

2022

Exeter Hospital Community Health Needs Assessment

DRAFT - 09-15-2022

Conducted by Exeter Hospital Community Relations
in collaboration with:

Exeter Area YMCA

Exeter Rotary Club

Gather

Lamprey Health Care

Leadership Seacoast

Plaistow Community YMCA

Racial Unity Team

Seacoast Family Promise

Seacoast Mental Health Center

Society of St. Vincent de Paul Exeter

Transportation Assistance for Seacoast Citizens

University of New Hampshire

Waypoint at the Richie McFarland Children's Center





Table of Contents

Foreward

Executive Summary

Background

- Overview of Exeter Hospital
- Steering Committee
- Definition of Area Served
- Demographics of Rockingham County
- Unemployment

Methods & Data

1. Community Health Forum
2. Community Health Survey
3. Key Leader Interviews
4. Exeter Hospital Community Call
5. Data Limitations & New Additions

Results & Key Themes

- COVID-19 and Economic Changes
 1. Mental & Behavioral Health
 - Youth Mental Health Crisis.
 2. Access to Care
 3. Transportation
 4. Social Drivers of Health, particularly food security and housing
 - e. Needs of older adults and other underserved populations

DRAFT - 09-15-2022

Appendix

- A. Reference List
- B. Steering Committee Contact Information
- C. Participating Organizations
- D. Key Leader Interview Roster
- E. Community Health Forum Invitation
- F. Community Health Survey Flyer
- G. Promotion of Needs Assessment
- H. Existing Services and Resources to Meet Community Needs
- I. AAFP Social Needs Screening Tool



Foreward

As required by Internal Revenue Code 501(r)(3) Exeter Hospital, in collaboration with a representation of community partners, has compiled the following report outlining the findings of its 2022 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.

Although this report is a requirement, it is a valuable tool. Resources are developed or bolstered to fill outlined needs, and community partners can draw on the research and conclusions to seek additional funding. In light of this, efforts were made to deepen the data and conclusions outlined in this report.

DRAFT - 09-15-2022



Executive Summary

The areas of greatest need remain similar to the 2019 report, although the nuances have changed – in some cases quite dramatically by the COVID-19 pandemic and resulting societal changes.

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DRAFT - 09-15-2022



Executive Summary *(continued)*

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DRAFT - 09-15-2022



Background

Overview of Exeter Hospital

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.

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.

2022 Steering Committee

To complete the assessment, a steering group convened in January 2022 composed of Seacoast area leaders with deep working knowledge of community health needs. Exeter Hospital Community Impact Officer Jennifer McGowan led the project, in collaboration with Director of Public Relations Debra Vasapolli and 2022 Administrative Intern Cait McAllister.

Seneca Bernard, Associate Executive Director, Gather

Kathy Flygare, Exeter Rotary

Pati Frew-Waters, Executive Director, Seacoast Family Promise

Tracy Fuller, Regional Executive Director, Plaistow Community YMCA

Carol Gulla, Executive Director, Transportation Assistance for Seacoast Citizens

Darren A. Guy, DO, Chief Population Health Officer, Core Physicians, LLC;
Executive Director, NH-Cares ACO, LLC

Kelly Hartnett, Vice President, Community Relations, Seacoast Mental Health Center

Ken LaValley, Vice Provost, Outreach & Engagement, Director UNH Extension, UNH

Mark Lefebvre, Director, Community Engagement, Pinetree Institute

Cait McAllister, Administrative Intern, Exeter Health Resources

Jennifer McGowan, Community Impact Officer, Exeter Health Resources



Ken Mendis, Chair, Racial Unity Team

Elizabeth Miller, Program Director, Pinetree Institute

Kimberly Meyer, Chief Executive Officer, Exeter Area YMCA

Anita Rozeff, Grants and Contracts Manager/Compliance Officer, Lamprey Health Care

Peggy Small-Porter, Development Coordinator, Waypoint at The Richie McFarland Children's Center

Lori Waltz-Gagnon, Executive Director, Leadership Seacoast

Debra Vasapolli, Director, Public Relations, Exeter Health Resources

Molly Zirillo, Executive Director, Society of St. Vincent de Paul Exeter

Kathy Flygare, Exeter Rotary Club

Definition of Area Served

Exeter Hospital's Community Health Needs Assessment was conducted using the service area consistent with its system of care practice locations, Rockingham County. Covering the southeast corner of the state, Rockingham County is home to the state's entire seacoast and features several popular resorts towns. The Piscataqua River and Portsmouth Harbor separate it from Maine on a nine-mile stretch to the northeast, and it shares a 56-mile border to the south with Massachusetts. **DRAFT - 09-15-2022** Note, for the purpose of the report, Rockingham County level data is used as many statistics are only available at that level. Exeter Hospital's service locations are as follows:

Central – Brentwood, Exeter, Newfields,
Newmarket

East South East – Hampton, Hampton Falls,
North Hampton, Seabrook

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

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

West – Deerfield, Epping, Fremont, Nottingham,
Raymond



Population Trends: Rockingham County, New Hampshire's estimated population is 317,966 with a growth rate of 0.60% in the past year according to the most recent United States census data. Rockingham County, New Hampshire is the second largest county in New Hampshire. The 2010 Population was 295,223 and has seen a growth of 7.70% since this time.

<https://worldpopulationreview.com/us-counties/nh/rockingham-county-population>



Demographics of Rockingham County

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

U.S. Census Bureau QuickFacts: Rockingham County, New Hampshire

- Nearly 40% of Rockingham County residents are under 18 (18.8%) or older than age 65 (19.2%). Although individual health status varies widely, these age groups utilize more healthcare services.
- Roughly 95% of residents are white, with 3.6% Hispanic or Latino, 2.4% Asian, and 1.2% Black or African American descent. Health disparities by race are well documented at the national level.
- Approximately 7% of Rockingham County residents live with a disability, which can lead to increased need for services, difficulties accessing transportation, and social isolation.
- It should be noted that 6.3% of people under age 65 do not have insurance. Uninsured adults have less access to recommend care and are more likely to face poor health outcomes. Nationally, adults ages 19 to 34 had the highest uninsured rates of any age group in the United States, according to the 2019 American Community Survey (ACS). Uninsured Rates Highest For Young Adults Aged 19 to 34 (census.gov)
- Although the lowest rate in the state, 4.6% of residents live in poverty. This is a leading SDOH indicator because access to services that contribute to a healthy lifestyle are limited when living at lower income levels.

DRAFT - 09-15-2022



United States Census – Rockingham County, New Hampshire

Population Estimates, July 1 2021, (V2021)		△ 316,947
PEOPLE		
Population		
Population Estimates, July 1 2021, (V2021)		△ 316,947
Population estimates base, April 1, 2020, (V2021)		△ 314,176
Population, percent change - April 1, 2020 (estimates base) to July 1, 2021, (V2021)		△ 0.9%
Population, Census, April 1, 2020		314,176
Population, Census, April 1, 2010		295,223
Age and Sex		
Persons under 5 years, percent		△ 4.5%
Persons under 18 years, percent		△ 18.8%
Persons 65 years and over, percent		△ 19.2%
Female persons, percent		△ 50.1%
Race and Hispanic Origin		
White alone, percent		△ 94.6%
Black or African American alone, percent (a)		△ 1.2%
American Indian and Alaska Native alone, percent (a)		△ 0.2%
Asian alone, percent (a)		△ 2.4%
Native Hawaiian and Other Pacific Islander alone, percent (a)		△ 0.1%
Two or More Races, percent		△ 1.6%
Hispanic or Latino, percent (b)		△ 3.6%
White alone, not Hispanic or Latino, percent		△ 91.6%
Population Characteristics		
Veterans, 2016-2020		20,965
Foreign born persons, percent, 2016-2020		4.8%
Housing		
Housing units, July 1, 2021, (V2021)		136,726
Owner-occupied housing unit rate, 2016-2020		77.8%
Median value of owner-occupied housing units, 2016-2020		\$344,000
Median selected monthly owner costs –with a mortgage, 2016-2020		\$2,223
Median selected monthly owner costs –without a mortgage, 2016-2020		\$908
Median gross rent, 2016-2020		\$1,274
Building permits, 2021		1,148
Families & Living Arrangements		
Households, 2016-2020		122,520
Persons per household, 2016-2020		2.50
Living in same house 1 year ago, percent of persons age 1 year+, 2016-2020		89.8%
Language other than English spoken at home, percent of persons age 5 years+, 2016-2020		6.1%
Computer and Internet Use		
Households with a computer, percent, 2016-2020		95.5%
Households with a broadband Internet subscription, percent, 2016-2020		92.3%
Education		
High school graduate or higher, percent of persons age 25 years+, 2016-2020		95.4%
Bachelor's degree or higher, percent of persons age 25 years+, 2016-2020		41.9%
Health		
With a disability, under age 65 years, percent, 2016-2020		7.2%
Persons without health insurance, under age 65 years, percent		△ 8.3%
Economy		
In civilian labor force, total, percent of population age 16 years+, 2016-2020		70.2%

DRAFT - 09-15-2022



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.

2019 Annual Average Unemployment Rate by Town					
Atkinson	3.0%	Hampstead	3.0%	Nottingham	2.1%
Auburn	2.2%	Hampton	2.3%	Plaistow	3.7%
Brentwood	2.3%	Hampton Falls	2.9%	Portsmouth	2%
Candia	1.8%	Kensington	2.8%	Raymond	2.9%
Chester	2.4%	Kingston	3.2%	Rye	2%
Danville	3.0%	Londonderry	2.8%	Salem	3.4%
Deerfield	2.2%	New Castle	1.8%	Sandown	2.8%
Derry	2.9%	Newfields	2.2%	Seabrook	3.8%
East Kingston	2.4%	Newington	2.1%	So. Hampton	2.9%
Epping	2.4%	Newmarket	2.3%	Stratham	2.2%
Exeter	2.4%	Newton	2.9%	Windham	2.9%
Fremont	2.6%	No. Hampton	2.3%		
Greenland	2.5%	Northwood	2.4%		

Economic & Labor Market Information Bureau, NH Employment Security, 2019

DRAFT - 09-15-2022

Rockingham County has the highest net worth among New Hampshire's 10 counties.
<https://www.fosters.com/story/news/2020/02/14/study-rockingham-residents-have-nhs-highest-net-worth/1708300007/>



Methods

Community Health Forums

Four community forums were planned and promoted to the public via email, social media, and paid advertisement. In total 38 participants attended the four forums, with highest participation recorded at 277 Water Street, Exeter Housing Authority.

2022 Forums

Tuesday, June 14, 2022, 12:00pm-1:00pm, virtual

Wednesday, June 15, 2022, 5:30pm-6:30pm, Exeter Area YMCA

Wednesday, June 22, 2022, 5:30pm-6:30pm, Plaistow YMCA

Thursday, May 19, 2022, 12:00pm-1:30pm, 277 Water Street, Exeter Housing Authority

See attached promotion flyer in Appendix xx

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, themes from the 2019 CHNA were discussed. Following the overview, community members engaged in an open discussion and provided verbal insight into the significant health needs of their communities. Themes from the forums follow below.

DRAFT - 09-15-2022

Forum discussion themes:

- Mental and behavioral health
- Access to transportation; cost of transportation
- Need for more specialized geriatric care in service area
- Lack of affordable housing
- Behavioral health
- Timely access to care from Primary and Specialty Care Physicians
- Cost of dental services
- Geriatric mental health and specialists in dementia
- Cost of insurance premiums and deductibles
- Affordability of prescription medications and over the counter medications

The forum at 277 Water Street provided targeted feedback that in some cases Community Relations staff took action on immediately. Transportation was mentioned as an ongoing struggle by the older adults in attendance. Exeter Hospital and Exeter Parks and Recreation collaborated to make discounted taxi vouchers available to residents, distributed by leadership at Exeter Housing Authority. Currently in a pilot phase, there is hope that the model can expand to additional towns to remove financial and logistical obstacles for

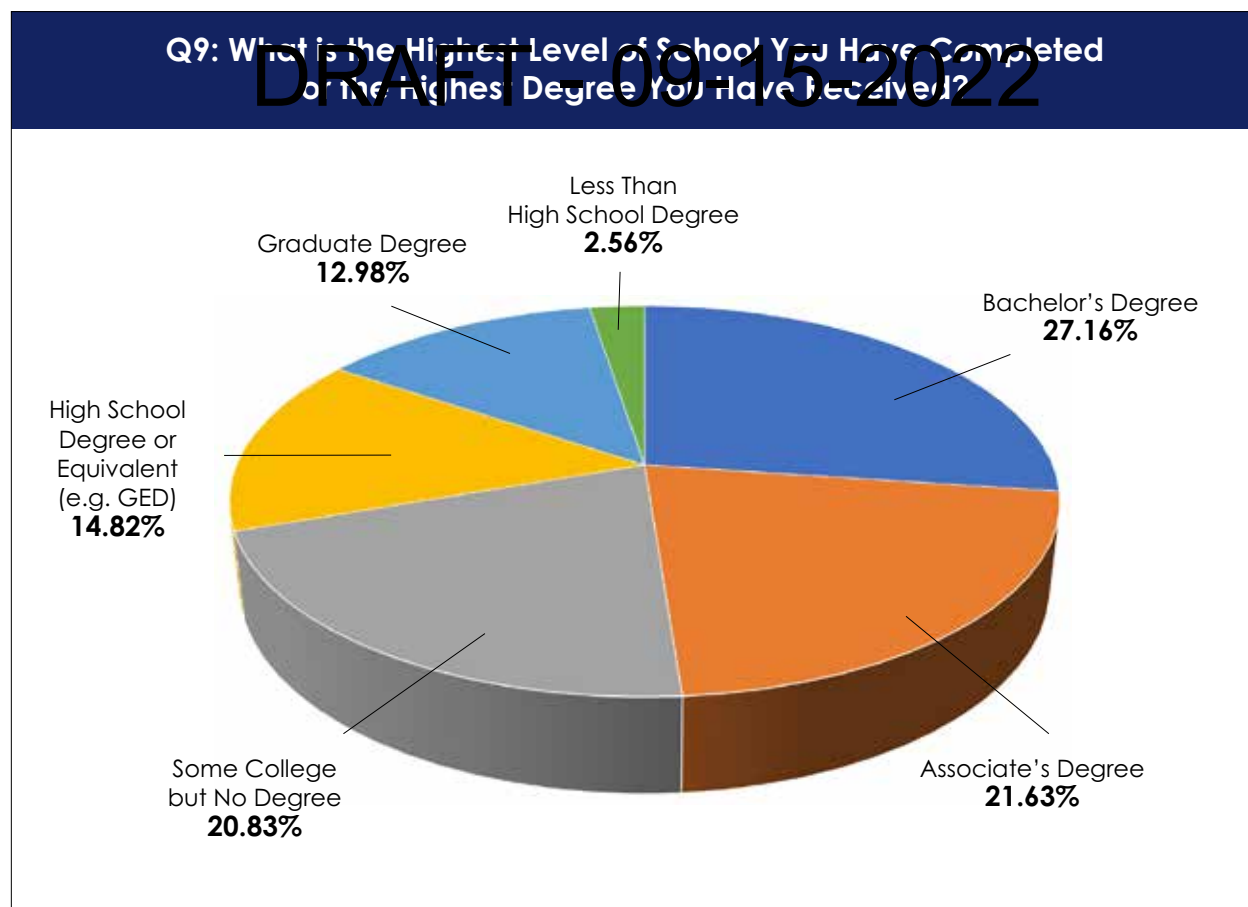


residents at senior housing sites. Exeter Hospital's Community Impact Officer also worked with residents to highlight information on emergency funding sources in their newsletter, and is connecting speakers to educate residents at their monthly meetings on topics they identify. For example, the Alzheimer's Association and Seacoast Public Health Network recently presented information and resources.

2. Community Health Survey

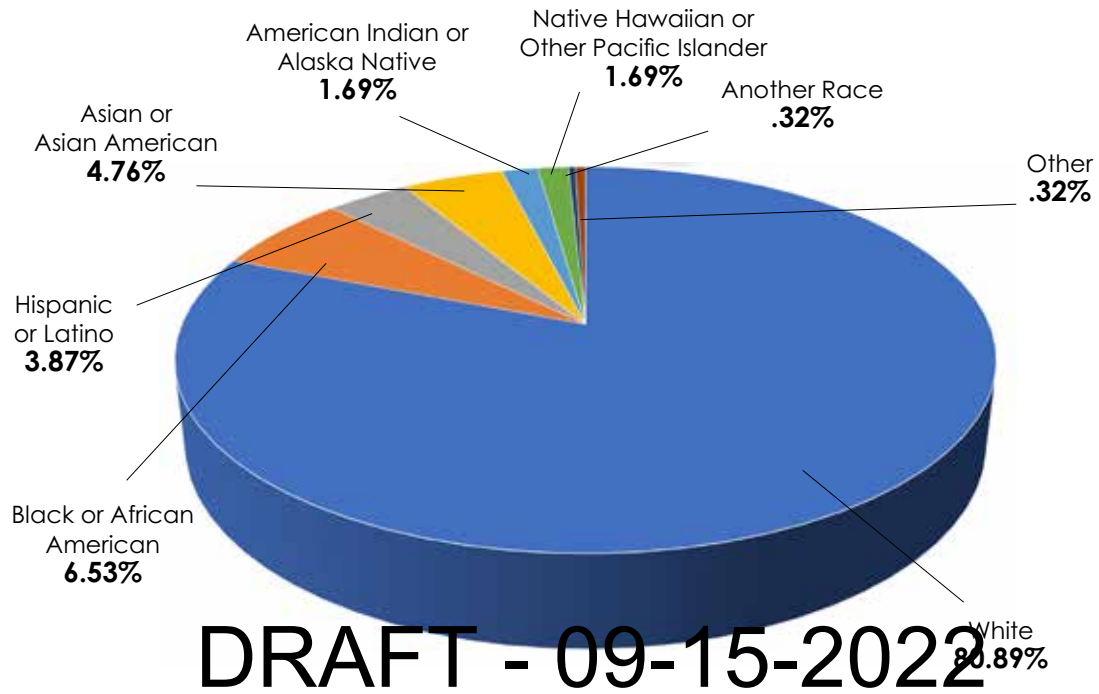
Exeter Hospital released an online health needs survey to the public that was open from May 10, 2022 to August 17, 2022. The survey asked 12 questions and encouraged additional comments. Although longer than the 2019 survey, the survey took under five minutes to complete. It was intentionally brief to maximize participation and engagement. In total, 1,255 people completed the survey. The majority of responses were collected in June (994 responses), with an additional 227 collected in July and August. Respondents reported receiving the survey from 23 organizations, most notably Exeter Hospital, Exeter School District/SAU-16, and Lamprey Health Care. The complete survey information can be viewed in Appendix xx, while individual questions are highlighted throughout the Results & Key Themes section.

One new addition to the survey was optional demographic information questions.





Q10: What is Your Race?



DRAFT - 09-15-2022



Q12: Name of the Organization That Sent This Survey to You?

Seacoast Mental Health Exeter Area
Chamber of Commerce **Waypoint** Exeter
Hospital **Portsmouth Area Chamber of
Commerce** Exeter Health Resources
Facebook Core Physicians **Girls on the
Run** Lamprey Healthcare **Google** SAU16
Hampton Area Chamber of Commerce

3. Key Leader Interviews

Community interviews remained an important focus of the 2022 assessment process. The committee identified leaders with broad knowledge of the health needs of area residents, focusing on underserved and low-income populations. Interview questions can be found in Appendix xxx of this document.

DRAFT - 09-15-2022

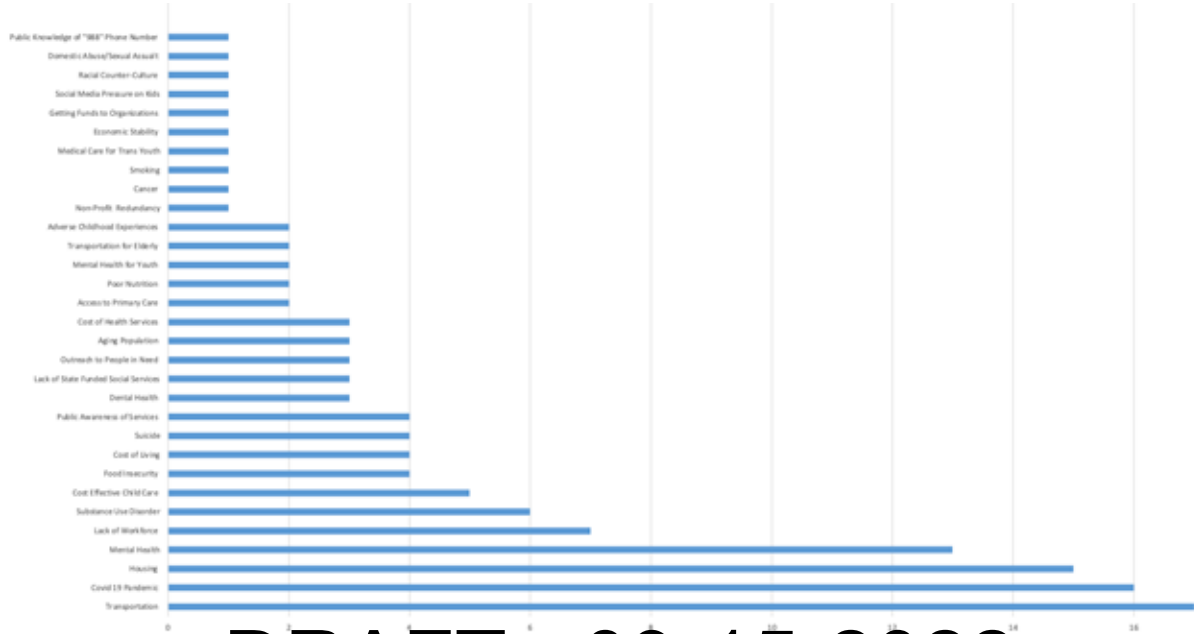
In total, 28 key leader interviews were conducted from April to August, 2022. Significant health needs are listed in order of their frequency mentioned in the chart below. Although this information aligns with other data sources, the sample size was limited and not randomized. Because of this, interviews are used to help understand the nuances of community needs. For instance, although the tight housing market and issues with rapidly increasing rents is well understood through secondary data, an interview with an area social worker highlighted a different aspect of the shifting housing market:

Quote from Key Leader Interviews:

“Some of our most socially vulnerable families were previously able to stay housed in winter through seasonal rentals (motels in poor shape for instance). Now, those motels are being redeveloped and rented at much higher rates. This creates a big gap for these families. Another issue with seasonal rentals on the seacoast: is if a home gets flooded and you own it, you probably have coverage. Seasonal renters do not have insurance. They lose everything, and might get a \$250 gift card. There is no safety plan for these vulnerable families.”



Health Concerns in Rockingham County Discussed by Key Leaders in the Community



DRAFT - 09-15-2022



4. Exeter Hospital Community Call

Early in the pandemic, Exeter Hospital recognized the need to create new ways to stay connected with community partners and to share reliable information about COVID-19 directly from medical staff. The bi-weekly call began in June 2020, and it quickly grew to include more than 100 participants from 50+ organizations. Participants represented various sectors including administrators in education, town officials, community non-profit leadership, the Region 6 IDN, area Chambers of Commerce, and more.

In FY 2021, Neil Meehan, DO, Chief Physician Executive hosted seven calls, balancing the at times difficult news from the field with the newest data, and always encouraging vaccination, mask wearing, and staying home if unwell. The calls also featured valued community partners and guests addressing some of the greatest community needs during the pandemic such as mental health, substance use disorder and violence prevention. The notes from this calls were also used as a source for this assessment.

Sample of Community Call Guests:

- John Burns, MBA, SOS Recovery Center (substance misuse)
- Peter Clark, Office of U.S. Senator Shaheen
- Gayle Davis, Senior Helpers (needs of seniors)
- Corey Garry, Deputy State Director, Office of U.S. Senator Maggie Hassan
- Carol Gulla, Director of TASC (needs of seniors)
- Bobby Kelly, MD, MPH (GBTQ awareness, inclusion and education)
- Captain Darick Krause, National Guard (vaccination sites)
- John Nyhan, President, Hampton Chamber of Commerce
- William McGowan, M.Ed., Principal, Winnacunnet High School
- Debbie Perou, Rockingham Meals on Wheels (needs of seniors)
- Candice Porter, MSW, Connor's Climb Foundation (mental health)
- David Ryan, Ed.D, Superintendent, SAU-16
- Christian Seasholtz, Office of Congressman Chris Pappas (NH-01)
- Sarah Shanahan, HAVEN (violence prevention)
- Corey Towne-Kerr, The Chase Home for Children
- Jennifer Wheeler, President, Exeter Area Chamber of Commerce

Quote from Community Partner:

“As the leader of a small nonprofit organization, the Exeter Hospital Community Call has been incredibly valuable during the pandemic. Hearing directly from medical specialists and being able to ask questions about the changing landscape helped our organization feel more confident as we navigated the many decisions needed to provide home-based services safely for infants and toddlers, their families as well as our staff.”



Data Limitations & New Additions

Although the data used for this report is considered to be from reputable sources, it should be noted that the assumptions and collection methods likely vary across sources. Focus groups and interviews provide valuable insight, but they represent a small sample size and results are not generalizable. Finally, new sources were added for this assessment, while one major source used in previous years was eliminated. The UNH telephone survey was discontinued in 2019 due to decreasing returns. New sources include SG2 claims data about most pressing health needs across age groups in Rockingham County; The Exeter Age Friendly Communities Assessment Report; Rockingham VNA & Hospice and Core Physicians Social Determinant of Health data; Exeter Hospital Emergency Department data; Exeter Police Department behavioral health calls, and more. This localized data creates a more dialed in picture of the health landscape than previous reports were able to provide.

DRAFT - 09-15-2022



Results & Key Themes

Overview COVID-19 Pandemic and Resulting Impacts

Underlying the themes and data presented in this report is the COVID-19 pandemic which left no one unchanged. Sadly, thousands of Rockingham County residents lost their lives. Many continue to deal with health impacts from the novel coronavirus. Some lost employment, some had to support their children through online learning while working from home, and most were isolated from friends and family. First responders and medical care providers worked overtime in incredibly overwhelming circumstances. More than 2 ½ years later, supply chain issues, inflation, and unfilled positions continue to cause major disruption in daily life.

Quote from Key Leader Interview:

“Staffing levels at the social service agencies we depend on is tough. People are overworked and things get missed. Our (municipal government) department is working huge amounts of mandatory overtime. We are an essential resource for the community but we are so overworked. Personnel shortages have done a number on us and it's showing.”

Quote from Survey Monkey:

“Mentally not good, overworked, under paid, pulled in all directions, overtime, no help due to people leaving, since unhappy.”

DRAFT - 09-15-2022

The ripple effect of the pandemic can be seen in Rockingham County claims data. Many people missed visits to the doctor or avoided hospitals early in the pandemic. At the same time, they were under more stress and had less resources to manage chronic conditions. The following data is sourced from SG2, a searchable claims data archive. This data represents Rockingham County and is not limited to data from Exeter Hospital and its affiliates. Obesity in Rockingham County was up 14% from 2019-2022. Preventative Wellness Visits were down by 20%, and Screenings and Follow-Up encounters were up 5%, which encompasses cancer diagnosis. This data ties in with the Community Health Survey. People cannot afford preventative care visits and have more serious health outcome as a result.



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SG2 Claims Data – Rockingham County

Service Group/Care Families	Sum of 2018	Sum of 2019	Sum of 2020	Sum of 2021	% Change CY18-19	% Change CY19-20	% Change CY20-21
Medicine	307489	292262	273615	277796	-5%	-7%	2%
Preventative Wellness Visits	62705	60527	56640	54027	-4%	-7%	-5%
Screenings and Follow-Up Encounters	39644	38335	43152	49520	-3%	11%	13%
Dermatitis and Rashes	13498	12744	10555	11450	-6%	-21%	8%
Other Infectious and Parasitic Diseases	7952	6857	14016	9672	-16%	51%	-45%
Abdominal Pain	11635	10900	8783	8978	-7%	-24%	2%
Hypertension	9695	9190	8440	8964	-5%	-9%	6%
Diabetes Mellitus	10183	8865	8433	8955	-15%	-5%	6%
Nonspecific Clinical and Laboratory Findings	12839	12164	10400	8118	-6%	-17%	-28%
Skin Infection	9947	9075	7134	7616	-10%	-27%	6%
Allergy	8411	8246	7009	6948	-2%	-18%	-1%
Dermatologic Disorders	7639	7315	6242	6860	-4%	-17%	9%
Bronchitis and Other Upper Respiratory Disease	13253	10457	6064	6536	-27%	-72%	7%
COVID-19 Infection			2069	6353		100%	67%
Respiratory Conditions, including Pleural Effusions	6569	6298	6244	6051	-4%	-1%	-3%
Benign Skin Neoplasms	6354	6295	5295	5550	-1%	-19%	5%
Other Connective Tissue Disorders	4534	4308	3720	4455	-5%	-16%	16%
Asthma	6331	6281	4945	4286	-1%	-27%	-15%
Urinary Tract Infection	5063	5000	4277	3981	-1%	-17%	-7%
Esophageal Disease Including GERD	4480	4449	4102	3862	-1%	-8%	-6%
Other Therapy and Education	3618	3706	3612	3807	2%	-3%	5%
Other Gastrointestinal Diagnosis	3907	3863	3257	3441	1%	-19%	5%
Fatigue	3505	3815	3237	3063	3%	-19%	4%
Sleep Apnea	3444	3703	2880	2950	0%	-29%	3%
Inflammatory and Autoimmune Diseases	2569	3048	2774	2879	16%	-10%	4%
Obesity	2073	2259	2235	2770	8%	-1%	19%
Hyperlipidemia	3625	3486	2764	2563	-4%	-26%	-8%
Thyroid Disorders	3194	2961	2670	2470	-8%	-11%	-8%
Oral and Dental Disease	3133	2652	2471	2440	-18%	-7%	-1%
Nutritional Deficiencies	2565	2107	2184	1982	-22%	4%	-10%

DRAFT - 09-15-2022



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SG2 Claims Data – Rockingham County

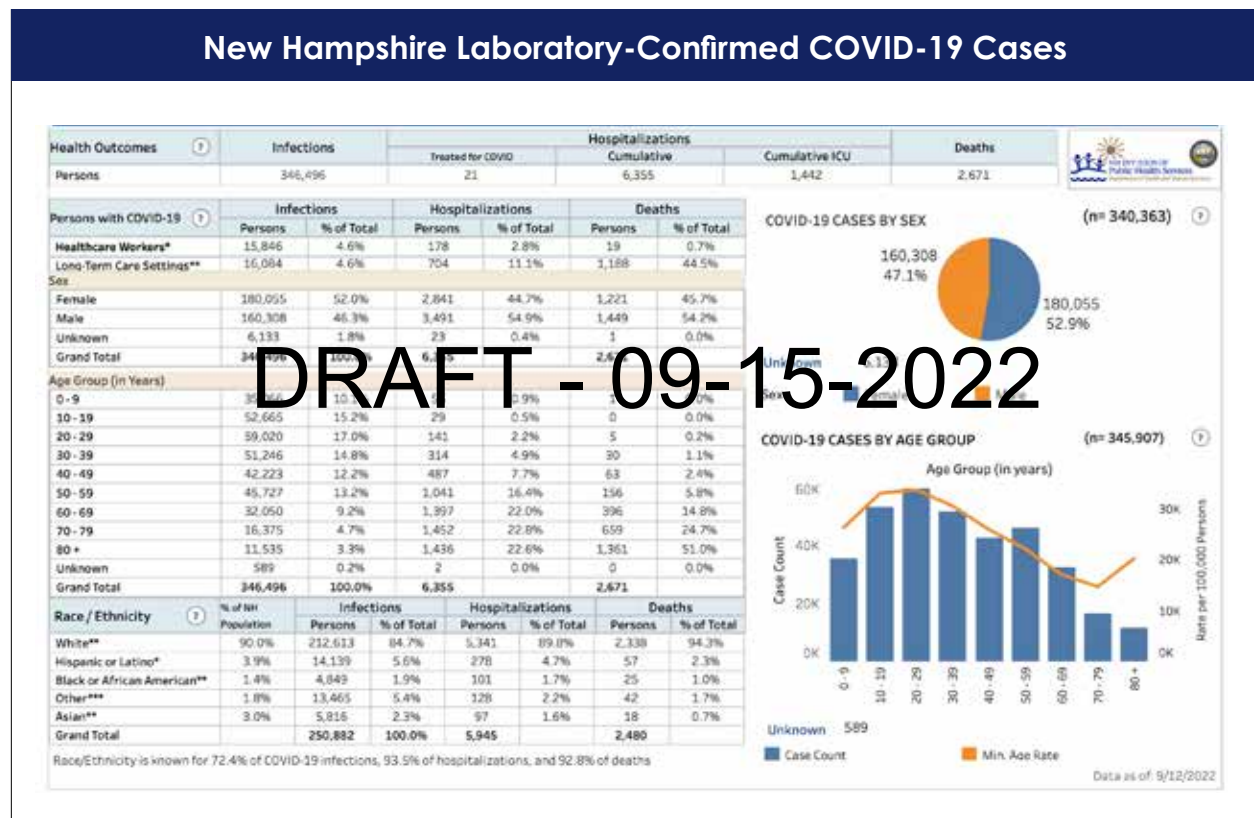
Service Group/Age Co-horts	Sum of 2018	Sum of 2019	Sum of 2020	Sum of 2021	% Change CY18-19	% Change CY19-20	% Change CY20-21
Medicine	307489	292262	273615	277796	-5%	-7%	2%
45-64	139128	134210	125210	121868	-4%	-7%	-3%
18-44	83516	77160	77160	79927	-8%	0%	3%
00-17	67627	65725	57955	60980	-3%	-13%	5%
65-UP	17218	15167	13290	15021	-14%	-14%	12%
Orthopedics	217973	210742	178742	194357	-3%	-18%	8%
45-64	119929	114809	99517	108896	-4%	-15%	9%
18-44	57458	54861	48435	50617	-5%	-13%	4%
00-17	27595	28401	20349	21340	3%	-40%	5%
65-UP	12991	12671	10441	13504	-3%	-21%	23%
Spine	160255	150503	132108	128261	-6%	-14%	-3%
45-64	87486	81255	70217	66819	-8%	-16%	-5%
18-44	57974	53854	50183	49341	-8%	-7%	-2%
65-UP	6427	7312	5444	6277	12%	-34%	13%
00-17	8368	8082	6264	5824	-4%	-29%	-8%
Surgery	116064	110404	84803	86610	-5%	-30%	2%
45-64	47633	45017	37804	38508	-6%	-19%	2%
18-44	32788	31303	25063	25976	-5%	-25%	4%
00-17	27226	26251	16429	15443	-4%	-30%	-6%
65-UP	8417	7826	5507	6688	-8%	-42%	18%
Behavioral Health	58735	57348	64675	69371	-2%	11%	7%
00-17	24514	25668	25479	28754	4%	-1%	11%
18-44	22120	20474	26026	27476	-8%	21%	5%
45-64	11266	10441	12322	12171	-8%	15%	-1%
65-UP	835	765	848	970	-9%	10%	13%
Women's Health	42098	41259	37411	37872	-2%	-10%	1%
18-44	26249	25500	24346	24605	-3%	-5%	1%
45-64	13752	13843	11521	11632	1%	-20%	1%
00-17	1363	1261	946	933	-8%	-33%	-1%
65-UP	734	655	598	702	-12%	-10%	15%
Neurosciences	41120	38908	34296	34518	-6%	-13%	1%
45-64	14440	14095	13102	11761	-2%	-8%	-11%
00-17	12859	11597	9438	10256	-11%	-23%	8%
18-44	10969	10777	9523	9913	-2%	-13%	4%
65-UP	2852	2439	2233	2588	-17%	-9%	14%
Cardiovascular	27462	25426	22801	24830	-8%	-12%	8%
45-64	16371	15693	14068	14171	-4%	-12%	1%
18-44	6463	5634	5711	6848	-15%	1%	17%
65-UP	3486	3124	2359	3049	-12%	-32%	23%
00-17	1142	975	663	762	-17%	-47%	13%
Cancer	20126	18433	18351	18129	-9%	0%	-1%
45-64	14706	13283	13843	12811	-11%	4%	-8%
65-UP	3043	2588	2244	2609	-18%	-15%	14%
18-44	2243	2427	2129	2570	8%	-14%	17%
00-17	134	135	135	139	1%	0%	3%
Other	636	600	809	10956	-6%	26%	93%
18-44	158	207	322	3961	24%	36%	92%

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A number of Federal and State programs were put in effect including Advance Child Tax Credits, Economic Impact Stimulus Checks, COVID-19 Unemployment Benefits, and Financial Assistance for food, housing and some bills. [COVID-19 | USA.gov](https://www.usa.gov/covid-19) The affiliates of Exeter Health Resources initiated multiple new services and programs to support the community through this time, often with limited funding. Examples include drive through testing sites, investments in social distancing, patient and employee screening, and the Community Call.

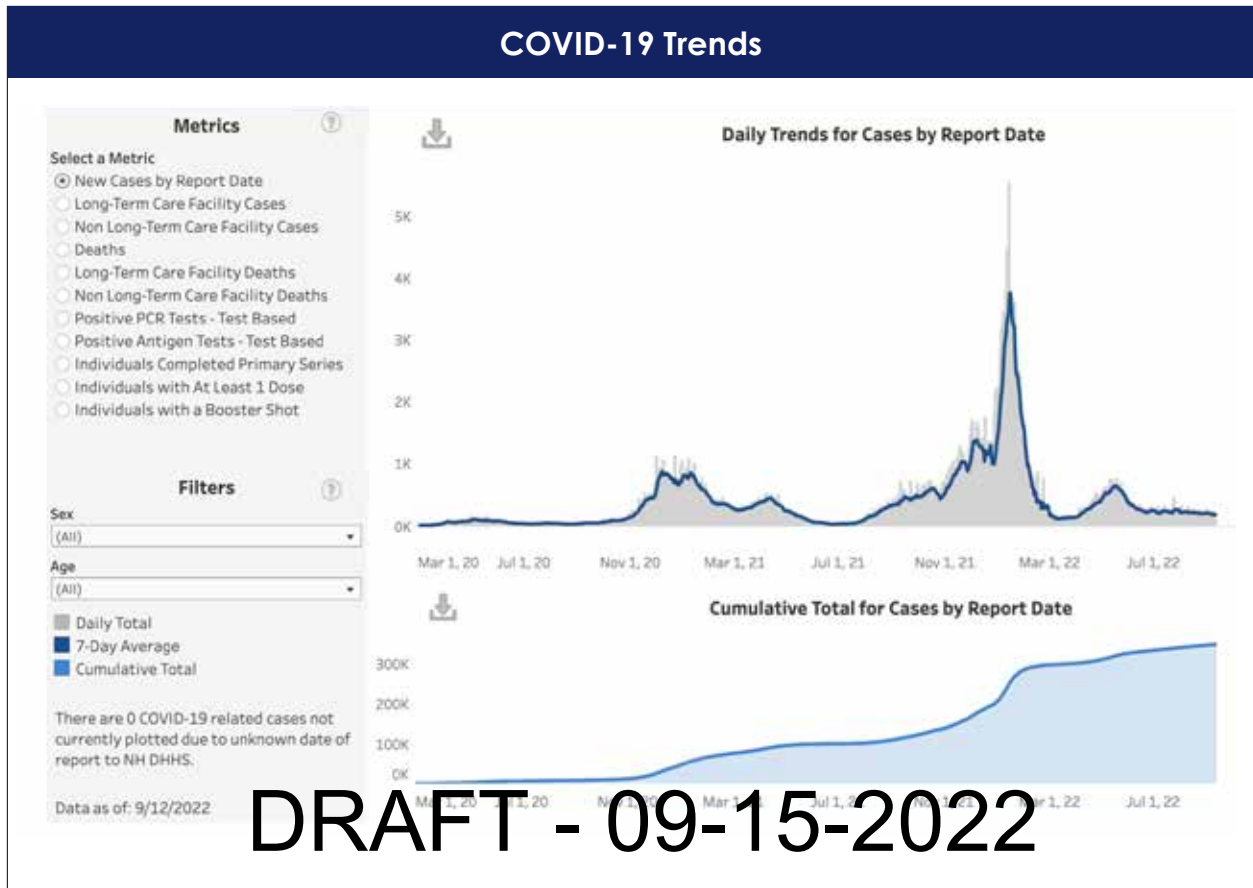
More information about current 2022 programs and programs under development: [2022 Programs | Governor's Office for Emergency Relief and Recovery \(nh.gov\)](https://www.nh.gov/governor/2022-programs)



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COVID-19 Trends



DRAFT - 09-15-2022



1. Mental and Behavioral Health Services

FROM APRIL 2020 COMMUNITY CALL NOTES:

Quote from a local mental health professional:

"Kids that were already isolated might be doing okay with this, but other kids who we aren't thinking about, who weren't previously struggling, who lost their support network, who lost their teams, those kids are having a hard time. They're incrementally more at-risk. We need to find a way to help all kids.

Quote from a Core Pediatrician:

"For families, e-learning is stressful to balance with work, other responsibilities. There are a cohort of kids who were school resistant, and some of those kids might be doing okay with these changes. Students who are missing milestones, etc, whose families are newly stressed and were doing fine before... We have to find a way to support those families through the grief and change of life that is happening, too."

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

According to the 2022 State of Mental Health in America, New Hampshire is ranked 6th in the country for youth mental illness and access to care. "A low overall ranking indicates a higher prevalence of mental illness and lower rates of access to care." (2022 Mental Health in America). The Access Ranking indicates how much access to mental health care exists within a state. The access measures include access to insurance, access to treatment, quality and cost of insurance, access to special education, and workforce availability. In 2019, New Hampshire was ranked 10th.

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Mental Health America's 2022 ranking for New Hampshire

- Adult Ranking = 30
- Adult Prevalence of Mental Illness (AMI) = 38 (22.4%)
- Adult with Substance Use Disorder = 40 (8.8%)
- Adults with Serious Thoughts of Suicide = 21 (4.7%)

- Youth Ranking = 6
- Youth with At Least One Major Depressive Episode (MDE) = 31 (15.9%)
- Youth with Severe Major Depressive Episode = 19 (10.2%)
- Youth with Substance Use Disorder = 34 (4.57%)
- Youth with MDE Who Did Not Receive Mental Health Services = 8 (46.6%)
- Youth with Severe MDE Who Received Some Consistent Treatment = 3 (47.6%)



- Children with Private Insurance that Did Not Cover Mental or Emotional Problems = 6 (4.3%)
- Students Identified with Emotional Disturbance for An Individualized Education Program = 9 (13.2%)

Reference: [Stats of the State -Suicide Mortality \(cdc.gov\)](#)

Electronic Medical Record Data compiled by Exeter Hospital mirrors this trend, with the highest number of patients seeking mental health treatment falling in the 15-24 age range (37%). The same age range is also the most likely to be diagnosed with a major depressive disorder.

MORE CONTENT TO COME

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Exeter Hospital's Emergency Department Diagnosis Codes FY 2019 through Q2 FY 2022

Unique Patient Count																
Descrip/Age Range	FY2019			FY2020			FY2021			FY2022			Grand Total			
	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	
SUICIDAL IDEATIONS	11	10	14	21	38	24	43	56	31	32	32	35	21	36	3	407
15-24	3	7	7	9	13	6	18	19	16	9	5	15	7	15	1	150
25-34	2		3	2	8	9	11	14	7	6	11	3	2	6		84
00-14	1	1	1	6	6	4	5	9	5	4	6	8	6	6		68
45-54	2			1	4		5	5	2	6	2	1	1	2		31
55-64	1	1			2	3	4	4	1	3	4	1	1	4	1	30
35-44	2	1	3	2	5	2				3	4	3	1	3	1	30
65+				1				5		1		4	3			14
MAJOR DEPRESSIVE DISORDER, SINGLE EPISODE, UNSPECIFIED	43	46	41	33	22	27	20	20	14	27	12	1	6	3		315
15-24	23	25	23	16	8	11	10	7	5	12	7	1	2			150
25-34	5	7	5	5	2	8	4	4	2	9	1		1			53
00-14	3	5	2	2	7	2	2	1	1	3	1			1	1	31
55-64	3	2	4	2	3	2		2	1	3				2		24
65+	2	5	3	3		1		3	2		3					22
45-54	5	1	3	1		3	3	1	1							18
35-44	2	1	1	4	2		1	2	2						2	17
SUICIDE ATTEMPT, INITIAL ENCOUNTER	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	10
00-14				1	1	1	1	1	1	1	1	1	1	1	1	4
15-24	1						1			1						3
45-54													1			1
55-64			1													
35-44											1					

DRAFT - 09-15-2022

The Exeter Hospital Emergency Department (ED) 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 New Hampshire State Behavioral Health Learning Collaborative sponsored by the New Hampshire Foundation for Healthy Communities, and extensive collaboration with various regional hospitals to share best practices of assessing and treating patients with suicidal ideation.

In 2021, Exeter Health Resources engaged Atrium Health to conduct a cross-organizational needs assessment, gap analysis, and 3-5 year strategic road map to address the care of behavioral health patients. A final report was completed on August 17, 2022. The following is excerpted from the report:



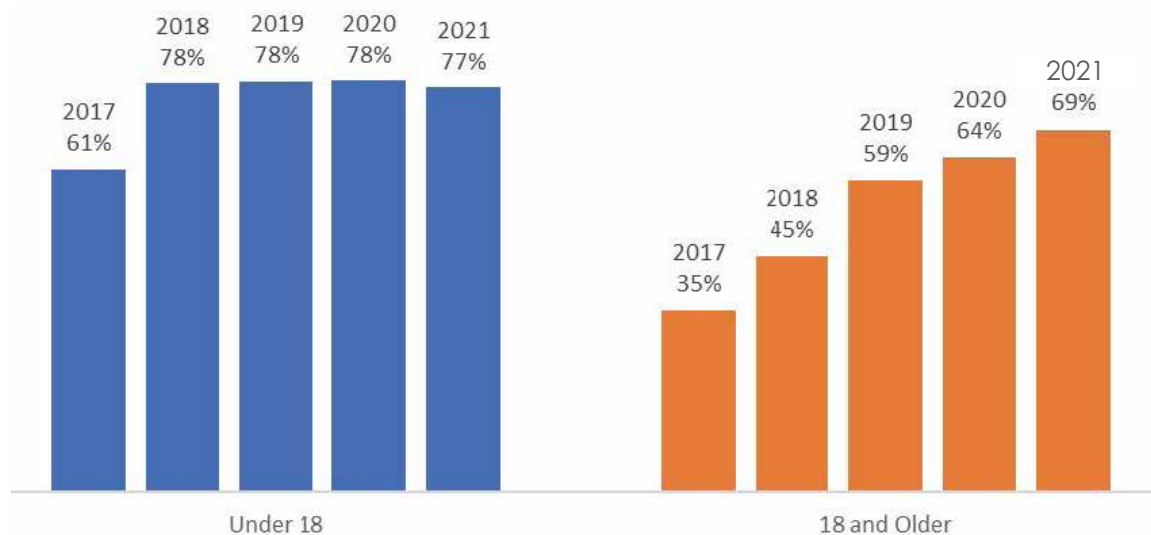
Patient visits to an ED as a result of behavioral health crisis may be due in part to poor access to adequate community-based care post-discharge, and challenges in obtaining psychiatric medications (<http://www.shepscenter.unc.edu/hp/index.html>). Due to the lack of coordinated resources and high recidivism, many patients are admitted to a psychiatric facility perhaps unnecessarily, rather than receiving the care coordination that could prevent this highest level of care. Virtual care offers an efficient means for patient evaluation, treatment recommendations, and follow-up care due to the remoteness of rural EDs and lower volume of patients needing services. Integrating patient navigation into emergency mental health care delivery may address many of the barriers to patient success post-discharge. Patient navigation has a growing evidence base for improving patient outcomes. (<https://www.ncbi.nlm.nih.gov/pubmed/28505217>).

In the 2019 Community Health Survey, 38% of respondents participating in the online survey noted Behavioral/Mental Health as the most prevalent need for Seacoast residents. When combined with those who stated abuse of drugs/prescription drugs/alcohol, that number increases to 55% of the total respondents.

MORE CONTENT TO COME

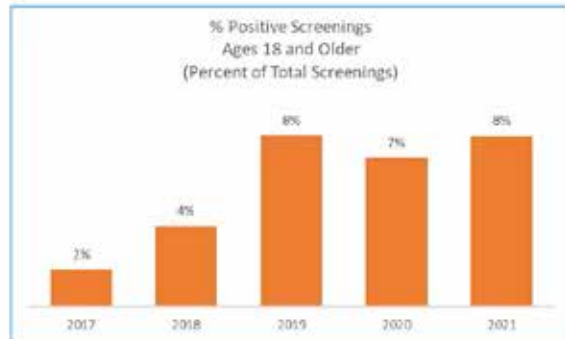
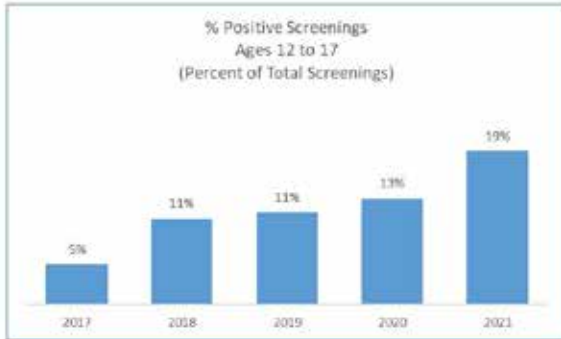
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Percent of Core Primary Care and Pediatric Patients Ages 12 and Under Seen During the Year and Screened for Depression/Suicidality Between 2017 and 2021

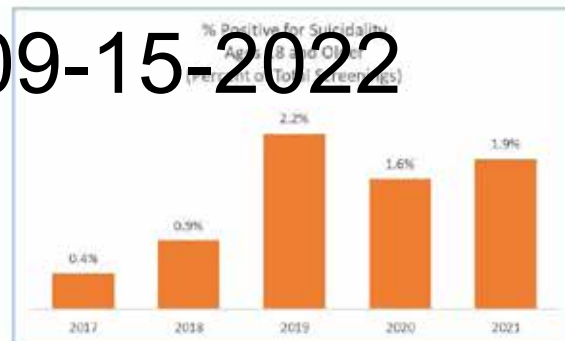
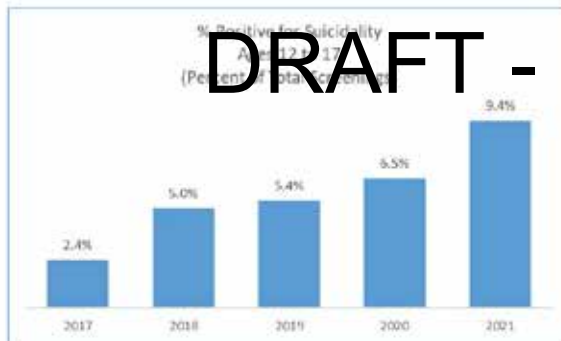




Percent Positive Screenings



Percent Positive for Suicidality



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2. Access to Care

Quote from Community Health Survey:

"The cost of monthly health care should not be the largest expense in a family budget. Health care is tragically broken on every level. The general population have lost trust in the system."

Quote from Community Health Survey:

"Limitations placed on us by insurance."

Quote from Community Health Survey:

"I usually hear a combination of insurance, transportation, and mental health issues leading to inability to navigate the healthcare system."

The movement toward value-based models is structured around health outcomes, which also determines hospital payment. Empowering physicians to address SDOH allows them to discuss behaviors and social factors that influence those health outcomes. Reference: https://www.aafp.org/dam/AAFP/documents/patient_care/everyone_project/hops19-physician-guide-sdoh.pdf (add to references)

The 2022 Community Health survey showed a decline in how people ranked their personal health. In 2019, 91% (644/710) respondents claimed that their health was good or very good. In 2022, only 80% of people chose those categories. In 2019, 7% (46/710) of people reported their health as fair or poor while in 2022, 20% of individuals did (248/1255).

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As depicted in the 2016 and 2019 Community Health Needs Assessments, access to healthcare services continues to be a notable concern through 2022. 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.

Quotes from Community Health Survey:

"I find it impossible to get an appointment with my doctor. I was forced to go to the ER due to this last weekend, and waited hours and hours without being seen."

"My PCP is retiring at a time when my health is compromised (long COVID) and I don't have a clear path forward to address my many symptoms."

"My issue is a combination of high cost and provider availability."

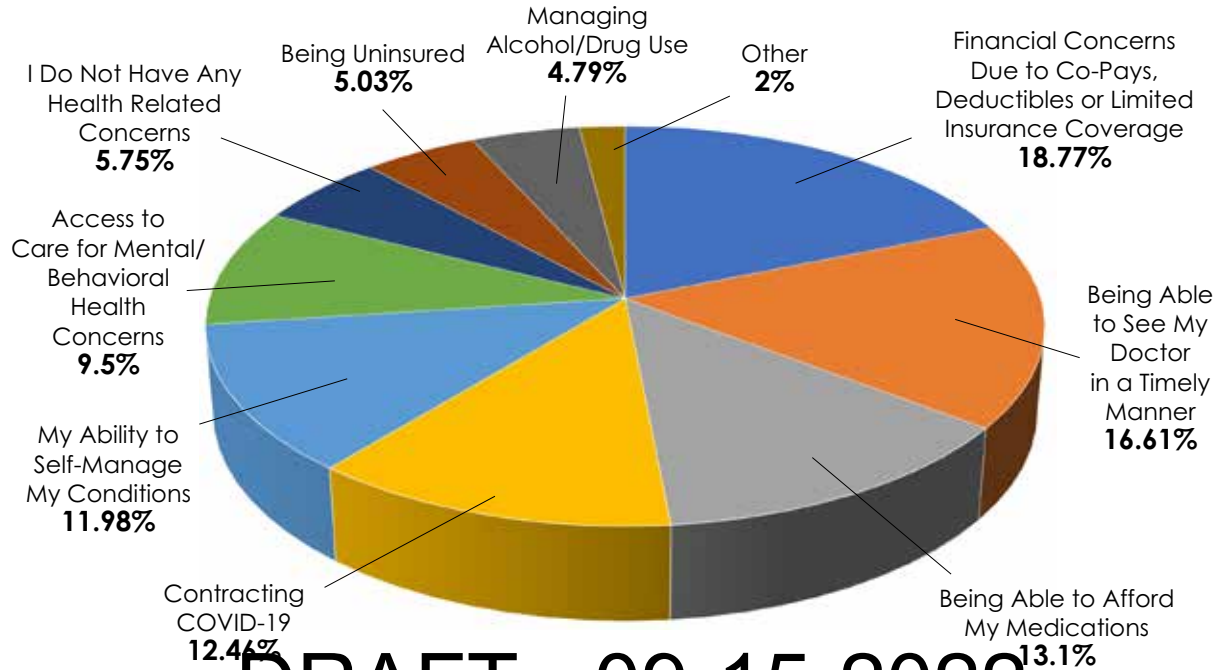


2022 Survey





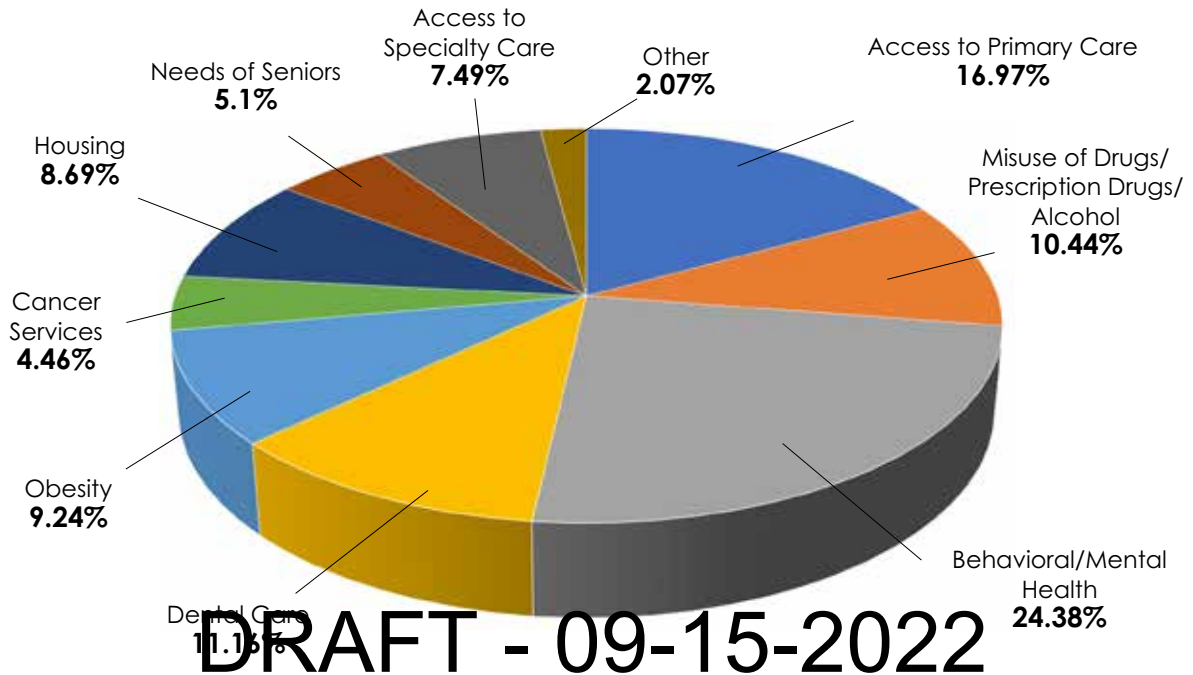
Q2: Please Tell Us What is the MOST Important Health-Related Concern You Have for You and Your Family?



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Q3: In Your Opinion, What is the MOST Prevalent Health Care Need for Seacoast Residents?



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3. Transportation

Similar to both the 2013 and the 2016 assessments, transportation remains both a health need priority and a barrier to care, most prominently for older adults and disabled community members. When asked about the primary reason Seacoast residents are not able to access healthcare, the second leading answer in 2022 (20%) was transportation. This is more than double from 2016, when 9% of respondents chose that category. Lack of transportation leads to social isolation, declining health outcomes, and

Quotes from Community Health Survey:

"I am most concerned with being able to afford and get to appointments, pharmacies, procedures, dentists and physical rehab. I am too young for transportation services, don't make enough money for taxis and Ubers, and have co-pays to pay!"

MORE CONTENT TO COME

4. Social Determinants of Health

Good health cannot only be attributed to high quality medical care. We now know that social and economic factors contribute up to 80% of an individual's health status. These factors are called the 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)

DRAFT - 09-15-2022

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

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

- Community Participation
- Discrimination
- Social Connection

4. Health and Health Care

- Access to Health Care
- Access to Primary Care
- Health Literacy

5. Neighborhood and Built Environment

- Access to Healthy Foods
- Violence & Trauma
- Environmental Conditions
- Quality of Housing

Exeter Health Resources and Social Determinants of Health

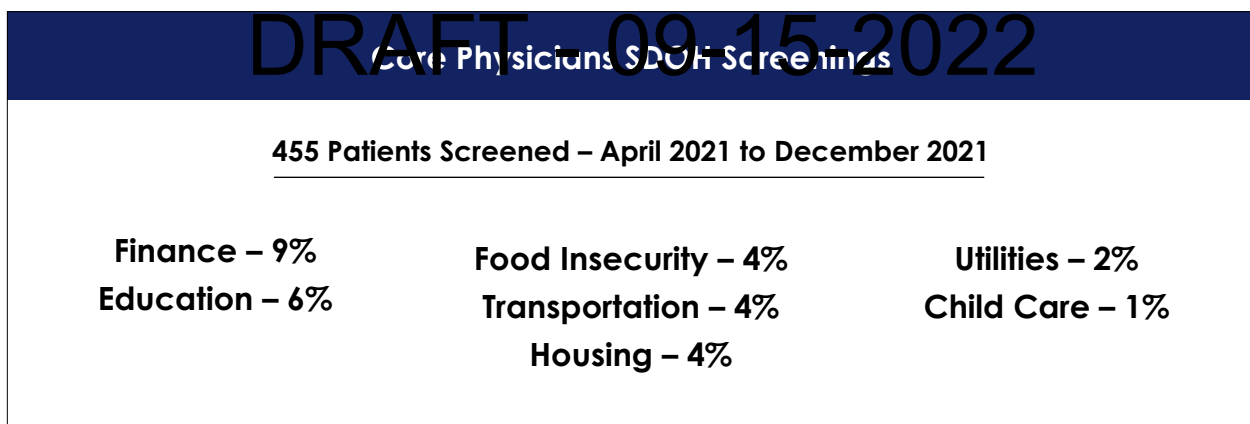




Addressing SDOH in a healthcare setting can improve care, patient experience, and health outcomes. Core Physicians conducted 455 patients screenings in 2021 (see questionnaire in Appendix xxx). Since social determinants of health are interrelated, a positive screen could indicate the need for an in-depth conversation about needs and challenges. Increased stress due to multiple social determinants further impacts health. It also triggers referral to appropriate community resources.

As illustrated below, the categories of finances and education were the domains that Core patients screened positive for most frequently. Financial strain includes emotional and behavioral responses to hardship when an individual cannot meet financial obligations. It encompasses housing instability and food insecurity. Individuals under financial strain may forgo medical care or prescriptions, and it has been linked to depression in both parents and children.

Lower education levels are correlated with lower income, higher likelihood of smoking, and shorter life expectancy. Individuals with lower levels of education are less likely to engage with their physicians, tend to have poorer medical compliance, and have higher rates of hospitalization. http://www.aafp.org/dam/AAFP/documents/patient_care/everyone_project/hops19-physician-guide-sdoh.pdf



In areas with a large proportion of people earning middle and higher incomes such as Rockingham County, poorer residents find themselves dealing with inflated prices for basics like housing, healthcare, and transportation. It is also very difficult to move out of a position of poverty.



Quotes from Community Health Survey:

“Two areas of concern in our communities that continue to be top of mind are behavioral health and social drivers of health. They can determine a person’s overall health more so than access to clinical care. These two areas of need are not new and the pandemic broadened the gap that has existed between the demand and supply of those resources. Many great community organizations are doing their best to provide access and resources, however more investment and reimbursement is needed for us to truly address these community health concerns.”

Excerpt from Community Call Notes with Sarah Shanahan from HAVEN, impact of the pandemic on violence

- When COVID-19 hit, it became “deadly” quiet for a few weeks. What became clear was that survivors we had been working with and people who hadn’t yet reached out yet were experiencing a lot more barriers. They were now sheltering at home with their abusers. Kids who would have sought help after a presentation were now home.
- HAVEN’s work became increasingly complex with more requests for shelter leaving staff to figure out how to meet the need safely.
- They saw a rise in homelessness and an increase in mental health needs. HAVEN quickly launched a tech hotline with lots more young people reaching about physical abuse, or mental health issues related to previous assaults. Teenagers and college students who had gotten away were now back in an abusive environment and they started to reach out through this new tech line.
- CARC trauma informed interviews picked up but mostly physical assault, not sexual. 90-96% of children are sexually abused by someone with regular access. And we weren’t reaching those kids.
- HAVEN initially thought it would be temporary. Over the course of the summer it became clear this was not the case.
- The pivot – HAVEN decided to focus on reaching elementary age students while in school. They are the most at-risk with the least unsupervised access to reach out for help. Teens and older were reaching out, young kids could not. Created a virtual version of presentations for kids focusing on K-4.
- Started teacher training using zoom training covering topics like how can teachers maximize face time with students when they have concerns. Also how to recognize signs of abuse.
- Isolation is very challenging on all segments of the population and mental health issues are exacerbated. Difficulty in navigating systems. People who were getting mental health transitioned okay to telehealth. People who had coexisting with behavioral health not as successful.

DRAFT - 09-15-2022



5. Needs of Older Adults & Other Underserved Populations

Quotes from Community Health Survey:

"I would like more active programs for seniors like Pickleball, walking programs, and other programs for seniors."

Prior to 2019, seniors in the community relied on a host of services that were immediately impacted. For instance, Rockingham Meals on Wheels and Lamprey Healthcare had to cease transportation completely for a time (Lamprey has since terminated the transportation program). Seniors are a population that has gaps in technology access and comfort so information was not easy to get out quickly. Notes from an April 2020 Community Call show that a local senior care organization reported that seniors were feeling isolated and not getting the help they needed with groceries, shopping, medications, and more.

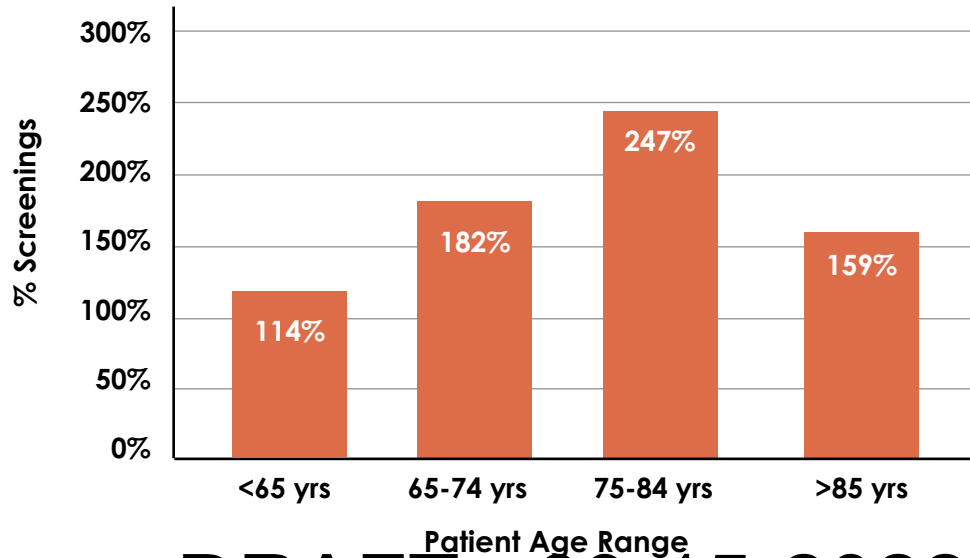
Rockingham Visiting Nurse Association & Hospice (RVNA) is a community-based, non-profit Home Health agency that serves the adult population of Rockingham County as well as the communities of Barrington, Durham and Lee, New Hampshire. Rokingham VNA & Hopsice is an affiliate of Exeter Health Resources, providing high quality home care, community outreach programs and services.

DRAFT - 09-15-2022



RVNA Data on Screening for Social Risk Factors

Number of At-Home RVNA Social Screenings
September 2021 to April 2022

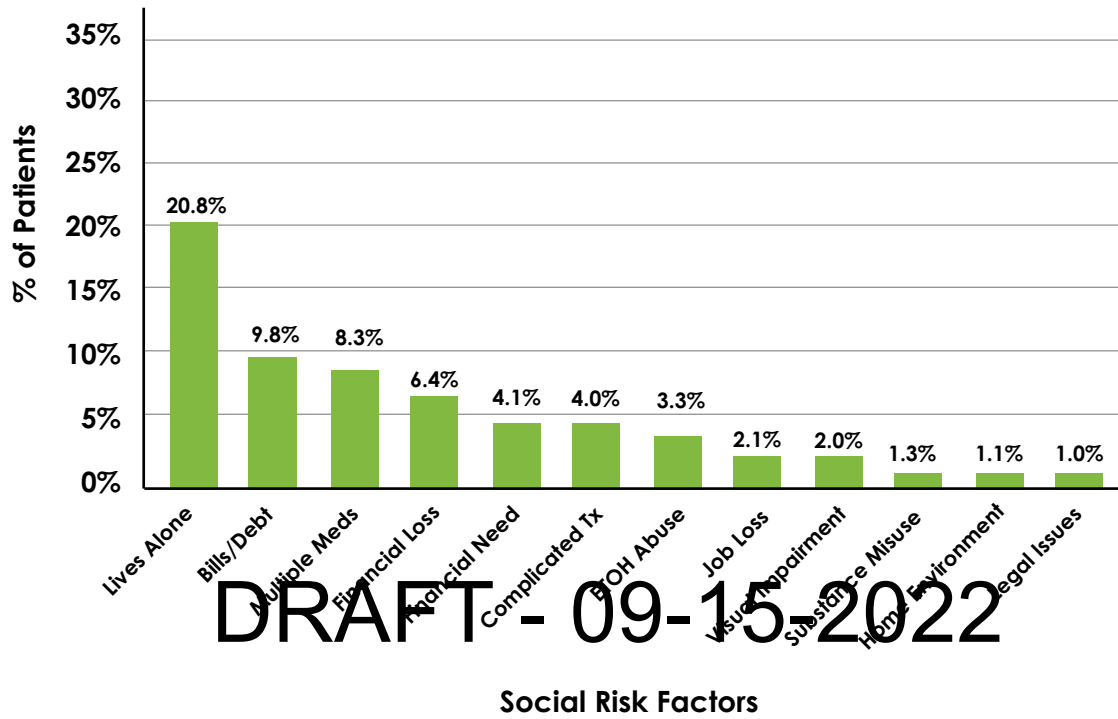


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RVNA Distribution of Positive Screenings

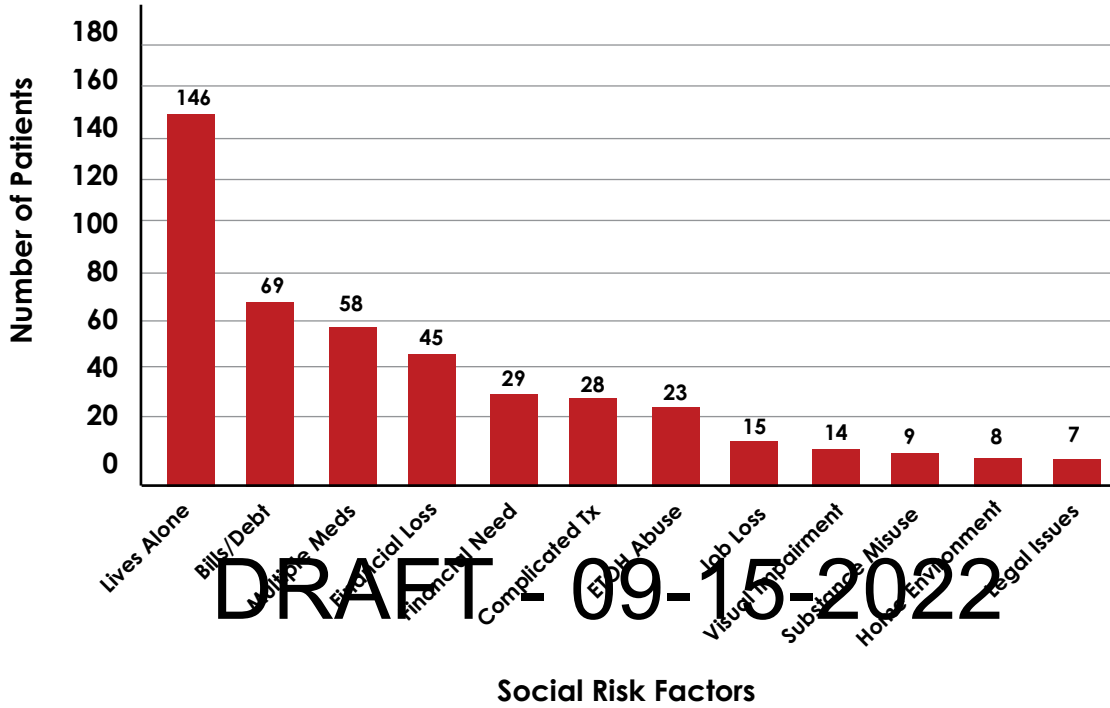
Percentage of Patients with a Positive Social Risk Screening
September 2021 to April 2022





RVNA Distribution of Positive Screenings

Number of Patients with a Positive Social Risk Screening
September 2021 to April 2022





Consistent with the 2013 and 2016 Community Health Needs Assessment reports, Support Services for Older Adults remains a significant need in the area. According to the “New Hampshire State Plan on Aging- 2015-2019, published by the New Hampshire 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% of the total New Hampshire population.

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	9,521	18,736	10,128	10,810	20,938	12,111	12,801	24,912	13,364	13,364	26,728
65-69	6,196	6,501	12,697	8,434	9,022	17,456	9,431	9,888	19,319	11,771	12,243	23,614
70-74	4,012	4,219	8,231	5,499	5,958	11,457	7,641	8,414	16,055	9,603	10,171	19,774
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

DRAFT - 09-15-2022

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>.

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 population of older adults 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.



“Older adults now have the most diverse life experiences of any age group,” Ina Jaffe, a reporter at NPR who covers aging, told me in an email. “Some are working, some are retired, some are hitting the gym every day, others suffer with chronic disabilities. Some are traveling around the world, some are raising their grandchildren, and they represent as many as three different generations. There’s no one term that can conjure up that variety.”

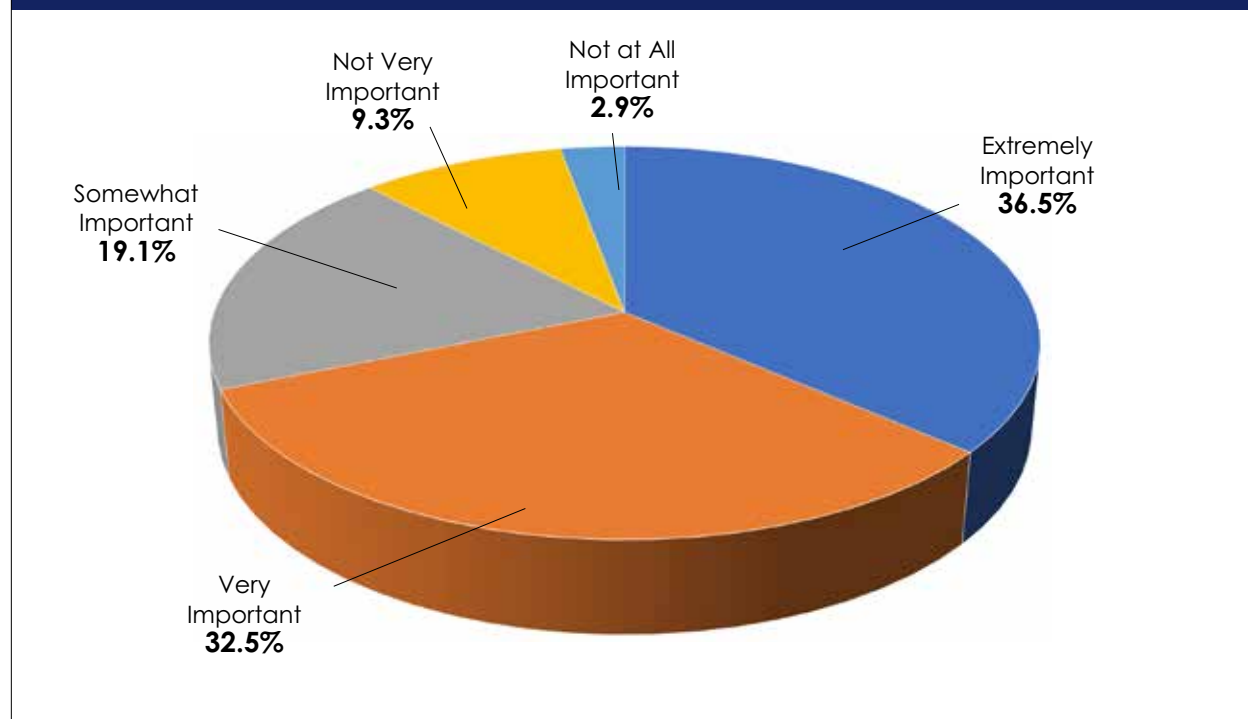
“When Does Someone Become ‘Old’? It’s surprisingly hard to find a good term for people in late life”, by Joe Pinsker, The Atlantic.

(from Parks and Rec survey) New Hampshire has an aging population. In 2015 there were 220,672 adults over the age of 65; by 2040 the projected 65+ population will be 408,522. According to AARP, 1 in 5 Americans over the age of 65 does not drive. That equates to 75,000 non-driving older adults in New Hampshire by 2030, based on population projections. Furthermore, what’s good for seniors is often good for younger adults and families. This includes having a variety of transportation options, walkable neighborhoods, access to services, and vibrant social opportunities.

Findings from Exeter’s 2022 Age Friendly Communities survey show that residents wish to remain in the community as they age. 36.5% of respondents said it was “Extremely Important” to remain in Exeter in their 70s, 80s, and beyond while 32.5% answered that it was “Very Important.”

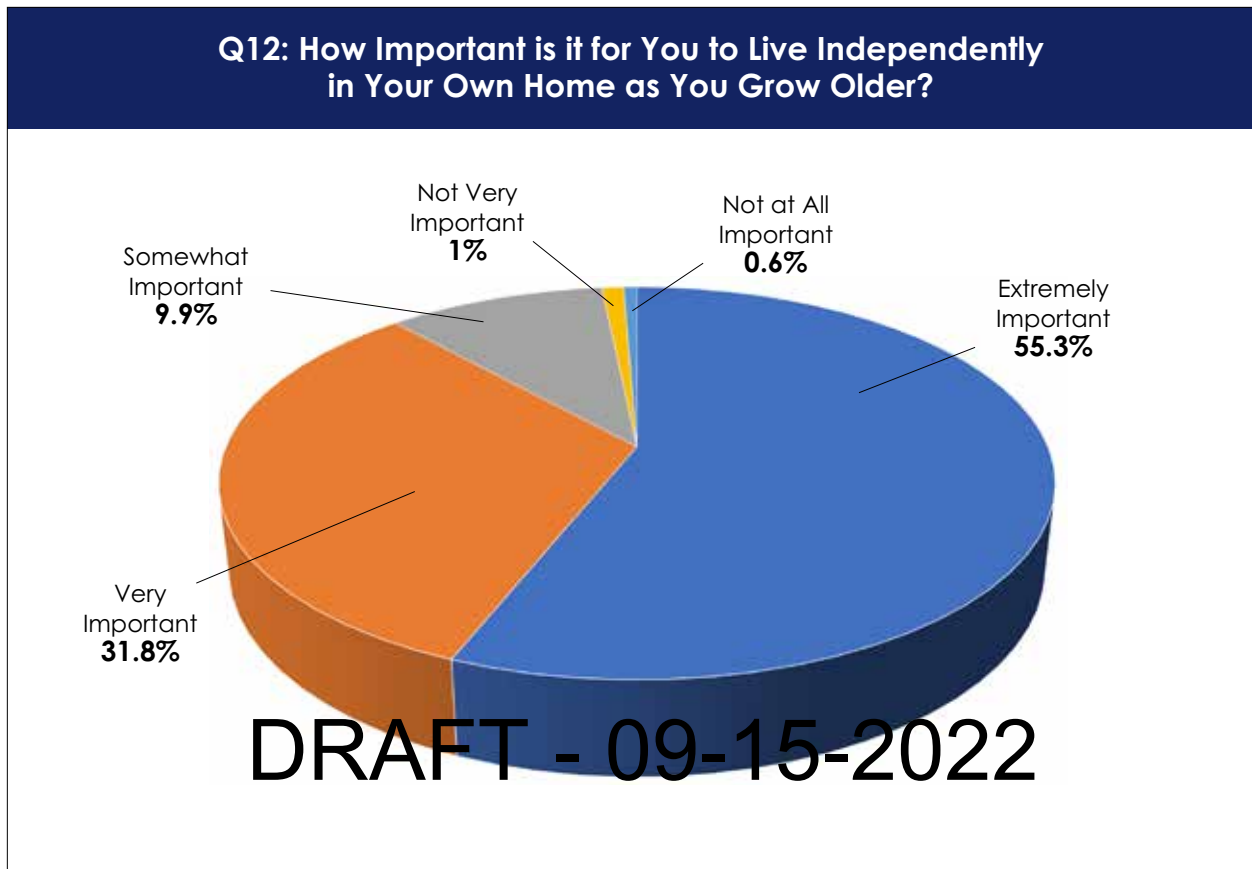
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Q5: How Important is it to Remain in Exeter as You Reach Your 70s, 80s, and Beyond?





Likewise, 55.3% of respondents said it is “Extremely Important” to live independently in their own home as they grow older and 31.8% reported that it is “Very Important.”





Appendix A: Citations

- Behavioral Health Barometer New Hampshire, Volume 5
- 2022 County Health Rankings Report
www.countyhealthrankings.org
- Healthy Aging Data Report – Highlights from New Hampshire 2019
www.HealthyAgingDataReports.org
- NH 10 Year Mental Health Plan 2019
<https://www.dhhs.nh.gov/dcbcs/bbh/documents/10-year-mh-plan.pdf>
- The Commonwealth Fund
<https://interactives.commonwealthfund.org/2018/state-scorecard/state/new-hampshire>
- Health Indicators Report – Rockingham County, NH
- The State of Mental Health in America
www.mentalhealthamerica.net/issues/ranking-states
- The Impact of the COVID-19 Pandemic on Youth Mental Health – How Adults and Caregivers Can Provide Support
<https://extension.unh.edu/blog/2022/05/impact-covid-19-pandemic-youth-mental-health>
- Americas Health Rankings
https://www.americashealthrankings.org/explore/annual/measure/Health_Status/state/NH
- New Hampshire Health and Human Services Data Portal
https://wisdom.dhhs.nh.gov/wisdom/#Topic_3F54F8F2E02642689C27A24167B37ADE_Anon
- Economic Impact of COVID-19 on New Hampshire
<https://carsey.unh.edu/what-is-new-hampshire/sections/economy/covid-19>

DRAFT - 09-15-2022



Appendix B: Steering Committee Contact Information

Seneca Bernard, Associate Executive Director
Gather
210 West Road, Portsmouth, NH 03801

Kathy Flygare, Member
Rotary Club of Exeter
P.O. Box 861, Exeter, NH 03833

Pati Frew-Waters, Executive Director
Seacoast Family Promise
27 Hampton Road, Exeter, NH 03833

Tracy Fuller, Regional Executive Director
Plaistow Community YMCA
175 Plaistow Road, Plaistow, NH 03865

Carol Gulla, Executive Director
Transportation Assistance for Seacoast Citizens
200 High Street, Hampton, NH 03842

**Darren A. Guy, DO, Chief Population Health
Officer, Executive Director of NH Cares ACO**
Core Physicians, LLC
7 Holland Way, Exeter, NH 03833

**Kelly Hartnett, Vice President of Community
Relations**
Seacoast Mental Health Center
1145 Sagamore Avenue, Portsmouth, NH 03801

**Ken La Valley, Vice Provost of Outreach &
Engagement**
UNH Cooperative Extension
Durham, NH 03824

**Mark Lefebvre, Director of Community
Engagement**
Pinetree Institute
ACES Master Trainer
206 Old Rd, Eliot, ME 03903

Cait McAllister, Administrative Intern
Summer 2022
5 Alumni Drive, Exeter, NH 03833

**Jennifer McGowan, Community Impact
Officer**
Exeter Health Resources
5 Alumni Drive, Exeter, NH 03833

Ken Mendis, Executive Director
Racial Unity Team
Stratham, NH 03885

Elizabeth Miller, Program Director
Pinetree Institute
206 Old Rd, Eliot, ME 03903

Kimberly Meyer, Chief Executive Officer
Exeter YMCA
56 Linden Street, Exeter, NH 03833

Anita Rozeff, Compliance Officer
Lampray Health Care
207 South Main Street, Newmarket, NH 03857

Peggy Small-Porter, Development Coordinator
Waypoint at The Richie-McFarland
Children's Center
11 Sandy Point Road, Stratham, NH 03885

Lori-Waltz Gagnon, Executive Director
Leadership Seacoast
P.O. Box 131, Portsmouth, NH 03802

Debra Vasapolli, Director
Exeter Health Resources
5 Alumni Drive, Exeter, NH 03833

Molly Zirillo, Executive Director
Society of St. Vincent de Paul Exeter Center
53 Lincoln Street, Exeter, NH 03833

DRAFT - 09-15-2022



Appendix C: Participating Organizations

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

Gather is a non-profit that for 200 years, has been serving Seacoast residents facing hunger. The agency was founded in 1816 by a small group of women committed to feeding the families of fishermen. Today, Gather is committed to ending local hunger through collaboration and leadership. Gather serves those in our community experiencing hunger by providing nutritious food through innovative distribution programs and our Pantry Market. We offer nutrition education and recipes for healthy living. We collaborate with community partners to address the root causes of hunger throughout the Seacoast in New Hampshire and Maine.

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

Seacoast Family Promise is an organization that looks to empower families with children experiencing homelessness to achieve sustainable independence through a community-based response. Seacoast Family Promise can help them regain a sense of stability with their family. They can have hope for a brighter future. Seacoast Family Promise offers essential, results-proven strategies ensuring family success. After returning to the community with stable housing and employment, families receive aftercare support through Home Again, a continuing system of case management and support services.

<https://www.seacoastfamilypromise.org/>

The Plaistow Community YMCA is the leading nonprofit committed to strengthening community by empowering young people, improving the health and well-being of people of all ages and inspiring action in and across communities. As a part of the YMCA of the North Shore is a part of setting an ambitious course for the future with over 55,000 members regionally. Our YMCA is poised to create positive change in the communities we serve for decades to come.

<https://www.northshoremca.org/locations/plaistow-community-ymca>

Transportation Assistance for Seacoast Citizens helps people maintain their health, independence and dignity by mobilizing volunteer drivers to provide rides to eligible adult residents of Exeter, Greenland, Hampton, Hampton Falls, Kensington, North Hampton, Rye, Seabrook and Stratham, NH. Eligible residents are adults who are age 55 or better or have



a disability or medical challenge that prevents them from driving. There is no charge for rides with TASC so that cost is not another obstacle for accessing needed transportation. <https://www.tasc-rides.org/>

UNH Extension is staffed by specialists, educators, support personnel and volunteers and located in each of the state's 10 counties. UNH Extension works in four broad topic areas: Youth and Family Development, Community and Economic Development, Natural Resources and Food and Agriculture. By working in collaboration with county, state and federal governments, UNH Extension is at work in every New Hampshire County, making the state's key industries stronger, developing vibrant communities and municipal leaders, fostering healthy families and an informed and engaged citizenry, and keeping the state's natural resources healthy and productive. <https://extension.unh.edu/>

Racial Unity Team was formed because of the tragic June 2015 shooting of nine Black people at a church in Charleston, SC. The shooter wanted to start a revolution of hate. A small group of people in Exeter decided to start a revolution of love. Our Mission is to advance relationships among people of different racial identities, increase understanding, and reduce racial bias in our communities. Our Vision is to lay a foundation for developing racial understanding by establishing a transformational goal of developing communities that promote racial diversity and understanding. <https://racialunityteam.com/>

DRAFT - 09-15-2022

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

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

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.

www.lampreyhealth.org

Waypoint at The 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

Leadership Seacoast was founded in 1988 by a group of seacoast community residents concerned about furthering civic engagement in the community. Leadership Seacoast is a nonprofit civic engagement organization dedicated to enriching and inspiring both emerging and existing leaders within the Seacoast Community.

<https://www.leadershipseacoast.org/>

Rotary Club of Exeter New Hampshire has been a non-profit member of the Exeter Area Community since 1959. The Club conducts many community projects and supports local non-profits whose work benefits those that live and work in Exeter area. Contributions to Exeter Rotary have helped support area food banks, The St. Vincent de Paul Community Assistance Center Dental Van, Hospice, Special Olympics, The Salvation Army, Seacoast Family Promise, The Chamber Children's Fund, Cross Roads House, YMCA programs, NHSPCA, Exeter Parks & Recreation teams, Rotary Youth Leadership Awards, scholarships and many more community focused initiatives, as well as international humanitarian projects that include helping to eradicate polio, clean water projects, education initiatives and food and shelter for children and families all over the world.

<https://www.exeterrotary.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.svdpexeter.com

DRAFT - 09-15-2022



Appendix D: Key Leader Interview Roster

Contact	Title	Organization	Priority Area
Matt Chapman	Executive Director	Housing Partnership	SDOH
Ellen Faulconer	Human Services Director	Town of Kingston	Municipal Govt.
Russell Dean	Town Manager	Town of Exeter	Municipal Govt.
Drew Olick		Exeter Hospital	Access to Care
Susan Turner	Certified Applications Counselor	Families First Health and Support Center	Access to Care
Shamera Simpson	Area Director	AFSP	Behavioral Health
Sonya Robicheau	Officer	Exeter Police Department	Municipal Govt.
Pam McElroy	Human Services Administrator	Exeter Town Welfare	Municipal Govt.
Hershey Hirschkop	Executive Director	Seacoast Outright	SDOH
Kristen Welch	Director of Development	NAMI-NH	Behavioral health
Peggy Small-Porter	Coordinator, Development	Waypoint NH	SDOH
Beth Wheeler	Director of Population Health	Foundation for Healthy Communities	Access to Care
Carol Gulla	Executive Director	TASC	Transportation
Charlotte Scott	Program Director	SoRock	Behavioral Health
Jeff Donald	Community Transportation Manager	COAST	Transportation
Jen Hubbell	Executive Director	GOTR NH	SDOH
Jennifer Wheeler	President	Exeter Area Chamber of Commerce	Social determinants of health
Ken Mendis	Chair	Racial Unity Team	Social determinants of health
Molly Zirillo	Executive Director	Society of St Vincent de Paul	SDOH
Sarah Gould	Training & Program Coordinator	Connor's Climb Foundation	Behavioral Health
Sarah Shanahan	Education and Training Director	HAVEN	SDOH
Seneca Bernard	Associate Executive Director	Gather	SDOH
Mark Lefebvre	Director of Community Engagement	Pinetree Institute	SDOH
Maria Reyes	Continuum of Care Coordinator	Seacoast Public Health Network	Public Health
Justin Pizon	Exeter Fire Department	Exeter Fire Department	Municipal Govt.
Talley Westerberg	Social Worker	Winnacunett High School	Behavioral Health
Darren A. Guy, DO	Chief Population Health Officer	Core Physicians, LLC	Access to Care

DRAFT - 09-15-2022



Appendix E: Interview Questions

Questions for Service Providers

**All questions pertain to residents of Rockingham County*

1. What services does your agency/organization provide for the residents in Rockingham County?
2. How do residents hear about your services?
3. What are some of the barriers you see in accessing these services?

DRAFT - 09-15-2022

4. What does your agency do to meet the cultural and language needs of people who use your services?
5. What, if any, are some possible methods to increase the use of your services by the community members in this county?
6. What are some special accommodations that you provide for citizens who require special services? (e.g., language/cultural or handicapped issues?)
7. How has your funding been affected since the pandemic?



8. How are the programs in your organization evaluated?

9. What are some of the strengths you see in Rockingham County?

10. What are some of the challenges you see in Rockingham County?

11. What are some of the needs for residents that are not being addressed?

12. In your opinion, what are the major health concerns for community members?

13. Is there any literature or other information about your organization that you would like to share?

14. Suggestions for other key leader interviews?

DRAFT - 09-15-2022



Appendix F: Promotions

Survey Monkey

The online Community Health 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 surrounding towns and to area school districts. It was further distributed through paid marketing e-blasts to the three area chambers: Exeter Area Chamber of Commerce, the Chamber Collaborative of Greater Portsmouth, and the Hampton Area Chamber of Commerce. In total 1,255 people completed the survey. [See promotional flyer.](#)

DRAFT - 09-15-2022



Appendix G: Social Needs Screening Tool



Social Needs Screening Tool

(PHYSICIAN LONG VERSION)

SCORING INSTRUCTIONS:

For the housing, food, transportation, utilities, child care, employment, education, and finances questions: Underlined answers indicate a positive response for a social need for that category.

For the personal safety questions: A value greater than 10 when the numerical values are summed for answers to these questions indicates a positive response for a social need for personal safety.

HOUSING

- What is your housing situation today?¹
 - I do not have housing (I am staying with others, in a hotel, in a shelter, living outside on the street, on a beach, in a car, abandoned building, bus or train station, or in a park)
 - I have housing today, but I am worried about losing housing in the future
 - I have housing
- Think about the place you live. Do you have problems with any of the following? (check all that apply)²
 - Bug infestation
 - Mold
 - Lead paint or pipes
 - Inadequate heat
 - Oven or stove not working
 - No or not working smoke detectors
 - Water leaks
 - None of the above

FOOD

- Within the past 12 months, you worried that your food would run out before you got money to buy more.³
 - Often true
 - Sometimes true
 - Never true
- Within the past 12 months, the food you bought just didn't last and you didn't have money to get more.³
 - Often true
 - Sometimes true
 - Never true

TRANSPORTATION

- In the past 12 months, has lack of transportation kept you from medical appointments, meetings, work, or from getting things needed for daily living? (check all that apply)⁴
 - Yes, it has kept me from medical appointments or getting medications
 - Yes, it has kept me from non-medical meetings, appointments, work, or getting things that I need
 - No

UTILITIES

- In the past 12 months has the electric, gas, oil, or water company threatened to shut off services in your home?⁵
 - Yes
 - No
 - Already shut off

CHILD CARE

- Do problems getting child care make it difficult for you to work or study?⁶
 - Yes
 - No

EMPLOYMENT

- Do you have a job?⁸
 - Yes
 - No

EDUCATION

- Do you have a high school degree?⁹
 - Yes
 - No

FINANCES

- How often does this describe you? I don't have enough money to pay my bills.⁷
 - Never
 - Rarely
 - Sometimes
 - Often
 - Always

DRAFT - 09-15-2022



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PERSONAL SAFETY

11. How often does anyone, including family, physically hurt you?⁸
- Never (1)
 - Rarely (2)
 - Sometimes (3)
 - Fairly often (4)
 - Frequently (5)
12. How often does anyone, including family, insult or talk down to you?⁹
- Never (1)
 - Rarely (2)
 - Sometimes (3)
 - Fairly often (4)
 - Frequently (5)
13. How often does anyone, including family, threaten you with harm?⁹
- Never (1)
 - Rarely (2)
 - Sometimes (3)
 - Fairly often (4)
 - Frequently (5)
14. How often does anyone, including family, scream or curse at you?⁹
- Never (1)
 - Rarely (2)
 - Sometimes (3)
 - Fairly often (4)
 - Frequently (5)

Sum of questions 11-14: 0
 Greater than 10 equals positive screen for personal safety.

ASSISTANCE

15. Would you like help with any of these needs?
- Yes
 - No

Questions 1-6 and 11-14 originated from the sources listed in the reference section. Those 10 questions were adapted by the National Academy of Medicine (NAM) and reprinted in this document with permission. The NAM questions can be found at:

Billieux A., Verlander K, Anthony S, Alley D. Standardized screening for health-related social needs in clinical settings. The accountable health communities screening tool. Discussion paper. National Academy of Medicine, Washington, DC. www.nam.edu/wp-content/uploads/2017/05/Standardized-Screening-for-Health-Related-Social-Needs-in-Clinical-Settings.pdf. Accessed October 3, 2018.

Questions 7-10 originated from the sources listed in the reference section. Those four questions were adapted by Health Leads and reprinted in this document. The Health Leads questions can be found at:

Health Leads. Social needs screening toolkit. www.healthleadsusa.org/wp-content/uploads/2016/07/Health-Leads-Screening-Toolkit-July-2016.pdf. Accessed October 3, 2018.

REFERENCES

1. Created in part under license of PRAPARE™ from the National Association of Community Health Centers. © 2018. PRAPARE is developed and owned by the National Association of Community Health Centers (NACHC), in partnership with the Association of Asian Pacific Community Health Organization (AAPCHO), the Oregon Primary Care Association (OPCA), and the Institute for Alternative Futures (IAF). For more information, visit www.nachc.org/prapare.
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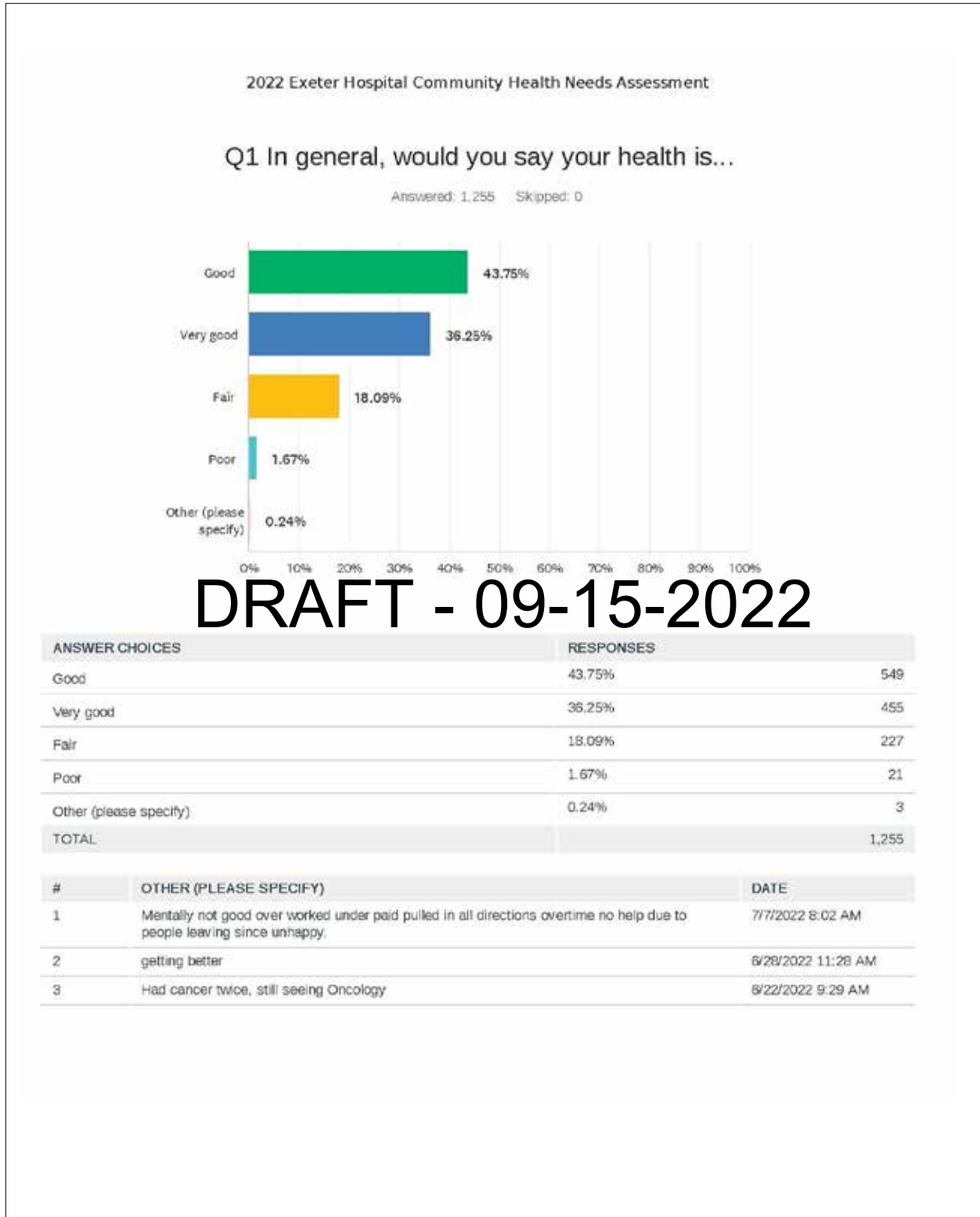


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Appendix H: Exeter Hospital Community Health Survey

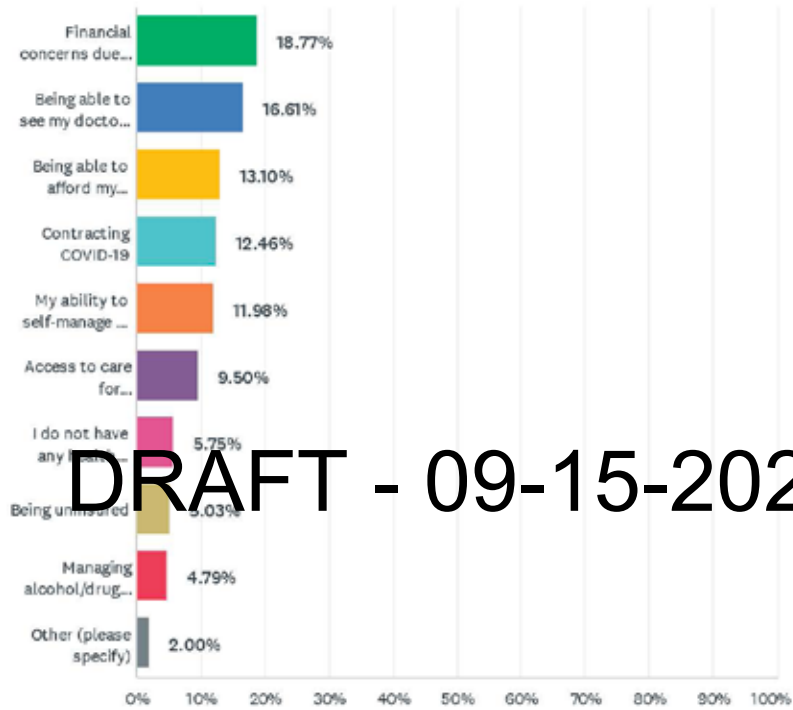




2022 Exeter Hospital Community Health Needs Assessment

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

Answered: 1,252 Skipped: 3



DRAFT - 09-15-2022



2022 Exeter Hospital Community Health Needs Assessment

ANSWER CHOICES	RESPONSES	
Financial concerns due to co-pays, deductibles or limited insurance coverage	18.77%	235
Being able to see my doctor in a timely manner	16.61%	208
Being able to afford my medications	13.10%	164
Contracting COVID-19	12.46%	156
My ability to self-manage my conditions	11.98%	150
Access to care for mental/behavioral health concerns	9.50%	119
I do not have any health related concerns	5.75%	72
Being uninsured	5.03%	63
Managing alcohol/drug use	4.79%	60
Other (please specify)	2.00%	25
TOTAL		1,252

#	OTHER (PLEASE SPECIFY)	DATE
1	Chiropractor and Naturopathic Physician access, which I secure on my own.	8/11/2022 10:55 AM
2	co pay has gone up so much higher	8/8/2022 10:37 AM
3	In person visits. Not telehealth	7/28/2022 10:13 AM
4	Mental Health Evols and providers are difficult to find.	7/15/2022 6:58 AM
5	cost of insurance coverage	7/13/2022 10:05 AM
6	getting high quality health care.	7/12/2022 5:26 PM
7	age related problems	6/28/2022 11:39 AM
8	Quality of healthcare physicians	6/28/2022 10:16 AM
9	I find it impossible to get an appointment with my doctor. I was forced to go to the ER due to this last weekend and waited hours and hours without being seen.	6/28/2022 9:06 AM
10	Paying on Medical bills due to Cancer. And "ongoing" Bill.	6/22/2022 9:29 AM
11	Obtaining an specific diagnosis and subsequent path to recovery.	6/20/2022 12:29 PM
12	Losing weight successfully and maintaining a healthier lifestyle	6/20/2022 7:15 AM
13	Blood pressure	6/17/2022 6:58 PM
14	Being able to continually have "checks" for possible recurrence of my colon cancer, ie blood work, CAT Scans.	6/17/2022 1:11 PM
15	Being insured but keeping the same quality of insurance if I change jobs	6/17/2022 1:08 PM
16	Availability of providers, responsiveness of providers, trust that providers are looking at holistic approaches to treating the interconnectedness of conditions, medications, and physical/mental health. I am finding that providers are increasingly myopic and unwilling / unable to look at the whole picture of health.	6/17/2022 12:40 PM

DRAFT - 09-15-2022



2022 Exeter Hospital Community Health Needs Assessment

20	Understanding costs and transparency around in network vs out of network care.	6/16/2022 1:25 PM
21	paying co-pays	6/15/2022 3:56 PM
22	The need for a proper assessment, no matter how long it takes. I start to feel like a hypochondriac, when I know there is something wrong (and my body is telling me so).	6/15/2022 3:51 PM
23	A combination of high cost and provider availability.	6/14/2022 4:03 PM
24	I am most concerned with being able to afford and get to appointments, pharmacies, procedures, dentists and physical rehab. I am too young for transportation services, don't make enough for taxis and Ubers and have co-pays to pay!	5/31/2022 3:48 PM
25	More active programs for Seniors like Pickleball, walking programs. other programs for seniors	5/27/2022 12:26 PM

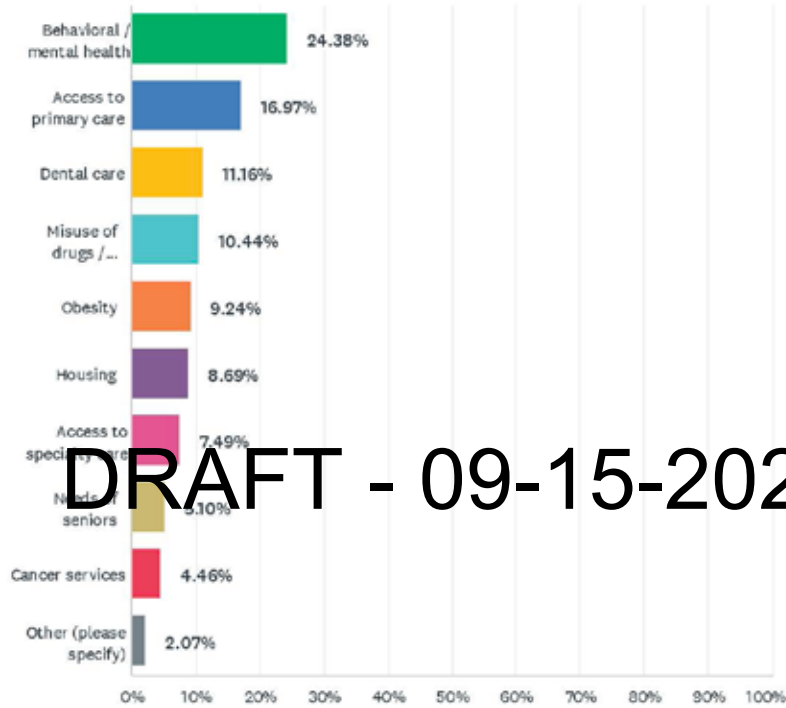
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2022 Exeter Hospital Community Health Needs Assessment

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

Answered: 1,255 Skipped: 0



DRAFT - 09-15-2022



2022 Exeter Hospital Community Health Needs Assessment

ANSWER CHOICES	RESPONSES	
Behavioral / mental health	24.38%	306
Access to primary care	16.97%	213
Dental care	11.16%	140
Misuse of drugs / prescription drugs / alcohol	10.44%	131
Obesity	9.24%	116
Housing	8.69%	109
Access to specialty care	7.49%	94
Needs of seniors	5.10%	64
Cancer services	4.46%	56
Other (please specify)	2.07%	26
TOTAL		1,255

#	OTHER (PLEASE SPECIFY)	DATE
1	Access to care in a timely manner	8/9/2022 12:53 PM
2	Access to primary care that is promotional in nature and allows for time for the PCP to care for AND educate patients as well as time for the PCP to not only explore the overall health and wellness of the patient, but also checking of the boxes to get that will fly through the insurance claim process. If it is not the PCP's fault, it is the health care system that needs to be fixed.	7/20/2022 8:51 AM
3	The new generation has obesity problems and the doctors are shamed when they say they are overweight.	7/18/2022 10:13 AM
4	Drugs costs are too high	7/15/2022 8:22 AM
5	Specialty care around here has ridiculous wait times. 6 months for necessary care I've seen recently.	7/14/2022 4:05 PM
6	Access to Mental Health Services	7/13/2022 2:22 PM
7	Having ability to have lab work, x-rays and other basic health care procedures done when visiting Primary care doctor; also not having a team of physicians that communicate, so patient care is not so scattered.	7/13/2022 11:26 AM
8	primary care, behavioral, dental care for poor, housing, seniors.	7/12/2022 5:26 PM
9	All the above.	7/12/2022 3:46 PM
10	Cost of services/prescriptions	7/5/2022 2:34 PM
11	The most unmet need is social services.	6/30/2022 1:28 PM
12	it is hard to pick just one there all prevalent it all depends who you pick	6/28/2022 11:28 AM
13	Being able to see the PCP without having to wait weeks or months for an appointment.	6/28/2022 9:34 AM
14	The cost of health care. Uninsured and Medicaid pts use the Emergency room as a PCP.	6/25/2022 5:15 PM

DRAFT - 09-15-2022



2022 Exeter Hospital Community Health Needs Assessment

18	Long wait at ER	6/17/2022 6:58 PM
19	Outside of core monopoly network	6/17/2022 3:23 PM
20	Being able to maintain a high quality of life while trying to work and pay bills and take care of family	6/17/2022 1:08 PM
21	Access to holistic health options	6/17/2022 1:06 PM
22	Lack of food	6/17/2022 8:47 AM
23	Appropriate dementia assessment, education, case management and support for people living with dementia and their care partners.	6/15/2022 3:28 PM
24	Affordable services	5/31/2022 2:31 PM
25	Encouragement of attending routine care appts	5/26/2022 8:21 AM
26	Social isolation	5/25/2022 9:06 PM

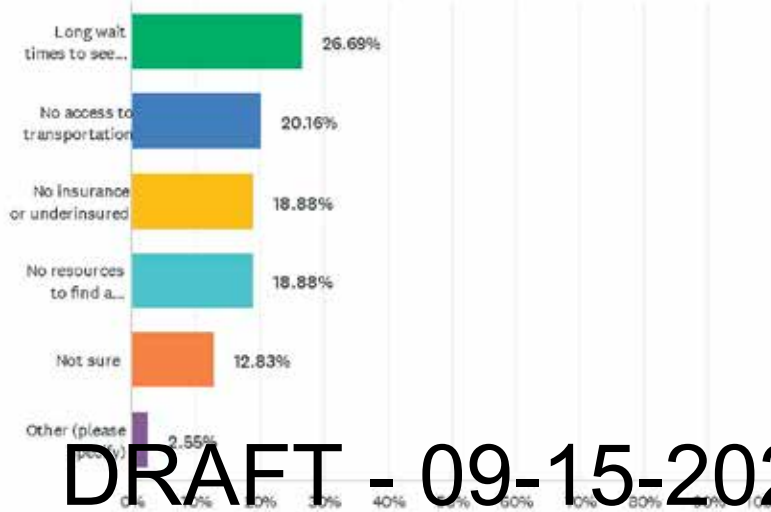
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2022 Exeter Hospital Community Health Needs Assessment

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

Answered: 1,255 Skipped: 0



DRAFT - 09-15-2022

ANSWER CHOICES	RESPONSES	
Long wait times to see a doctor	26.69%	335
No access to transportation	20.16%	253
No insurance or underinsured	18.88%	237
No resources to find a doctor	18.88%	237
Not sure	12.83%	161
Other (please specify)	2.55%	32
TOTAL		1,255

#	OTHER (PLEASE SPECIFY)	DATE
1	We must have National Health Care. Pharmaceutical Companies have far too much power and control of our health care industry, doctor training, etc..	8/11/2022 10:55 AM
2	Financial limitations of specialty care and insurance "coverage"	8/10/2022 2:55 PM



2022 Exeter Hospital Community Health Needs Assessment

7	I had a difficult time finding a PCP when moving to the area because many were not taking new patients or wait times were too long.	7/13/2022 11:26 AM
8	Health care has become very expensive and residents must prioritize the economic impact of inflation and other social determinants of health before our own health. Seniors, especially those in their 60's are feeling the impact of lack of affordable housing and other basic needs.	7/13/2022 9:20 AM
9	I usually hear of a combination of insurance, transportation and MH issues (inability to navigate the healthcare system)	7/13/2022 9:04 AM
10	medical industrial complex is absurd	7/13/2022 8:16 AM
11	All the above.	7/12/2022 3:46 PM
12	Affordable insurance does not apparently allow for access to 90% of CORE physicians unless one is on Medicare...	7/9/2022 3:46 PM
13	Exeter hospital patient dumping	7/6/2022 12:39 PM
14	Mental health professionals and Facilities to take mental health patients are at a minimum	7/3/2022 12:55 PM
15	lack of mental health services available statewide	7/2/2022 10:18 PM
16	Two: under insurance issues and consequently transportation issues	6/30/2022 1:28 PM
17	You tell me, I have never had a problem before, now it all out of control. Government need to pay tuition for more PC doctors, not those with liberal arts .	6/29/2022 8:45 AM
18	no access to transportation and long wait times to see doctors, lack of elder services	6/28/2022 1:18 PM
19	Transportation and lack of 1:1 advocacy for the very old, disabled and isolated living arrangements. Many are solo, unable to self transport and need DME to leave their homes. Great opportunity for Exeter Hospital to create a supportive network for these people.	6/28/2022 11:32 AM
20	for residential, inpatient and intensive out patient day programs, lack of availability	6/28/2022 9:33 AM
21	No availability to get an appointment.	6/28/2022 9:05 AM
22	Esx	6/28/2022 8:59 AM
23	The cost of monthly health care should not be the largest expense in a family budget. Health care is tragically broken on every level. The general population have lost trust in the system.	6/25/2022 5:15 PM
24	Not enough mental health specialists, especially for children.	6/25/2022 6:43 AM
25	Not enough mental health resources.	6/22/2022 5:47 PM
26	Government tyranny	6/17/2022 8:47 AM
27	Therapists are not taking new clients as they have a full docket	6/17/2022 8:46 AM
28	Long Wait times and no resources.	6/15/2022 3:53 PM
29	Limited access with PCP	6/14/2022 3:32 PM
30	Limitations placed on us by insurance	5/31/2022 2:31 PM
31	Education of services.	5/26/2022 10:36 PM
32	No primary care	5/25/2022 9:06 PM

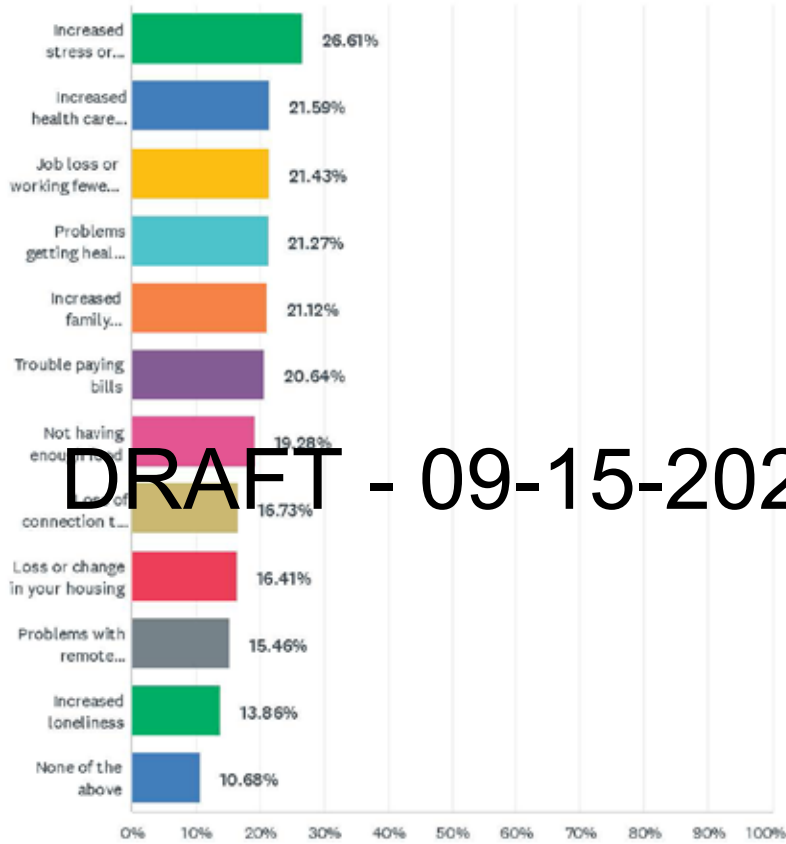
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2022 Exeter Hospital Community Health Needs Assessment

Q5 As a result of COVID-19, are you or people in your household currently having any of the problems listed? (Select all that apply)

Answered: 1,255 Skipped: 0





2022 Exeter Hospital Community Health Needs Assessment

ANSWER CHOICES	RESPONSES	
Increased stress or anxiety	26.61%	334
Increased health care needs	21.59%	271
Job loss or working fewer hours	21.43%	269
Problems getting health care services	21.27%	267
Increased family caregiving demands	21.12%	265
Trouble paying bills	20.64%	259
Not having enough food	19.28%	242
Loss of connection to faith or social groups	16.73%	210
Loss or change in your housing	16.41%	206
Problems with remote schoolwork	15.46%	194
Increased loneliness	13.86%	174
None of the above	10.68%	134
Total Respondents: 1,255		

#	OTHER (PLEASE SPECIFY)	DATE
1	But, I hear that there are many severe side effects of the shots that we aren't being told about. And why do we need 25 years to submit their findings on "test results"?	8/11/2022 10:55 AM
2	Above applies to my inlaws	6/1/2022 11:43 PM
3	**problems getting health care services in a "timely" manner with an MD	7/20/2022 8:43 AM
4	It is a result of the Biden administration polycys. They are anti small business and shut down Farms, defund police, and shut down domestic energy.	7/18/2022 10:13 AM
5	both household workers had hours cut during the pandemic x 1 year but was not cut "enough" to qualify for any extra benefits/unemployment/stimulus but still expected to pay all the same bills on decreased income	7/13/2022 11:15 AM
6	Because I have no staff and haven't been able to get any, I work a ridiculous amount of hours	7/13/2022 9:04 AM
7	-my sister is having a lot of difficulty getting in to see a therapist	7/11/2022 10:17 AM
8	Family concerns outside of household.	6/28/2022 11:52 AM
9	Loss of physical fitness since gyms (SYNERGY!! even before) closed and costs high for individual therapy — so much of it indoors.	6/28/2022 9:33 AM
10	general economic hardship due to the rippling effects of the pandemic	6/27/2022 12:16 PM
11	Due to long-term effects of covid	6/17/2022 1:08 PM
12	I think its time to get back to normal. stop worrying about covid and treat patients that need it for other reasons.	6/17/2022 11:49 AM
13	I have been having blood clots since my second Moderna vax which is causing pulmonary embolism	6/17/2022 8:47 AM

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2022 Exeter Hospital Community Health Needs Assessment

17: Personally not effected - but being connected to many in the seacoast - almost all of the above are effecting seacoast families

5/27/2022 9:49 AM

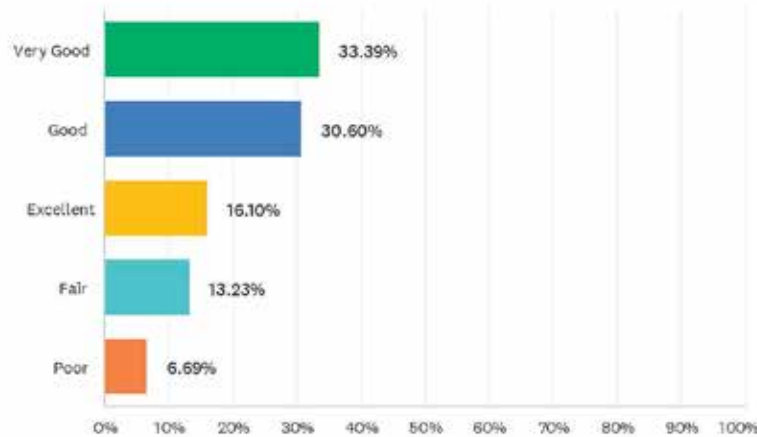
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2022 Exeter Hospital Community Health Needs Assessment

Q6 In general, how would you rate your overall mental or emotional health?

Answered: 1,255 Skipped: 0



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ANSWER CHOICES	RESPONSES	
Very Good	33.39%	419
Good	30.60%	384
Excellent	16.10%	202
Fair	13.23%	166
Poor	6.69%	84
TOTAL		1,255

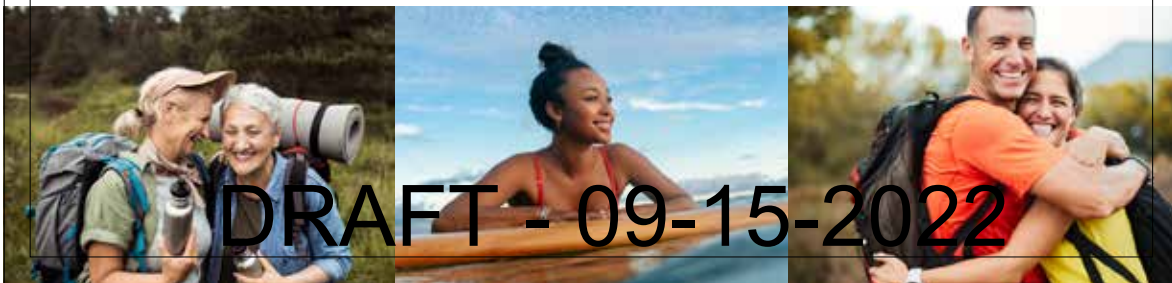


Appendix I: Community Health Forums Flyer



COMMUNITY HEALTH FORUMS

Exeter Hospital invites you to attend one of three Community Health Forums to provide input on what you consider to be the most important health needs in our community.



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Your input will be a valuable contribution to the **2022 Community Health Needs Assessment.**

Tuesday, June 14
12:00 – 1:00 pm

Scan to join Forum:



[exeterhospital.com/about-us/
community-benefits](https://exeterhospital.com/about-us/community-benefits)

Wednesday, June 15
5:30 – 6:30 pm

Exeter Area YMCA
56 Linden Street
Exeter, NH

Wednesday, June 22
5:30 – 6:30 pm

Plaistow Community YMCA
175 Plaistow Road
Plaistow, NH

To reserve your spot please call 603-580-6668
or email advancement@ehr.org.

*Space is limited at each presentation.
These Forums are open to the public and walk-ins are welcome.
Please be sure to indicate which Forum you plan to attend.*



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

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



Appendix J: Exeter Hospital Community Health Survey Flyer



WE NEED YOUR INPUT

Exeter Hospital Community Health Survey

The survey asks about:

- ▼ Health issues in your community
- ▼ Any challenges you face in getting and staying fit
- ▼ Availability of health / community programs

Things to know:

- ▼ The survey takes less than ten minutes
- ▼ Your answers will be private
- ▼ You can provide answers by phone or paper survey (see below)
- ▼ You will help build a healthier community

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As a nonprofit hospital, Exeter Hospital assesses the health of our community every three years. Hospitals have many ways to improve the health of the community, such as supporting and promoting programs and services. You can help prioritize the issues that receive greatest focus.

You will be entered to win one of ten \$25 VISA gift cards



Scan this code



<https://www.surveymonkey.com/r/EHCHNA>

For more information, to answer survey questions by phone, or to get a paper survey in the mail, please contact: 603-580-6668 or email advancement@ehr.org



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 K: Other Community Resources

Homelessness/Housing Services

Substance Abuse Services

- Education/Support Services
- Inpatient Services
- Outpatient Services
- Quick Links
- Smoking
- Youth Services

Mental and Behavioral Health Services

- Child & Youth
- Domestic Abuse/Sexual Assault
- Education/Support Centers
- Group Practices
- Local Counselors/Psychiatrists/Psychologists
- Quick Links
- Suicide Prevention

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Housing Services & Utilities Assistance

CarePatrol

Description: Assists in finding independent living, “apartment style” setting and limited assistance.

Phone: (603) 560-5656

Website: <https://www.carepatrol.com/independent-living-article/>

Location: Exeter, NH

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.straffordcap.org/programs/homeless-a-housing-services>

Location: 642 Central Avenue, 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.straffordcap.org/programs/homeless-a-housing-services>

Location: 642 Central Avenue, Dover, NH

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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.straffordcap.org/programs/homeless-a-housing-services>

Location: 642 Central Avenue, 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.straffordcap.org/programs/homeless-a-housing-services>

Location: 642 Central Avenue, 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

Email: intake@fitnh.org

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

Location: Dover, NH

HAVEN

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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

Kittery Estates

Description: Independent retirement community.

Phone: (207) 618-9750

Website: <https://www.holidaytouch.com/our-communities/kittery-estates>

Location: 220 State Road, Kittery, Maine



Living Innovations – Shared Living

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

Phone 1: (603) 430-5430

Location 1: 1950 Lafayette Road, Building B, Portsmouth, NH

Phone 2: (603) 422-7308

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

Phone 3: (603) 893-7286

Location 3: 16 Route 111, Building 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 Street, Somersworth, NH

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

My Friend's Place **DRAFT - 09-15-2022**

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

Email: office@newgennh.org

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: (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 Street, 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.snhs.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>

Email: lliskow@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

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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

Email: Eileen.Devine@va.gov

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

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Housing/Utilities:

A Perfect Move

Description: Moving and storing services.

Phone: (866) 630-6740

Email: econnell@aperfectmover.net

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

Location: 240 US Route 1, Kittery, Maine

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/energy/programs/weatherization/index.htm>

DRAFT - 09-15-2022

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>

Email: anne@communityhousecalls.com

Location: 238 Jennifer Drive, Chester, NH

Community Toolbox, Inc.

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

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

Email: Info@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: (800) 639-5290

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



Substance Use Disorder Services

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

Email: admin@newmarketchurch.org

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

Location: 137 Main Street, 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>

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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) 659-3100

Location: 207 South Main Street, 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

Email: info@livefreerecovery.com

Location: 2 Puzzle Lane, Building 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: (888) 624-3578

Website: <http://gsana.org>

Location: Seacoast, NH

DRAFT - 09-15-2022



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

Silverman Associates, Psychiatrists

Description: Alcohol rehabilitation center Payments via Medicaid, Medicare, private insurance, and military insurance are accepted. Payment assistance is offered by way of sliding fee scale.

Phone: (603) 382-4741

Location: 2 Village Green Rd. Hampstead, 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 South 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.

Email: barbara@theaddictsmom

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

DRAFT - 09-15-2022

INPATIENT SERVICES:

Bonfire Recovery

Description: Refuge, structure, and guidance to men who suffer from drug and alcohol addiction.

Phone: (603) 617-3399

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

Location: 10 Grove Street, Dover, NH

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 Road, Hampton, NH

PACE program

Description: 4 week residential substance abuse treatment program for adolescents

Phone: (603) 335-1003

Location: 180 Portland Street, 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

Exeter Psychological Associates

Description: Specializes in mental health, substance issues and behavioral health coordination.

Phone: (603) 674-5331

Location 1: 16 Dudley Road, Raymond, NH

Phone 2: (603) 692-4060

Location 2: 370 Portsmouth Avenue, Suite 7, Greenland, NH

Insight Medical Group

Description: Counseling and medication management for substance abuse disorders by an experienced MD and NP team.

Phone: (978) 267-1193

Location: 428 Lafayette Road, #101, Hampton, NH

Website: <http://www.insightmedicalgroup.com/services.html>

DRAFT - 09-15-2022



Live Free Recovery

Description: Open, rolling enrollment group for adults in early recovery (less than one year of continuous sobriety).

Phone: (603) 702 2461

Email: info@livefreerecovery.com

Location: 2 Puzzle Lane, Building 2, Unit 1, Newton, NH

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

Merrimack River Medical Services

Description: Alcohol rehab center focusing on substance abuse treatment services and methadone treatment.

Phone: (603) 720-3784

Website: <https://citehealth.com/rehab-centers/new-hampshire/cities/newington/merrimack-river-medical-services>

Location: 177 Shatuck Way, Newington, NH

Recovery Services

Description: Drug and Alcohol Counselor

Phone: (603) 770-6239

Location: 24 Front Street, Suite 30.1 Exeter, NH

Website: <http://www.recovery-services-exeter.nh.life>

DRAFT - 09-15-2022

ROAD to a Better Life

Description: Outpatient therapy and treatment for drug and alcohol addiction.

Phone: (603) 841-2301

Location 1: 255 Route 108 Somersworth, NH

Location 2: 2299 Woodbury Ave. Newington, NH

Website: <http://roadtoabetterlifenh.com/about-us/>

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 Avenue, Portsmouth, NH

Location 2: 30 Prospect Street, 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>

New Hampshire 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: (800) 487-4889

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

SMOKING:

DRAFT - 09-15-2022

Freedom from Smoking

Description: Online source – American Lung Association: Free online smoking cessation program, 8-session format with step-by-step process.

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

Nicotine Anonymous

Description: Online source – free support group that offers 12-step program. Website includes online meetings, telephone meetings, links to local groups.

Website: <https://nicotine-anonymous.org>

Smokefree.gov

Description: Online source – smoking cessation website with step-by-step quit guide, education resources, tools.

Website: <https://smokefree.gov>

Quitnet.org

Description: Online source – online guide, progress calendar, directory of cessation programs. Register online and get peer-to-peer support, quitting tools, quit tips, anniversary emails, etc.

Website: <https://quitnet.meyouhealth.com/#/>



QuitWorks New Hampshire

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

Contact: (866) 560-9113

Email: quitworksnhinfo@jsi.com

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.cisnm.org/>

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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/>

Live Free Recovery

Description: Substance abuse program is a comprehensive approach to treating adolescents with a substance use disorder.

Phone: (603) 702-2461

Email: info@livefreerecovery.com

Location: 2 Puzzle Lane, Building 2, Unit 1, Newton, NH

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



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>

Email: sorocknhcc@gmail.com

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

DRAFT - 09-15-2022



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 Avenue, #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 concerns including language development, social skills, self help, play, and academic achievement.

Phone: (800) 778-5560

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

Location: 200 Griffin Road, #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

Email: connorsclimb@gmail.com

Location: P.O. 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 Road, Suite 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>

Email: info@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 Street, Portsmouth, NH

Seacoast Child Developmental Clinic- Autism

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

Phone: (603) 862-0561

Fax: (603) 862-0034

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 Avenue, Exeter, NH

Location 2: 1145 Sagamore Avenue, 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