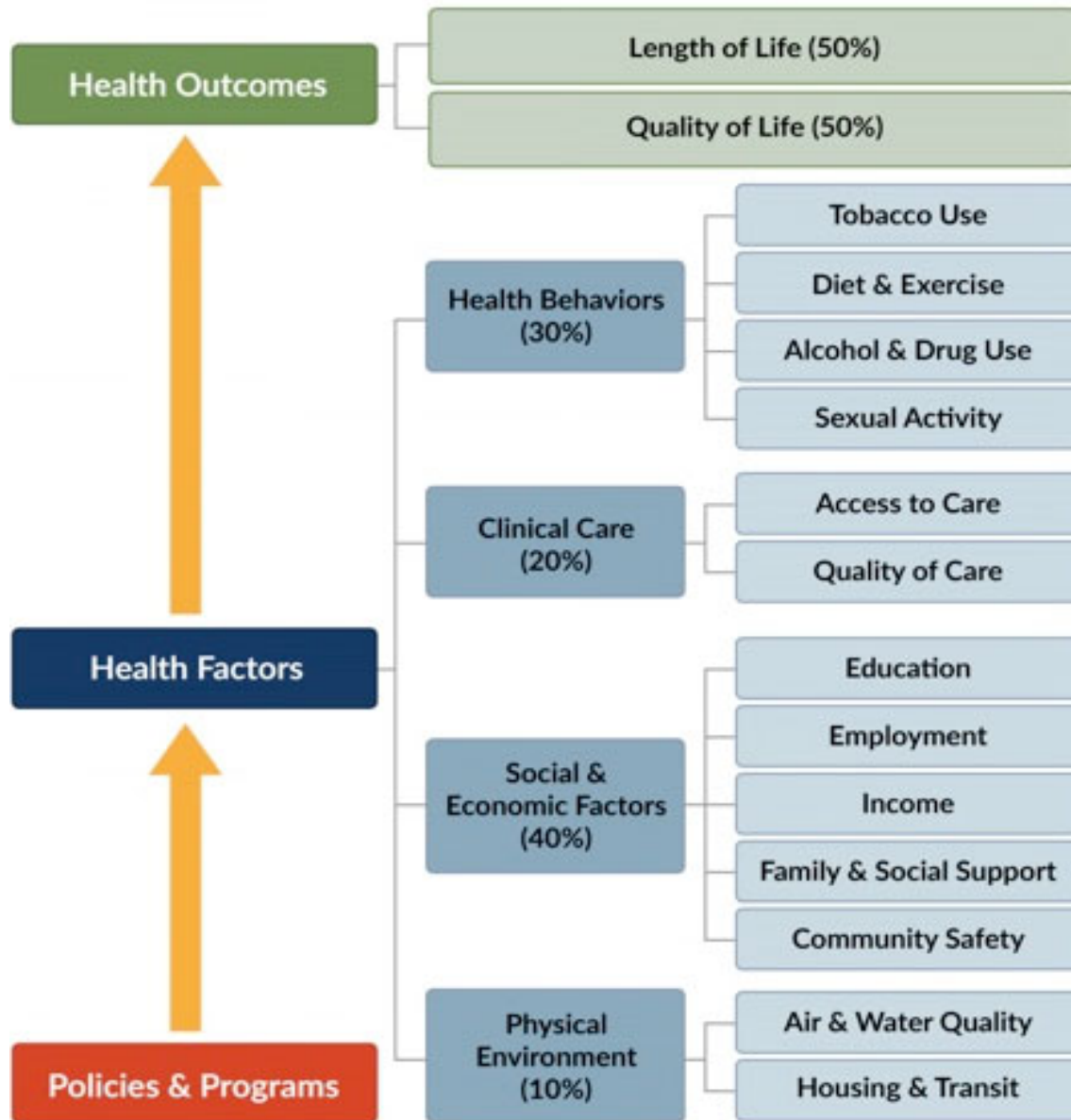
4. Health and Health Care

Access to Health Care
Access to Primary Care
Health Literacy

5. Neighborhood and Built Environment

Access to Foods that Support Healthy Eating Patterns
Crime and Violence
Environmental Conditions
Quality of Housing

The following chart from the County Health Rankings model further demonstrates the social determinants of health and their influence on health outcomes.



V. Geographic Service Area

Exeter Hospital's CHNA was conducted using service areas consistent with its system of care practice locations, with a focus on Rockingham County.

Exeter Hospital's service locations are as follows:

Central - Exeter, Newfields, Newmarket, Brentwood

East South East - Hampton, Hampton Falls, North Hampton, Seabrook

North East - Portsmouth, Greenland, New Castle, Rye, Stratham, Newington

South West - Atkinson, Danville, East Hampstead, East Kingston, Hampstead, Kingston, Kensington, Newton, Newton Junction, Plaistow, Sandown

West - Deerfield, Epping, Fremont, Raymond Nottingham

Note, for the purpose of the report, Rockingham County level data is used as many statistics are only available at that level.

Exeter Hospital Service Area Graphically (Rockingham County)



VI. Demographics of Rockingham County

The following demographic information is from the United States Census Bureau.

- Nearly 40% of Rockingham County residents are under 18 (19.4%) or older than age 65 (18.00%). These age groups tend to be higher users of healthcare services.
- The county is largely white with a limited percentage of minorities. Health disparities by race are well documented at the national level, with increasing research being conducted at the state level in New Hampshire. <https://www.dhhs.nh.gov/omh/documents/disparities.pdf>
- Approximately 7% of Rockingham County residents live with a disability, which can lead to increased need for services and social isolation.

Population estimates, July 1, 2018, (V2018)	309,176
PEOPLE	
Population	
Population estimates, July 1, 2018, (V2018)	309,176
Population estimates base, April 1, 2010, (V2018)	295,211
Population, percent change - April 1, 2010 (estimates base) to July 1, 2018, (V2018)	4.7%
Population, Census, April 1, 2010	295,223
Age and Sex	
Persons under 5 years, percent	4.6%
Persons under 18 years, percent	19.4%
Persons 65 years and over, percent	18.0%
Female persons, percent	50.4%
Race and Hispanic Origin	
White alone, percent	94.9%
Black or African American alone, percent (a)	1.1%
American Indian and Alaska Native alone, percent (a)	0.2%
Asian alone, percent (a)	2.2%
Native Hawaiian and Other Pacific Islander alone, percent (a)	Z
Two or More Races, percent	1.5%
Hispanic or Latino, percent (b)	3.2%
White alone, not Hispanic or Latino, percent	92.3%
Housing	
Housing units, July 1, 2018, (V2018)	133,178
Owner-occupied housing unit rate, 2013-2017	76.7%
Median value of owner-occupied housing units, 2013-2017	\$295,900
Median selected monthly owner costs -with a mortgage, 2013-2017	\$2,131
Median selected monthly owner costs -without a mortgage, 2013-2017	\$845
Median gross rent, 2013-2017	\$1,164
Households, 2013-2017	119,955
Persons per household, 2013-2017	2.50
Income & Poverty	
Median household income (in 2017 dollars), 2013-2017	\$85,619
Per capita income in past 12 months (in 2017 dollars), 2013-2017	\$43,474
Persons in poverty, percent	5.1%

https://www.census.gov/data-tools/demo/saipe/#/?map_geoSelector=aa_s&s_measures=aa_snc&s_year=2017

Health	
With a disability, under age 65 years, percent, 2013-2017	7.1%
Persons without health insurance, under age 65 years, percent	5.6%
Economy	
In civilian labor force, total, percent of population age 16 years+, 2013-2017	71.5%
In civilian labor force, female, percent of population age 16 years+, 2013-2017	66.6%
Total accommodation and food services sales, 2012 (\$1,000) (c)	810,246
Total health care and social assistance receipts/revenue, 2012 (\$1,000) (c)	1,697,740
Total manufacturers shipments, 2012 (\$1,000) (c)	4,580,402
Total merchant wholesaler sales, 2012 (\$1,000) (c)	8,203,669
Total retail sales, 2012 (\$1,000) (c)	6,764,542
Total retail sales per capita, 2012 (c)	\$22,714
Transportation	
Mean travel time to work (minutes), workers age 16 years+, 2013-2017	30.2

Poverty is a leading Social Determinant of Health indicator. Access to services that contribute to a healthy lifestyle are limited when living at lower income levels. The chart below shows the percentage of Rockingham County residents living in poverty (defined as those living below 200% of the federal poverty level set by the US Census Bureau).

Small Area Income and Poverty Estimate (SAIPE) All Ages in Poverty, 2017						
Year	ID	Name	Number in Poverty	90% Confidence Interval	Percent in Poverty	90% Confidence Interval
2017	0	United States	42,583,651	42,342,619 - 42,824,683	13.4	13.3-13.5
2017	33000	New Hampshire	100,500	95,275-105,825	7.7	7.3-8.1
2017	33015	Rockingham County	15,533	13,063-18,003	5.1	4.3-5.9

Unemployment in Rockingham County is low and employers struggle to meet workforce demands. The unemployment rate is the percentage of workers who are not working.

2017 Annual Average Unemployment Rate by Town

Atkinson	3.2%	Hampstead	3.3%	Nottingham	2.3%
Auburn	2.5%	Hampton	2.7%	Plaistow	3.7%
Brentwood	2.4%	Hampton Falls	3.1%	Portsmouth	2.1%
Candia	2.1%	Kensington	2.5%	Raymond	2.9%
Chester	2.9%	Kingston	3.5%	Rye	2.0%
Danville	3.0%	Londonderry	2.7%	Salem	3.6%
Deerfield	2.3%	New Castle	2.0%	Sandown	3.0%
Derry	3.4%	Newfields	2.2%	Seabrook	4.1%
East Kingston	2.8%	Newington	2.0%	So. Hampton	2.6%
Epping	2.3%	Newmarket	2.0%	Stratham	2.2%
Exeter	2.6%	Newton	3.3%	Windham	3.1%
Fremont	2.8%	No. Hampton	2.6%		
Greenland	2.2%	Northwood	2.3%		

<https://www.nhes.nh.gov/elmi/products/cp/documents/rockingham-cp.pdf>

VII. Methodology/Process

The 2019 CHNA process included gathering and reviewing both qualitative and quantitative data with the use of a random telephone survey conducted by the University of New Hampshire Survey Center, open community forums, online surveys, key leader interviews, outreach to support agencies, and the review of relevant secondary data sources. As a component of the forums and online surveys, respondents participated in prioritizing qualitative health needs.

1. UNH Survey Center Household Telephone Survey

Utilizing the University of New Hampshire Survey Center, a random household telephone survey was conducted as a means to collect information regarding community members' health status and to identify their healthcare needs.

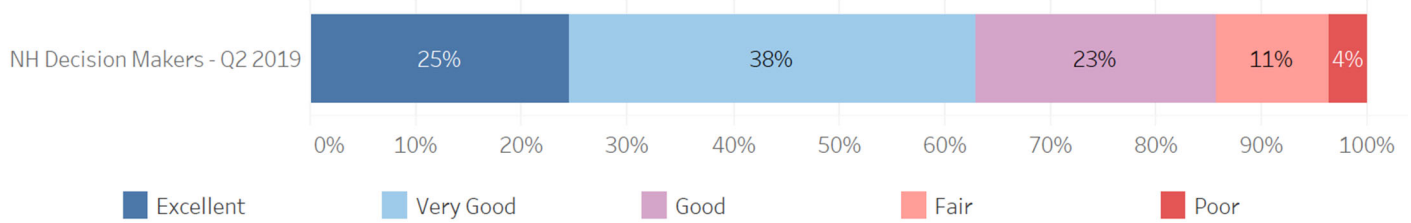
Outlined below is the telephone survey by year and number of respondents.

Year	# Respondents
2016	2,890
2017	1,820
2018	1,062
2019 (Quarter 1 and Quarter 2)	601

In total 6,373 healthcare decision makers residing within the hospital's service area participated in the survey from 2016- Q2 of 2019. Of those respondents, 86% rated their health status as good, very good or excellent; 93% reported having a primary care physician.

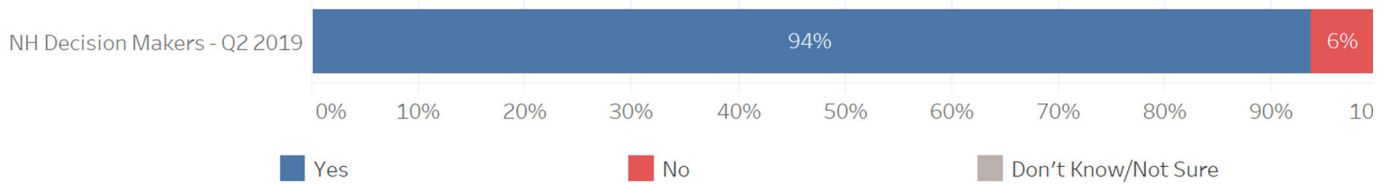
The following information is from the Q2 UNH Quarterly Survey Report July 2019. N=300

Figure 1a: In general, would you say your health is excellent, very good, good, fair, or poor?



Responses to this question have remained largely steady over time.

Current Health Primary Care Physicians

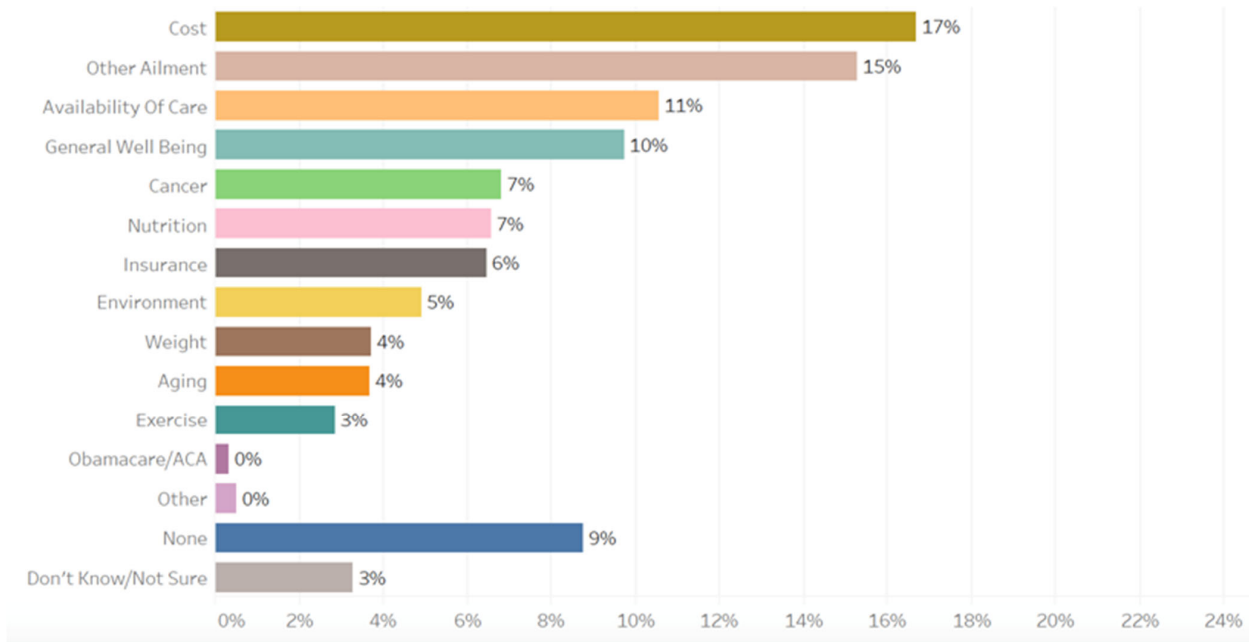


Responses to this question have remained largely stable over time.

Health Related Concerns

Respondents most frequently cite cost (17%), miscellaneous ailments (15%), availability of care (11%), general well-being (10%), cancer (7%), nutrition (7%), insurance (6%), and the environment (5%) as their most important health-related concern, while 9% say they have no health-related concerns.

Figure 2a: What is the most important health related concern that you have for you and your family?



2. Community Forums

Four community forums were planned and promoted to the public via email, social media, radio and paid print advertisements.

Scheduled forum dates and locations:

Wednesday, May 15, 2019
Epping Regional Health Center
Epping, NH

Wednesday, May 22, 2019
Exeter Hospital
Exeter, NH

Wednesday, May 29, 2019
Seabrook Library
Seabrook, NH

Thursday, May 30, 2019
Tuscan Kitchen
Portsmouth NH

*Note- An additional “pop-up” forum was held on July 24, 2019
Raymond Baptist Church Dinner July 24, 2019 (66 attendees)*

Top three issues:

- ***Transportation - for both medical and personal needs***
- ***Depression and anxiety - the majority felt that suicide prevention across life span was very important and needed***
- ***Financial stress to obtain basic human needs, i.e. vision, dental and hearing, co-pays and medications***

See attached promotions Appendix F

During each community forum, an overview of the CHNA requirements and the process through which the CHNA committee intended to gather information was reviewed. The overview also included the timeline for completing the project as well as notification that the report would be posted on Exeter Hospital’s website for community review and feedback following its completion. In addition, copies of the 2016 CHNA were distributed and key findings from the 2016 report were reviewed. Following the overview, community members engaged in an open discussion and provided verbal insight into the significant health needs of their communities. Comments and/or discussion points follow below.

Forum discussion themes are in order from most noted to least.

- Mental and behavioral health
- Transportation
- Elderly care services
- Lack of affordable housing
- Substance use disorders
- Workforce shortage/workforce development
- Timely access to care
- Dental services
- Homelessness
- Geriatric mental health
- Cost of insurance
- Access to prescriptions
- Access to nutrition
- Vaccinations

3. Exeter Hospital Staff Survey

Exeter Hospital together with its affiliates Core Physicians and Rockingham VNA & Hospice, offered a voluntary online health needs assessment to each organization's employee base. In total, 206 people participated.*

In general, would you say your health is:

EH Survey

- Base 100%
- Very good 40%
- Good 54%
- Fair..... 6%
- Poor 0%

Please tell us: What is the most important health related concern you have for you and your family?

EH Survey

- Base 100%
- Access to care due to insurance coverage cost barriers such as high co-pays and deductibles. 39%**
- Access to care due to being uninsured.2%
- Access to care due to scheduling issues with provider. 19%
- Access to appropriate medications due to insurance coverage cost barriers such as high co-pays and deductibles.....8%
- Access to appropriate medications due to being uninsured.1%
- Other4%
- I do not have any health related concerns for me or for my family. 27%

In your opinion, what do you believe is the most prevalent health care need for Seacoast residents?

EH Survey

Base	100%
Access to primary care.....	10%
Drug/prescription drug/alcohol abuse	21%
Behavioral mental health	46%
Dental care.....	2%
Obesity	5%
Cancer services	3%
Other	6%
Not sure.....	8%

In your opinion, what is the primary reason Seacoast residents are not able to access health care services?

Base	100%
No insurance or underinsured	66%
No access to transportation.....	8%
No resources to find a physician	2%
Other	9%
Not sure.....	15%

**Note: See Appendix F for additional comments pertaining to the Exeter Hospital Staff Survey*

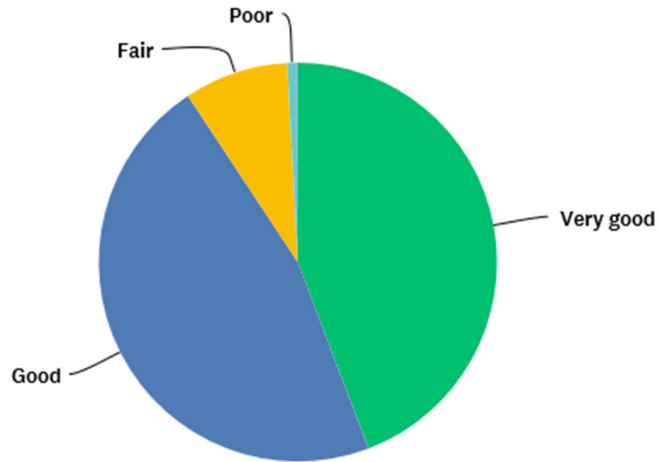
4. Public Online “Survey Monkey”

Exeter Hospital together with its community partners, released an online health needs survey to the public. The survey asked four questions and encouraged additional comments. In total, 710 people, affiliated with more than 19 different organizations, participated in the survey.

Q1

In general, would you say your health is ...

Answered: 710 Skipped: 0

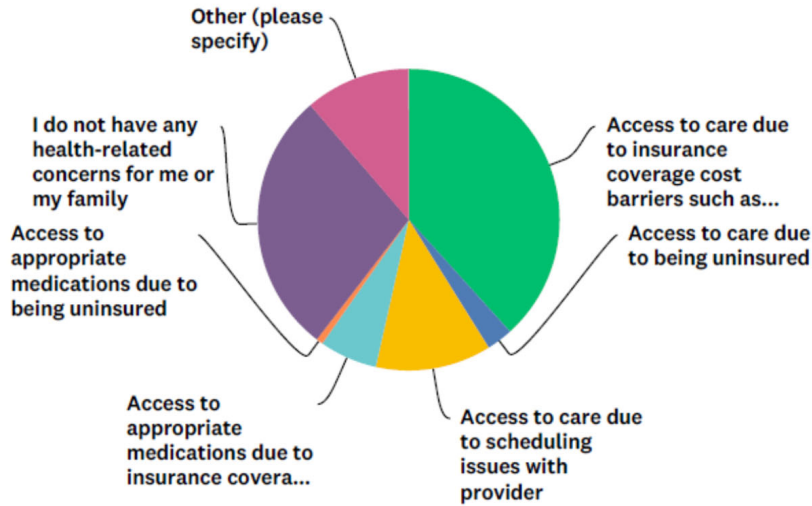


ANSWER CHOICES	RESPONSES	
▼ Very good	44.23%	314
▼ Good	46.48%	330
▼ Fair	8.45%	60
▼ Poor	0.85%	6
TOTAL		710

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Q2 Please tell us what is the MOST important health-related concern you have for you and your family.

Answered: 710 Skipped: 0

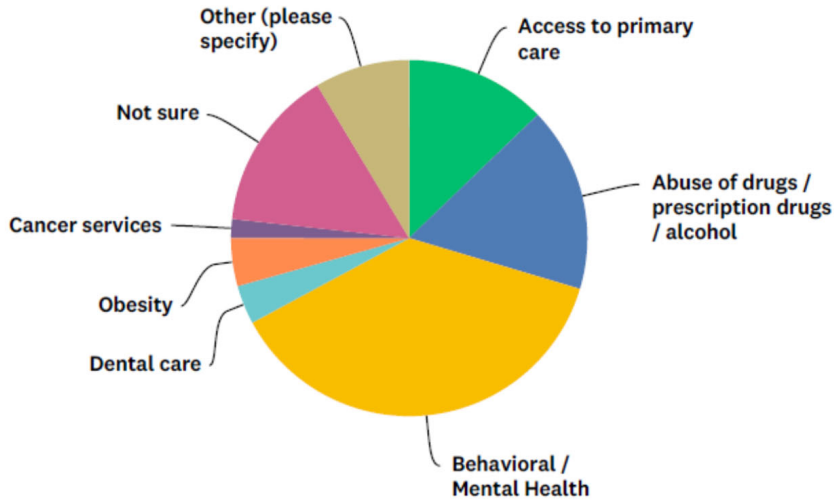


ANSWER CHOICES	RESPONSES
Access to care due to insurance coverage cost barriers such as high co-pays and deductibles	38.31% 272
Access to care due to being uninsured	2.82% 20
Access to care due to scheduling issues with provider	12.39% 88
Access to appropriate medications due to insurance coverage cost barriers such as high co-pays and deductibles	6.20% 44
Access to appropriate medications due to being uninsured	0.70% 5
I do not have any health-related concerns for me or my family	28.31% 201

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Q3 In your opinion, what is the MOST prevalent health care need for Seacoast residents?

Answered: 709 Skipped: 1

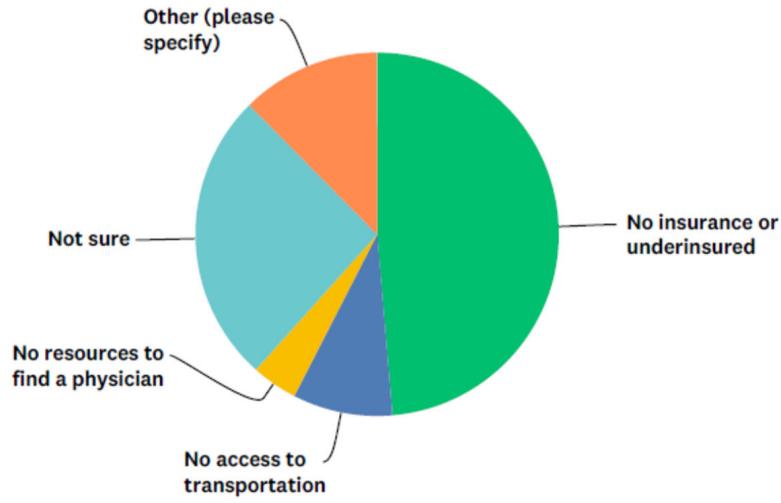


ANSWER CHOICES	RESPONSES	
Access to primary care	12.83%	91
Abuse of drugs / prescription drugs / alcohol	16.78%	119
Behavioral / Mental Health	37.52%	266
Dental care	3.53%	25
Obesity	4.37%	31
Cancer services	1.69%	12

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Q4 In your opinion, what is the PRIMARY reason Seacoast residents are NOT able to access health care services?

Answered: 709 Skipped: 1



ANSWER CHOICES	RESPONSES	
No insurance or underinsured	48.66%	345
No access to transportation	8.89%	63
No resources to find a physician	4.09%	29
Not sure	25.95%	184
Other (please specify)	12.41%	88
TOTAL		709

5. Key Leader Interviews

Interviews were conducted with community members, identified as having broad knowledge of the health needs of the communities served, including the underserved and low-income populations. A complete list of interviewees is included in the Appendix of this document as well as the key leader questionnaire.

In total, 26 key leader interviews were conducted during the months of May, June, and July 2019. Emerging themes regarding significant health needs are listed below:

- Integrated mental health services for all with easy access
- Cancer care
- Vaping and e-cigarette use in children
- Opioid addiction
- Surprise medical bills
- Transportation
- Geriatric care - support, housing, inpatient/outpatient psychology
- Pharmaceutical costs
- Chronic illness management
- End-of-life and palliative care
- Insurance insecurity
- Lack of affordable housing
- Rising autism rates

6. Secondary Research Sources:

1. *Behavioral Health Barometer New Hampshire, Volume 5*
2. *NH Department of Health and Human Services 2018 Annual Report*
3. *2019 County Health Rankings Report* www.countyhealthrankings.org
4. *NH Center for Public Policy Studies- Community Benefit and Market Changes in NH 2017*
5. *HEALTHY AGING DATA REPORT Highlights from New Hampshire 2019* www.HealthyAgingDataReports.org
6. *NH ORAL HEALTH BASELINE SURVEY I - Identifying Oral Health Resources and Promising Practices in Community-based, Non-traditional Settings 2017* www.nhoralhealth.org
7. *2019 NH Kids Count Data Book* www.new-futures.org/kidscount
8. *The state of New Hampshire's Babies Yearbook 2019*
9. *NH 10 Year Mental Health Plan 2019* <https://www.dhhs.nh.gov/dcbcs/bbh/documents/10-year-mh-plan.pdf>
10. *Status of Women in NH 2018* www.NHwomensfoundation.org
11. *The Commonwealth Fund* <https://interactives.commonwealthfund.org/2018/state-scorecard/state/new-hampshire>
12. *Health Indicators Report -Rockingham County, NH*
13. *The Behavioral Health Barometer: New Hampshire, Volume 5 (2017)* <https://store.samhsa.gov>
14. *The State of Mental Health in America* www.mentalhealthamerica.net/issues/ranking-states
15. *Substance Misuse in New Hampshire: An Update on Costs to the State's Economy and Initial Impacts of Public Policies to Reduce Them.* <https://new-futures.org/>
16. <https://www.drugabuse.gov/opioid-summaries-by-state/new-hampshire-opioid-summary>
17. <https://www.dhhs.nh.gov/dcbcs/bdas/documents/dmi-2018-overview.pdf>

VIII. 2019 CHNA Outcomes Prioritized

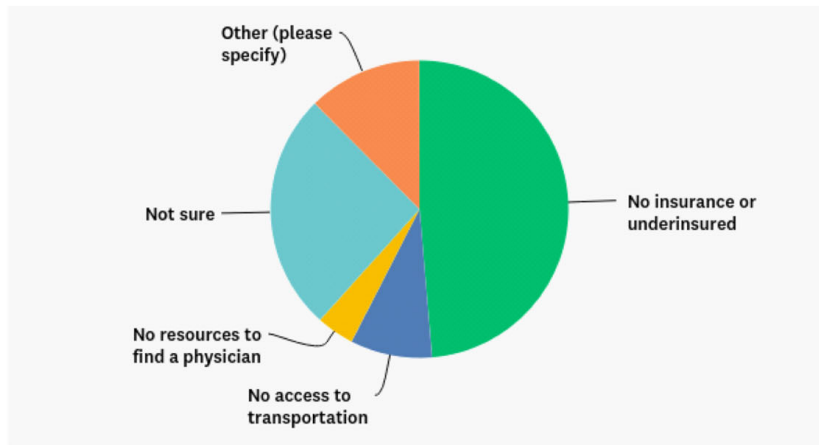
Access to Care

As depicted in the 2016 Community Health Needs Assessment, access to healthcare services continues to be a notable concern through 2019. Most significantly, respondents cited barriers to healthcare due to being uninsured or underinsured along with high cost deductibles and the high cost of co-payments.

Exeter Hospital received 702 responses to its electronic survey, hosted by Survey Monkey. Of those responses 49% noted insurance as the primary barrier to accessing healthcare.

Q4: In your opinion, what is the PRIMARY reason Seacoast residents are NOT able to access health care services?

Answered: 709 Skipped: 1



Powered by SurveyMonkey

In the Exeter Hospital Quarterly Market Survey conducted in July of 2019 by the University of New Hampshire Survey Center, respondents most frequently cite cost (17%) as their most important health related concern. N=300

“Respondents most frequently cite cost (17%), miscellaneous ailments (15%), availability of care (11%), general well-being (10%), cancer (7%), nutrition (7%), insurance (6%), and the environment (5%) as their most important health-related concern, while 9% say they have no health-related concerns.”

¹ Exeter Hospital Quarterly Survey, UNH Survey Center 2019

Figure 2a: What is the most important health related concern that you have for you and your family? (coded)

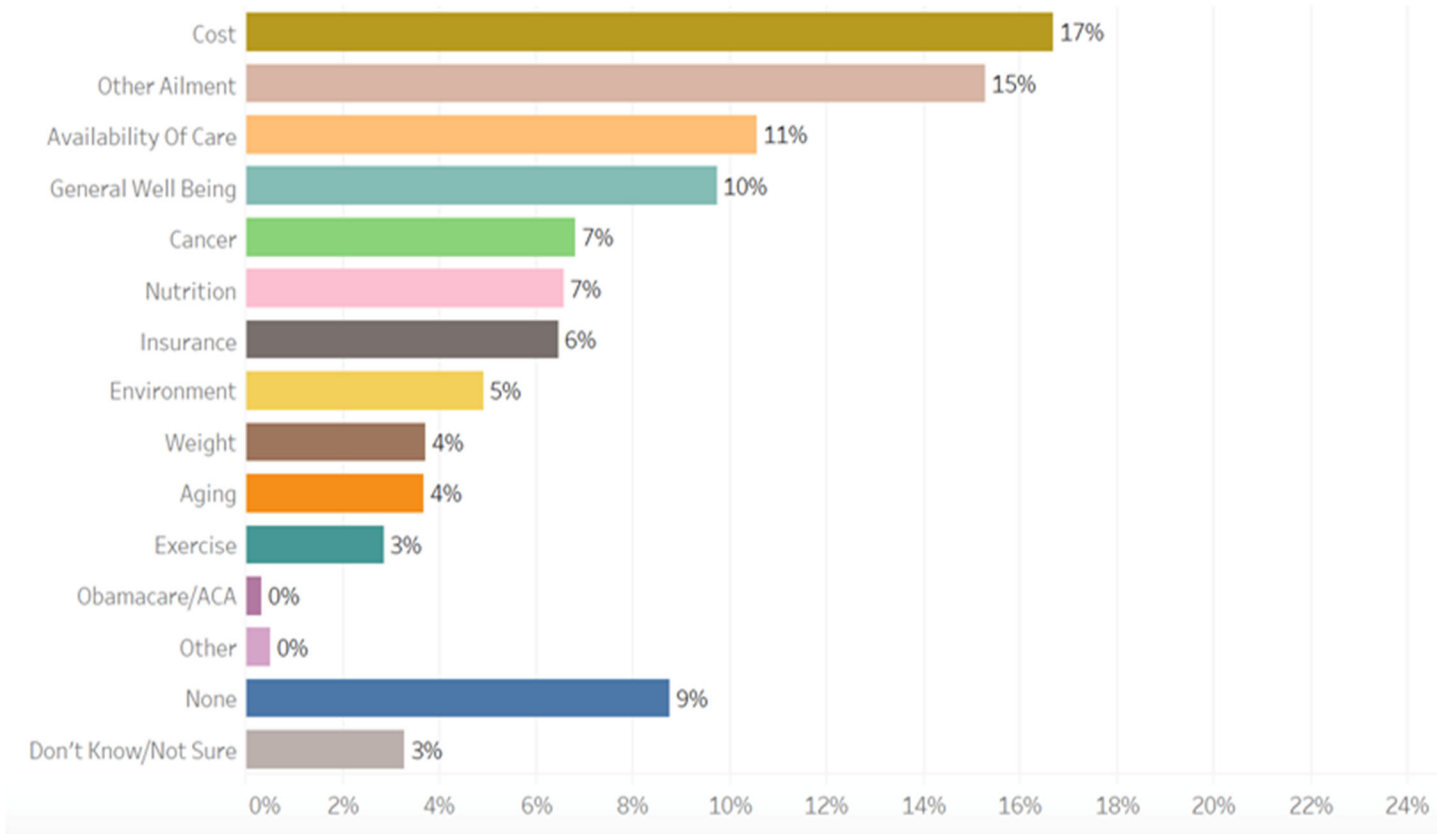
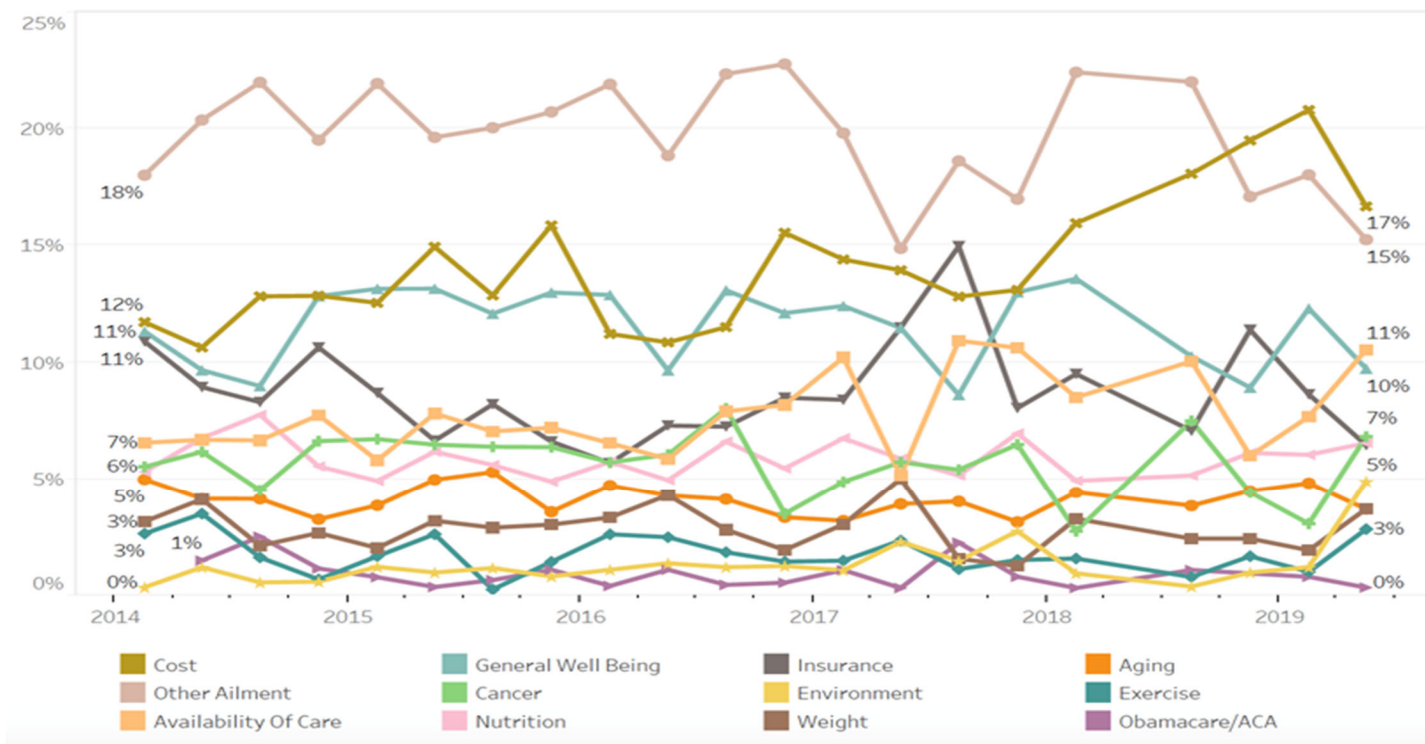


Figure 2b: Most Important Health Related Concern - Trends by Quarter



Exeter Hospital Staff Survey

Exeter Hospital, together with its affiliates Core Physicians and Rockingham VNA & Hospice, offered a voluntary online health needs assessment to each organization's employee base. In total 206 people participated.

Question: Please tell us what is the MOST important health related concern for you and your family:

Access to care due to insurance coverage cost barriers such as high co-pays and deductibles.....	39%
Access to care due to being uninsured.	2%
Access to care due to scheduling issues with providers.....	19%
Access to appropriate medications due to insurance coverage cost barriers such as high co-pays and deductibles.....	8%
Access to appropriate medications due to being uninsured.	1%
Other	4%
I do not have any health related concerns for me or for my family.	27%

Behavioral Services

Consistent with published secondary data, both at the state and national level, substance use disorder, addiction, and mental health services remain significant concerns for Seacoast residents.

According to the 2019 State of Mental Health in America, NH is ranked 10th in the country for mental illness and access to care. "A low overall ranking indicates a higher prevalence of mental illness and lower rates of access to care." (2019 *Mental Health in America*) Of concern is the prevalence of youth in NH with the prevalence of at least one major depressive episode. NH is worse than the national average. See chart on the next page.

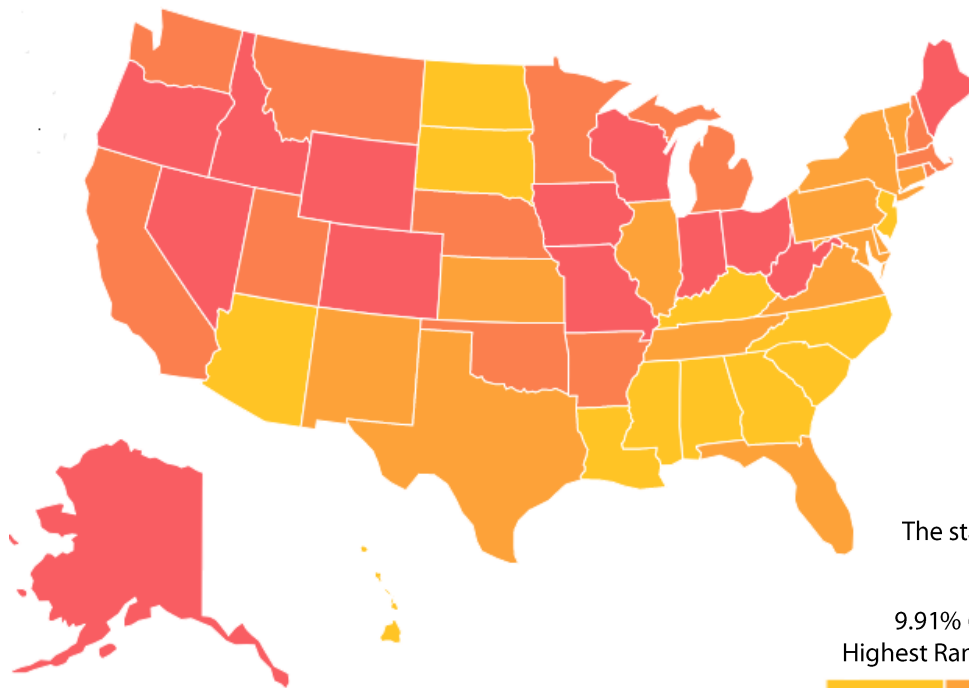
Youth Prevalence of Mental Illness

Youth with At Least One Major Depressive Episode (MDE) in the Past Year

12.63% of youth (age 12-17) report suffering from at least one major depressive episode (MDE) in the past year.

Childhood depression is more likely to persist into adulthood if gone untreated.

The number of youths experiencing MDE increased by 175,000 from last years' dataset.



The state prevalence of youth with MDE ranges from:



Rank	State	%	#	Rank	State	%	#
1	District of Columbia	9.91	3,000	27	California	12.93	393,000
2	Georgia	10.14	87,000	28	Nebraska	12.97	20,000
3	Louisiana	10.15	37,000	29	Arkansas	13.05	31,000
4	New Jersey	10.39	72,000	30	Washington	13.23	70,000
5	Mississippi	10.78	26,000	31	Michigan	13.27	103,000
6	South Carolina	10.83	40,000	32	Minnesota	13.39	57,000
7	Hawaii	10.99	11,000	33	New Hampshire	13.40	13,000
8	Alabama	11.18	42,000	34	Oklahoma	13.53	43,000
9	North Dakota	11.25	6,000	35	Montana	13.56	10,000
10	Arizona	11.68	64,000	36	Massachusetts	13.72	67,000
11	North Carolina	11.70	92,000	37	Rhode Island	13.72	10,000
12	Kentucky	11.72	40,000	38	Utah	13.81	41,000
13	South Dakota	11.79	8,000	39	West Virginia	13.90	18,000
14	New York	11.91	169,000	40	Ohio	13.98	127,000
15	Delaware	11.94	8,000	41	Iowa	14.09	34,000
16	Texas	11.95	286,000	42	Maine	14.25	13,000
17	Tennessee	12.13	62,000	43	Missouri	14.28	67,000
18	Pennsylvania	12.33	114,000	44	Wisconsin	14.45	64,000
19	Vermont	12.45	5,000	45	Colorado	14.59	62,000
20	Illinois	12.46	126,000	46	Indiana	14.70	79,000
21	Connecticut	12.52	35,000	47	Wyoming	15.00	7,000
22	Kansas	12.53	30,000	48	Alaska	15.22	9,000
23	Virginia	12.56	79,000	49	Oregon	15.66	46,000
24	New Mexico	12.61	21,000	50	Nevada	15.66	35,000
25	Maryland	12.69	58,000	51	Idaho	15.93	23,000
26	Florida	12.84	180,000		National	12.63	3,144,000

Exeter Hospital, and its Affiliates Core Physicians and RVNA and Hospice have taken the following steps to address the need for increased mental health services in 2018:

- Exeter Hospital awarded \$245,000 to local organizations through its *Youth Suicide Prevention Initiative*, with additional funds allocated to underwrite the statewide *Zero Suicide Community of Practice*, and sponsorship of suicide prevention events.
- With funding from Exeter Hospital and Connections for Health Initiative, Core Physicians has made the commitment to embed Social Work and licensed counselor services as a pilot project in two Primary Care locations with the hope for expansion in 2020.
- The Exeter Hospital Emergency Department front-line staff recently received focused training to reduce the stigma associated with behavioral health patients. As the improvement work continues, the Hospital is finalizing discussions to have a psychiatric Nurse Practitioner from Seacoast Mental Health to work both in the Emergency Department and on the inpatient units to improve the quality and continuity of care for behavioral health patients at Exeter Hospital.
- Core Physicians has made the commitment to screen all patients who walk through the doors and any Primary Care office, at least yearly, with the Patient Health Questionnaire (PHQ) +3. RVNA and Hospice also switched to the PHQ3 at intake.
- Core Physicians has partnered with Seacoast Mental Health for multiple initiatives, including expanded suicide screening and co-locating treatment services in several of our primary care and pediatric practices.
- The Exeter Hospital Emergency Department has worked diligently over recent years to improve their provision of care processes to assess and treat patients with suicidal ideation. The improvement work includes: physical environment enhancements for patients with suicidal ideation to ensure their safety, participation in a *NH State Behavioral Health Learning Collaborative* sponsored by the NH Foundation for Healthy Communities, and extensive collaboration with various regional hospitals to share best practices of assessing and treating patients with suicidal ideation.

Reports released in 2019 by the *National Institute on Drug Abuse* determined that “New Hampshire is among the top five states with the highest rate of opioid-involved deaths. In 2017, there were 424 drug overdose deaths involving opioids in New Hampshire—an age-adjusted rate of 34.0 deaths per 100,000 persons. This was more than twice the average national rate of 14.6 deaths per 100,000 persons.” See figure #1 below.

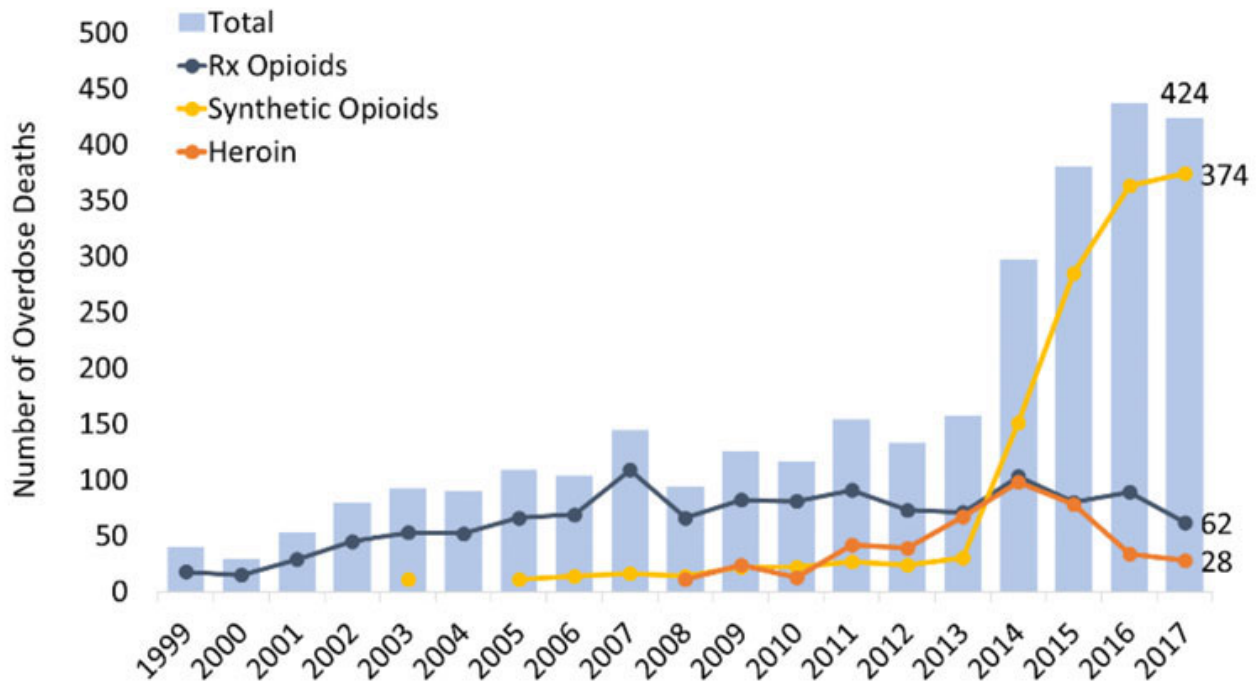


Figure 1. Number of overdose deaths involving opioids in New Hampshire, by opioid category. Drug categories presented are not mutually exclusive, and deaths might have involved more than one substance. Source: CDC WONDER.

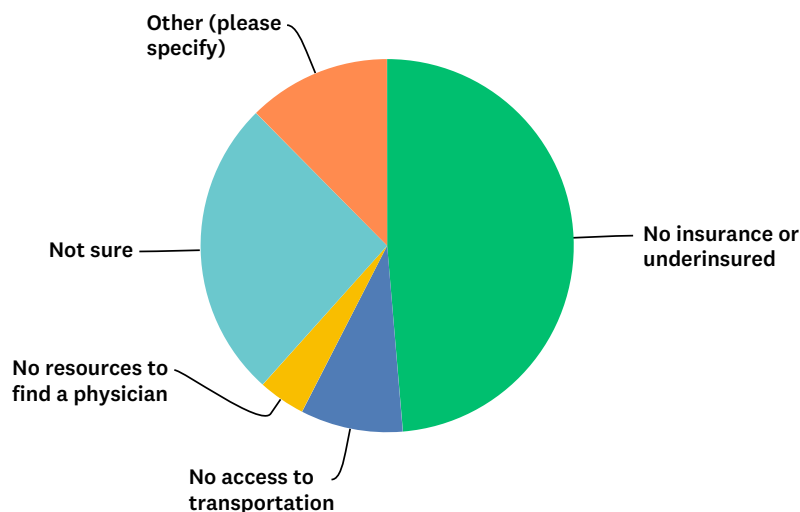
The *New Hampshire Drug Monitoring Initiative* data reflects that “as of 16 July 2019, the number of confirmed drug overdose deaths for 2018 have been finalized-471 confirmed drug overdose deaths occurred in 2018.”

According to the *New Hampshire Charitable Foundation*, “substance misuse costs the state \$2.36 billion a year in health and criminal justice costs, lost labor force participation and lost worker productivity – up from \$1.84 billion in 2014.”

Notably, 38% of respondents participating in the online survey noted Behavioral/Mental Health as the most prevalent need for Seacoast residents. When combining that with those who stated abuse of drugs/prescription drugs/alcohol that number increases to 55% of the total respondents.

Q4 In your opinion, what is the PRIMARY reason Seacoast residents are NOT able to access health care services?

Answered: 709 Skipped: 1



ANSWER CHOICES	RESPONSES	
No insurance or underinsured	48.66%	345
No access to transportation	8.89%	63
No resources to find a physician	4.09%	29
Not sure	25.95%	184
Other (please specify)	12.41%	88
TOTAL		709

Elder Care and Support Services

Consistent with the 2013 and 2016 Community Health Needs Assessment reports, Elder Care and Support Services remains a significant need in the area. According to the “New Hampshire State Plan on Aging- 2015-2019, published by the NH Department of Health and Human Services, New Hampshire is ranked the third state with the fastest growing older population.

By 2020, the population of individuals over 65 will reach 20%. In Rockingham County, the percent of those aged 65 and older reached 18% in 2018, according to the U.S. Department of Commerce, United States Census Bureau. The State of New Hampshire, Office of Energy and Regional Planning Commissions created a manual depicting, “County Population Projections, 2013 By Age and Sex.” Through this report the above graph was created, which depicts the projected population for Rockingham County through 2025.

As the elderly population rises, more social services are necessary to support their specific needs. These services include adult day programs, transportation, legal services, home health services, prevention and wellness programs, dental services, and end of life care.

**Population Projections for New Hampshire Counties
Age and Sex Detail, 2010 to 2040**

Rockingham County

	2010			2015			2020			2025		
	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total
0-4	7,541	7,442	14,983	6,633	6,505	13,138	7,073	6,936	14,009	7,418	7,274	14,692
5-9	9,376	8,957	18,333	8,061	7,995	16,056	7,177	7,043	14,220	7,629	7,483	15,112
10-14	10,623	10,076	20,699	9,870	9,267	19,137	8,590	8,339	16,929	7,624	7,319	14,943
15-19	10,282	9,528	19,810	9,859	8,874	18,733	9,291	8,242	17,533	8,060	7,388	15,448
20-24	8,050	7,096	15,146	8,420	7,470	15,890	8,204	7,033	15,237	7,703	6,502	14,205
25-29	7,381	7,190	14,571	8,961	8,218	17,179	9,486	8,716	18,202	9,216	8,176	17,392
30-34	7,198	7,488	14,686	8,618	8,636	17,254	10,582	9,939	20,521	11,172	10,509	21,681
35-39	9,172	9,800	18,972	8,015	8,124	16,139	9,712	9,443	19,155	11,892	10,831	22,723
40-44	11,794	12,320	24,114	9,569	9,961	19,530	8,470	8,327	16,797	10,234	9,644	19,878
45-49	13,959	14,412	28,371	11,661	12,184	23,845	9,592	9,937	19,529	8,469	8,278	16,747
50-54	13,607	13,539	27,146	13,613	14,037	27,650	11,537	11,975	23,512	9,468	9,734	19,202
55-59	10,965	11,221	22,186	12,986	13,154	26,140	13,192	13,767	26,959	11,160	11,709	22,869
60-64	9,215	9,567	18,782	10,128	10,810	20,938	12,197	12,801	24,998	12,378	13,364	25,742
65-69	6,196	6,501	12,697	8,434	9,067	17,501	9,439	10,358	19,797	11,371	12,243	23,614
70-74	4,012	4,507	8,519	5,499	5,958	11,457	7,640	8,414	16,054	8,568	9,603	18,171
75-79	3,029	3,641	6,670	3,379	4,156	7,535	4,746	5,572	10,318	6,628	7,876	14,504
80-84	1,958	2,943	4,901	2,325	3,104	5,429	2,676	3,611	6,287	3,798	4,864	8,662
85+	1,528	3,109	4,637	1,919	3,808	5,727	2,420	4,390	6,810	2,906	5,128	8,034
Total	145,886	149,337	295,223	147,950	151,327	299,277	152,023	154,843	306,866	155,694	157,925	313,619

Graph Courtesy of Department of Health and Human Services, Bureau of Elderly and Adult Services, The New Hampshire State Plan on Aging, 2015-2019. <http://www.dhhs.nh.gov/dcbcs/beas/documents/stateplan.pdf>.

Transportation

Similarly to both the 2013 and the 2016 CHNA’s, transportation remains both a health need priority and a barrier to care, most prominently for elderly and disabled community members. This is evident in the *UNH Telephone Survey data, Q2 2019*, and in chart 4b where it shows that transportation has been an on-going need throughout the past three years.

Figure 4a: Why couldn't you or someone in your household see a doctor?
(Select All That Apply)

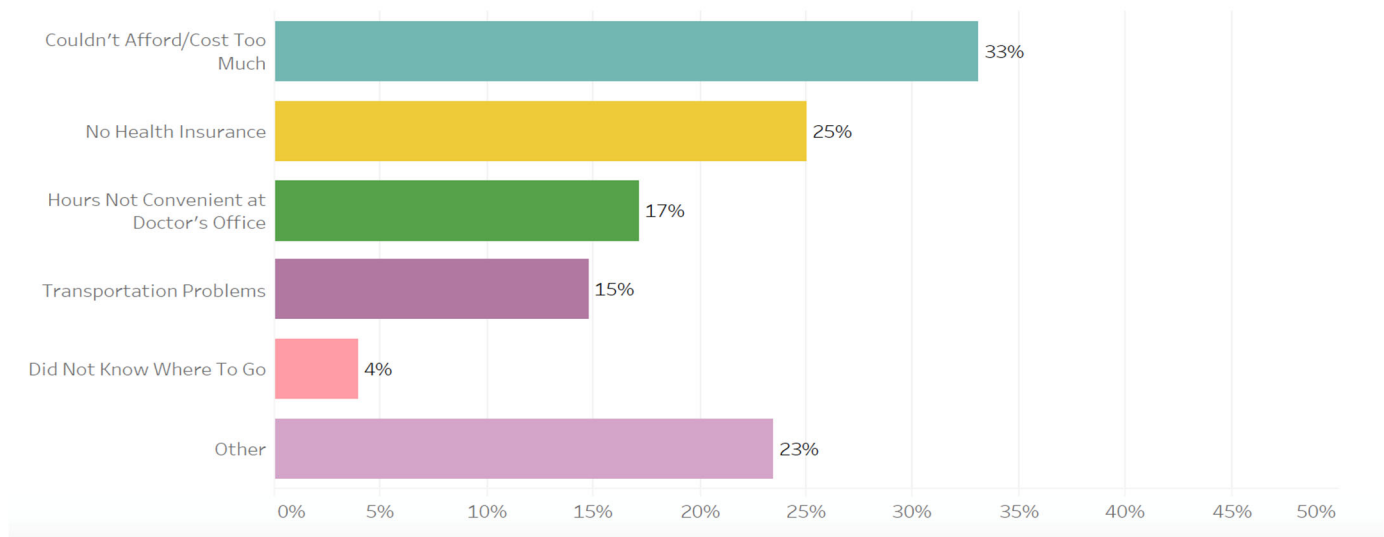
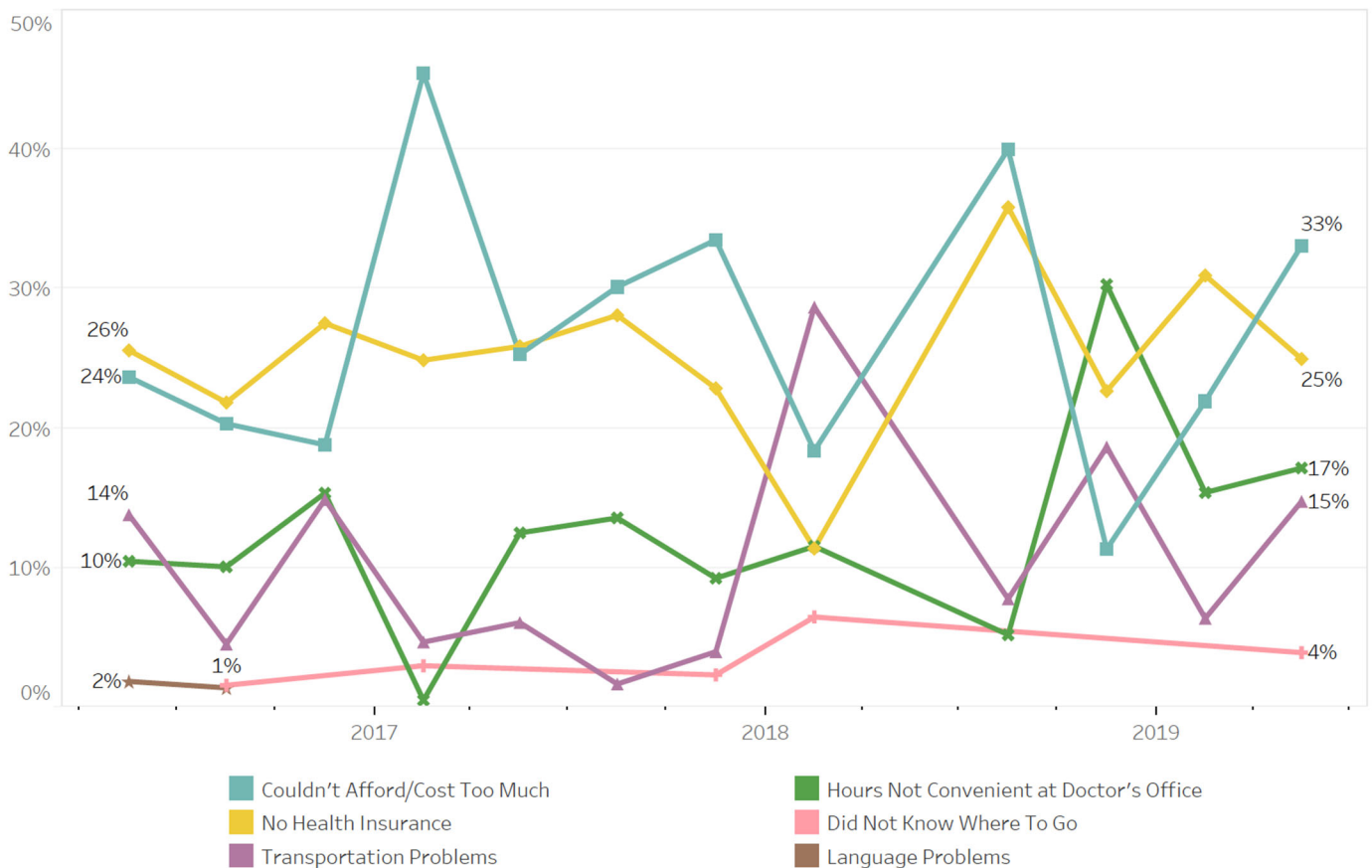


Figure 4b: Why couldn't you or someone in your household see a doctor? - Trends by Quarter



Transportation was also noted to be a barrier to care and healthy living options for both the elderly population and the younger population as expressed by Tanisha Johnson, Associate Branch Director, Exeter Area YMCA, in her key leader interview. This was a consistent theme throughout many of the key leader interviews.

According to Carol Gulla, Executive Director of TASC (Transportation Assistance for Seacoast Citizens), whose agency serves eligible residents of 10 communities in Rockingham County, “There simply aren’t enough transportation resources to meet all the needs” within the service area. The agency serves adults 55 years and older and people with disabilities.

In closing, according to the *2019 America Health Rankings*, published by the United Health Foundation, New Hampshire is now the sixth healthiest state in the nation. In addition, the *2019 America Health Rankings Senior Report* ranks New Hampshire sixth in the nation for senior health. Although the state consistently remains in the top tier overall, within Rockingham County there continues to be consistent themes identified in the 2013, 2016 and now the 2019 assessments.

With the implementation of the Insurance Exchange and the expansion of Medicaid an increased number of individuals living within Rockingham County have access to some level of insurance coverage however; the increasing high deductibles and the cost of co-payments have severely impacted access to care. Further according to the U.S Census Bureau as of 2018 there remained approximately 5.6% of the population ages 65 and under who remain uninsured.

Appendix A: Steering Committee Contact Information

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Molly Zirillo, Executive Director
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Appendix B: Participating Organizations

Exeter Hospital:

Exeter Hospital is a 100-bed, community-based hospital serving New Hampshire's Seacoast Region. The hospital's scope of care includes comprehensive medical and surgical health care including breast health, maternal/child and reproductive medicine, cardiovascular, sleep medicine, occupational and employee health, oncology, orthopedics and emergency care. Exeter Hospital is accredited by DNV Healthcare, Inc., and is a designated Magnet® hospital by the American Nurses Credentialing.

www.ExeterHospital.com

Families First Health and Support Center is a not-for-profit community health center and family resource center serving the Seacoast region of New Hampshire and southern Maine. A leader in integrated care, Families First offers high-quality health care, dental care and parent & family programs, all in one location. Families First's services are for everyone — infants to seniors, single people and families, insured or uninsured, all income levels. We are part of Greater Seacoast Community Health, which also includes Goodwin Community Health and Lilac City Pediatrics. Our mission: To deliver innovative, compassionate, integrated health services and support that are accessible to all in our community, regardless of ability to pay.

www.Familiesfirstseacoast.org

Foundation for Seacoast Health is a nonprofit, private non-operating foundation established in 1984 following the sale of Portsmouth Hospital to Hospital Corporation of America in 1983. The Foundation has been a catalyst for positive change on the Seacoast, promoting a wide range of initiatives to improve the health and well-being of area residents. Over the years we have convened several community partnerships to explore pressing needs awarding specific program grants as a result of what we learned. Two multi-year projects addressed childhood obesity in elementary schools and promoting healthy eating and active living in communities. Understanding the importance of infrastructure to a nonprofit's sustainability, the Foundation has been a leader in the area of providing unrestricted operating grants to organizations. Many of the Seacoast's strongest nonprofits have benefited from this funding over multiple years. At the end of 2018, the Foundation had awarded over \$31.2 million in grants and \$2.2 million in scholarships.

www.ffsh.org

Goodwin Community Health is the only FQHC (Federally Qualified Health Center) in the Strafford County area to provide access to primary, dental, prenatal, and behavioral health care as well as community wellness and public health services. We believe that everyone should be empowered to maximize health and well-being and strive to make our array of programs and health services integrated, convenient, high quality, affordable and easy to access.

The caring and helpful staff at Goodwin Community Health consistently deliver affordable, high quality care and services that families and people like you have been counting on for almost 50 years. We promise our community that whenever possible, we create access, guidance and assistance in removing the barriers that stand in your way to healthier living. Regardless of age, ethnicity or socioeconomic status, Goodwin Community Health connects you to helping hands and serving hearts so you can live a healthier life.

www.goodwinch.org

Lamprey Health Care

Lamprey Health Care provides high quality primary medical care and health related services, with an emphasis on prevention and lifestyle management, to all individuals regardless of ability to pay. As NH's oldest community

health center care is provided at three centers located in Newmarket, Raymond and Nashua. Services include primary care, prenatal care, OB/GYN, pediatrics and an integrated behavioral health program. Additional programs and services are designed to meet the needs of our target populations; the uninsured, the minority population and those with financial, language, cultural and transportation barriers to care. Serving over 10,000 patients in the Newmarket and Raymond service areas, all three centers are recognized as Level III Patient Centered Medical Homes by the National Committee for Quality Assurance, the highest level possible.

www.lampreyhealth.org

Richie McFarland Children's Center

Richie-McFarland Children's Center is an early childhood program whose purpose is to help young children reach their full developmental potential and to support their families through that process. The Center provides developmental and therapy services for children (ages birth through five years of age) with and without special needs, support and education to their families and guidance in accessing community and health resources.

www.richiemcfarland.org

Society of St. Vincent de Paul Exeter

The Society of St. Vincent de Paul Exeter offers food and emergency financial assistance to low income residents of Exeter, Stratham, Newfields, Brentwood, Kensington, and East Kingston. Their Food Pantry is one of the largest in the Seacoast and offers fresh produce, milk, pantry items, eggs, butter and bakery items. The Cleo Castonguay Community Assistance Center offers the following services to qualified low-income residents: urgent dental care, medical care, homeless support, fuel assistance, jail release programs and tax preparation. They are a source of financial assistance when all other resources have been exhausted. The Community Assistance Center hosts various local agencies five days a week to offer additional services to the community.

www.svdpxeter.com

Seacoast Mental Health Center is the state designated Community Mental Health Center for Region VIII, encompassing 24 towns in the eastern half of Rockingham County. The Center provides the full spectrum of mental health services to persons of all ages living in this region, substance misuse services including Medically Assisted Treatment for adults and 24/7 emergency services to those experiencing a psychiatric emergency. Services include prevention programs for older adults and treatment programs for all ages and acuity.

www.smhc-nh.org

Seacoast Public Health Network became a program of Lamprey Health Care in July 2015 two years after the state merged the work of Substance Misuse Prevention networks with Public Health Emergency Preparedness networks. Seacoast PHN provides health education promotion, substance use prevention, and network development. We are one of 13 public health regions in the state. The mission of Seacoast PHN is to strengthen public health partnerships in emergency preparedness, community health, and substance use prevention in order to better serve our communities.

www.seacoastphr.org

Exeter Area YMCA

The Exeter Area YMCA Southern District YMCA provides opportunities for youth development, healthy living and social responsibility in our southern New Hampshire community. We achieve this by putting Christian principles into practice through programs that build healthy spirit, mind and body for all - regardless of age, gender, sexuality, race, ability, religion or income. In all our locations, youth, adults, and families can connect with others, engage in programming to better their mental and physical health, and strengthen the community as a whole.

www.sdymca.org

Appendix C: Key Leader Interview Roster

1. Michael Guidi, DO, Core Physicians
2. Janine Richards, Director of Student Wellness, SAU 90
3. Jon Morgan, Senator, NH
4. Tom Sherman, Senator, NH
5. Gaby Grossman, Representative Exeter
6. Liz McConnell, Representative Brentwood
7. Tanisha Johnson, Associate Branch Director, Exeter Area YMCA
8. Kristyn LaFleur, Executive Director, Key Collective, Womenade of Greater Squamscott Board President
9. Kristina Currier, Art Instructor, Timberlane High School, SAU 55
10. Russ Dean, Town Manager, Exeter
11. Nikki Hill, Assistant Treasurer, Womenade of Greater Squamscott
12. Nancy Euchner, CEO, Age Quest
13. Katy Lilly MD, Medical Director, Philips Exeter Academy
14. Travis Harker MD, Medical Director, Appledore Medical Group
15. Greg Burwood, Executive Director, Connections Peer Support Center
16. Molly Zirillo, Executive Director, Society of St. Vincent de Paul Exeter
17. Tony Teixeira, Executive Director, Exeter Housing Authority
18. Carol Gulla, Executive Director, TASC
19. Maria Kenney, Administrative Director, Seacoast Youth Services
20. David O'Connor, Principal, Hampton Academy
21. Patti MacKenzie, Volunteer Executive Director, Hampton Community Coalition Services
22. Nita Niemczyk , Volunteer, Hampton Community Coalition Services
23. Lois Costa, Principal, Marston School
24. John Reagan, Senator NH
25. Michael Cahill, State Representative NH



COMMUNITY HEALTH NEEDS ASSESSMENT FORUMS

- ▼ Families First Health & Support Center
- ▼ Lamprey Health Care
- ▼ Seacoast Mental Health Center
- ▼ St. Vincent de Paul Community Assistance Center
- ▼ Public Health Advisory Network
- ▼ Goodwin Community Health
- ▼ Richie McFarland Children's Center
- ▼ Southern District YMCA
- ▼ Foundation for Seacoast Health
- ▼ United Way of the Greater Seacoast

In collaboration with the above non-profits, **Exeter Hospital** invites you to attend one of four Community Forums to provide input on what you consider to be the most important health needs in your community.

**Your input will be a valuable contribution to the
2019 Community Health Needs Assessment.**

The forums provide an opportunity to share your thoughts about the health of our communities. Please consider joining us at one of the following four important forums.

<p>Wednesday, May 15 6:00-7:00 pm Epping Regional Health Center 212 Calef Highway Epping, NH</p>	<p>Wednesday, May 22 6:00-7:00 pm Exeter Hospital Conference Room 2 Exeter, NH</p>	<p>Wednesday, May 29 6:00-7:00 pm Seabrook Library 25 Liberty Lane Seabrook, NH</p>	<p>Thursday, May 30 5:30-7:00 pm Tuscan Kitchen 581 Lafayette Road Portsmouth, NH</p>
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Space is limited at each presentation. These forums are open to the public and walk-ins are welcome. Please call Exeter Hospital's Information and Referral Center at 603-580-6668 or email healthreach@ehr.org to reserve your spot. Please be sure to indicate which forum you plan to attend.



an exeter health resource | The Art of Wellness

Like us on Facebook for news, healthy tips & medical information.

5 Alumni Drive, Exeter, NH 03833 | exeterhospital.com

Appendix E: Additional Comments from the Employee Survey

Additional Comments:

Please tell us what is the MOST important health related concern for you and your family:
access to community health resources for chronic disease prevention and mental health
Being able to access services outside of "standard" insurance coverage. ie private paying for a breast ultrasound (as a screening) Exeter Hospital does not offer this outside of the insurance "standards" patient request
concerns with excellent providers leaving their practices
Exeter hospital copays way too high
government interference
If you selected "other," above, please explain
no concerns
Oral health needs
Overall, happy now. But once I retire, I am worried about the "cost" of healthcare.
In your opinion, what is the MOST prevalent health care need for NH Seacoast residents?
.housing (AFFORDABLE) assistance helping finding places that are clean and caring employees
Access to speciality care
affordable, accessible excellent care
AUTOIMMUNE DISORDERS/LYME DISEASE TREATMENT
Community programs to address the needs of seniors to increase longevity and decrease accident rates. Driving, falls, safety at home and access to transportation if needed
Cost of medicines
If you selected "other," above, please explain:
Multiple: Drug misuse disorders, mental health, dental health
QUALITY coordinated health care with all record systems speaking to each other!
Support to keep people in their homes, home care, mental health counseling etc in the community
uninsured being unable/unwilling to seek care, especially preventative care, and the lack of mental health services.
Urgent care services, community education re: urgent care versus emergency care
wellbeing education and chronic disease prevention

In your opinion, what is the PRIMARY reason NH Seacoast residents are NOT able to access health care services?
Access/scheduling/pre-auth process accuracy
chose not to
difficult to get an appointment/get an appt & show up & doc is not there/get an appt & show up & they have no record of your appt/lost paperwork at doc office/doc late/not scheduling adequate time for the appt/doc rushed & not paying full attention/inadequate communication between front office & doc/scrip corrections not getting called incorrectly/rude front office staff - no better options for in-network service - too stressful, so just don't go
difficulty finding services; unsure where to look
Fear that the cost will be too high whether insured or not
Healthcare isn't transparent. You go in for a service and you often don't know how much it's going to cost. This scares people away from getting the treatment they need.
high deductibles for those that have insurance
income and coverage, Insurance Companies monopolizing New England. Not many choices
LACK OF AVAILABLE SERVICES
many believe health care is not the best here and seek care elsewhere
minimal community wellness resources
Need resources to help them figure out how to initiate health care for their needs and how to obtain the care whether or not there are insurance coverage or transportation needs
No appointment available
Not enough mental health services
Not enough resources
not proactive to get help when needed
Obamacare
practices are booking out so far patients cannot wait that long for some appointments
THERE ARE NO HOSPITALS

Please feel free to provide additional comments:
A health fair for new & non-CORE patient staff to get acquainted with our CORE providers and set up initial appointments. Special offers to become "in network". Address privacy concerns. Which provider is right for me and my family as an EH employee?
better coordination between providers, better follow up by some providers for their patients
community resources for prevention of chronic diseases and mental health problems are lacking compared to other regions in the country
Excessive co-pays is a reason I decide not to be seen
First hand I am aware of the need for improved education and intervention in middle and high school in relation to the dangers of addiction. Oftentimes there are great speakers and seminars at facilities after hours but young people that I know will not attend because they don't want anyone that they know to see them at such an event. I feel that if we brought the speakers and programs directly into the schools during school hours the students would have to attend and get the knowledge.
Getting old is frightening and need to start planning years in advance
Health care can't do much about what insurance will cover, but being able to tell the patient what the out of pocket costs will be at the time of treatment would help empower people to better make decisions about their health.
healthcare is a right, not a privilege.
Healthy active life styles should be promoted and local activities sponsored by the state would be a great step in the right direction
I BELIEVE IF SOMEONE HAS NO INSURANCE,PCP,ETC ITS BECAUSE OF CHOICES THERE MAKING AND ITS NOT UP TO EVERYONE ELSE TO TAKE CARE OF THEM
I FEEL THAT SUBSTANCE ABUSE IS A BIG ISSUE, BUT I THINK LACK OF MONEY AND HEALTH EDUCATION AND AWARENESS CONTRIBUTES.
I had to switch from Anthem due to the increase of cost overall and co-pay for labs, I do labs weekly and I would be broke within two months, the benefits card would be done. I really like the care I received at the hospital and through core. I had no choice. Maybe in the future I will be able to come back.
I have three adult children that refuse to go to the doctor because their deductibles are so high, they end up paying the full cost of the visit - often hundreds of dollars that they don't have. The days of the \$50 co-pay per visit eliminated that problem. Many won't get the health care they should because of this.
I work in woman's imaging center. Ive seen an increase in patient concerns when they are asked to come back for diagnostic imaging based on an abnormal screening. The percentage is higher of those that don't because insurance won't cover it . This is disturbing.
I'm so tired of hearing that my patients can't afford their medications, or the co-pays for specialists. There are not enough people in the community available to educate our patients to the extent required to care for their illnesses outside of the hospital setting.
In addition to where I think Seacoast Patients need help in are Cancer Care. A lot of PTs have insurance issues and have transportation issues especially in elderly people.
Need mobile drug misuse disorder assistance/availability to help those unable to seek help on their own.
no
no insurance, high cost of care

One of the biggest obstacles to finding/choosing affordable healthcare is the lack pricing/cost transparency.
Patients are waiting much too long for access to mental health care as there is a great lack of available resources
So many people rely on the ACA/Exchange policies. Hopefully this option will remain in place for those in need of affordable coverage.
The acuity level of patients being admitted to hospitals is getting worse. Seacoast citizens need to be more proactive in scheduling and seeing all practitioners to identify hidden risks in their initial phases
THE COST OF HEALTH INSURANCE IS TOO HIGH, PCP'S ARE OVERTAXED AND YOU ONLY GET 15 MIN WITH PT, HEALTH CARE NOW FEELS LIKE GOING TO YOUR AUTO MECHANIC (BEING NICKEL AND DIMED)
There needs to be more transportation available in Rockingham County for people. Geropsych/psych beds are lacking and the many ED holds of pts waiting for a psych inptn bed
we are in need of facilities that can deal with mental health issues and not have them dumped off at the hospital where we have to put them in "the box" till they have a place to accept them weeks out.
What else is being done to assess the health gaps and needs of our community?
While I am lucky to have decent health insurance, my children do not. The youngest will lose her coverage next year when she turns 26. The oldest works 2 part time jobs, neither of which provide health insurance. My middle child recently quit his job due to serious mental health issues, and is now uninsured. I fear for their future without adequate healthcare.
With the cost of medications sky rocketing and the addition of Rx deductibles, patients are less compliant with preventative medications and less likely to adhere to regimens. Patients are unaware of cost savings programs for discounted medications. Often times they are cheaper with cash pricing.

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Appendix F: CHNA Promotions

Community Forums

To promote the open community forums, Exeter Hospital placed the ad pictured above in the Seacoast Media Group publications including the *Portsmouth Herald*, *Hampton Union*, *Exeter Newsletter* and the *Foster's Daily* on May 9th, May 12th and again on May 23, 2019. In addition, the ad was widely distributed via email and social media.

Survey Monkey

The online survey was promoted to Rockingham County community members via email, *Facebook* and external web postings. In addition the survey was emailed to town managers and administrators in Stratham, Seabrook, Portsmouth, Greenland, Hampton, Exeter, Rye and North Hampton. It was further distributed by the Exeter Area and Chamber of commerce and was sent to the Portsmouth Chamber. In total 710 people completed the survey. The breakdown of response methods included 9 via electronic web link, 701 via social media.

Organizations that distributed the survey included:

Q7 Name of organization that sent this survey to you

Answered: 797 Skipped: 0

Seacoast United Exeter Rotary
Exeter Chamber of Commerce
Community Health
Seacoast Mental Health Center SMHC
Facebook Girls on the Run
Exeter Hospital
Richie McFarland Center **Stratham**
Senior Center **Families First** Portsmouth
YMCA Exeter Health Resources
Lamprey Health Care Survey Monkey **Sdymca**

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Housing Services & Utilities Assistance

Homelessness/Housing Services

Community Action Partnership of Strafford County- Greater Seacoast Coordinated Access

Description: Homeless prevention and diversion services as well as shelter referrals to individuals and families.

Phone: (603) 435 2500 ext. 8139

Website: <http://www.straftordcap.org/programs/homeless-a-housing-services>

Location: 642 Central Ave. Dover, NH

Community Action Partnership of Strafford County- Housing Services

Description: Assists eligible clients with first month's rent, back rent, mortgage payments (principal and interest only), utility assistance and some vehicle repairs as funding allows.

Phone: (603) 435 2500 ext. 8148

Website: <http://www.straftordcap.org/programs/homeless-a-housing-services>

Location: 642 Central Ave. Dover, NH

Community Action Partnership of Strafford County- Security Deposit

Description: Assistance in the form of a guarantee certificate to the landlord and a loan to the client.

Phone: (603) 435 2500 ext. 8148

Website: <http://www.straftordcap.org/programs/homeless-a-housing-services>

Location: 642 Central Ave. Dover, NH

Community Action Partnership of Strafford County- Homeless Outreach

Description: Conducts outreach and intervention services to the unsheltered homeless.

Phone: (603) 435 2500 ext. 8153

Website: <http://www.straftordcap.org/programs/homeless-a-housing-services>

Location: 642 Central Ave. Dover, NH

Crossroads House

Description: Provides emergency and transitional shelter to homeless men, women, and children.

Phone: (603) 436 2218

Website: <https://www.crossroadshouse.org>

Location: 600 Lafayette Road Portsmouth, NH

Fair Tide

Description: Provides homeless individuals and families with safe, affordable housing for up to 2 years paired with support services focusing on health and financial stability sufficient to obtain and maintain permanent housing.

Phone: (207) 439 2427

Website: <http://www.fairtide.org>

Location: 15 State Road Kittery, ME

Families First- Mobile Health Services

Description: Health and dental care can be hard to get to if you are homeless, don't have stable housing, or don't have money.

Phone: (888) 922 0005

Website: <https://www.familiesfirstseacoast.org/health-care/mobile-health-care/>

Families in Transition

Description: Provides shelter for individuals and families who face homelessness.

Phone: (603) 641 9441

Website: <https://www.housingbenefitsnh.org/dover>

Location: Dover, NH

HAVEN

Description: Short-term emergency shelter helps to provide women and their children with a safe and supportive environment to heal from abuse and to rebuild their lives.

Phone: (603) 994 7233

Website: <https://havennh.org/get-help/safe-shelter/>

Location: 20 International Drive, Suite 300 Portsmouth, NH

Homeless Center for Strafford County

Description: Seasonal shelter providing safety, support, and self-sufficiency to women, children, and families of our community.

Phone: (603) 435 2448

Website: <http://www.homelesscenterforstraffco.org>

Location: 9 Isinglas Drive Rochester, NH

Living Innovations

Description: Supports people with disabilities: a person in need of support living with a host family in a natural home.

Phone: (603) 430 5430

Location 1: 1950 Lafayette Road Building B Portsmouth, NH

Location 2: 273 Locust Street Unit 2C Dover, NH

Location 3: 16 Route 111 Bldg 2, Suites 1-3 Derry, NH

Website: <https://livinginnovations.com/areas-of-service/new-hampshire/>

Lydia's House of Hope

Description: Train and equip homeless families and single women with the necessary mind-set and skill-sets required to move out of chronic homelessness into sustainable self-supporting, independent living- Customized programs in budgeting and finance, classes in parenting, cooking and nutrition, counseling and continuing educational services.

Phone: (603) 692 3100

Location: 21 Grand St. Somersworth, NH

Website: <https://seedsoffaithnh.org/lydias-house-of-hope/>

My Friend's Place

Description: Provides home like emergency shelter and transitional housing, and exceptional support for the homeless men, women, and families.

Phone: (603) 749 3017

Location: 368 Washington Street Dover, NH

Website: <http://www.myfriendsplacenh.org>

New Generation, Inc.

Description: Providing a safe family-oriented shelter for homeless pregnant women, their babies and children.

Phone: (603) 436 4989

Website: <https://www.newgennh.org>

Location: 568 Portsmouth Avenue Greenland, NH

New Hampshire Legal Assistance

Description: Promotes equal access to housing for NHLA clients by working on preserving their housing- helps individuals and families who are either currently without shelter or are at imminent risk of becoming homeless.

Phone: 1(800) 639 5290

Website: <http://www.nhla.org/content/housing-16>

Location: 154 High Street, Portsmouth NH

Portsmouth Housing Authority

Description: Develops and manages quality affordable housing and provides rental assistance to families, seniors, and people with disabilities.

Phone: (603) 436 4310

Website: www.porthousing.org

Location: 245 Middle St. Portsmouth, NH

Southern New Hampshire Services, Inc.: Supportive Housing for Homeless

Description: Mary's House- non-treatment facility designed to provide subsidized single-room occupancy apartments for homeless women without children who are in need of a safe and supportive living environment assistance programs.

Phone: (603) 886 3562

Description: Robinson's House- non-treatment facility designed to provide subsidized single-room occupancy apartments for homeless men over 18 who are in need of a safe and supportive living environment.

Website: <https://www.snhhs.org/programs/housing-homeless/robinson-house>

Seacoast Family Promise

Description: Empowers families with children experiencing homelessness to achieve sustainable independence through a community-based response.

Phone: (603) 658 8448

Website: <http://www.exeterarea.org/list/member/seacoast-family-promise-stratham-561>

Location: 27 Hampton Road Exeter, NH

The Chase Home for Children

Description: Providing supportive and restorative residential and family services to at-risk youth in a safe and nurturing environment.

Phone: (603) 436 2216

Website: <http://www.chasehome.org>

Location: 698 Middle Road Portsmouth, NH

The Housing Partnership

Description: Affordable housing.

Phone: (603) 431 3620

Website: http://www.housingpartnership.org/The_Housing_Partnership/Home.html

Location: 767 Islington Street Portsmouth, NH

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

Description: Online Source- Residential treatment for homeless Veterans- myriad of housing and other services that provide VA with a way to reach and assist homeless Veterans by offering them entry to VA care.

Phone: (603) 624 4366 ext. 3199

Website: <https://www.va.gov/homeless/hchv.asp>

Housing/Utilities:

Community Action Partnership of Strafford County- Fuel Assistance:

Description: Provides certified eligible households with assistance in paying their energy bills during the winter.

Phone: (603) 435 2500

Location: 61 Locust Street, Suite 240 Dover, NH

Website: <http://www.straffordcap.org/programs/energy-services/fuel-assistance>

Community Action Program- Weatherization Assistance Program

Description: serve those low-income households that are most vulnerable to high-energy costs and who do not have the means of making cost-effective energy conservation improvements to their homes.

Phone: (603) 271-6359

Website: <https://www.nh.gov/osi/energy/programs/weatherization/index.htm>

Community House Calls

Description: Home accessibility modifications, home maintenance, healthy homes today, stair lift installation, bathroom modifications/upgrades, wheelchair ramp accessibility.

Phone: (603) 887 7878

Website: <http://www.communityhousecalls.com>

Location: 238 Jennifer Dr. Chester, NH

Community Toolbox, Inc.

Description: offers small critical home repairs to Seacoast neighbors in need.

Website: <http://www.commtoolbox.org>

Location: 1465 Woodbury Avenue #335 Portsmouth, NH

General Assistance/Local Welfare

Description: Online Source- assist in the delivery of legal services to low-income clients and to provide accurate information to the community.

Phone: 1 (800) 639 5290

Website: <https://www.nhlegalaid.org/contact>

Substance Use Disorder Services

HAMPSHIRE STATEWIDE ADDICTION HOTLINE 1-844-711-HELP (4357)

Education/Support Services

Al-Anon (New Hampshire Chapter):

Description: Online support group, individuals suffering from another's substance use disorder

Phone: (603) 369 6930

Website: <http://nhal-anon.org/meetings/>

Alcoholics Anonymous

Description: Support group, 12-step, mutual aid, alcohol abuse.

Phone: (603) 659 3892

Website: <http://newmarketchurch.org/events/alcoholics-anonymous/>

Location: 137 Main S., Newmarket, NH

Amethyst Foundation

Description: Professional substance abuse education, intervention and evaluation to individuals, courts, probation officers and other organizations.

Phone: (603) 679 2100

Location: 120 Hedding Road Epping, NH

Website: <https://amethystfoundation.com>

Families First Health & Support Center

Description: Both accept Medicaid, Medicare and many private insurance plans, offers sliding fee scale for uninsured and underinsured patients. 12-week program led by a licensed alcohol and drug counselor.

Phone: (603) 422 8208 ext. 1

Location 1: 100 Campus Drive, Suite 12 Portsmouth, NH

Location 2: 146 Lafayette Road Seabrook, NH

Granite Pathways- Regional Access Point Services (RAPS)

Description: Network, accessible by phone or in person; helps residents struggling with addiction, to get the timely, supportive services they need; helping both individuals and families navigate the complex systems of care to real solutions.

Phone: (877) 369 0928

Location: 865 Islington Street Portsmouth, NH

Website: <http://www.granitepathwaysnh.org/family-support-groups/>

Granite Pathways- Safe Harbor Recovery Center

Description: Peer-led recovery center, including family and friends of those most keenly affected.

Phone: (877) 369 0928

Location: 865 Islington Street Portsmouth, NH

Website: <http://www.granitepathwaysnh.org/family-support-groups/>

Health Care Resource Centers

Description: integrated medical and counseling approaches grounded in an individualized recovery-oriented philosophy that treats addiction as a bio-psychosocial disease.

Phone: (603) 953 0077

Location: 200 Route 108 Somersworth, NH

Hope on Haven Hill

Description: Comprehensive treatment for substance use for pregnant and parenting women.

Phone: (603) 841 5353

Website: <http://www.hopeonhavenhill.org/outpatient-services.html>

Location: 361 Route 108 Suite 2 Somersworth, NH

Lamprey Health Care

Description: Integrated behavioral health and substance abuse services.

Phone: (603) 659 3106

Location: 207 S Main St. Newmarket, NH

Website: <http://www.lampreyhealth.org/services/integrated-behavioral-health/>

Live Free Recovery

Description: Clinically Supported Peer Recovery Coaching- educate you and your families in all aspects of the substance abuse recovery process.

Phone: (603) 702 2461

Location: 2 puzzle lane BLDG 2 Unit 1 Newton, NH

Website: <https://www.livefreerecovery.com/adolescent-iop>

Narcotics Anonymous

Description: Support group, 12-step, mutual aid, narcotic addiction/other substances.

Phone: 1 (888) 624 3578

Website: <http://gsana.org>

Location: Seacoast, NH

Southeastern NH Alcohol & Drug Abuse Services

Description: Outpatient addiction treatment.

Phone: (603) 516 8160

Website: <http://senhs.org>

Location: 272 County Farm Road Dover, NH

SOS Community Recovery Center

Description: Provides a safe supportive environment for those impacted by substance misuse.

Phone: (603) 841 2350

Location 1: 4 Broadway Dover, NH

Location 2: 63 S. Main Street Rochester, NH

Website: <http://straffordrecovery.org/who-we-are/>

The Addict's Mom (New Hampshire Chapter)

Description: Online support group. Parents of individuals in active addiction/recovery.

Website: <http://www.facebook.com/groups/TAMNewHampshire/>

Inpatient Services

Granite House

Description: For men who have completed inpatient substance abuse programs to continue their recovery program in an environment that supports the new standards of behavior and personal conduct acquired in their treatment program.

Phone: (866) 837 3995

Location: 35 West Broadway Derry, NH

Website: <https://granitehousesl.com>

Hampstead Hospital

Description: supportive therapeutic environment that assists patients in crisis stabilization and/or detoxification.

Phone: (603) 329 5311

Website: http://www.hampsteadhospital.com/chemical_dependency.htm

Location: 218 East Road Hampstead, NH

Odyssey Adolescent Therapeutic Center

Description: Mental health and co-occurring substance abuse treatment services for adolescents

Phone: (603) 926 6702

Location: 30 Winnacunnet Rd. Hampton, NH

PACE Program

Description: 4 week residential substance abuse treatment program for adolescents

Phone: (603) 335 1003

Location: 180 Portland St. Rochester, NH

Outpatient Services

Addiction Recovery Services

Description: Intensive Outpatient (IOP)- provide accessible and effective group therapy, family education and medication management for addiction

Phone: (603) 433 6250

Location: 1145 Sagamore Ave. Portsmouth, NH

Website: <https://arsnh.com>

Seacoast Mental Health Center

Description: Evidenced-based practice of Integrated Treatment for Co-Occurring Disorders (ITCOD), and an outpatient Medication Assisted Treatment program (Suboxone).

Phone (603) 431 6703

Location: 1145 Sagamore Ave. Portsmouth, NH

Location 2: 30 Prospect St. Exeter, NH

Website: <https://www.smhc-nh.org/services/#toggle-id-6>

Quick Links

Drug Free NH

Description: Drug guide, resources- promote consistent statewide messages about the problems and solutions of substance misuse in New Hampshire.

Phone: (844) 711 4357

Website: <http://www.drugfreenh.org/about-us>

NH Alcohol and Drug Treatment Locator

Description: Find a treatment center.

Phone: (844) 711 4357

Website: <https://nhtreatment.org>

NH BDAS (Bureau of Drug and Alcohol Services)

Description: Resources, guides, and more.

Website: <https://www.dhhs.nh.gov/dcbcs/bdas/treatment.htm>

SAMHSA- substance abuse and mental health services administration

Description: Find treatment centers.

Phone: 1 (800) 487 4889

Website: <https://findtreatment.samhsa.gov/locator>

Smoking

QuitWorks New Hampshire

Description: Online Source- free, evidence-based, tobacco cessation service.

Phone: (866) 560 9113

Website: <https://quitworksnh.org>

QuitNowNH.org

Description: Online Source- serves the general public, tobacco control professionals, educators, health care providers, physicians, and others who want to quit tobacco use.

Phone: (800) 784 8669

Website: <https://quitnownh.org/the-new-hampshire-quitline-fact-sheet/>

Youth Services

Description: Online meetings- Support group, youth suffering from another's substance use disorder.

Website: <https://al-anon.org/al-anon-meetings/>

Child & Family Services

Description: Substance abuse treatment and counseling.

Phone: (603) 742 5662

Location 1: 279 Locust St. Dover, NH

Location 2: 9 Hampton Rd. Exeter, NH

Website: <http://www.cfsnh.org/>

Granite Pathways

Description: Support to adult family members with a loved one affected by substance use disorder.

Phone: (603) 969 1305

Location 1: 4 Broadway Dover, NH

Location 2: 2 Spring St. Exeter, NH

Website: <http://www.granitepathwaysnh.org/family-support-groups/>

Raymond Coalition for Youth

Description: Promotes positive youth development and reduces youth substance use.

Phone: (603) 895 7061

Website: <http://www.rcfy.org/resources/drugs-101>

Location: 4 Epping Street Raymond, NH

The Southern Rockingham Coalition for Health Youth (SoRock)

Description: Promote, support, and sustain healthy choices for youth by actively working to reduce and prevent alcohol, marijuana, prescription and other drug misuse.

Phone: (603) 642 3341 ext. 196

Website: <https://www.sorocknh.org/youth-resources>

Location: 17 Danville Road Kingston, NH

The Upper Room

Description: Challenge Course- Adolescent wellness service that includes drug and alcohol education and a self-awareness program.

Phone: (603) 437 8477 ext. 15

Website: <https://www.urteachers.org/new-page>

Location: 36 Tsienneto Road Derry, NH

Mental and Behavioral Health Services

Child & Youth

Birch Tree Center

Description: Educational consultant: Parent classes & social, behavioral skills for kids with autism.

Phone: (603) 433 4192

Website: <http://birchtreecenter.org>

Location: 2064 Woodbury Ave #204 Newington, NH

Center for Life Management

Description: Mental health and substance use services, psychiatric treatment, acute care, medication services, emergency intervention, and family support services for adults, children, adolescents and families.

Phone: (603) 434 1577

Website: <http://www.centerforlifemanagement.org/about/overview>

Location: 10 Tsienneto Road Derry, NH

Constellations Behavior Therapy & Services

Description: Help children with autism and other developmental delays with a wide range of developmental domains including language development, social skills, self help, play, and academic achievement.

Phone: (800) 778 5560

Website: <http://www.constellationsbehavioral.com>

Location: 200 Griffin Rd #5, Portsmouth, NH

Connor's Climb Foundation

Description: Suicide Prevention: Connor's Climb Foundation works to prevent suicide, the second leading cause of death for youth ages 10-24.

Phone: (800) 273 8255

Website: www.connorsclimb.org

Location: PO Box 283, Exeter, NH

One Sky Services

Description: Assist people with developmental disabilities or acquired brain disorders.

Phone: (603) 436 6111

Website: <http://www.oneskyservices.org/about/>

Location: 755 Banfield Rd Ste 3, Portsmouth NH

Richie McFarland Children's Center

Description: Child has special needs or needs some special encouragement

Phone: (603) 778 8193

Website: <https://www.richiemcfarland.org>

Location: 11 Sandy Point Road Stratham, NH

Safe Harbor Recovery Center

Description: Safe Harbor is a peer-led recovery center. It is a resource open to anyone impacted by addiction.

Phone: (603) 570 9444

Location: 865 Islington St. Portsmouth, NH

Seacoast Child Developmental Clinic- Autism

Description: Specializes in Autism (ages 0-5 yr).

Phone: (603) 862 0561

Website: <https://www.autismspeaks.org/resource/seacoast-child-development-clinic>

Location: 10 West Edge Drive, Suite 101 Durham, NH

Seacoast Mental Health

Description: Provide evaluations and treatment services to children, adolescents and families, adults, and the elderly who reside in our catchment area regardless of their ability to pay.

Phone: (603) 772 2710

Location 1: 30 Prospect Ave. Exeter, NH

Location 2: 1145 Sagamore Ave. Portsmouth, NH

Website: <https://www.smhc-nh.org/#contact>

Domestic Abuse/ Sexual Assault

HAVEN

Description: Short-term emergency shelter helps to provide women and their children with a safe and supportive environment to heal from abuse and to rebuild their lives.

Phone: (603) 994 7233

Website: <https://havennh.org/get-help/safe-shelter/>

Location: 20 International Drive, Suite 300 Portsmouth, NH

Education/Support Centers

Connections Peer Support Center

Description: Peer-centered support for individuals with mental health issues.

Phone: (603) 427 6966

Website: <http://connectionspeersupport.org>

Location: 544 Islington St. Portsmouth, NH

Endurance Behavioral Health

Description: Anxiety and panic disorders, depression and suicidality, family discord, self-harming behaviors, trauma and PTSD, mood instability, dysphoria related to gender and or sexual orientation, substance use, grief and loss, high functioning autism, poor body image and self-esteem, and behavioral issues at home and school.

Phone: (603) 760 1942

Website: <http://endurancebehavioralhealth.com>

Location: 823 Lafayette Rd. Seabrook, NH

Exeter Alzheimer's Café and Support Group

Description: For those affected by Alzheimer's disease and other types of Dementia and the their caregivers. The Support Group is a place to: Exchange practical information on caregiving problems and possible solutions, talk through challenges and ways of coping, share feelings, needs and concerns.

Phone: (603) 967 4477

Website: <https://www.facebook.com/Exeter-Alzheimers-Cafe-Support-Group-1394830140839450/>

Location: 30 Court Street Exeter, NH

Families First Health & Support Center

Description: Provide counseling.

Phone: (603) 766 2626

Location: 100 Campus Drive, Suite 12, Portsmouth, NH

Granite Pathways- Seacoast Pathways

Description: A supportive, community-based non-profit program for adults living with mental illness. Evidence-based recovery program for adults 18 and over living with mental illness who strive to re-engage with others and the community.

Phone: (603) 812 9031

Website: <http://www.seacoastpathways.org>

Location: North Church Parish House, 355 Spinney Road Portsmouth, NH

Krempels Center

Description: Improving the lives of people living with acquired brain injury from trauma, tumor or stroke.

Phone: (603) 570 2026

Website: <http://krempelscenter.org>

Location: 100 Campus Dr #24, Portsmouth, NH

Living Innovations

Description: Providing support for people with developmental and physical disabilities from childhood, transition years and through adulthood.

Phone: (603) 430 5430

Location 1: 1950 Lafayette Road Building B Portsmouth, NH

Location 2: 273 Locust Street Unit 2C Dover, NH

Website: <https://livinginnovations.com/contact-us/>

On the Road to Wellness

Description: Support service that educates, advocates, and empowers people to manage and maintain their mental health and wellness.

Phone: (603) 552 3177

Website: <http://otrtw.org>

Location 1: 45 S Main St. Derry, NH

The Sonatina Center for Creative Arts Therapy

Description: Center for those with Autism, Developmental & Intellectual Disabilities, Anxiety, Depression, Behavioral Challenges, Family Transitions, Substance Misuse, Bereavement, Alzheimer's Disease, Dementia, Parkinson's Disease, Traumatic & Acquired Brain Injury, Neurological Impairments, Pregnancy, Birth, & Postpartum Issues, ADHD, Mental Health and Wellness.

Phone: (603) 978 4808

Website: <https://www.thesonatinacenter.com>

Location: 750 Central Ave. Dover, NH

Group Practices

Family and Consumer Bipolar Support Group

Description: Date: 2nd Monday of each month. Time: 6:30 ~ 8:45 pm.

Phone: (603) 793 7040

Website: <https://www.smhc-nh.org/>

Location: Seacoast Mental Health (Lighthouse Room) 1145 Sagamore Ave. Portsmouth, NH

Families First- Mother-to-Mother Connections

Description: Group for moms with postpartum depression, anxiety or other challenges beyond everyday postpartum adjustment issues

Phone: (603) 422 8208 ext. 2

Website: <https://www.familiesfirstseacoast.org/event/mother-mother-postpartum-group/2018-06-26/>

Location: 100 Campus Drive Portsmouth, NH

Farmsteads of New England- Autism

Description: Farmsteads of New England (FNE) provides supportive services to individuals who have autism, developmental disabilities, and others with varying abilities.

Phone: (603) 464 2590

Website: <https://www.farmsteads-ne.org>

Location: 38 Plumer Road, Unit A, Epping, NH

Great Bay Mental Health

Description: Our team consists of a psychiatric nurse practitioner along with licensed clinical social workers, mental health counselors and marriage and family therapists to provide treatment, counseling and support for many concerns.

Phone: (603) 742 9200

Website: <https://www.wdhospital.com/whp/specialty-care/mental-health/great-bay-mental-health>

Location: 15 Old Rollingsford Road #302 Dover, NH

Seacoast Mental Health Services

Description: Provides evaluations and treatment services to children, adolescents and families, adults, and the elderly who reside in our catchment area regardless of their ability to pay.

Phone: (603) 431-6703

Location 1: 1145 Sagamore Ave. Portsmouth, NH

Location 2: 30 Prospect Ave. Exeter, NH

Website: <https://www.smhc-nh.org/about/>

Suicide Prevention

Connor's Climb Foundation

Description: Suicide Prevention: Connor's Climb Foundation works to prevent suicide, the second leading cause of death for youth ages 10-24.

Website: www.connorsclimb.org

Location: PO Box 283, Exeter, NH

LGBTQ Youth: hotline

Phone: 1(866) 488-7386

Military hotline

Phone: 1(800) 959 8277

NAMI (National Alliance on Mental Illness)

Description: Coping with a Loved One's Suicide. Day/Time: Every Friday, 4-5 pm.

Phone: (603) 553 0119

Website: <https://www.nami.org>

Location: Hampstead Public Library, 9 Mary E. Clark Drive Hampstead, NH

NAMI (National Alliance on Mental Illness)

Description: Portsmouth Survivors of Suicide Loss Support Group. Day/Time: 1st Tuesday of each month, 6:30–8:00 pm. Facilitated by: Peer. No Walk Ins. Please call for more information-out of state groups open to NH residents.

Phone: (603) 770 2987

Website: <https://www.nami.org>

Location: Seventh Day Adventist Church, 861 Middle Rd. Portsmouth, NH

NAMI (National Alliance on Mental Illness)

Description: Survivors of Suicide Loss Group. Day/Time: 3rd Wednesday each month, 6:15 – 7:15 pm

Website: <https://www.nami.org>

Location: Waysmeet Center – 15 Mill Road Durham, NH

National Suicide Prevention Lifeline: hotline

Phone: 1(800) 273 TALK (8255)

On the Road to Wellness

Description: Adult Education and Mental Illness Center: Lifestyle/Wellness/Mental Health.

Phone: (603) 552 3177

Website: <http://otrtw.org>

Location 1: 45 S Main St. Derry, NH

Nutritional and Wellness Services

Food Banks/Food Pantries

Community Action Partnership- Food Pantries

Description: Food Pantries, Summer Meals, and Temporary Emergency Food Assistance Programs: operate food pantries to provide short-term supplies of food to eligible households.

Phone: (603) 460 4237

Location: 61 Locust Street, Suite 240 Dover, NH

Website: <http://www.straftordcap.org/programs/food-a-nutrition>

Gather - Food Pantry

Description: Year round food pantry, Emergency Food assistance, Personal Care Products, Fresh produce, milk, eggs, cheese and meat, Confidential guidance and referral to other local service agencies, Education and Outreach programs including our Summer Meals 4 Kids, Meals 4 Seniors and Community Supported Agriculture, (CSA).

Phone: (603) 436 0641

Website: <https://www.gathernh.org>

Location: 210 West Road Portsmouth, NH

NH Food Bank

Description: agency and food programs, soup kitchens, food pantries, emergency food programs, non-emergency food programs, emergency shelters.

Phone: (603) 669 9725 ext. 124

Website: www.nhfoodbank.org/nheavy

Society of St. Vincent de Paul Exeter Food Pantry

Description: offers emergency food and financial assistance to low income residents.

Phone: (603) 772 9922

Location: 53 Lincoln St. Exeter, NH

Website: <https://www.svdpexeter.com/our-services/>

Nutrition/Wellness Programs/Education

Core Physicians Group and Exeter Hospital- Health & Wellness Lecture Series

Description: Free to attend.

Phone: (603) 580 6668

Website: <https://unitedinwellness.org/events/health-wellness-lecture-series/>

Exeter Hospital- Better Choices, Better Health

Description: Chronic disease self-management workshops.

Phone: (603) 580 6668

Website: <https://www.exeterhospital.com/Services/community-education/Better-Choices,-Better-Health>

Exeter Hospital- Your Weigh to Wellness Management Program

Description: HealthReach Program- 8-week adult weight management program.

Phone: (603) 580 6668

Website: <https://www.exeterhospital.com/Services/community-education/Your-Weigh-to-Wellness-Management-Program>

Exeter Hospital- Cardiovascular Rehabilitation and Wellness Services

Description: Post heart attack- about the heart disease, risk factors, and methods to manage it.

Phone: (603) 580 6149

Website: <https://www.exeterhospital.com/Services/Cardiology/Cardiac-Rehabilitation-and-Wellness-Services>

HealthReach Diabetes, Endocrine and Nutrition Center

Description: Diabetes Self-Management Education and Support provided through individual and group visits.

Diabetes Boot Camp Group: 2 classes, two hours each. Diabetes educators include nurses and dietitians trained to help people with diabetes or those at risk for developing diabetes live a healthier life.

Location: 881 Lafayette Rd. Suite G&H Hampton, NH

Phone: (603) 926-9131

Website: <https://www.exeterhospital.com/Locations/881-Lafayette-Road>

Nutrition Counseling- Core Physicians Group Dietitian

Description: Tuesdays 8:30am-5:00pm

Phone: (603) 929 1195

Location 1: 879 Lafayette Road Hampton, NH

Description: Second Wednesday of the month, Mornings 9:00am-12:00pm

Location 2: 3 Alumni Drive, Suite 201 Exeter, NH

Description: Thursdays & Fridays 9:00am-5:00pm

Location 3: 21 Hampton Road, Building 3 Exeter, NH

Description: Second & Fourth Wednesdays

Location 4: 24 Plaistow Road Plaistow, NH

Website: <https://www.corephysicians.org/Services/Other-Services/Nutrition-Counseling/Locations>

Nutrition Guides/Resources- Core Physicians Group Dietitian

Description: A guide to healthy eating, creating healthy food habits for children, nutrition counseling locations, weight loss tips.

Website: <https://www.corephysicians.org/Services/Other-Services/Nutrition-Counseling>

Seacoast Eat Local

Description: Locally grown foods and advocates eating locally for the health of our environment, community, culture and economy.

Phone: (888) 600 0128

Website: <https://seacoateatlocal.org>

Location: 2 Washington Street, Suite 331 Dover, NH

University of NH Cooperative Extension

Description: Programs and resources for families and youth are provided in the following areas: Nutrition Connections, Youth and Family, 4-h youth development, Master Gardener Program, Wildlife Presentations.

Phone: (603) 862 1520

Website: <https://extension.unh.edu>

Location: Taylor Hall, 59 College Road Durham, NH

Y of the Seacoast

Description: Membership for All. Place where everyone from infants to seniors, adults and families socialize, share interests, and engage in programs for healthy living.

Phone: (603) 431 2334

Website: <http://www.graniteymca.org/locations/seacoast>

Location: 550 Peverly Hill Road Portsmouth, NH

Other Food Assistance Programs

Operation Blessing

Description: Serves individuals and families in need- Free of charge clothing, and household items to those who are financially struggling.

Phone: (603) 430 8561

Website: <http://www.operationblessingnh.org>

Location: 600A, Lafayette Rd. Portsmouth, NH

Portsmouth Catholic Share Fund

Description: Financial/Food Assistance- emergency financial program for individuals and families who have exhausted all other avenues of support.

Phone: (603) 436 4555

Website: <https://corpuschristinh.org/home/parish-life-2/ministries-2/outreach-ministries/share-program/>

Location 1: 845 Woodbury Avenue Portsmouth, NH

Location 2: 98 Summer St. Portsmouth, NH

Rockingham Nutrition & Meals on Wheels

Description: Nutritious meals and beneficial support services to older and disabled residents.

Phone: (603) 679 2201

Website: <http://www.rockinghammealsonwheels.org>

St. Michael's Parish

Description: Food Assistance- St. Michael's Parish has outreach programs that helps people who are struggling just to make ends meet.

Phone: (603) 772 2494 ext. 209

Website: <https://stmichaelparish.org/>

Location: 9 Lincoln Street Exeter, NH

Health and Medical Services

Cancer Support Services

Exeter Hospital Center for Cancer Care

Description: Comprehensive cancer diagnosis, treatment and support services.

Phone: (603) 580 6636

Location: 5 Alumni Drive Exeter, NH

Website: <https://www.exeterhospital.com/Services/cancer-care>

Families First

Description: Free breast and cervical cancer screenings for eligible women.

Phone: (603) 766 2626

Location 1: 146 Lafayette Rd. Seabrook, NH

Website: <https://www.familiesfirstseacoast.org/health-care/primary-care-for-adults/prevention-wellness/>

Location 2: 100 Campus Dr. Portsmouth, NH

Goodwin Community Health

Description: Breast and Cervical Cancer Program.

Phone: (603) 749 2349

Website: <https://goodwinch.org/services/womens-health/>

Location: 311 Route 108 Somersworth, NH

My Breast Cancer Support

Description: Provides financial and emotional support to breast cancer patients.

Phone: (603) 759 5640

Location: 1576 Portsmouth, NH

Website: <http://www.mybreastcancersupport.org>

Companions/Nursing Aides

Benda Home Care Solutions

Description: Private Pay.

Phone: (603) 431 0505

Website: www.bendahomecare.com/

Location: 1039 Islington St # 16 Portsmouth, NH

Caring Companions of Easter Seals NH

Description: Private Pay.

Phone: (603) 621 3497

Location: 555 Auburn St. Manchester, NH

Extended Family

Description: Private Pay.

Phone: (603) 430 6863

Website: www.extended-family.net/

Location: 70 Court St. Portsmouth, NH

Home Helpers

Description: Private Pay.

Phone: (603) 845 3333

Location: 172 Rockingham Road Unit 2, Londonderry, NH

Website: <https://www.homehelpershomecare.com/londonderry/home>

Home Instead

Description: Companionship Services.

Phone: (603) 433 5959

Website: <https://www.homeinstead.com/531>

Location: 10 Vaughan Mall Rd. Suite 209 Portsmouth, NH

Right at Home

Description: Private Pay.

Phone: (603) 373 0374

Location 1: 1950 Lafayette Road Suite 201 Portsmouth, NH

Location 2: 150 Nashua Rd. Unit C Londonderry, NH

Website: <https://www.rightathome.net>

Senior Helpers

Phone: (603) 379 6040

Website: <https://www.seniorhelpers.com/>

Location: 62 Portsmouth Ave. Ste 4 Stratham, NH

Senior Companion Program of New Hampshire

Description: Senior Companion volunteers are active older adults who visit socially isolated and frail seniors or adults with disabilities within their communities.

Phone: (800) 856 5525

Visiting Angels Living Assistance

Phone: (603) 583 4890

Website: <https://www.visitingangels.com/>

Location 1: 118 Portsmouth Ave. B2C Stratham, NH

Location 2: 14 Hooksett Rd. Auburn, NH

Dental

Core Physicians Group- Pediatric Dental Services

Description: accepts Medicaid.

Phone: (603) 773 4900

Location: 5 Hampton Rd. Exeter, NH

Website: <https://www.corephysicians.org/Pedi-Dental>

Cross Roads House

Description: Dentist on site, adults in an unstable, temporary housing situation or homeless.

Phone: (603) 436 2218

Website: <https://www.crossroadshouse.org>

Location: 600 Lafayette Rd. Portsmouth, NH

Brian D. Shuman, DMD

Description: Family Dentistry- provides personalized care, guidance and education- takes Medicaid.

Phone: (603) 642 3276

Website: <http://briandshumandmd.com>

Location: 1 Chase St. Kingston NH

Families First

Description: Dental Center, Mobile Dental Care, Seacoast Healthy Grins, Dental Care for Children.

Phone: (603) 422 8208 ext. 3

Location 1: 146 Lafayette Rd. Seabrook, NH

Location 2: 100 Campus Dr. Portsmouth, NH

Website: <https://www.familiesfirstseacoast.org/dental-care/>

Goodwin Community Health Center- Dental Center

Description: for patients and non-patients in need of emergency dental care.

Phone: (603) 841 2025

Location: 311 Route 108 Somersworth, NH

Website: <https://goodwinch.org/services/dental/>

Lamprey Health Care - Dental Services

Description: Dental care.

Phone: (603) 895 3161

Website: <https://www.lampreydental.com/about>

Location: 37 Epping St. Raymond, NH

Society of St. Vincent de Paul Exeter- Hygienist/Dentist

Description: Hygienist/Dentist by appointment only.

Phone: (603) 422 8208 ext. 3

Website: <https://www.svdpexeter.com>

Location: 53 Lincoln St. Exeter, NH

Diabetes

Core Physicians Group- Endocrinology

Description: Diabetes and Metabolism.

Phone: (603) 926 1119

Location: 881 Lafayette Rd. Hampton, NH

Website: <https://www.corephysicians.org/Services/Specialty-Care/Diabetes-Metabolism>

Name: Eli Lilly: Diabetes Care:

HealthReach Diabetes, Endocrine and Nutrition Center

Description: Diabetes Self-Management Education and Support provided through individual and group visits.

Diabetes Boot Camp Group: 2 classes, two hours each. Diabetes educators include nurses and dietitians trained to help people with diabetes or those at risk for developing diabetes live a healthier life.

Location: 881 Lafayette Rd. Suite G&H Hampton, NH

Phone: (603) 926-9131

Website: <https://www.exeterhospital.com/Locations/881-Lafayette-Road>

JDRF Juvenile Diabetes

Description: Online Source- educational tools to help you or your loved one manage diabetes.

Phone: (800) 533 CURE (2873)

Website: <http://www.jdrf.org/t1d-resources/>

Disease/Illness/Disability Support

Annie's Angels Memorial Fund

Description: helping local families struggling financially through a life threatening disease, illness or disability.

Phone: (603) 686 4224

Website: <https://anniesangels.org>

Location: 8 Jana Lane, Stratham NH

Breathe New Hampshire

Description: Online Source- eliminating lung disease and improving the quality of life for those living with lung disease.

Phone: (800) 835 8647

Website: <https://www.breathenh.org>

ElderPet

Description: Pet therapy- Provides various services to low income elders, people with disabilities, and hospice families having difficulties.

Phone: (603) 767 6856

Website: www.elderpet.org

Location: PO Box 624, Durham, NH

Krepels Center

Description: Improving the lives of people living with acquired brain injury from trauma, tumor or stroke.

Phone: (603) 570 2026

Website: <http://krepelscenter.org>

Location: 100 Campus Dr. #24, Portsmouth, NH

Eye and Ear Care

The New Hampshire Association for The Blind

Description: Vision Rehabilitation Therapy.

Phone: (603) 464 3075

Website: <https://futureinsight.org/services/adult-services/rehabilitation-therapy>

Location 1: 127 Parrott Ave. Portsmouth, NH

Northeast Deaf and Hard of Hearing Services (NDHHS)

Description: Online Source- Equipment and Services for those who are hard of hearing/deaf, blind/low vision, mobility challenges, speech challenges, or cognitive challenges.

Phone: (603) 224 1850

Website: <https://www.ndhhs.org>

VA Visual Impairment Services

Description: Online Source- services for severely disabled visually impaired Veterans.

Phone: (603) 624 4366 ext. 6475

Website: <https://www.va.gov/optometry/>

Medical Equipment/Supplies

Apria Home Care

Description: Home medical equipment, respiratory and assistive technology services.

Phone: (603) 430 0015

Website: <https://www.apria.com>

Location: Bldg 2, Unit B, 620 Peverly Hill Rd. Portsmouth, NH

Assistive Technology Exchange

Description: Online Source - Education/Resource/Services- Listing of available DME and home accessibility devices for sale / exchange.

Website: <http://www.afb.org/info/about-us/1>

Herron and Smith

Description: Online Source - Medical equipment and supplies: including wheelchairs, walkers, stair lifts, etc.

Phone: (800) 627 8500

Website: <https://www.herronandsmith.com/shop.htm>

New England Emergency Response Systems

Description: Online Source- provides personal emergency response systems (commonly called help buttons, or Lifelines, or medi-alerts).

Phone: (800) 888 0338

Website: <http://www.neers.com/main.php>

Rehabilitation Equipment Associates

Description: Online Source - pediatric rehab, adult rehab products.

Phone: (603) 645 5200

Website: <https://www.reqinc.com>

Veteran Services

Department of Veterans Affairs/VA Regional Office/VA Medical Center

Phone: 1(800) 827 1000

Website: <https://www.va.gov/health/>

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

Description: primary, psychiatry, and specialty care.

Phone: (603) 623 4204

Website: <https://www.va.gov/health/>

Location: 15 Dartmouth Drive, Suite 202 Auburn, NH

VA Visual Impairment Services

Description: Online Source- services for severely disabled visually impaired Veterans.

Phone: (603) 624 4366 ext. 6475

Website: <https://www.va.gov/optometry/>

Visiting Nurse Associations

Atlantic Homelife Senior Care

Phone: (603) 343-4434

Website: <http://atlantichomelifeseniorecare.com/>

Location: 34 Dover Point Rd. Suite 201 Dover, NH

Cornerstone VNA

Phone: (603) 332 1133

Website: <http://www.cornerstonevna.org/>

Location: 178 Farmington Rd. Rochester, NH

Home Health VNA

Description: Private Pay.

Phone: (603) 964 1616

Website: <http://www.homehealthfoundation.org/homehealthvna-about/>

Location: 29 Lafayette Rd. North Hampton, NH

Interim Healthcare New Hampshire

Description: Private Pay.

Phone: (603) 436 4155

Website: www.interimhealthcare.com/newhampshire

Location: 875 Greenland Road #B8 Portsmouth, NH

Personal Touch Home Health Services

Description: Occupational Therapy, Speech Therapy, Physical Therapy.

Phone: (603) 437 8239

Website: <https://www.pthomecare.com/services>

Location: 5 Dartmouth Drive, Suite 303 Auburn, NH

Rockingham VNA and Hospice

Description: Palliative Care and Hospice, Visiting Nurse Association.

Phone: (603) 772 2981

Location: 137 Epping Rd, Exeter, NH

Website: <https://www.exeterhospital.com/Rockingham-VNA-Hospice>

The Home Makers

Phone: (603) 335 1770

Website: www.thehomemakers.org

Location: 215 Rochester Hill Road Rochester, NH

True Care Professionals

Description: Visiting Nurse Association.

Phone: (603) 537 9975

Website: www.truecareprofessionals.com

Location: 43 Birch St. Unit B-2D Derry, NH

Visiting Angels Living Assistance

Phone: (603) 583 4890

Website: <https://www.visitingangels.com/>

Location 1: 118 Portsmouth Ave B2C Stratham, NH

Location 2: 14 Hooksett Road Auburn, NH

Transportation Services

Medical / Elderly/ Disability Services

Community Action Partnership- Senior Transportation

Description: Door-to-door, anyone age 60 and over, and the suggested fare donation is \$2 per round trip; rides to grocery stores, shopping malls and discount shops.

Phone: (603) 817 8207

Website: <http://www.straffordcap.org/programs/senior-transportation>

Community Caregivers of Greater Derry

Description: For elderly, disabled or those with a chronic illness.

Phone: (603) 432 0877

Website: <https://www.facebook.com/communitycaregiversofgreaterderry/>

Location: Derry, Londonderry, Windham, Sandown, Chester, Danville and Hampstead

Community Rides – Alliance for Community Transportation (ACT)

Description: Transportation for seniors (60+) or individuals with disabilities.

Phone: (603) 834 6010

Website: http://www.communityrides.org/the_community_rides.html

Location: Rockingham County

Lamprey Health Care Senior Transportation (Van)

Description: Provides transportation services to seniors ages 60+ and adults with disabilities; Trips include stops at grocery stores, banks, and pharmacies. Trips to medical, dental and rehabilitation appointments can also be scheduled.

Phone: (603) 659 2424

Location: Rockingham County

Website: <https://www.lampreyhealth.org/services/senior-transportation-program/>

Medicaid Medical Transportation Services - CTS

Description: Medicaid's Non-emergency Transportation Program- For Fee-for-Service and Premium Assistance Program Recipients.

Phone: (844) 259 4780

Website: <https://www.dhhs.nh.gov/ombp/medicaid/transportation/index.htm>

Ready Rides

Description: Transportation at no charge to healthcare for the elderly & disabled residents.

Phone: (603) 244 8719

Website: <https://readyrides.org>

Address: P.O. Box 272 Northwood, NH

Location: Barrington, Durham, Lee, Madbury, Newfields, Newmarket, Northwood, Nottingham, Strafford

Salem Caregivers

Description: Transportation for Seniors.
Contact: (603) 898 2850
Location: 44 Millville Street Salem, NH
Website: <https://salemcare.org/services/>

TASC - Transportation Assistance for Seacoast Citizens

Description: Age 55+ or disability – wheelchair accessible. Serves- Exeter, Greenland, Hampton, Hampton Falls, North Hampton, Kensington, Rye, Stratham, and Seabrook.
Phone: (603) 926 9026
Website: <https://www.tasc-rides.org>
Location: 200 High St. Hampton, NH

Town Based Programs

CART – Cooperative Alliance for Regional Transportation

Description: Handicap accessible.
Phone: (603) 434 3569
Website: <http://cart-rides.org>
Location: 1374 Londonderry, NH

Freedom Coach Chair Transport

Description: Servicing Your Individual Needs, Medicaid Provider, Disabled Assistance Services, Certified Technicians.
Phone: (603) 436 5151
Website: <https://www.manta.com/c/mm2l4xn/freedom-coach-chair-transport>
Location: Hampton, NH

Rye Senior SERVE Transportation Program

Description: Age 55+ AND Rye resident. Medical appointments, pharmacy, grocery, library. From Rye to appointment as needed.
Contact: (603) 964 5170
Website: http://www.town.rye.nh.us/Pages/RyeNH_Seniors/index
Location: PO Box 902 Rye, NH

Wildcat Public Transit

Description: \$1.50 per ride. Serves Portsmouth, Newmarket
Contact: (603) 862 2328
Website: <https://www.unh.edu/transportation/wildcat-transit>
Location: 20 Sage Way Durham NH

Youth Services

Ala-Teen

Description: Support group, youth suffering from another's substance use disorder. Fridays 7:30-8:30pm.

Phone: 1 (877) 825 2666

Website: <https://al-anon.org/newcomers/teen-corner-alateen/>

Location: Community Campus Library, 100 Campus Drive Portsmouth NH

Austin17House

Description: Youth development programs for teens, outreach training and educational programs for adults and a supportive atmosphere for people of all ages.

Website: <https://www.austin17house.org/youth/>

Location: 263 Route 125 in Brentwood, NH

Big Brothers Big Sisters

Description: Provides children facing adversity with strong and enduring, professionally supported, one to one mentoring relationships.

Phone: (844) NH4-BIGS

Website: www.BBBSNH.org

Location: 4 Greenleaf Woods Drive, Suite 201 Portsmouth, NH 03801

Child & Family Services

Description: Substance Abuse Treatment. Runaway and Homeless Youth Support.

Phone: (603) 772 3786

Website: <http://www.cfsnh.org/>

Location: 9 Hampton Road Exeter, NH

Community Action Partnership of Strafford County

Description: Provide early education and preschool for children up to age 5.

Phone: (603) 652 0990

Website: <http://www.straffordcap.org/>

Location: Dover, NH

Connor's Climb Foundation

Description: Suicide Prevention: Connor's Climb Foundation works to prevent suicide, the second leading cause of death for youth ages 10-24.

Phone: (800) 273 8255

Website: www.connorsclimb.org

Email: connorsclimb@gmail.com

Location: Exeter, NH

Friends of Jaclyn Foundation

Description: The Friends of Jaclyn Foundation's mission is to improve the quality of life for children battling pediatric brain tumors and other childhood cancers and to raise awareness through their Adopt-A-Child, Safe on the Sidelines and Guardian Angel Programs. We do this by pairing the afflicted child and their siblings with local high school and college sports teams, campus clubs, and arts programs in their community.

Contact: 1 (855) 486 3653

Website: friendsofjaclyn.org

Newmarket Counseling

Description: Extensive experience working with trauma, sexual abuse, parenting, children, and family issues-enrolled with many insurance companies including Tricare, NH Medicaid, and Medicare.

Phone: (603) 292 3477

Website: mmorris@newmarketcounseling.com

Location: 141 Main St. Ste 6 Newmarket, NH

NH Children's Trust

Description: NH Children's Trust's mission is to eliminate child abuse and neglect in our state by strengthening families. Contact: (603) 415 0327

Website: NHChildrensTrust.org/StrengtheningFamilies

On Belay

Description: Support for children dealing with big illness.

Contact: 1 (866) 44-Belay

Website: <https://www.on-belay.org/>

Location: On Belay Inc PO Box 391 Newmarket, NH

The Chase Home for Children

Description: Provide residential treatment services for adolescents

Phone: (603) 436 2216

Website: <http://www.chasehome.org/>

Location: 698 Middle Road Portsmouth, NH

Richie McFarland Children's Center

Contact: (603) 778 8193

Fax 1: (603) 436 4622

Fax 2: (603) 778 0388

Website: <https://www.richiemcfarland.org/>

Location: 11 Sandy Point Rd. Stratham, NH

Zebra Crossings

Description: Zebra Crossings offers empowerment programs for youths and teens with chronic medical conditions.

Phone: (603) 312 2052 ext. 0

Website: www.zebra-crossings.org

Location: 61 Locust St. Dover, NH

NH Connections Seacoast Region Network

Description: Online Source- Substance Misuse Prevention Resources, Public Health Emergency Preparedness Resources, and Community Health Improvement Planning Resources.

Phone: (603) 244 7311

Website: <http://www.seacoastphn.org/resources.html>

Location: (Lamprey Health Care) 128 NH-27 Raymond, NH