

WELCOME to the

Beyond Books ECHO Libraries Supporting Community Health & Social Services



This training is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1.8 million with 0% financed with non-governmental sources.

The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.



Series Learning Objectives & Schedule

Learners will be able to:

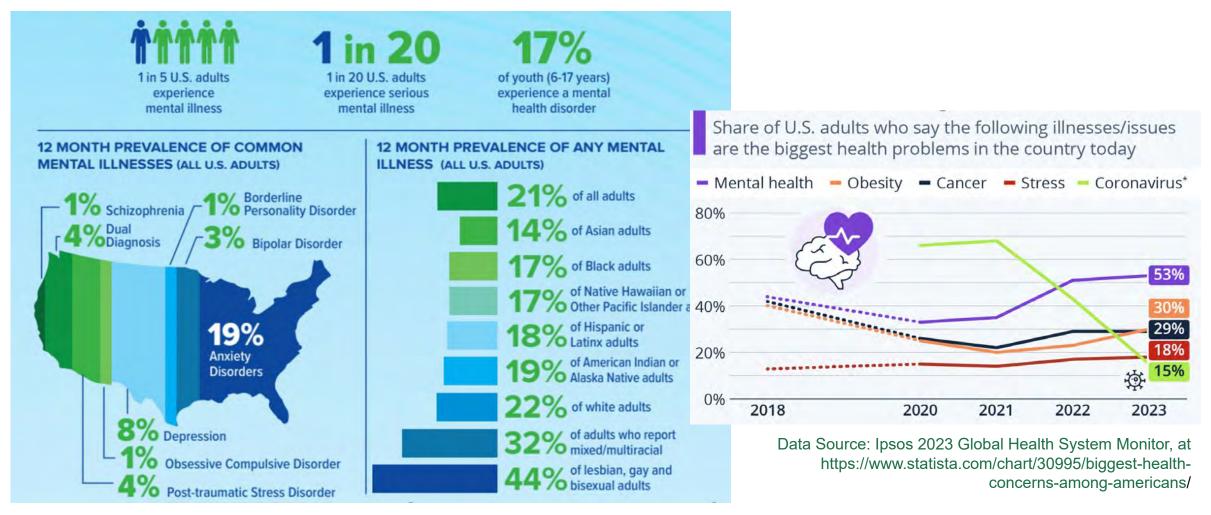
- Describe current and potential roles for libraries in supporting the health of their communities
- Identify robust resources and information to support individual & community health
- Nurture partnerships between libraries and community-based health professionals to support health needs of communities
- Grow library-based programming to support health and well being.

Date	Торіс
June 11	Behavioral Health
June 18	Social Determinants of Health
June 25	Child and Family Welfare
No s	ession the week of July 4 th
July 9	Older Adults
July 16	Telehealth and other Online Service Access
July 23	Onsite Health and Social Services

DH Survey on Libraries & Health 2024-Survey-Libraries-Health-NH-VT-051524.pdf (dartmouth-hitchcock.org)



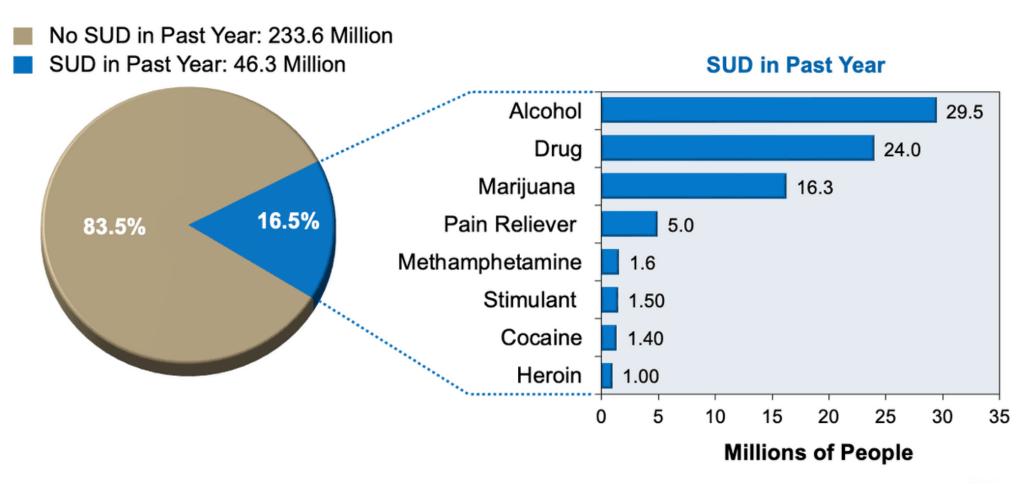
Mental Health Disorders in U.S.



https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI_YouAreNotAlone_2020_FINAL.pdf



Substance Use Disorders in U.S.



Based on 2020 NSDUH survey, Formatting found at https://www.hiv.uw.edu/go/basicprimary-care/substance-use-disorders/core-concept/all

What Can Libraries Do?

Community Solutions in Behavioral Health

Agenda

- Introductions
- Statewide Resources
- National Resources
- What can libraries do?
- Sustaining yourself at work
- Suggested books for circulation



Call or text if you need mental health or substance use support.

833-710-6477 NH RAPID RESPONSE ACCESS POINT At no cost to you, we are here to help.

988 NATIONAL SUICIDE & CRISIS LIFELINE Call to speak to someone 24/7.

211 YOUR LOCAL DOORWAY Confidential access for substance use and recovery resources.



Help is here, it's for you. There are

support? Call or text 833-710-6477 NH Rapid Response or the 988 Suicide and Crisis Lifeline. Confidential and no cost to you.

dhhs.nh.gov/strongasgranite

A STRONGER YOU. A STRONGER NEW HAMPSHIRE.

Asking for help can be difficult. Receiving help is getting easier.

If you or someone you know is feeling overwhelmed, please reach out.



dhhs.nh.gov/strongasgranite



Recovery looks good on you.

In New Hampshire, it's easy to get connected to resources that help you become the you you deserve.



Peer Support

- Peer Support Agencies (PSAs) are private not-forprofit agencies located throughout New Hampshire that have contracted with the NH Department of Health and Human Services to provide mental health support. Peer support services are provided by and for people with a mental illness and are designed to assist people with their recovery.
- Recovery Community Organizations (RCOs) are peer-led and peer run agencies that offer services to support people in their recovery from substance misuse. The RCOs support all pathways to recovery and offer peer recovery coaching, telephone support, and mutual aid groups.

National Resources

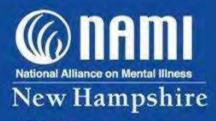
- NAMI (National Alliance on Mental Illness)
- <u>www.nami.org</u>

• Search by state from link on national website, or directly by state For example:

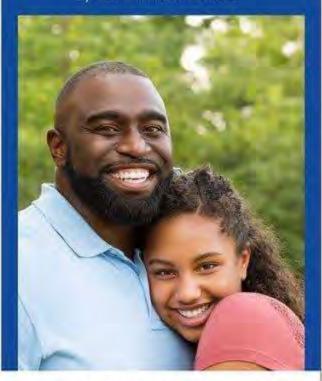
- New Hampshire: <u>www.naminh.org</u>
- Maine: <u>www.namimaine.org</u>
- Massachusetts: <u>www.namimass.org</u>
- Vermont: <u>www.namivt.org</u>

National Resources

- National Institute on Mental Health (NIMH)
- <u>www.nimh.nih.gov</u>
- Substance Abuse & Mental Health Services Administration (SAMHSA)
- <u>www.samhsa.gov</u>



Offering free support, education, and advocacy for Granite Staters, and their loved ones, affected by mental illness and suicide.



Find Help, Find Hope. #StigmaFreeInThe603



FREE SERVICES

SUPPORT

- In-Person/Virtual Support Groups
- Individuals Living with Mental Illness
- Families/Friends
- · Parents/Caregivers
- Survivors of Suicide Loss
- First Episode Psychosis/Early Serious Mental Illness
- Online Support Groups
 Caregivers of Children & Adolescents with Social/Emotional Challenges
 - Family & Friends of Adult Loved Ones with Mental Illness
- First Episode Psychosis/Early Serious Mental Illness
- NAMI NH Info & Resource Line: 1-800-242-6264 (press 4) or info@NAMINH.org
- One-on-One Support to connect individuals and families with information and community resources.
- . Support for Survivors of Suicide Loss: 1:1 support

EDUCATION PROGRAMS

- · NAMI Basics
- · Family-to-Family
- · Peer-to-Peer
- · Side-by-Side
- · Connect Suicide Prevention*

¹ Suicide prevention and postvention training is conducted nationized by NAMI NH's Connect Program – a free 1.5-bit suicide prevention program is regularly affered in New Bampstire.

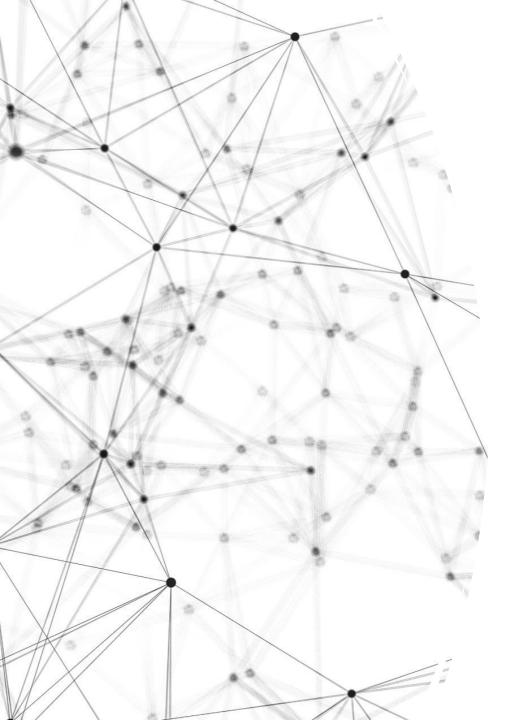
ADVOCACY

- Training
 - It's Your Move Advocacy Training
- Speakers Bureaus
 - In Our Own Voice
 Life Interrupted
 - · SurvivorVoices
- NAMIWalks NH the Granite State's largest mental health awareness and suicide prevention event.

For more information about NAMI NH's programs and supports, visit <u>www.NAMINH.org</u> or call 1-800-242-6264 (press 4).

NAMI NH Information & Resource Line

1-800-242-6264 – press 4 or info@NAMINH.org



How can public health partners support you?

- Connect to and help understanding additional resources such as local, regional, state and national data
- Identifying vetted, trusted programs and speakers
- Evidence-based prevention strategies, trainings, curriculum and consulting with Certified Prevention Specialists staff
- Connection to resources and providers across prevention, intervention, treatment and recovery
- Following rapid changes in the landscape of mental health, substance use disorder and suicide prevention, intervention, treatment, recovery, insurance issues, other trends
- Increased collaboration with other providers and services to better serve your community

What can Libraries do?

- Change our own language
- Become informed and empowered through training
- Host community education sessions
- Reduce stigma
- Know where to refer
- Join community collaboratives (RPH, 988, SPC)
- Trainings (connect, QPR, MHFA)
- Connect with NAMI, AFSP, DHHS, DBHRT, CMHC to assist the community
- NaloxBox
- Narcan training and availability

- Keep resource cards available for community members
- Post public awareness campaigns
- Have materials available to help community members understand behavioral health
- Create a safe and supportive place for all
- Become a Recovery Friendly Workplace
- Workplace wellness/recovery friendly
- Host books clubs on the topics
- Normalize help-seeking



Suggested Books for Circulation

- Katie Arnold, BRIEF FLASHINGS IN THE PHENOMENAL WORLD
- Ken Duckworth, You Are Not Alone: The NAMI Guide to Navigating Mental Health—With Advice from Experts and Wisdom from Real People and Families
- Craig Miller, *This is How it Feels*
- Ned Vizzini, Its Kind of a Funny Story



Suggested Books for Circulation

- Carl Hart, High Price
- Geoffry Hunt (ed), Drug Treatment in International Perspective
- Philippe Bourgois, In Search of Respect
- Maia Szalavitz, Unbroken Brain
- Nancy Campbell, *Discovering Addiction*
- Sam Quinones, DreamLand
- SAMHSA has a ton of stuff that can be ordered or downloaded on their website that's written for the general public: <u>https://store.samhsa.gov/facet/Issues- Conditions-</u> <u>Disorders/term/Substance- Abuse?narrowToAdd=For-the-</u> <u>General- Public&pageNumber=3</u>



Contact Information

NAMI-NH Bernie Seifert bseifert@naminh.org

NH Department of Health and Human Services Jenny O'Higgins, Senior Policy Analyst Jennifer.ohiggins@dhhs.nh.gov



WELCOME to the

Beyond Books ECHO Libraries Supporting Community Health & Social Services

Session 2, Social Determinants of Health, June 18, 2024



Today's Program

- Brief housekeeping
- Didactic: Social Determinants of Health
 - Employment: Jackie Pogue
 - Housing: Gail Quinlan
 - Food: Taralyn Bielaski
 - Transportation: Teri Palmer
 - Legal: Emma Sisti
- Case presentation/discussion
- Up Next



Employment Resources

Jackie Pogue

Jacqueline.a.Pogue@Dartmouth.edu



American Job Centers

- <u>https://www.careeronestop.org/localhelp/americanjobcenters/find-american-job-centers.aspx</u>
- Good for everyone and locations in most communities
- Called "NH Works" in New Hampshire, varied names in other communities
- Employment assistance
- Access to training and hiring events
- Referrals to resources
- Computer space
- Special services for Veterans and Youth



State Vocational Rehabilitation

- All states: <u>https://rsa.ed.gov/about/states</u>
- NH: <u>https://www.education.nh.gov/who-we-are/deputy-commissioner/bureau-vocational-rehabilitation</u>
- NH process overview: <u>https://www.education.nh.gov/sites/g/files/ehbemt326/files/inline-documents/vr-toolkit.pdf</u>
- VT: <u>https://www.hireabilityvt.com/</u>



Community Mental Health Centers

- Individual Placement and Support (IPS) supported employment programs
- In all NH and VT mental health centers, programs in most other states too



Benefits Counseling

- Helps people receiving public benefits like SSI, SSDI, and Medicaid understand how working will impact their benefits
- Granite State Independent Living (GSIL) <u>https://gsil.org/services/benefits-</u> <u>counseling/</u>
- Online tool: <u>https://www.db101.org/</u>



Recovery Friendly Workplaces

- NH: <u>https://www.recoveryfriendlyworkplace.com/designees</u>
- List of state programs: <u>https://www.dol.gov/agencies/eta/RRW-hub/Additional-</u>
 <u>resources</u>

Apprenticeship USA

<u>https://www.apprenticeship.gov/</u>



Housing

Gail Quinlan, Director, Program Operations, NH Housing Finance Authority



Housing Choice Vouchers and Public Housing

Housing Choice Vouchers

- 11,034 Housing Choice Vouchers (Section 8) available in New Hampshire
- 18 local housing authorities
- Applicants can apply to more than one housing authority
- 4,341 vouchers are administered by New Hampshire Housing
 - Vouchers can be applied to homeownership
 - Special voucher allocations for Veterans, Mainstream, Family Reunification, Foster Youth to Independence and Emergency Housing Voucher Programs

Public Housing

- 3,508 Units of housing available
- 11 local housing authorities
- 0 public housing units owner by New Hampshire Housing



Waiting lists

- Each housing authority maintains its own waiting lists
- 12,000 applicants currently on the New Hampshire Housing waiting list

Waiting List Preferences for New Hampshire Housing

- Higher Ranking Preferences: 6-12 months possible wait
 - Terminal Illness Households with a family member who has a terminal illness
 - Choices for Independence (CFI) formerly HCBC Households with a family member who is eligible for services through the State Medicaid Waiver
 - Transitional Housing Transitional Housing programs (FIT, The Way Home, DHHS, and Veterans through Harbor Homes) which provide individual case management services
- Longer Wait: 5 7 years
 - People who are rent burdened / at risk of homelessness come after the higher-ranking preferences and the estimated wait time is 5-7 years
 - This includes victims of domestic violence and veterans



How to apply at New Hampshire Housing







F	-	



Application is available in English and Spanish Call **1-800-439-7247**, select call center for information or to request application Applicants are placed on HCV list by date of application



Housing Search

Search for Housing https://www.nhhfa.org/rental-assistance/search-for-housing/

• New Hampshire Housing has partnered with <u>AffordableHousing.com</u>, which provides an enhanced program to list rental properties online. Listings are available to potential Housing Choice Voucher tenants or tenants looking for affordable apartments, duplexes, single-family homes, or townhomes nearby.

Directory of Assisted Housing

 Our Directory of Assisted Housing lists rental properties that offer income restrictions or rent subsidies for low-income families and seniors. It is updated on a regular basis by New Hampshire Housing to provide consumers, housing interest groups, and others with a guide to rent-assisted housing facilities throughout the State. The publication is organized by county and community.



Emergency Shelters

- Call 211
- https://www.211nh.org

211 NH is the connection for New Hampshire residents to the most up to date resources they need from specially trained Information and Referral Specialists. 211 NH is available 24 hours, 365 days a year. Multilingual assistance and TDD access is also available. For those outside of New Hampshire, call 1.866.444.4211.



Food and nutrition support

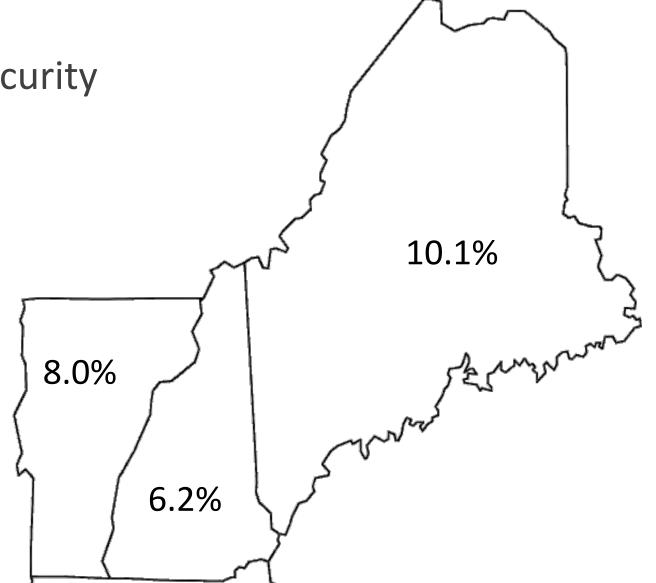
Beyond Books ECHO June 18, 2024

Chelsey Canavan, MSPH

Food security means access by all people at all times to enough food for an active, healthy life.

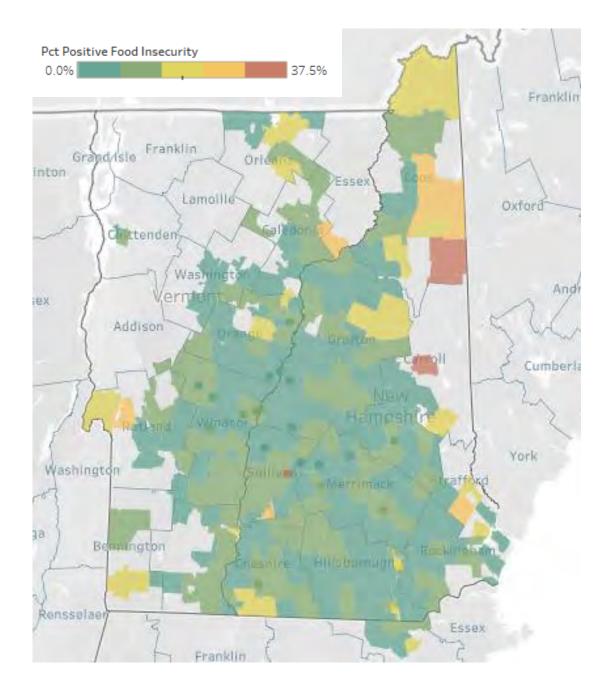
Nutrition security means consistent access to and availability and affordability of foods and beverages that promote wellbeing, while preventing—and, if needed, treating—disease.

Mozaffarian D, Fleischhacker S, Andrés JR. Prioritizing Nutrition Security in the US. JAMA. 2021;325(16):1605–1606. doi:10.1001/jama.2021.1915. Coleman-Jensen, Alisha, Matthew P. Rabbitt, Christian A. Gregory, Anita Singh, September 2022. Household Food Security in the United States in 2021, ERR-309, U.S. Department of Agriculture, Economic Research Service



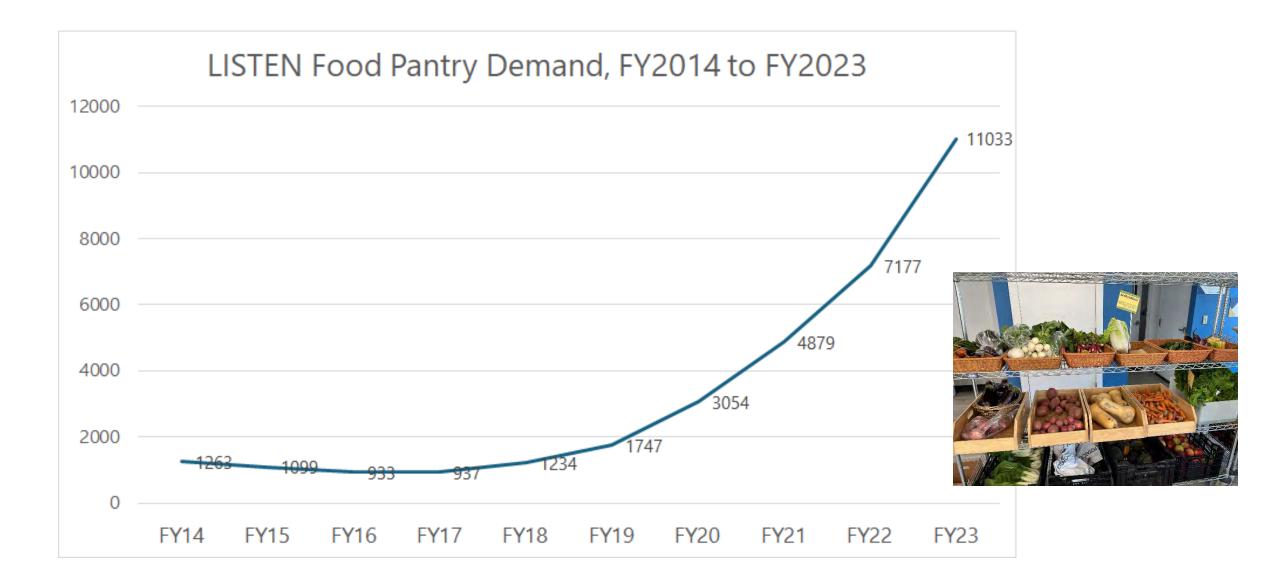
Prevalence of food insecurity

Rabbitt, M.P., Hales, L.J., Burke, M.P., & Coleman-Jensen, A. (2023). Household food security in the United States in 2022 (Report No. ERR-325). U.S. Department of Agriculture, Economic Research Service. https://doi.org/10.32747/2023.8134351.ers

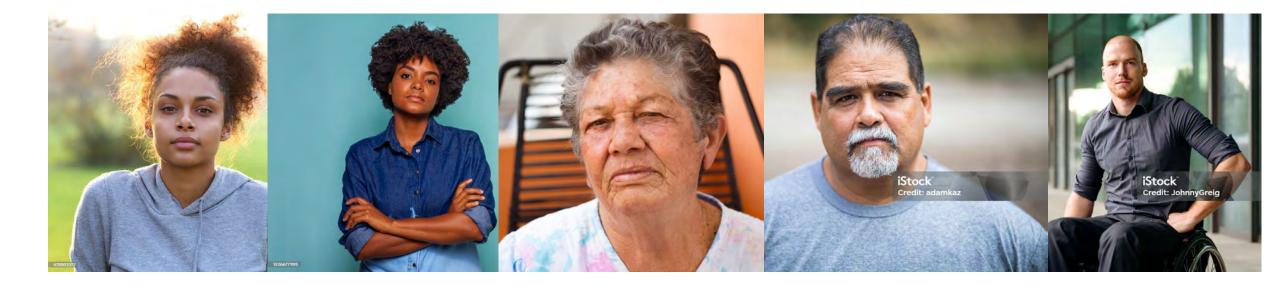


Food insecurity among DH primary care patients by zip code (2023)

Average ~10-11%



What does food insecurity look like?



What does food insecurity look like?

- Choosing between food and other basic needs
- Eating less; less frequently
- Prioritizing food among household members
- Cheap, highly processed and fast foods



Get to know these food resources



Supplemental Nutrition Assistance Program



Other public nutrition programs

• Child and Adult Care Food Program (CACFP)

Healthy meals and snacks in child care centers, family child care homes, after school programs, emergency shelters, and adult day care programs

- National School Lunch Program & Breakfast Program Low-cost or free food for children at school
- Commodity Supplemental Food Program (CSFP) A monthly package of foods for low-income adults age 60+
- Old Americans Act / Meals on Wheels Daily meals for adults 60+ through congregate feeding or at home (MOW)

Food Banks

- Tons of resources
- Maps of member locations
- Mobile food pantry schedule
- SNAP assistance
- Job training
- Cooking Matters
- And more!



SEARCH AGENCY PORTAL



Get to Know Us What We Do Get Involved In the Know Agency Portal Acc

Food Map

The NH Food Bank distributes food to more than 400 partner agencies across New Hampshire including food pantries, homeless shelters, soup kitchens, children's programs, senior centers and more. Search our list of partner agencies to find a food assistance program near you.



Other resources

- Local food pantries and food shelves
- Senior Centers
- Local school district
- NH Hunger Solutions
- Hunger Free VT

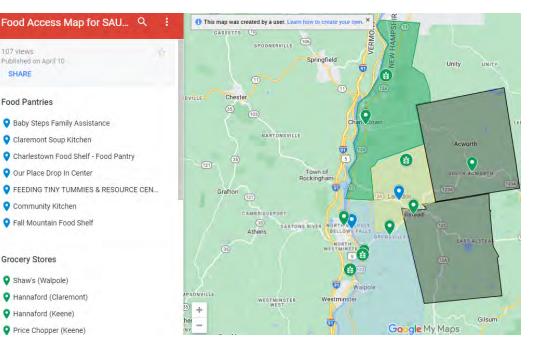




107 views

SHARE







What else?

Make **brochures/materials** available to everyone & easy to access.

Help **normalize the conversation**:

"A lot of people are having a hard time right now with these high food prices."

Consider **capacity to host** a food shelf, food drive, etc.

Host or promote **community gardens**.

Consider **books/events/activities** related to healthy eating for adults and children.



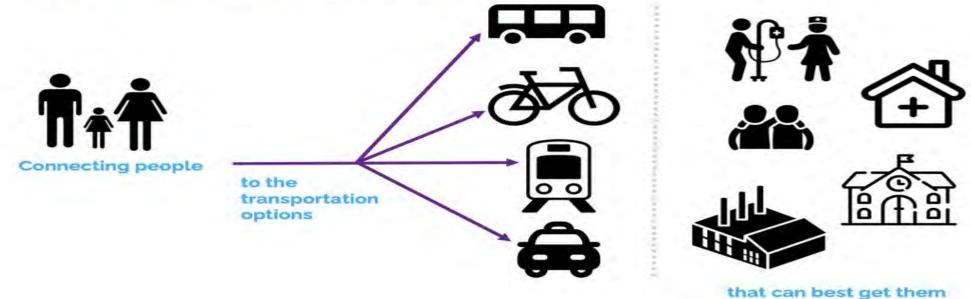
Mobility Managers in New Hampshire

Teri Palmer, State of New Hampshire Mobility Manager



Mobility Management

What is Mobility Management? Part 1

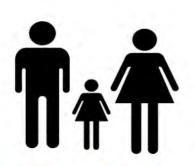


to their destinations

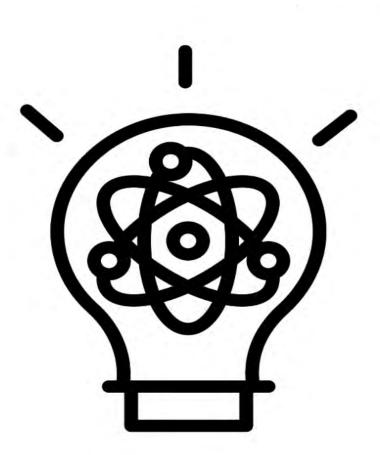


What is Mobility Management? Part 2





to understand people's transportation needs



and together create the new services that respond to those needs



Mobility Managers

Region #1-Grafton & Coos County Tala Silver tsilver@tccap.org 603.723.4064 **Region #2-Carroll County Scott Boisvert** sboisvert@tccap.org 603.723.4318 **Region #3-Belknap & Merrimack County Cindy Yanski** cyanski@Capbm.org 603.225.1989 **Region #4 Candy Reed** 603.477.5900

Region # 5-Monadnock Region Terry Johnson tjohnson@swrpc.org 603.357.0557 **Region #7-Nashua Region Donna Marceau** donnam@nashuarpc.org 603.417.6570 **Region #8-Manchester Region Ben Hebert** bherbert@snhpc.org 603.669.4664 **Region #10-Seacoast Region Jeff Donald** Info@CommunityRides.org 603.516.0796



Keep NH Moving Website-KeepNHMoving.com

Thank you!!

Teri Palmer <u>tpalmer@rlsandassoc.com</u> 603.491.8027



Accessing civil legal services in New Hampshire

Beyond Books ECHO Libraries Supporting Community Health & Social Services

How can you client get help?



Apply online AS SOON AS POSSIBLE! <u>www.603legalaid.org</u>

Or have your client call us at 603-224-3333

Monday-Thursday 9AM-2PM





We are the mash up of the former Legal Advice & Referral Center and the Pro Bono Referral Service

We came into existence on June 1 2021

We do all of the things!

- Centralized intake for all civil legal service issues in the state
- Advice and counsel in house (for housing and family matters)
- Referral to pro bono attorneys
- Low Income Taxpayer Program
- DOVE
- Clinics

Areas we can help with



Housing (evictions, foreclosures, etc)	IRS Tax issues	Domestic Violence	Family Law
Bankruptcy and consumer protection	Criminal Record Annulment	Administrative Hearings	Wills, POA, estate planning, advanced directives
Individual Rights			



Special Considerations-DOVE Project

This is a collaboration between 603LA and the crisis centers through the state to connect clients who need representation at final protective order hearings

Volunteers commit for a limited scope of representation

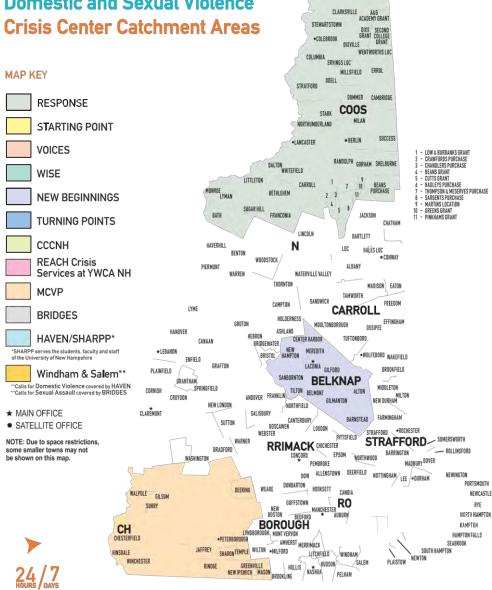


Special Considerations-DV cases

If your patron is the victim of domestic violence the best way to get them help is to direct them to, the local crisis center

Cases that come in through the crisis centers are screened by specially trained DV paralegals and the cases are routed to the appropriate in-house attorney, to NHLA for their DV project, or to a pro bono attorney through our DOVE Project

State of New Hampshire **Domestic and Sexual Violence**





Se coalition

FSTIC & SEX

REV 03/21

PITTSBURG



Special Consideration-IRS Tax Cases

603LA has a Low-Income Taxpayer Project funded by a grant from the IRS

The entire mission of this project is to help people with their IRS tax issues

There are loads of free tax prep options for low-income people

- AARP provides free tax preparation for taxpayers regardless of age. 1-888-AARPNOW
 - \circ $\,$ Focus is on those over 50 $\,$
- Can also receive fee tax preparation at their local Volunteer Income Tax Assistance (VITA) center--: <u>https://www.graniteuw.org/our-work/granite-united-way-initiatives/volunteer-income-tax-assistance</u>

Major take away: encourage your patrons to file their taxes, and if they need help, have them contact us! Our clients leave tons of money on the table because they are afraid of filing their taxes

If you have questions on behalf of your client, reach out to Adrianna Siniawski (asiniawski@603legalaid.org)

Questions??

Call or email me ANYTIME. I mean it. I want to help you and your patrons.





603-584-4145 (this is my direct line)



WELCOME to the

Beyond Books ECHO Libraries Supporting Community Health & Social Services

Session 3, Child and Family Welfare, June 25, 2024

The Role of the Division for Children, Youth and Families (DCYF)

Beyond Book Library ECHO Presentation

June 25, 2024





DCYF Mission Statement



NH Department of Health & Human Services Division for Children, Youth & Families DCYF partners with families and communities to provide resources and supports that lead to the safety and healthy development of children and youth, and the communities in which they live.





The **Division for Children, Youth and Families (DCYF)** plays an important role in the child well-being and family strengthening system, working with families and children in the communities in which they live.

Child Juvenile Justice Sununu Youth Services Center (SYSC) Supporting

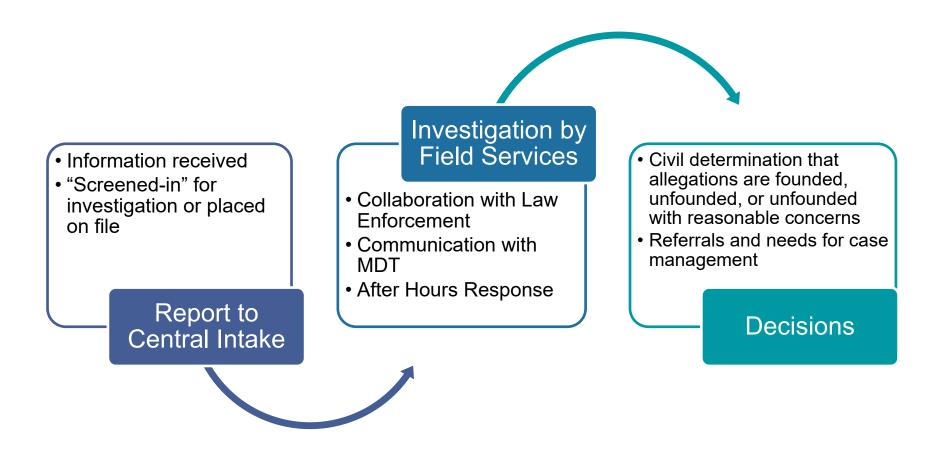
Child Protective Services (CPS) works to protect children from abuse and neglect while attempting to preserve the family unit.

Child Protective Service Workers (CPSWs) help prevent further harm to children from intentional physical or emotional abuse, sexual abuse, exploitation or neglect by a person responsible for a child's health or welfare.





Child Protective Services







The Role of DCYF

- DCYF is the agency mandated by RSA 169:C:34, II to assess allegations of child abuse or neglect.
- DCYF Central Intake is available 24 hours a day, 365 days a year to take reports of child abuse or neglect.
- After hours DCYF has Field Services staff available between 4:30 p.m. and 8:00 a.m., Monday through Friday and on weekends and holidays, to respond when there are concerns that a child is in **imminent danger of abuse or neglect.**







ALL new reports shall be directed to **DCYF Central Intake**

Central Intake is available to take reports 24 hours a day, 7 days a week.



1-800-894-5533 (in state) or **603-271-6556** (local or out-of-state)





Any time you suspect there is abuse and/or neglect, you are mandated to report. The Intake CPSW will use your report and other resources to determine if an assessment is warranted.

Some agencies have internal protocols regarding when and how to report, such as informing a supervisor or requesting a supervisor's permission prior to reporting. This is not law or DCYF policy. Please do not allow these protocols to impede your report. If you are unable to meet with your supervisor immediately, make the report to DCYF and follow up with your supervisor at a later time. If you suspect abuse and/or neglect, you are mandated to report even if your supervisor does not agree.







Decisions to screen-in a report are based on **NH state law**, **DCYF policy**, and the application of **structured decision-making tools**:

- Each report is examined in detail to determine if it meets the criteria for abuse or neglect warranting an investigation.
- If none of the screen-in criteria apply, a DCYF investigation will not be initiated unless assistance is specifically requested by law enforcement.



Intake staff will ask questions and request information to inform the decision.

RSA 169:C available online at www.gencourt.state.NH.us/rsa/html/indexes/default.html





Each report will have one of the following dispositions:

- Assessment
 - Meets the criteria for abuse/neglect
 - Assigned to a District Office for investigation
- Screen Out
 - Does not meet the criteria for abuse/neglect
 - Kept on record at intake
- Additional Information (Add. Info.)
 - Does not meet the criteria for abuse/neglect
 - An open assessment or case exists on the family
 - Attached as FYI to assessment or case



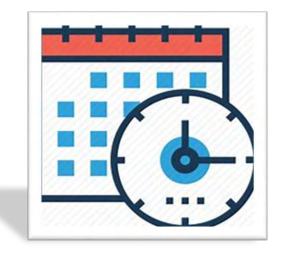


When a report is sent for assessment:

Response level is determined at Central Intake using a standardized decision-making process that factors in details such as the age of the child, severity of injury, access of the perpetrator and prior reports of abuse/neglect.

The response level will be one of the following:

- Level I 24 hours
- Level II 48 hours
- Level III 72 hours





70



Assessment Workers must:

- Prioritize the safety of the child first.
- Initiate a relationship with the family.
- Determine the validity of the report.
- Determine if services are needed.







The Assessment process is meant to be rehabilitative, not punitive.

The goal is to engage with the family when concerns are identified and work with them to identify solutions that can help resolve those concerns.

The family's connection to the community is considered a strength and a source of support.

Alternative interventions will be required only when safety cannot be ensured.





- "Unfounded report" means that DCYF has determined there is insufficient evidence to substantiate a finding that the child is abused or neglected. These assessments may be closed with referrals to services.
- "Unfounded but with reasonable concern" means DCYF has determined there is probable cause to believe the child was abused or neglected, however, there is insufficient evidence to prove by a preponderance of the evidence that the child was abused or neglected. These assessments are closed with referrals to community services or access to a "Voluntary" case.





- "Founded" means that an incident of child abuse or neglect is believed to have occurred.
 - "Founded, Court Action" means a determination is made by the court that a child has been abused or neglected and a family service case is opened.
 - "Founded, Problem Resolved" means a determination has been made by DCYF that there is a preponderance of the evidence that a child has been abused or neglected, that the presenting danger has been resolved through various means, and there are no ongoing safety concerns.
 - "Founded, Services Only" means that an agreement has been reached with the family that there is sufficient evidence that an incident of abuse or neglect occurred, and the family is willing to engage in services.





2-1-1

Family Resource Centers (FRCs)

Community Based Voluntary Services

Community Navigator

DCYF-Specific Service Array







Questions or Comments? DCYFConstituentRelations@DHHS.NH.GOV

