2019 Exeter Hospital
Community Health Needs Assessment

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

In collaboration with:
Exeter Area YMCA
Foundation for Seacoast Health
Greater Seacoast Community Health
Lamprey Health Care
Richie McFarland Children’s Center
Society of St. Vincent de Paul Exeter
Seacoast Mental Health Center
Seacoast Public Health Network
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Exeter Hospital

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

Core Physicians

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

Rockingham Visiting Nurse Association & Hospice

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

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

The report includes:

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

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

II. 2019 Steering Committee

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

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

Access to Health Care

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

Behavioral Health (Substance Use Disorder and Mental Health Services)

Substance Use Disorder

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

Mental Health

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

Elder Care and Support Services

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

Transportation

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

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

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

1. **Economic Stability**
   - Employment
   - Food Insecurity
   - Housing Instability
   - Poverty

2. **Education**
   - Early Childhood Education and Development
   - Enrollment in Higher Education
   - High School Graduation
   - Language and Literacy
3. **Social and Community Context**
   - Civic Participation
   - Discrimination
   - Incarceration
   - Social Cohesion

4. **Health and Health Care**
   - Access to Health Care
   - Access to Primary Care
   - Health Literacy

5. **Neighborhood and Built Environment**
   - Access to Foods that Support Healthy Eating Patterns
   - Crime and Violence
   - Environmental Conditions
   - Quality of Housing
The following chart from the County Health Rankings model further demonstrates the social determinants of health and their influence on health outcomes.
EXETER HOSPITAL COMMUNITY HEALTH NEEDS ASSESSMENT

V. Geographic Service Area

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

Exeter Hospital’s service locations are as follows:

Central - Exeter, Newfields, Newmarket, Brentwood

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

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

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

West - Deerfield, Epping, Fremont, Raymond Nottingham

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

Exeter Hospital Service Area Graphically (Rockingham County)
VI. Demographics of Rockingham County

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

- Nearly 40% of Rockingham County residents are under 18 (19.4%) or older than age 65 (18.00%). These age groups tend to be higher users of healthcare services.

- The county is largely white with a limited percentage of minorities. Health disparities by race are well documented at the national level, with increasing research being conducted at the state level in New Hampshire. https://www.dhhs.nh.gov/omh/documents/disparities.pdf

- Approximately 7% of Rockingham County residents live with a disability, which can lead to increased need for services and social isolation.

<table>
<thead>
<tr>
<th>Population estimates, July 1, 2018, (V2018)</th>
<th>309,176</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PEOPLE</strong></td>
<td></td>
</tr>
<tr>
<td>Population</td>
<td></td>
</tr>
<tr>
<td>Population estimates, July 1, 2018, (V2018)</td>
<td>309,176</td>
</tr>
<tr>
<td>Population estimates base, April 1, 2010, (V2018)</td>
<td>295,211</td>
</tr>
<tr>
<td>Population, percent change - April 1, 2010 (estimates base) to July 1, 2018, (V2018)</td>
<td>4.7%</td>
</tr>
<tr>
<td>Population, Census, April 1, 2010</td>
<td>295,223</td>
</tr>
<tr>
<td><strong>Age and Sex</strong></td>
<td></td>
</tr>
<tr>
<td>Persons under 5 years, percent</td>
<td>4.6%</td>
</tr>
<tr>
<td>Persons under 18 years, percent</td>
<td>19.4%</td>
</tr>
<tr>
<td>Persons 65 years and over, percent</td>
<td>18.0%</td>
</tr>
<tr>
<td>Female persons, percent</td>
<td>50.4%</td>
</tr>
<tr>
<td><strong>Race and Hispanic Origin</strong></td>
<td></td>
</tr>
<tr>
<td>White alone, percent</td>
<td>94.9%</td>
</tr>
<tr>
<td>Black or African American alone, percent (a)</td>
<td>1.1%</td>
</tr>
<tr>
<td>American Indian and Alaska Native alone, percent (a)</td>
<td>0.2%</td>
</tr>
<tr>
<td>Asian alone, percent (a)</td>
<td>2.2%</td>
</tr>
<tr>
<td>Native Hawaiian and Other Pacific Islander alone, percent (a)</td>
<td>Z</td>
</tr>
<tr>
<td>Two or More Races, percent</td>
<td>1.5%</td>
</tr>
<tr>
<td>Hispanic or Latino, percent (b)</td>
<td>3.2%</td>
</tr>
<tr>
<td>White alone, not Hispanic or Latino, percent</td>
<td>92.3%</td>
</tr>
</tbody>
</table>

| Housing                                    |        |
| Housing units, July 1, 2018, (V2018)        | 133,178 |
| Owner-occupied housing unit rate, 2013-2017 | 76.7%  |
| Median value of owner-occupied housing units, 2013-2017 | 295,900 |
| Median selected monthly owner costs -with a mortgage, 2013-2017 | 2,131 |
| Median selected monthly owner costs -without a mortgage, 2013-2017 | 845 |
| Median gross rent, 2013-2017                | 1,164  |
| Households, 2013-2017                       | 119,955 |
| Persons per household, 2013-2017            | 2.50   |

| Income & Poverty                           |        |
| Median household income (in 2017 dollars), 2013-2017 | 85,619 |
| Per capita income in past 12 months (in 2017 dollars), 2013-2017 | 43,474 |
| Persons in poverty, percent                | 5.1%   |

https://www.census.gov/data-tools/demo/saipe/#/?map_geoSelector=aa_s&s_measures=aa_snc&s_year=2017
Poverty is a leading Social Determinant of Health indicator. Access to services that contribute to a healthy lifestyle are limited when living at lower income levels. The chart below shows the percentage of Rockingham County residents living in poverty (defined as those living below 200% of the federal poverty level set by the US Census Bureau).


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

![2017 Annual Average Unemployment Rate by Town](https://www.nhes.nh.gov/elmi/products/cp/documents/rockingham-cp.pdf)
VII. Methodology/Process

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

1. UNH Survey Center Household Telephone Survey

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

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

<table>
<thead>
<tr>
<th>Year</th>
<th># Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>2,890</td>
</tr>
<tr>
<td>2017</td>
<td>1,820</td>
</tr>
<tr>
<td>2018</td>
<td>1,062</td>
</tr>
<tr>
<td>2019 (Quarter 1 and Quarter 2)</td>
<td>601</td>
</tr>
</tbody>
</table>

In total 6,373 healthcare decision makers residing within the hospital’s service area participated in the survey from 2016- Q2 of 2019. Of those respondents, 86% rated their health status as good, very good or excellent; 93% reported having a primary care physician.
The following information is from the Q2 UNH Quarterly Survey Report July 2019. N=300

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

Responses to this question have remained largely steady over time.

**Current Health Primary Care Physicians**

Responses to this question have remained largely stable over time.

**Health Related Concerns**

Respondents most frequently cite cost (17%), miscellaneous ailments (15%), availability of care (11%), general well-being (10%), cancer (7%), nutrition (7%), insurance (6%), and the environment (5%) as their most important health-related concern, while 9% say they have no health-related concerns.
Figure 2a: What is the most important health related concern that you have for you and your family?
2. Community Forums

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

Scheduled forum dates and locations:

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

Wednesday, May 22, 2019
Exeter Hospital
Exeter, NH

Wednesday, May 29, 2019
Seabrook Library
Seabrook, NH

Thursday, May 30, 2019
Tuscan Kitchen
Portsmouth NH

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

Top three issues:

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

See attached promotions Appendix F

During each community forum, an overview of the CHNA requirements and the process through which the CHNA committee intended to gather information was reviewed. The overview also included the timeline for completing the project as well as notification that the report would be posted on Exeter Hospital’s website for community review and feedback following its completion. In addition, copies of the 2016 CHNA were distributed and key findings from the 2016 report were reviewed. Following the overview, community members engaged in an open discussion and provided verbal insight into the significant health needs of their communities. Comments and/or discussion points follow below.
Forum discussion themes are in order from most noted to least.
Mental and behavioral health
Transportation
Elderly care services
Lack of affordable housing
Substance use disorders
Workforce shortage/workforce development
Timely access to care
Dental services
Homelessness
Geriatric mental health
Cost of insurance
Access to prescriptions
Access to nutrition
Vaccinations

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

In general, would you say your health is:

<table>
<thead>
<tr>
<th>EH Survey</th>
<th>Base .......... 100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very good</td>
<td>40%</td>
</tr>
<tr>
<td>Good</td>
<td>54%</td>
</tr>
<tr>
<td>Fair</td>
<td>6%</td>
</tr>
<tr>
<td>Poor</td>
<td>0%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>EH Survey</th>
<th>Base ........................................ 100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to care due to insurance coverage cost barriers such as high co-pays and deductibles.</td>
<td>39%</td>
</tr>
<tr>
<td>Access to care due to being uninsured.</td>
<td>2%</td>
</tr>
<tr>
<td>Access to care due to scheduling issues with provider.</td>
<td>19%</td>
</tr>
<tr>
<td>Access to appropriate medications due to insurance coverage cost barriers such as high co-pays and deductibles.</td>
<td>8%</td>
</tr>
<tr>
<td>Access to appropriate medications due to being uninsured.</td>
<td>1%</td>
</tr>
<tr>
<td>Other</td>
<td>4%</td>
</tr>
<tr>
<td>I do not have any health related concerns for me or for my family.</td>
<td>27%</td>
</tr>
</tbody>
</table>
In your opinion, what do you believe is the most prevalent health care need for Seacoast residents?  

**EH Survey**

<table>
<thead>
<tr>
<th>Health Care Need</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to primary care</td>
<td>10%</td>
</tr>
<tr>
<td>Drug/prescription drug/alcohol abuse</td>
<td>21%</td>
</tr>
<tr>
<td>Behavioral mental health</td>
<td>46%</td>
</tr>
<tr>
<td>Dental care</td>
<td>2%</td>
</tr>
<tr>
<td>Obesity</td>
<td>5%</td>
</tr>
<tr>
<td>Cancer services</td>
<td>3%</td>
</tr>
<tr>
<td>Other</td>
<td>6%</td>
</tr>
<tr>
<td>Not sure</td>
<td>8%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>No insurance or underinsured</td>
<td>66%</td>
</tr>
<tr>
<td>No access to transportation</td>
<td>8%</td>
</tr>
<tr>
<td>No resources to find a physician</td>
<td>2%</td>
</tr>
<tr>
<td>Other</td>
<td>9%</td>
</tr>
<tr>
<td>Not sure</td>
<td>15%</td>
</tr>
</tbody>
</table>

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

4. **Public Online “Survey Monkey”**

Exeter Hospital together with its community partners, released an online health needs survey to the public. The survey asked four questions and encouraged additional comments. In total, 710 people, affiliated with more than 19 different organizations, participated in the survey.
Q1

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

Answered: 710   Skipped: 0

<table>
<thead>
<tr>
<th>ANSWER CHOICES</th>
<th>RESPONSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very good</td>
<td>44.23%</td>
</tr>
<tr>
<td>Good</td>
<td>46.48%</td>
</tr>
<tr>
<td>Fair</td>
<td>8.45%</td>
</tr>
<tr>
<td>Poor</td>
<td>0.85%</td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
</tr>
</tbody>
</table>
Q2 Please tell us what is the MOST important health-related concern you have for you and your family.

Answered: 710   Skipped: 0

![Pie chart showing the distribution of responses to Q2]

<table>
<thead>
<tr>
<th>ANSWER CHOICES</th>
<th>RESPONSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to care due to insurance coverage cost barriers such as high co-pays and deductibles</td>
<td>38.31% 272</td>
</tr>
<tr>
<td>Access to care due to being uninsured</td>
<td>2.82% 20</td>
</tr>
<tr>
<td>Access to care due to scheduling issues with provider</td>
<td>12.39% 88</td>
</tr>
<tr>
<td>Access to appropriate medications due to insurance coverage cost barriers such as high co-pays and deductibles</td>
<td>6.20% 44</td>
</tr>
<tr>
<td>Access to appropriate medications due to being uninsured</td>
<td>0.70% 5</td>
</tr>
<tr>
<td>I do not have any health-related concerns for me or my family</td>
<td>28.31% 201</td>
</tr>
</tbody>
</table>
Q3 In your opinion, what is the MOST prevalent health care need for Seacoast residents?

Answered: 709  Skipped: 1

<table>
<thead>
<tr>
<th>ANSWER CHOICES</th>
<th>RESPONSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to primary care</td>
<td>12.83%</td>
</tr>
<tr>
<td>Abuse of drugs / prescription drugs / alcohol</td>
<td>16.78%</td>
</tr>
<tr>
<td>Behavioral / Mental Health</td>
<td>37.52%</td>
</tr>
<tr>
<td>Dental care</td>
<td>3.53%</td>
</tr>
<tr>
<td>Obesity</td>
<td>4.37%</td>
</tr>
<tr>
<td>Cancer services</td>
<td>1.69%</td>
</tr>
</tbody>
</table>
Q4 In your opinion, what is the PRIMARY reason Seacoast residents are NOT able to access health care services?

Answered: 709    Skipped: 1

<table>
<thead>
<tr>
<th>ANSWER CHOICES</th>
<th>RESPONSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>No insurance or underinsured</td>
<td>48.66%</td>
</tr>
<tr>
<td>No access to transportation</td>
<td>8.89%</td>
</tr>
<tr>
<td>No resources to find a physician</td>
<td>4.09%</td>
</tr>
<tr>
<td>Not sure</td>
<td>25.95%</td>
</tr>
<tr>
<td>Other (please specify)</td>
<td>12.41%</td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
</tr>
</tbody>
</table>
5. **Key Leader Interviews**

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

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

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

6. **Secondary Research Sources:**

1. Behavioral Health Barometer New Hampshire, Volume 5
2. NH Department of Health and Human Services 2018 Annual Report
3. 2019 County Health Rankings Report [www.countyhealthrankings.org](http://www.countyhealthrankings.org)
4. NH Center for Public Policy Studies- Community Benefit and Market Changes in NH 2017
5. HEALTHY AGING DATA REPORT Highlights from New Hampshire 2019 [www.HealthyAgingDataReports.org](http://www.HealthyAgingDataReports.org)
8. The state of New Hampshire’s Babies Yearbook 2019
10. Status of Women in NH 2018 [www.NHwomensfoundation.org](http://www.NHwomensfoundation.org)
12. Health Indicators Report - Rockingham County, NH
14. The State of Mental Health in America [www.mentalhealthamerica.net/issues/ranking-states](http://www.mentalhealthamerica.net/issues/ranking-states)
VIII. 2019 CHNA Outcomes Prioritized

Access to Care

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

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

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

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

1 Exeter Hospital Quarterly Survey, UNH Survey Center 2019
Figure 2a: What is the most important health related concern that you have for you and your family? (coded)

- Cost: 17%
- Other Ailment: 15%
- Availability Of Care: 11%
- General Well Being: 10%
- Cancer: 7%
- Nutrition: 7%
- Insurance: 6%
- Environment: 5%
- Weight: 4%
- Aging: 4%
- Exercise: 3%
- Obamacare/ACA: 0%
- Other: 0%
- None: 9%
- Don't Know/Not Sure: 3%

Figure 2b: Most Important Health Related Concern - Trends by Quarter
Exeter Hospital Staff Survey
Exeter Hospital, together with its affiliates Core Physicians and Rockingham VNA & Hospice, offered a voluntary online health needs assessment to each organization’s employee base. In total 206 people participated.

Question: Please tell us what is the MOST important health related concern for you and your family:
Access to care due to insurance coverage cost barriers such as high co-pays and deductibles.............. 39%
Access to care due to being uninsured. .................................................................................................................. 2%
Access to care due to scheduling issues with providers.............................................................. 19%
Access to appropriate medications due to insurance coverage cost barriers such as high co-pays and deductibles................................................................. 8%
Access to appropriate medications due to being uninsured. .............................................................. 1%
Other .................................................................................................................................................................. 4%
I do not have any health related concerns for me or for my family. ............................................................... 27%

Behavioral Services

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

According to the 2019 State of Mental Health in America, NH is ranked 10th in the country for mental illness and access to care. “A low overall ranking indicates a higher prevalence of mental illness and lower rates of access to care.” (2019 Mental Health in America) Of concern is the prevalence of youth in NH with the prevalence of at least one major depressive episode. NH is worse than the national average. See chart on the next page.
Youth Prevalence of Mental Illness
Youth with At Least One Major Depressive Episode (MDE) in the Past Year

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

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

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

The state prevalence of youth with MDE ranges from:

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<th>%</th>
<th>#</th>
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<td>9.91</td>
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<tr>
<td>2</td>
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<td>Hawaii</td>
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<td>Alabama</td>
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<tr>
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<td>40</td>
<td>Ohio</td>
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<tr>
<td>41</td>
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<td>34,000</td>
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<td>42</td>
<td>Maine</td>
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<td>Wyoming</td>
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<td>51</td>
<td>Idaho</td>
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<tr>
<td></td>
<td>National</td>
<td>12.63</td>
<td>3,144,000</td>
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Exeter Hospital, and its Affiliates Core Physicians and RVNA and Hospice have taken the following steps to address the need for increased mental health services in 2018:

- Exeter Hospital awarded $245,000 to local organizations through its Youth Suicide Prevention Initiative, with additional funds allocated to underwrite the statewide Zero Suicide Community of Practice, and sponsorship of suicide prevention events.

- With funding from Exeter Hospital and Connections for Health Initiative, Core Physicians has made the commitment to embed Social Work and licensed counselor services as a pilot project in two Primary Care locations with the hope for expansion in 2020.

- The Exeter Hospital Emergency Department front-line staff recently received focused training to reduce the stigma associated with behavioral health patients. As the improvement work continues, the Hospital is finalizing discussions to have a psychiatric Nurse Practitioner from Seacoast Mental Health to work both in the Emergency Department and on the inpatient units to improve the quality and continuity of care for behavioral health patients at Exeter Hospital.

- Core Physicians has made the commitment to screen all patients who walk through the doors and any Primary Care office, at least yearly, with the Patient Health Questionnaire (PHQ) +3. RVNA and Hospice also switched to the PHQ3 at intake.

- Core Physicians has partnered with Seacoast Mental Health for multiple initiatives, including expanded suicide screening and co-locating treatment services in several of our primary care and pediatric practices.

- The Exeter Hospital Emergency Department has worked diligently over recent years to improve their provision of care processes to assess and treat patients with suicidal ideation. The improvement work includes: physical environment enhancements for patients with suicidal ideation to ensure their safety, participation in a NH State Behavioral Health Learning Collaborative sponsored by the NH Foundation for Healthy Communities, and extensive collaboration with various regional hospitals to share best practices of assessing and treating patients with suicidal ideation.
Reports released in 2019 by the National Institute on Drug Abuse determined that “New Hampshire is among the top five states with the highest rate of opioid-involved deaths. In 2017, there were 424 drug overdose deaths involving opioids in New Hampshire—an age-adjusted rate of 34.0 deaths per 100,000 persons. This was more than twice the average national rate of 14.6 deaths per 100,000 persons.” See figure #1 below.

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

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

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

Notably, 38% of respondents participating in the online survey noted Behavioral/Mental Health as the most prevalent need for Seacoast residents. When combining that with those who stated abuse of drugs/prescription drugs/alcohol that number increases to 55% of the total respondents.
Q4 In your opinion, what is the PRIMARY reason Seacoast residents are NOT able to access health care services?

Answered: 709   Skipped: 1

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<th>ANSWER CHOICES</th>
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<td>No insurance or underinsured</td>
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<td>No access to transportation</td>
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<tr>
<td>No resources to find a physician</td>
<td>4.09%</td>
</tr>
<tr>
<td>Not sure</td>
<td>25.95%</td>
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<tr>
<td>Other (please specify)</td>
<td>12.41%</td>
</tr>
<tr>
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Elder Care and Support Services

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

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

As the elderly population rises, more social services are necessary to support their specific needs. These services include adult day programs, transportation, legal services, home health services, prevention and wellness programs, dental services, and end of life care.
Similarly to both the 2013 and the 2016 CHNA’s, transportation remains both a health need priority and a barrier to care, most prominently for elderly and disabled community members. This is evident in the UNH Telephone Survey data, Q2 2019, and in chart 4b where it shows that transportation has been an on-going need throughout the past three years.

Transportation

Similarly to both the 2013 and the 2016 CHNA’s, transportation remains both a health need priority and a barrier to care, most prominently for elderly and disabled community members. This is evident in the UNH Telephone Survey data, Q2 2019, and in chart 4b where it shows that transportation has been an on-going need throughout the past three years.
Transportation was also noted to be a barrier to care and healthy living options for both the elderly population and the younger population as expressed by Tanisha Johnson, Associate Branch Director, Exeter Area YMCA, in her key leader interview. This was a consistent theme throughout many of the key leader interviews.

According to Carol Gulla, Executive Director of TASC (Transportation Assistance for Seacoast Citizens), whose agency serves eligible residents of 10 communities in Rockingham County, “There simply aren’t enough transportation resources to meet all the needs” within the service area. The agency serves adults 55 years and older and people with disabilities.
In closing, according to the 2019 *America Health Rankings*, published by the United Health Foundation, New Hampshire is now the sixth healthiest state in the nation. In addition, the 2019 *America Health Rankings Senior Report* ranks New Hampshire sixth in the nation for senior health. Although the state consistently remains in the top tier overall, within Rockingham County there continues to be consistent themes identified in the 2013, 2016 and now the 2019 assessments.

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

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Debra Grabowski, Chief Executive Officer
Foundation for Seacoast Health
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Tanisha Johnson, Associate Branch Director
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Mark Whitney, VP, Strategic Planning
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mwhitney@ehr.org

Allison Yeagle, Marketing Strategy Consultant
Exeter, NH 03833
(603)-686-0848
Appendix B: Participating Organizations

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

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

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

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

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

**Lamprey Health Care**
Lamprey Health Care provides high quality primary medical care and health related services, with an emphasis on prevention and lifestyle management, to all individuals regardless of ability to pay. As NH’s oldest community
Health center care is provided at three centers located in Newmarket, Raymond and Nashua. Services include primary care, prenatal care, OB/GYN, pediatrics and an integrated behavioral health program. Additional programs and services are designed to meet the needs of our target populations; the uninsured, the minority population and those with financial, language, cultural and transportation barriers to care. Serving over 10,000 patients in the Newmarket and Raymond service areas, all three centers are recognized as Level III Patient Centered Medical Homes by the National Committee for Quality Assurance, the highest level possible.  
[www.lampreyhealth.org](http://www.lampreyhealth.org)

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

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

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

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

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

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

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

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

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

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

**Wednesday, May 15**
6:00-7:00 pm
Epping Regional Health Center
212 Calef Highway
Epping, NH

**Wednesday, May 22**
6:00-7:00 pm
Exeter Hospital Conference Room 2
Exeter, NH

**Wednesday, May 29**
6:00-7:00 pm
Seabrook Library
25 Liberty Lane
Seabrook, NH

**Thursday, May 30**
5:30-7:00 pm
Tuscan Kitchen
581 Lafayette Road
Portsmouth, NH

Space is limited at each presentation. These forums are open to the public and walk-ins are welcome. Please call Exeter Hospital’s Information and Referral Center at 603-580-6668 or email healthreach@ehr.org to reserve your spot. Please be sure to indicate which forum you plan to attend.

Exeter Hospital
an exeter health resource | The Art of Wellness

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

5 Alumni Drive, Exeter, NH 03833 | exeterhospital.com
**Appendix E: Additional Comments from the Employee Survey**

Additional Comments:

<table>
<thead>
<tr>
<th>Please tell us what is the MOST important health related concern for you and your family:</th>
</tr>
</thead>
<tbody>
<tr>
<td>access to community health resources for chronic disease prevention and mental health</td>
</tr>
<tr>
<td>Being able to access services outside of &quot;standard&quot; insurance coverage. ie private paying for a breast ultrasound (as a screening) Exeter Hospital does not offer this outside of the insurance “standards&quot; patient request</td>
</tr>
<tr>
<td>concerns with excellent providers leaving their practices</td>
</tr>
<tr>
<td>Exeter hospital copays way too high</td>
</tr>
<tr>
<td>government interference</td>
</tr>
<tr>
<td>If you selected &quot;other,&quot; above, please explain</td>
</tr>
<tr>
<td>no concerns</td>
</tr>
<tr>
<td>Oral health needs</td>
</tr>
<tr>
<td>Overall, happy now. But once I retire, I am worried about the &quot;cost&quot; of healthcare.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>In your opinion, what is the MOST prevalent health care need for NH Seacoast residents?</th>
</tr>
</thead>
<tbody>
<tr>
<td>housing (AFFORDABLE) assistance helping finding places that are clean and caring employees</td>
</tr>
<tr>
<td>Access to specialty care</td>
</tr>
<tr>
<td>affordable, accessible excellent care</td>
</tr>
<tr>
<td>AUTOIMMUNE DISORDERS/LYME DISEASE TREATMENT</td>
</tr>
<tr>
<td>Community programs to address the needs of seniors to increase longevity and decrease accident rates. Driving, falls, safety at home and access to transportation if needed</td>
</tr>
<tr>
<td>Cost of medicines</td>
</tr>
<tr>
<td>If you selected &quot;other,&quot; above, please explain:</td>
</tr>
<tr>
<td>Multiple: Drug misuse disorders, mental health, dental health</td>
</tr>
<tr>
<td>QUALITY coordinated health care with all record systems speaking to each other!</td>
</tr>
<tr>
<td>Support to keep people in their homes, home care, mental health counseling etc in the community</td>
</tr>
<tr>
<td>uninsured being unable/unwilling to seek care, especially preventative care, and the lack of mental health services.</td>
</tr>
<tr>
<td>Urgent care services, community education re: urgent care versus emergency care</td>
</tr>
<tr>
<td>wellbeing education and chronic disease prevention</td>
</tr>
<tr>
<td>In your opinion, what is the PRIMARY reason NH Seacoast residents are NOT able to access health care services?</td>
</tr>
<tr>
<td>---</td>
</tr>
<tr>
<td>Access/scheduling/pre-auth process accuracy</td>
</tr>
<tr>
<td>chose not to</td>
</tr>
<tr>
<td>difficult to get an appointment/get an appt &amp; show up &amp; doc is not there/get an appt &amp; show up &amp; they have no record of your appt/lost paperwork at doc office/doc late/not scheduling adequate time for the appt/doc rushed &amp; not paying full attention/inadequate communication between front office &amp; doc/scrip corrections not getting called incorrectly/rude front office staff - no better options for in-network service - too stressful, so just don’t go</td>
</tr>
<tr>
<td>difficulty finding services; unsure where to look</td>
</tr>
<tr>
<td>Fear that the cost will be too high whether insured or not</td>
</tr>
<tr>
<td>Healthcare isn’t transparent. You go in for a service and you often don’t know how much it’s going to cost. This scares people away from getting the treatment they need.</td>
</tr>
<tr>
<td>high deductibles for those that have insurance</td>
</tr>
<tr>
<td>income and coverage, Insurance Companies monopolizing New England. Not many choices</td>
</tr>
<tr>
<td>LACK OF AVAILABLE SERVICES</td>
</tr>
<tr>
<td>many believe health care is not the best here and seek care elsewhere</td>
</tr>
<tr>
<td>minimal community wellness resources</td>
</tr>
<tr>
<td>Need resources to help them figure out how to initiate health care for their needs and how to obtain the care whether or not there are insurance coverage or transportation needs</td>
</tr>
<tr>
<td>No appointment available</td>
</tr>
<tr>
<td>Not enough mental health services</td>
</tr>
<tr>
<td>Not enough resources</td>
</tr>
<tr>
<td>not proactive to get help when needed</td>
</tr>
<tr>
<td>Obamacare</td>
</tr>
<tr>
<td>practices are booking out so far patients cannot wait that long for some appointments</td>
</tr>
<tr>
<td>THERE ARE NO HOSPITALS</td>
</tr>
</tbody>
</table>
Please feel free to provide additional comments:

A health fair for new & non-CORE patient staff to get acquainted with our CORE providers and set up initial appointments. Special offers to become "in network". Address privacy concerns. Which provider is right for me and my family as an EH employee?

Better coordination between providers, better follow up by some providers for their patients

Community resources for prevention of chronic diseases and mental health problems are lacking compared to other regions in the country

Excessive co-pays is a reason I decide not to be seen

First hand I am aware of the need for improved education and intervention in middle and high school in relation to the dangers of addiction. Oftentimes there are great speakers and seminars at facilities after hours but young people that I know will not attend because they don't want anyone that they know to see them at such an event. I feel that if we brought the speakers and programs directly into the schools during school hours the students would have to attend and get the knowledge.

Getting old is frightening and need to start planning years in advance

Health care can't do much about what insurance will cover, but being able to tell the patient what the out of pocket costs will be at the time of treatment would help empower people to better make decisions about their health.

Healthcare is a right, not a privileged

Healthy active life styles should be promoted and local activities sponsored by the state would be a great step in the right direction

I BELIEVE IF SOMEONE HAS NO INSURANCE, PCP, ETC ITS BECAUSE OF CHOICES THERE MAKING AND ITS NOT UP TO EVERYONE ELSE TO TAKE CARE OF THEM

I FEEL THAT SUBSTANCE ABUSE IS A BIG ISSUE, BUT I THINK LACK OF MONEY AND HEALTH EDUCATION AND AWARENESS CONTRIBUTES.

I had to switch from Anthem due to the increase of cost overall and co-pay for labs, I do labs weekly and I would be broke within two months, the benefits card would be done. I really like the care I received at the hospital and through core. I had no choice. Maybe in the future I will be able to come back.

I have three adult children that refuse to go to the doctor because their deductibles are so high, they end up paying the full cost of the visit - often hundreds of dollars that they don't have. The days of the $50 co-pay per visit eliminated that problem. Many won't get the health care they should because of this.

I work in woman's imaging center. I've seen an increase in patient concerns when they are asked to come back for diagnostic imaging based on an abnormal screening. The percentage is higher of those that don't because insurance won't cover it. This is disturbing.

I'm so tired of hearing that my patients can't afford their medications, or the co-pays for specialists. There are not enough people in the community available to educate our patients to the extent required to care for their illnesses outside of the hospital setting.

In addition to where I think Seacoast Patients need help in are Cancer Care. A lot of PTs have insurance issues and have transportation issues especially in elderly people.

Need mobile drug misuse disorder assistance/availability to help those unable to seek help on their own.

No

No insurance, high cost of care
One of the biggest obstacles to finding/choosing affordable healthcare is the lack of pricing/cost transparency.

Patients are waiting much too long for access to mental health care as there is a great lack of available resources.

So many people rely on the ACA/Exchange policies. Hopefully this option will remain in place for those in need of affordable coverage.

The acuity level of patients being admitted to hospitals is getting worse. Seacoast citizens need to be more proactive in scheduling and seeing all practitioners to identify hidden risks in their initial phases.

THE COST OF HEALTH INSURANCE IS TOO HIGH, PCPs ARE OVERTAXED AND YOU ONLY GET 15 MIN WITH PT, HEALTH CARE NOW FEELS LIKE GOING TO YOUR AUTO MECHANIC (BEING NICKEL AND DIMED)

There needs to be more transportation available in Rockingham County for people. Geropsych/psych beds are lacking and the many ED holds of pts waiting for a psych inptn bed.

We are in need of facilities that can deal with mental health issues and not have them dumped off at the hospital where we have to put them in "the box" till they have a place to accept them weeks out.

What else is being done to assess the health gaps and needs of our community?

While I am lucky to have decent health insurance, my children do not. The youngest will lose her coverage next year when she turns 26. The oldest works 2 part time jobs, neither of which provide health insurance. My middle child recently quit his job due to serious mental health issues, and is now uninsured. I fear for their future without adequate healthcare.

With the cost of medications sky rocketing and the addition of Rx deductibles, patients are less compliant with preventative medications and less likely to adhere to regimens. Patients are unaware of cost savings programs for discounted medications. Often times they are cheaper with cash pricing.
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Appendix F: CHNA Promotions

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

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

**Organizations that distributed the survey included:**

Q7 Name of organization that sent this survey to you
Answered: 797  Skipped: 9

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

Homelessness/Housing Services

Community Action Partnership of Strafford County - Greater Seacoast Coordinated Access
Description: Homeless prevention and diversion services as well as shelter referrals to individuals and families.
Phone: (603) 435 2500 ext. 8139
Website: http://www.straffordcap.org/programs/homeless-a-housing-services
Location: 642 Central Ave. Dover, NH

Community Action Partnership of Strafford County - Housing Services
Description: Assists eligible clients with first month's rent, back rent, mortgage payments (principal and interest only), utility assistance and some vehicle repairs as funding allows.
Phone: (603) 435 2500 ext. 8148
Website: http://www.straffordcap.org/programs/homeless-a-housing-services
Location: 642 Central Ave. Dover, NH

Community Action Partnership of Strafford County - Security Deposit
Description: Assistance in the form of a guarantee certificate to the landlord and a loan to the client.
Phone: (603) 435 2500 ext. 8148
Website: http://www.straffordcap.org/programs/homeless-a-housing-services
Location: 642 Central Ave. Dover, NH

Community Action Partnership of Strafford County - Homeless Outreach
Description: Conducts outreach and intervention services to the unsheltered homeless.
Phone: (603) 435 2500 ext. 8153
Website: http://www.straffordcap.org/programs/homeless-a-housing-services
Location: 642 Central Ave. Dover, NH

Crossroads House
Description: Provides emergency and transitional shelter to homeless men, women, and children.
Phone: (603) 436 2218
Website: https://www.crossroadshouse.org
Location: 600 Lafayette Road Portsmouth, NH

Fair Tide
Description: Provides homeless individuals and families with safe, affordable housing for up to 2 years paired with support services focusing on health and financial stability sufficient to obtain and maintain permanent housing.
Phone: (207) 439 2427
Website: http://www.fairtide.org
Location: 15 State Road Kittery, ME
Families First- Mobile Health Services
Description: Health and dental care can be hard to get to if you are homeless, don’t have stable housing, or don’t have money.
Phone: (888) 922 0005
Website: https://www.familiesfirstseacoast.org/health-care/mobile-health-care/

Families in Transition
Description: Provides shelter for individuals and families who face homelessness.
Phone: (603) 641 9441
Website: https://www.housingbenefitsnh.org/dover
Location: Dover, NH

HAVEN
Description: Short-term emergency shelter helps to provide women and their children with a safe and supportive environment to heal from abuse and to rebuild their lives.
Phone: (603) 994 7233
Website: https://havennh.org/get-help/safe-shelter/
Location: 20 International Drive, Suite 300 Portsmouth, NH

Homeless Center for Strafford County
Description: Seasonal shelter providing safety, support, and self-sufficiency to women, children, and families of our community.
Phone: (603) 435 2448
Website: http://www.homelesscenterforstraffco.org
Location: 9 Isinglas Drive Rochester, NH

Living Innovations
Description: Supports people with disabilities: a person in need of support living with a host family in a natural home.
Phone: (603) 430 5430
Location 1: 1950 Lafayette Road Building B Portsmouth, NH
Location 2: 273 Locust Street Unit 2C Dover, NH
Location 3: 16 Route 111 Bldg 2, Suites 1-3 Derry, NH
Website: https://livinginnovations.com/areas-of-service/new-hampshire/

Lydia’s House of Hope
Description: Train and equip homeless families and single women with the necessary mind-set and skill-sets required to move out of chronic homelessness into sustainable self-supporting, independent living- Customized programs in budgeting and finance, classes in parenting, cooking and nutrition, counseling and continuing educational services.
Phone: (603) 692 3100
Location: 21 Grand St. Somersworth, NH
Website: https://seedsoffaithnh.org/lydias-house-of-hope/
My Friend’s Place
Description: Provides home like emergency shelter and transitional housing, and exceptional support for the homeless men, women, and families.
Phone: (603) 749 3017
Location: 368 Washington Street Dover, NH
Website: http://www.myfriendsplacenh.org

New Generation, Inc.
Description: Providing a safe family-oriented shelter for homeless pregnant women, their babies and children.
Phone: (603) 436 4989
Website: https://www.newgennh.org
Location: 568 Portsmouth Avenue Greenland, NH

New Hampshire Legal Assistance
Description: Promotes equal access to housing for NHLA clients by working on preserving their housing- helps individuals and families who are either currently without shelter or are at imminent risk of becoming homeless.
Phone: 1(800) 639 5290
Website: http://www.nhla.org/content/housing-16
Location: 154 High Street, Portsmouth NH

Portsmouth Housing Authority
Description: Develops and manages quality affordable housing and provides rental assistance to families, seniors, and people with disabilities.
Phone: (603) 436 4310
Website: www.porthousing.org
Location: 245 Middle St. Portsmouth, NH

Southern New Hampshire Services, Inc.: Supportive Housing for Homeless
Description: Mary’s House- non-treatment facility designed to provide subsidized single-room occupancy apartments for homeless women without children who are in need of a safe and supportive living environment assistance programs.
Phone: (603) 886 3562
Description: Robinson’s House- non-treatment facility designed to provide subsidized single-room occupancy apartments for homeless men over 18 who are in need of a safe and supportive living environment.
Website: https://www.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
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](http://www.housingpartnership.org/The_Housing_Partnership/Home.html)
Location: 767 Islington Street Portsmouth, NH

**The VA Medical Center: Healthcare for Homeless Veteran's Program**
Description: Online Source- Residential treatment for homeless Veterans- myriad of housing and other services that provide VA with a way to reach and assist homeless Veterans by offering them entry to VA care.
Phone: (603) 624 4366 ext. 3199
Website: [https://www.va.gov/homeless/hchv.asp](https://www.va.gov/homeless/hchv.asp)

---

**Housing/Utilities:**

**Community Action Partnership of Strafford County- Fuel Assistance:**
Description: Provides certified eligible households with assistance in paying their energy bills during the winter.
Phone: (603) 435 2500
Location: 61 Locust Street, Suite 240 Dover, NH
Website: [http://www.straffordcap.org/programs/energy-services/fuel-assistance](http://www.straffordcap.org/programs/energy-services/fuel-assistance)

**Community Action Program- Weatherization Assistance Program**
Description: serve those low-income households that are most vulnerable to high-energy costs and who do not have the means of making cost-effective energy conservation improvements to their homes.
Phone: (603) 271-6359
Website: [https://www.nh.gov/osi/energy/programs/weatherization/index.htm](https://www.nh.gov/osi/energy/programs/weatherization/index.htm)

**Community House Calls**
Description: Home accessibility modifications, home maintenance, healthy homes today, stair lift installation, bathroom modifications/upgrades, wheelchair ramp accessibility.
Phone: (603) 887 7878
Website: [http://www.communityhousecalls.com](http://www.communityhousecalls.com)
Location: 238 Jennifer Dr. Chester, NH

**Community Toolbox, Inc.**
Description: offers small critical home repairs to Seacoast neighbors in need.
Website: [http://www.commttoolbox.org](http://www.commttoolbox.org)
Location: 1465 Woodbury Avenue #335 Portsmouth, NH

**General Assistance/Local Welfare**
Description: Online Source- assist in the delivery of legal services to low-income clients and to provide accurate information to the community.
Phone: 1 (800) 639 5290
Website: [https://www.nhlegalaid.org/contact](https://www.nhlegalaid.org/contact)
### Substance Use Disorder Services

**HAMPDEN STATEWIDE ADDICTION HOTLINE 1-844-711-HELP (4357)**

**Education/Support Services**

Al-Anon (New Hampshire Chapter):
Description: Online support group, individuals suffering from another’s substance use disorder
Phone: (603) 369 6930
Website: [http://nhal-anon.org/meetings/](http://nhal-anon.org/meetings/)

**Alcoholics Anonymous**
Description: Support group, 12-step, mutual aid, alcohol abuse.
Phone: (603) 659 3892
Website: [http://newmarketchurch.org/events/alcoholics-anonymous/](http://newmarketchurch.org/events/alcoholics-anonymous/)
Location: 137 Main S., Newmarket, NH

**Amethyst Foundation**
Description: Professional substance abuse education, intervention and evaluation to individuals, courts, probation officers and other organizations.
Phone: (603) 679 2100
Location: 120 Hedding Road Epping, NH
Website: [https://amethystfoundation.com](https://amethystfoundation.com)

**Families First Health & Support Center**
Description: Both accept Medicaid, Medicare and many private insurance plans, offers sliding fee scale for uninsured and underinsured patients. 12-week program led by a licensed alcohol and drug counselor.
Phone: (603) 422 8208 ext. 1
Location 1: 100 Campus Drive, Suite 12 Portsmouth, NH
Location 2: 146 Lafayette Road Seabrook, NH

**Granite Pathways - Regional Access Point Services (RAPS)**
Description: Network, accessible by phone or in person; helps residents struggling with addiction, to get the timely, supportive services they need; helping both individuals and families navigate the complex systems of care to real solutions.
Phone: (877) 369 0928
Location: 865 Islington Street Portsmouth, NH
Website: [http://www.granitepathwaysnh.org/family-support-groups/](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/](http://www.granitepathwaysnh.org/family-support-groups/)
Health Care Resource Centers

Description: integrated medical and counseling approaches grounded in an individualized recovery-oriented philosophy that treats addiction as a bio-psychosocial disease.
Phone: (603) 953 0077
Location: 200 Route 108 Somersworth, NH

Hope on Haven Hill

Description: Comprehensive treatment for substance use for pregnant and parenting women.
Phone: (603) 841 5353
Website: http://www.hopeonhavenhill.org/outpatient-services.html
Location: 361 Route 108 Suite 2 Somersworth, NH

Lamprey Health Care

Description: Integrated behavioral health and substance abuse services.
Phone: (603) 659 3106
Location: 207 S Main St. Newmarket, NH
Website: http://www.lampreyhealth.org/services/integrated-behavioral-health/

Live Free Recovery

Description: Clinically Supported Peer Recovery Coaching- educate you and your families in all aspects of the substance abuse recovery process.
Phone: (603) 702 2461
Location: 2 puzzle lane BLDG 2 Unit 1 Newton, NH
Website: https://www.livefreerecovery.com/adolescent-iop

Narcotics Anonymous

Description: Support group, 12-step, mutual aid, narcotic addiction/other substances.
Phone: 1 (888) 624 3578
Website: http://gsana.org
Location: Seacoast, NH

Southeastern NH Alcohol & Drug Abuse Services

Description: Outpatient addiction treatment.
Phone: (603) 516 8160
Website: http://senhs.org
Location: 272 County Farm Road Dover, NH

SOS Community Recovery Center

Description: Provides a safe supportive environment for those impacted by substance misuse.
Phone: (603) 841 2350
Location 1: 4 Broadway Dover, NH
Location 2: 63 S. Main Street Rochester, NH
Website: http://straffordrecovery.org/who-we-are/
The Addict's Mom (New Hampshire Chapter)
Description: Online support group. Parents of individuals in active addiction/recovery.
Website: http://www.facebook.com/groups/TAMNewHampshire/

Inpatient Services

Granite House
Description: For men who have completed inpatient substance abuse programs to continue their recovery program in an environment that supports the new standards of behavior and personal conduct acquired in their treatment program.
Phone: (866) 837 3995
Location: 35 West Broadway Derry, NH
Website: https://granitehousesl.com

Hampstead Hospital
Description: supportive therapeutic environment that assists patients in crisis stabilization and/or detoxification.
Phone: (603) 329 5311
Website: http://www.hampsteadhospital.com/chemical_dependency.htm
Location: 218 East Road Hampstead, NH

Odyssey Adolescent Therapeutic Center
Description: Mental health and co-occurring substance abuse treatment services for adolescents
Phone: (603) 926 6702
Location: 30 Winnacunnet Rd. Hampton, NH

PACE Program
Description: 4 week residential substance abuse treatment program for adolescents
Phone: (603) 335 1003
Location: 180 Portland St. Rochester, NH

Outpatient Services

Addiction Recovery Services
Description: Intensive Outpatient (IOP)- provide accessible and effective group therapy, family education and medication management for addiction
Phone: (603) 433 6250
Location: 1145 Sagamore Ave. Portsmouth, NH
Website: https://arsnh.com

Seacoast Mental Health Center
Description: Evidenced-based practice of Integrated Treatment for Co-Occurring Disorders (ITCOD), and an outpatient Medication Assisted Treatment program (Suboxone).
Phone (603) 431 6703
Location: 1145 Sagamore Ave. Portsmouth, NH
Location 2: 30 Prospect St. Exeter, NH
Website: https://www.smhc-nh.org/services/#toggle-id-6
**Quick Links**

**Drug Free NH**
Description: Drug guide, resources- promote consistent statewide messages about the problems and solutions of substance misuse in New Hampshire.
Phone: (844) 711 4357
Website: [http://www.drugfreenh.org/about-us](http://www.drugfreenh.org/about-us)

**NH Alcohol and Drug Treatment Locator**
Description: Find a treatment center.
Phone: (844) 711 4357
Website: [https://nhtreatment.org](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](https://www.dhhs.nh.gov/dcbcs/bdas/treatment.htm)

**SAMHSA- substance abuse and mental health services administration**
Description: Find treatment centers.
Phone: 1 (800) 487 4889
Website: [https://findtreatment.samhsa.gov/locator](https://findtreatment.samhsa.gov/locator)

**Smoking**

**QuitWorks New Hampshire**
Description: Online Source- free, evidence-based, tobacco cessation service.
Phone: (866) 560 9113
Website: [https://quitworksnh.org](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/](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/](https://al-anon.org/al-anon-meetings/)

**Child & Family Services**
Description: Substance abuse treatment and counseling.
Phone: (603) 742 5662
Location 1: 279 Locust St. Dover, NH
Location 2: 9 Hampton Rd. Exeter, NH
Website: [http://www.cfsnh.org/](http://www.cfsnh.org/)
Granite Pathways
Description: Support to adult family members with a loved one affected by substance use disorder.
Phone: (603) 969 1305
Location 1: 4 Broadway Dover, NH
Location 2: 2 Spring St. Exeter, NH
Website: [http://www.granitepathwaysnh.org/family-support-groups/](http://www.granitepathwaysnh.org/family-support-groups/)

Raymond Coalition for Youth
Description: Promotes positive youth development and reduces youth substance use.
Phone: (603) 895 7061
Website: [http://www.rcfy.org/resources/drugs-101](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](https://www.sorocknh.org/youth-resources)
Location: 17 Danville Road Kingston, NH

The Upper Room
Description: Challenge Course- Adolescent wellness service that includes drug and alcohol education and a self-awareness program.
Phone: (603) 437 8477 ext. 15
Website: [https://www.urteachers.org/new-page](https://www.urteachers.org/new-page)
Location: 36 Tsienneto Road Derry, NH

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### 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](http://birchtreecenter.org)
Location: 2064 Woodbury Ave #204 Newington, NH

**Center for Life Management**
Description: Mental health and substance use services, psychiatric treatment, acute care, medication services, emergency intervention, and family support services for adults, children, adolescents and families.
Phone: (603) 434 1577
Website: [http://www.centerforlifemanagement.org/about/overview](http://www.centerforlifemanagement.org/about/overview)
Location: 10 Tsienneto Road Derry, NH
**Constellations Behavior Therapy & Services**
Description: Help children with autism and other developmental delays with a wide range of developmental domains including language development, social skills, self help, play, and academic achievement.
Phone: (800) 778 5560
Website: [http://www.constellationsbehavioral.com](http://www.constellationsbehavioral.com)
Location: 200 Griffin Rd #5, Portsmouth, NH

**Connor's Climb Foundation**
Description: Suicide Prevention: Connor's Climb Foundation works to prevent suicide, the second leading cause of death for youth ages 10-24.
Phone: (800) 273 8255
Website: [www.connorsclimb.org](http://www.connorsclimb.org)
Location: PO Box 283, Exeter, NH

**One Sky Services**
Description: Assist people with developmental disabilities or acquired brain disorders.
Phone: (603) 436 6111
Website: [http://www.oneskyservices.org/about/](http://www.oneskyservices.org/about/)
Location: 755 Banfield Rd Ste 3, Portsmouth NH

**Richie McFarland Children's Center**
Description: Child has special needs or needs some special encouragement
Phone: (603) 778 8193
Website: [https://www.richiemcfarland.org](https://www.richiemcfarland.org)
Location: 11 Sandy Point Road Stratham, NH

**Safe Harbor Recovery Center**
Description: Safe Harbor is a peer-led recovery center. It is a resource open to anyone impacted by addiction.
Phone: (603) 570 9444
Location: 865 Islington St. Portsmouth, NH

**Seacoast Child Developmental Clinic- Autism**
Description: Specializes in Autism (ages 0-5 yr).
Phone: (603) 862 0561
Website: [https://www.autismspeaks.org/resource/seacoast-child-development-clinic](https://www.autismspeaks.org/resource/seacoast-child-development-clinic)
Location: 10 West Edge Drive, Suite 101 Durham, NH

**Seacoast Mental Health**
Description: Provide evaluations and treatment services to children, adolescents and families, adults, and the elderly who reside in our catchment area regardless of their ability to pay.
Phone: (603) 772 2710
Location 1: 30 Prospect Ave. Exeter, NH
Location 2: 1145 Sagamore Ave. Portsmouth, NH
Website: [https://www.smhc-nh.org/#contact](https://www.smhc-nh.org/#contact)
Domestic Abuse/ Sexual Assault

HAVEN
Description: Short-term emergency shelter helps to provide women and their children with a safe and supportive environment to heal from abuse and to rebuild their lives.
Phone: (603) 994 7233
Website: https://havennh.org/get-help/safe-shelter/
Location: 20 International Drive, Suite 300 Portsmouth, NH

Education/Support Centers

Connections Peer Support Center
Description: Peer-centered support for individuals with mental health issues.
Phone: (603) 427 6966
Website: http://connectionspeersupport.org
Location: 544 Islington St. Portsmouth, NH

Endurance Behavioral Health
Description: Anxiety and panic disorders, depression and suicidality, family discord, self-harming behaviors, trauma and PTSD, mood instability, dysphoria related to gender and or sexual orientation, substance use, grief and loss, high functioning autism, poor body image and self-esteem, and behavioral issues at home and school.
Phone: (603) 760 1942
Website: http://endurancebehavioralhealth.com
Location: 823 Lafayette Rd. Seabrook, NH

Exeter Alzheimer’s Café and Support Group
Description: For those affected by Alzheimer’s disease and other types of Dementia and the their caregivers. The Support Group is a place to: Exchange practical information on caregiving problems and possible solutions, talk through challenges and ways of coping, share feelings, needs and concerns.
Phone: (603) 967 4477
Website: https://www.facebook.com/Exeter-Alzheimers-Cafe-Support-Group-1394830140839450/
Location: 30 Court Street Exeter, NH

Families First Health & Support Center
Description: Provide counseling.
Phone: (603) 766 2626
Location: 100 Campus Drive, Suite 12, Portsmouth, NH

Granite Pathways- Seacoast Pathways
Description: A supportive, community-based non-profit program for adults living with mental illness. Evidence-based recovery program for adults 18 and over living with mental illness who strive to re-engage with others and the community.
Phone: (603) 812 9031
Website: http://www.seacoastpathways.org
Location: North Church Parish House, 355 Spinney Road Portsmouth, NH
Krempels Center
Description: Improving the lives of people living with acquired brain injury from trauma, tumor or stroke.
Phone: (603) 570 2026
Website: http://krempelscenter.org
Location: 100 Campus Dr #24, Portsmouth, NH

Living Innovations
Description: Providing support for people with developmental and physical disabilities from childhood, transition years and through adulthood.
Phone: (603) 430 5430
Location 1: 1950 Lafayette Road Building B Portsmouth, NH
Location 2: 273 Locust Street Unit 2C Dover, NH
Website: https://livinginnovations.com/contact-us/

On the Road to Wellness
Description: Support service that educates, advocates, and empowers people to manage and maintain their mental health and wellness.
Phone: (603) 552 3177
Website: http://otrtw.org
Location 1: 45 S Main St. Derry, NH

The Sonatina Center for Creative Arts Therapy
Description: Center for those with Autism, Developmental & Intellectual Disabilities, Anxiety, Depression, Behavioral Challenges, Family Transitions, Substance Misuse, Bereavement, Alzheimer’s Disease, Dementia, Parkinson’s Disease, Traumatic & Acquired Brain Injury, Neurological Impairments, Pregnancy, Birth, & Postpartum Issues, ADHD, Mental Health and Wellness.
Phone: (603) 978 4808
Website: https://www.thesonatinacenter.com
Location: 750 Central Ave. Dover, NH

Group Practices

Family and Consumer Bipolar Support Group
Description: Date: 2nd Monday of each month. Time: 6:30 ~ 8:45 pm.
Phone: (603) 793 7040
Website: https://www.smhc-nh.org/
Location: Seacoast Mental Health (Lighthouse Room) 1145 Sagamore Ave. Portsmouth, NH

Families First- Mother-to-Mother Connections
Description: Group for moms with postpartum depression, anxiety or other challenges beyond everyday postpartum adjustment issues
Phone: (603) 422 8208 ext. 2
Website: https://www.familiesfirstseacoast.org/event/mother-mother-postpartum-group/2018-06-26/
Location: 100 Campus Drive Portsmouth, NH
**Farmsteads of New England- Autism**  
Description: Farmsteads of New England (FNE) provides supportive services to individuals who have autism, developmental disabilities, and others with varying abilities.  
Phone: (603) 464 2590  
Website: [https://www.farmsteads-ne.org](https://www.farmsteads-ne.org)  
Location: 38 Plumer Road, Unit A, Epping, NH

**Great Bay Mental Health**  
Description: Our team consists of a psychiatric nurse practitioner along with licensed clinical social workers, mental health counselors and marriage and family therapists to provide treatment, counseling and support for many concerns.  
Phone: (603) 742 9200  
Location: 15 Old Rollingsford Road #302 Dover, NH

**Seacoast Mental Health Services**  
Description: Provides evaluations and treatment services to children, adolescents and families, adults, and the elderly who reside in our catchment area regardless of their ability to pay.  
Phone: (603) 431-6703  
Location 1: 1145 Sagamore Ave. Portsmouth, NH  
Location 2: 30 Prospect Ave. Exeter, NH  
Website: [https://www.smhc-nh.org/about/](https://www.smhc-nh.org/about/)

**Suicide Prevention**

**Connor’s Climb Foundation**  
Description: Suicide Prevention: Connor’s Climb Foundation works to prevent suicide, the second leading cause of death for youth ages 10-24.  
Website: [www.connorsclimb.org](http://www.connorsclimb.org)  
Location: PO Box 283, Exeter, NH

**LGBTQ Youth: hotline**  
Phone: 1(866) 488-7386  
Military hotline  
Phone: 1(800) 959 8277

**NAMI (National Alliance on Mental Illness)**  
Description: Coping with a Loved One’s Suicide. Day/Time: Every Friday, 4-5 pm.  
Phone: (603) 553 0119  
Website: [https://www.nami.org](https://www.nami.org)  
Location: Hampstead Public Library, 9 Mary E. Clark Drive Hampstead, NH  
**NAMI (National Alliance on Mental Illness)**
Description: Portsmouth Survivors of Suicide Loss Support Group. Day/Time: 1st Tuesday of each month, 6:30–8:00 pm. Facilitated by: Peer. No Walk Ins. Please call for more information-out of state groups open to NH residents.
Phone: (603) 770 2987
Website: https://www.nami.org
Location: Seventh Day Adventist Church, 861 Middle Rd. Portsmouth, NH

**NAMI (National Alliance on Mental Illness)**
Description: Survivors of Suicide Loss Group. Day/Time: 3rd Wednesday each month, 6:15 – 7:15 pm
Website: https://www.nami.org
Location: Waysmeet Center – 15 Mill Road Durham, NH

**National Suicide Prevention Lifeline: hotline**
Phone: 1(800) 273 TALK (8255)

**On the Road to Wellness**
Description: Adult Education and Mental Illness Center: Lifestyle/Wellness/Mental Health.
Phone: (603) 552 3177
Website: http://otrtw.org
Location 1: 45 S Main St. Derry, NH

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### Nutritional and Wellness Services

**Food Banks/Food Pantries**

**Community Action Partnership- Food Pantries**
Description: Food Pantries, Summer Meals, and Temporary Emergency Food Assistance Programs: operate food pantries to provide short-term supplies of food to eligible households.
Phone: (603) 460 4237
Location: 61 Locust Street, Suite 240 Dover, NH
Website: http://www.straffordcap.org/programs/food-a-nutrition

**Gather - Food Pantry**
Description: Year round food pantry, Emergency Food assistance, Personal Care Products, Fresh produce, milk, eggs, cheese and meat, Confidential guidance and referral to other local service agencies, Education and Outreach programs including our Summer Meals 4 Kids, Meals 4 Seniors and Community Supported Agriculture, (CSA).
Phone: (603) 436 0641
Website: https://www.gathernh.org
Location: 210 West Road Portsmouth, NH

**NH Food Bank**
Description: agency and food programs, soup kitchens, food pantries, emergency food programs, non-emergency food programs, emergency shelters.
Phone: (603) 669 9725 ext. 124
Website: www.nhfoodbank.org/nheasy
Society of St. Vincent de Paul Exeter Food Pantry
Description: offers emergency food and financial assistance to low income residents.
Phone: (603) 772 9922
Location: 53 Lincoln St. Exeter, NH
Website: https://www.svdpexeter.com/our-services/

Nutrition/Wellness Programs/Education

Core Physicians Group and Exeter Hospital- Health & Wellness Lecture Series
Description: Free to attend.
Phone: (603) 580 6668
Website: https://unitedinwellness.org/events/health-wellness-lecture-series/

Exeter Hospital- Better Choices, Better Health
Description: Chronic disease self-management workshops.
Phone: (603) 580 6668
Website: https://www.exeterhospital.com/Services/community-education/Better-Choices,-Better-Health

Exeter Hospital- Your Weigh to Wellness Management Program
Description: HealthReach Program- 8-week adult weight management program.
Phone: (603) 580 6668
Website: https://www.exeterhospital.com/Services/community-education/Your-Weigh-to-Wellness-Management-Program

Exeter Hospital- Cardiovascular Rehabilitation and Wellness Services
Description: Post heart attack- about the heart disease, risk factors, and methods to manage it.
Phone: (603) 580 6149
Website: https://www.exeterhospital.com/Services/Cardiology/Cardiac-Rehabilitation-and-Wellness-Services

HealthReach Diabetes, Endocrine and Nutrition Center
Description: Diabetes Self-Management Education and Support provided through individual and group visits. Diabetes Boot Camp Group: 2 classes, two hours each. Diabetes educators include nurses and dietitians trained to help people with diabetes or those at risk for developing diabetes live a healthier life.
Location: 881 Lafayette Rd. Suite G&H Hampton, NH
Phone: (603) 926-9131
Website: https://www.exeterhospital.com/Locations/881-Lafayette-Road
**Nutrition Counseling - Core Physicians Group Dietitian**
Description: Tuesdays 8:30am-5:00pm
Phone: (603) 929 1195
Location 1: 879 Lafayette Road Hampton, NH
Description: Second Wednesday of the month, Mornings 9:00am-12:00pm
Location 2: 3 Alumni Drive, Suite 201 Exeter, NH
Description: Thursdays & Fridays 9:00am-5:00pm
Location 3: 21 Hampton Road, Building 3 Exeter, NH
Description: Second & Fourth Wednesdays
Location 4: 24 Plaistow Road Plaistow, NH
Website: [https://www.corephysicians.org/Services/Other-Services/Nutrition-Counseling/Locations](https://www.corephysicians.org/Services/Other-Services/Nutrition-Counseling/Locations)

**Nutrition Guides/Resources - Core Physicians Group Dietitian**
Description: A guide to healthy eating, creating healthy food habits for children, nutrition counseling locations, weight loss tips.
Website: [https://www.corephysicians.org/Services/Other-Services/Nutrition-Counseling](https://www.corephysicians.org/Services/Other-Services/Nutrition-Counseling)

**Seacoast Eat Local**
Description: Locally grown foods and advocates eating locally for the health of our environment, community, culture and economy.
Phone: (888) 600 0128
Website: [https://seacoasteatlocal.org](https://seacoasteatlocal.org)
Location: 2 Washington Street, Suite 331 Dover, NH

**University of NH Cooperative Extension**
Description: Programs and resources for families and youth are provided in the following areas: Nutrition Connections, Youth and Family, 4-h youth development, Master Gardener Program, Wildlife Presentations.
Phone: (603) 862 1520
Website: [https://extension.unh.edu](https://extension.unh.edu)
Location: Taylor Hall, 59 College Road Durham, NH

**Y of the Seacoast**
Description: Membership for All. Place where everyone from infants to seniors, adults and families socialize, share interests, and engage in programs for healthy living.
Phone: (603) 431 2334
Website: [http://www.granitemca.org/locations/seacoast](http://www.granitemca.org/locations/seacoast)
Location: 550 Peverly Hill Road Portsmouth, NH
Other Food Assistance Programs

Operation Blessing
Description: Serves individuals and families in need- Free of charge clothing, and household items to those who are financially struggling.
Phone: (603) 430 8561
Website: http://www.operationblessingnh.org
Location: 600A, Lafayette Rd. Portsmouth, NH

Portsmouth Catholic Share Fund
Description: Financial/Food Assistance- emergency financial program for individuals and families who have exhausted all other avenues of support.
Phone: (603) 436 4555
Website: https://corpuschristinh.org/home/parish-life-2/ministries-2/outreach-ministries/share-program/
Location 1: 845 Woodbury Avenue Portsmouth, NH
Location 2: 98 Summer St. Portsmouth, NH

Rockingham Nutrition & Meals on Wheels
Description: Nutritious meals and beneficial support services to older and disabled residents.
Phone: (603) 679 2201
Website: http://www.rockinghammealsonwheels.org

St. Michael's Parish
Description: Food Assistance- St. Michael's Parish has outreach programs that helps people who are struggling just to make ends meet.
Phone: (603) 772 2494 ext. 209
Website: https://stmichaelparish.org/
Location: 9 Lincoln Street Exeter, NH

Health and Medical Services

Cancer Support Services

Exeter Hospital Center for Cancer Care
Description: Comprehensive cancer diagnosis, treatment and support services.
Phone: (603) 580 6636
Location: 5 Alumni Drive Exeter, NH
Website: https://www.exeterhospital.com/Services/cancer-care

Families First
Description: Free breast and cervical cancer screenings for eligible women.
Phone: (603) 766 2626
Location 1: 146 Lafayette Rd. Seabrook, NH
Website: https://www.familiesfirstseacoast.org/health-care/primary-care-for-adults/prevention-wellness/
Location 2: 100 Campus Dr. Portsmouth, NH
**Goodwin Community Health**  
Description: Breast and Cervical Cancer Program.  
Phone: (603) 749 2349  
Website: [https://goodwinch.org/services/womens-health/](https://goodwinch.org/services/womens-health/)  
Location: 311 Route 108 Somersworth, NH

**My Breast Cancer Support**  
Description: Provides financial and emotional support to breast cancer patients.  
Phone: (603) 759 5640  
Location: 1576 Portsmouth, NH  
Website: [http://www.mybreastcancersupport.org](http://www.mybreastcancersupport.org)

**Companions/Nursing Aides**

**Benda Home Care Solutions**  
Description: Private Pay.  
Phone: (603) 431 0505  
Website: [www.bendahomecare.com/](http://www.bendahomecare.com/)  
Location: 1039 Islington St # 16 Portsmouth, NH

**Caring Companions of Easter Seals NH**  
Description: Private Pay.  
Phone: (603) 621 3497  
Location: 555 Auburn St. Manchester, NH

**Extended Family**  
Description: Private Pay.  
Phone: (603) 430 6863  
Website: [www.extended-family.net/](http://www.extended-family.net/)  
Location: 70 Court St. Portsmouth, NH

**Home Helpers**  
Description: Private Pay.  
Phone: (603) 845 3333  
Location: 172 Rockingham Road Unit 2, Londonderry, NH  
Website: [https://www.homehelpershomecare.com/londonderry/home](https://www.homehelpershomecare.com/londonderry/home)

**Home Instead**  
Description: Companionship Services.  
Phone: (603) 433 5959  
Website: [https://www.homeinstead.com/531](https://www.homeinstead.com/531)  
Location: 10 Vaughan Mall Rd. Suite 209 Portsmouth, NH
Right at Home
Description: Private Pay.
Phone: (603) 373 0374
Location 1: 1950 Lafayette Road Suite 201 Portsmouth, NH
Location 2: 150 Nashua Rd. Unit C Londonderry, NH
Website: https://www.rightathome.net

Senior Helpers
Phone: (603) 379 6040
Website: https://www.seniorhelpers.com/
Location: 62 Portsmouth Ave. Ste 4 Stratham, NH

Senior Companion Program of New Hampshire
Description: Senior Companion volunteers are active older adults who visit socially isolated and frail seniors or adults with disabilities within their communities.
Phone: (800) 856 5525

Visiting Angels Living Assistance
Phone: (603) 583 4890
Website: https://www.visitingangels.com/
Location 1: 118 Portsmouth Ave. B2C Stratham, NH
Location 2: 14 Hooksett Rd. Auburn, NH

Dental

Core Physicians Group- Pediatric Dental Services
Description: accepts Medicaid.
Phone: (603) 773 4900
Location: 5 Hampton Rd. Exeter, NH
Website: https://www.corephysicians.org/Pedi-Dental

Cross Roads House
Description: Dentist on site, adults in an unstable, temporary housing situation or homeless.
Phone: (603) 436 2218
Website: https://www.crossroadshouse.org
Location: 600 Lafayette Rd. Portsmouth, NH

Brian D. Shuman, DMD
Description: Family Dentistry- provides personalized care, guidance and education- takes Medicaid.
Phone: (603) 642 3276
Website: http://briandshumanmd.com
Location: 1 Chase St. Kingston NH
**Families First**  
Description: Dental Center, Mobile Dental Care, Seacoast Healthy Grins, Dental Care for Children.  
Phone: (603) 422 8208 ext. 3  
Location 1: 146 Lafayette Rd. Seabrook, NH  
Location 2: 100 Campus Dr. Portsmouth, NH  
Website: [https://www.familiesfirstseacoast.org/dental-care/](https://www.familiesfirstseacoast.org/dental-care/)

**Goodwin Community Health Center- Dental Center**  
Description: for patients and non-patients in need of emergency dental care.  
Phone: (603) 841 2025  
Location: 311 Route 108 Somersworth, NH  
Website: [https://goodwinch.org/services/dental/](https://goodwinch.org/services/dental/)

**Lamprey Health Care - Dental Services**  
Description: Dental care.  
Phone: (603) 895 3161  
Website: [https://www.lampreydental.com/about](https://www.lampreydental.com/about)  
Location: 37 Epping St. Raymond, NH

**Society of St. Vincent de Paul Exeter- Hygienist/Dentist**  
Description: Hygienist/Dentist by appointment only.  
Phone: (603) 422 8208 ext. 3  
Website: [https://www.svdpexeter.com](https://www.svdpexeter.com)  
Location: 53 Lincoln St. Exeter, NH

**Diabetes**

**Core Physicians Group- Endocrinology**  
Description: Diabetes and Metabolism.  
Phone: (603) 926 1119  
Location: 881 Lafayette Rd. Hampton, NH  
Website: [https://www.corephysicians.org/Services/Specialty-Care/Diabetes-Metabolism](https://www.corephysicians.org/Services/Specialty-Care/Diabetes-Metabolism)  
Name: Eli Lilly: Diabetes Care:

**HealthReach Diabetes, Endocrine and Nutrition Center**  
Description: Diabetes Self-Management Education and Support provided through individual and group visits. Diabetes Boot Camp Group: 2 classes, two hours each. Diabetes educators include nurses and dietitians trained to help people with diabetes or those at risk for developing diabetes live a healthier life.  
Location: 881 Lafayette Rd. Suite G&H Hampton, NH  
Phone: (603) 926-9131  
Website: [https://www.exeterhospital.com/Locations/881-Lafayette-Road](https://www.exeterhospital.com/Locations/881-Lafayette-Road)

**JDRF Juvenile Diabetes**  
Description: Online Source- educational tools to help you or your loved one manage diabetes.  
Phone: (800) 533 CURE (2873)  
Website: [http://www.jdrf.org/t1d-resources/](http://www.jdrf.org/t1d-resources/)
Disease/Illness/Disability Support

Annie’s Angels Memorial Fund
Description: helping local families struggling financially through a life threatening disease, illness or disability.
Phone: (603) 686 4224
Website: https://anniesangels.org
Location: 8 Jana Lane, Stratham NH

Breathe New Hampshire
Description: Online Source- eliminating lung disease and improving the quality of life for those living with lung disease.
Phone: (800) 835 8647
Website: https://www.breathenh.org

ElderPet
Description: Pet therapy- Provides various services to low income elders, people with disabilities, and hospice families having difficulties.
Phone: (603) 767 6856
Website: www.elderpet.org
Location: PO Box 624, Durham, NH

Krempels Center
Description: Improving the lives of people living with acquired brain injury from trauma, tumor or stroke.
Phone: (603) 570 2026
Website: http://krempelscenter.org
Location: 100 Campus Dr. #24, Portsmouth, NH

Eye and Ear Care

The New Hampshire Association for The Blind
Description: Vision Rehabilitation Therapy.
Phone: (603) 464 3075
Website: https://futureinsight.org/services/adult-services/rehabilitation-therapy
Location 1: 127 Parrott Ave. Portsmouth, NH

Northeast Deaf and Hard of Hearing Services (NDHHS)
Description: Online Source- Equipment and Services for those who are hard of hearing/deaf, blind/low vision, mobility challenges, speech challenges, or cognitive challenges.
Phone: (603) 224 1850
Website: https://www.ndhhs.org

VA Visual Impairment Services
Description: Online Source- services for severely disabled visually impaired Veterans.
Phone: (603) 624 4366 ext. 6475
Website: https://www.va.gov/optometry/
**Apria Home Care**  
Description: Home medical equipment, respiratory and assistive technology services.  
Phone: (603) 430 0015  
Website: [https://www.apria.com](https://www.apria.com)  
Location: Bldg 2, Unit B, 620 Peverly Hill Rd. Portsmouth, NH

**Assistive Technology Exchange**  
Description: Online Source - Education/Resource/Services- Listing of available DME and home accessibility devices for sale / exchange.  
Website: [http://www.afb.org/info/about-us/1](http://www.afb.org/info/about-us/1)

**Herron and Smith**  
Description: Online Source - Medical equipment and supplies: including wheelchairs, walkers, stair lifts, etc.  
Phone: (800) 627 8500  
Website: [https://www.herronandsmith.com/shop.htm](https://www.herronandsmith.com/shop.htm)

**New England Emergency Response Systems**  
Description: Online Source- provides personal emergency response systems (commonly called help buttons, or Lifelines, or medi-alerts).  
Phone: (800) 888 0338  

**Rehabilitation Equipment Associates**  
Description: Online Source - pediatric rehab, adult rehab products.  
Phone: (603) 645 5200  
Website: [https://www.reqinc.com](https://www.reqinc.com)

**Veteran Services**

**Department of Veterans Affairs/VA Regional Office/VA Medical Center**  
Phone: 1(800) 827 1000  
Website: [https://www.va.gov/health/](https://www.va.gov/health/)

**The VA Medical Center: Healthcare for Homeless Veteran’s Program**  
Description: primary, psychiatry, and specialty care.  
Phone: (603) 623 4204  
Website: [https://www.va.gov/health/](https://www.va.gov/health/)  
Location: 15 Dartmouth Drive, Suite 202 Auburn, NH

**VA Visual Impairment Services**  
Description: Online Source- services for severely disabled visually impaired Veterans.  
Phone: (603) 624 4366 ext. 6475  
Website: [https://www.va.gov/optometry/](https://www.va.gov/optometry/)

**Visiting Nurse Associations**
Atlantic Homelife Senior Care
Phone: (603) 343-4434
Website: http://atlantichomelifeseniiorcare.com/
Location: 34 Dover Point Rd. Suite 201 Dover, NH

Cornerstone VNA
Phone: (603) 332 1133
Website: http://www.cornerstonevna.org/
Location: 178 Farmington Rd. Rochester, NH

Home Health VNA
Description: Private Pay.
Phone: (603) 964 1616
Website: http://www.homehealthfoundation.org/homehealthvna-about/
Location: 29 Lafayette Rd. North Hampton, NH

Interim Healthcare New Hampshire
Description: Private Pay.
Phone: (603) 436 4155
Website: www.interimhealthcare.com/newhampshire
Location: 875 Greenland Road #B8 Portsmouth, NH

Personal Touch Home Health Services
Description: Occupational Therapy, Speech Therapy, Physical Therapy.
Phone: (603) 437 8239
Website: https://www.pthomecare.com/services
Location: 5 Dartmouth Drive, Suite 303 Auburn, NH

Rockingham VNA and Hospice
Description: Palliative Care and Hospice, Visiting Nurse Association.
Phone: (603) 772 2981
Location: 137 Epping Rd, Exeter, NH
Website: https://www.exeterhospital.com/Rockingham-VNA-Hospice

The Home Makers
Phone: (603) 335 1770
Website: www.thehomemakers.org
Location: 215 Rochester Hill Road Rochester, NH

True Care Professionals
Description: Visiting Nurse Association.
Phone: (603) 537 9975
Website: www.truecareprofessionals.com
Location: 43 Birch St. Unit B-2D Derry, NH
Visiting Angels Living Assistance  
Phone: (603) 583 4890  
Website: https://www.visitingangels.com/  
Location 1: 118 Portsmouth Ave B2C Stratham, NH  
Location 2: 14 Hooksett Road Auburn, NH

Transportation Services

Medical / Elderly/ Disability Services

Community Action Partnership- Senior Transportation  
Description: Door-to-door, anyone age 60 and over, and the suggested fare donation is $2 per round trip; rides to grocery stores, shopping malls and discount shops.  
Phone: (603) 817 8207  
Website: http://www.straffordcap.org/programs/senior-transportation

Community Caregivers of Greater Derry  
Description: For elderly, disabled or those with a chronic illness.  
Phone: (603) 432 0877  
Website: https://www.facebook.com/communitycaregiversofgreaterderry/  
Location: Derry, Londonderry, Windham, Sandown, Chester, Danville and Hampstead

Community Rides – Alliance for Community Transportation (ACT)  
Description: Transportation for seniors (60+) or individuals with disabilities.  
Phone: (603) 834 6010  
Website: http://www.communityrides.org/the_community_rides.html  
Location: Rockingham County

Lamprey Health Care Senior Transportation (Van)  
Description: Provides transportation services to seniors ages 60+ and adults with disabilities; Trips include stops at grocery stores, banks, and pharmacies. Trips to medical, dental and rehabilitation appointments can also be scheduled.  
Phone: (603) 659 2424  
Location: Rockingham County  
Website: https://www.lampreyhealth.org/services/senior-transportation-program/

Medicaid Medical Transportation Services - CTS  
Description: Medicaid’s Non-emergency Transportation Program- For Fee-for-Service and Premium Assistance Program Recipients.  
Phone: (844) 259 4780  
Website: https://www.dhhs.nh.gov/ombp/medicaid/transportation/index.htm

Ready Rides  
Description: Transportation at no charge to healthcare for the elderly & disabled residents.  
Phone: (603) 244 8719  
Website: https://readyrides.org  
Address: P.O. Box 272 Northwood, NH  
Location: Barrington, Durham, Lee, Madbury, Newfields, Newmarket, Northwood, Nottingham, Strafford
Salem Caregivers
Description: Transportation for Seniors.
Contact: (603) 898 2850
Location: 44 Millville Street Salem, NH
Website: https://salemcare.org/services/

TASC - Transportation Assistance for Seacoast Citizens
Phone: (603) 926 9026
Website: https://www.tasc-rides.org
Location: 200 High St. Hampton, NH

Town Based Programs

CART – Cooperative Alliance for Regional Transportation
Description: Handicap accessible.
Phone: (603) 434 3569
Website: http://cart-rides.org
Location: 1374 Londonderry, NH

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

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

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

**Ala-Teen**
Description: Support group, youth suffering from another's substance use disorder. Fridays 7:30-8:30pm.
Phone: 1 (877) 825 2666
Website: [https://al-anon.org/newcomers/teen-corner-alateen/](https://al-anon.org/newcomers/teen-corner-alateen/)
Location: Community Campus Library, 100 Campus Drive Portsmouth NH

**Austin17House**
Description: Youth development programs for teens, outreach training and educational programs for adults and a supportive atmosphere for people of all ages.
Website: [https://www.austin17house.org/youth/](https://www.austin17house.org/youth/)
Location: 263 Route 125 in Brentwood, NH

**Big Brothers Big Sisters**
Description: Provides children facing adversity with strong and enduring, professionally supported, one to one mentoring relationships.
Phone: (844) NH4-BIGS
Website: [www.BBBSNH.org](http://www.BBBSNH.org)
Location: 4 Greenleaf Woods Drive, Suite 201 Portsmouth, NH 03801

**Child & Family Services**
Description: Substance Abuse Treatment. Runaway and Homeless Youth Support.
Phone: (603) 772 3786
Website: [http://www.cfsnh.org/](http://www.cfsnh.org/)
Location: 9 Hampton Road Exeter, NH

**Community Action Partnership of Strafford County**
Description: Provide early education and preschool for children up to age 5.
Phone: (603) 652 0990
Website: [http://www.straffordcap.org/](http://www.straffordcap.org/)
Location: Dover, NH

**Connor's Climb Foundation**
Description: Suicide Prevention: Connor's Climb Foundation works to prevent suicide, the second leading cause of death for youth ages 10-24.
Phone: (800) 273 8255
Website: [www.connorsclimb.org](http://www.connorsclimb.org)
Email: connorsclimb@gmail.com
Location: Exeter, NH

**Friends of Jaclyn Foundation**
Description: The Friends of Jaclyn Foundation's mission is to improve the quality of life for children battling pediatric brain tumors and other childhood cancers and to raise awareness through their Adopt-A-Child, Safe on the Sidelines and Guardian Angel Programs. We do this by pairing the afflicted child and their siblings with local high school and college sports teams, campus clubs, and arts programs in their community.
Contact: 1 (855) 486 3653
Website: [friendsofjaclyn.org](http://friendsofjaclyn.org)
Newmarket Counseling
Description: Extensive experience working with trauma, sexual abuse, parenting, children, and family issues--enrolled with many insurance companies including Tricare, NH Medicaid, and Medicare.
Phone: (603) 292 3477
Website: mmorris@newmarketcounseling.com
Location: 141 Main St. Ste 6 Newmarket, NH

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

On Belay
Description: Support for children dealing with big illness.
Contact: 1 (866) 44-Belay
Website: https://www.on-belay.org/
Location: On Belay Inc PO Box 391 Newmarket, NH

The Chase Home for Children
Description: Provide residential treatment services for adolescents
Phone: (603) 436 2216
Website: http://www.chasehome.org/
Location: 698 Middle Road Portsmouth, NH

Richie McFarland Children’s Center
Contact: (603) 778 8193
Fax 1: (603) 436 4622
Fax 2: (603) 778 0388
Website: https://www.richiemcfarland.org/
Location: 11 Sandy Point Rd. Stratham, NH

Zebra Crossings
Description: Zebra Crossings offers empowerment programs for youths and teens with chronic medical conditions.
Phone: (603) 312 2052 ext. 0
Website: www.zebra-crossings.org
Location: 61 Locust St. Dover, NH

NH Connections Seacoast Region Network
Description: Online Source- Substance Misuse Prevention Resources, Public Health Emergency Preparedness Resources, and Community Health Improvement Planning Resources.
Phone: (603) 244 7311
Website: http://www.seacoastphn.org/resources.html
Location: (Lamprey Health Care) 128 NH-27 Raymond, NH