



*Rooted in Resilience:
Solutions for a Healthier Tomorrow*

*North Country Health Consortium
Annual Report 2025*

Celebrating NCHC's journey to improve health and overcome challenges in the North Country.





A Letter from Our Executive Director & Board President



Dear Friends and Colleagues,

Welcome to the North Country Health Consortium's 2025 Annual Report. This year's theme, Rooted in Resilience: Solutions for a Healthier Tomorrow, captures the enduring strength, adaptability, and spirit of collaboration that define both our organization and the communities we serve.

The past year has reminded us of what it truly means to be resilient at our core. Across the North Country—and throughout the healthcare and nonprofit sectors—we've navigated significant challenges: workforce shortages, rising operational costs, and the ongoing ripple effects of economic and public health pressures. Yet through it all, the strength of our mission and the dedication of our people have remained unwavering.

At North Country Health Consortium (NCHC), resilience is more than endurance—it's growth through challenge. Each of our programs, partners, and team members reflects this belief in action. Together, we have continued to bridge gaps in care, expand access to essential services, and strengthen the health and wellbeing of individuals and families across northern New Hampshire.

Our commitment to the residents and stakeholders of the North Country remains steadfast. We are deeply grateful for the trust and collaboration of our partners—healthcare providers, educators, community organizations, and local and state leaders—who share our vision for a healthier, more connected region. Their collective efforts fuel the innovation and impact that define NCHC's work.

As we look ahead, we remain grounded in our purpose: to lead innovative collaboration that improves the health and quality of life of all who call the North Country home. The landscape of healthcare will continue to evolve, but our roots—our mission, values, and partnerships—grow deeper each year. New initiatives are already on the horizon for 2026, including the launch of the Points North Learning Hub, which will expand workforce development opportunities and strengthen the region's capacity to meet future health and human service needs.

Together, we will continue to build systems of care that embody the compassion, strength, and resilience of this remarkable region and its people.

With gratitude,

Lauren Pearson,
Executive Director

Ken Gordon,
Board President and Chair

What's Inside

A Year Rooted in Resilience: Connecting Communities & Care Across the North Country

From prevention to recovery, from birthing suites to classrooms, and from youth leadership to workforce training—North Country Health Consortium (NCHC) works every day to strengthen the health and wellbeing of communities across northern New Hampshire.

This Annual Report highlights the impact of our programs across the region. Inside, you'll find:

- **Key data that illustrate our collective reach**— from lifesaving harm-reduction efforts to emergency preparedness training.
- **Stories of resilience and collaboration** from families, educators, partners, and community members.
- **A look ahead** at how we are building a stronger, healthier future—together.

Whether we're training the next generation of rural health professionals, supporting families through pregnancy and early parenthood, equipping schools with mental-health tools, or preparing communities for emergencies, NCHC remains committed to our mission:

Lead Innovative Collaboration to Improve the Health of Northern New Hampshire.

 **2,960**

AHEC learners trained

 **31**

*Recovery Friendly
Workplace Designations*

 **300+**

Youth Conference Attendees

 **15**

*Babies welcomed with
doula CHW support*



About Our Programs



AskPETRA

A free and confidential service connecting individuals and families to **treatment, recovery supports, and harm-reduction resources** across northern NH. With its **two HRSA grants concluding in August**, AskPETRA continues through **partner-supported funding**—providing **one-on-one navigation, life-saving supplies, and evidence-based education**. The program is also expanding training opportunities through the **Points North Learning Hub** while continuing to offer **PETRA Direct** as a vital regional resource.



Grafton County Drug Treatment Court (DTC)

An alternative to incarceration for people facing substance-related offenses, the DTC blends **accountability** with **treatment and recovery support**. Participants engage in structured services, counseling, and education—often rebuilding stability and reconnecting with family and community along the way.



Partnership for Success

Partnership for Success strengthens youth prevention across the North Country by building coalitions, supporting schools, and empowering young people to lead change. Through evidence-based programming, community outreach, and cross-sector partnerships, NC COPES works to reduce risk factors and create healthier environments for youth and families.



Haverhill Area Substance Misuse Prevention Coalition

Operating under NCHC's Substance Misuse Prevention (SMP) program, this is a community-driven coalition focused on **preventing youth substance misuse** through education, outreach, and community-wide initiatives. HASMPC partners with families, schools, and local organizations to promote healthy behaviors and reduce risks associated with alcohol, vaping, and other substances.



Doula CONNECT

An innovative model that blends doula and Community Health Worker roles, Doula CONNECT provides **whole-person perinatal support** from early pregnancy through the first year postpartum. Through birth education, emotional support, and ongoing follow-up, Doula CHWs help families feel informed, confident, and connected throughout their perinatal journey.



Social Emotional Learning (SEL)

NCHC's SEL programs equip educators, students, and families with tools to build **emotional awareness, manage stress, and foster resilience**. Through professional development, coaching, and classroom curriculum, SEL strengthens emotional regulation, resilience, and positive relationships across the region.

About Our Programs

Coös County Juvenile Court Diversion & Restorative Justice

This program gives youth the chance to take **accountability and repair harm** without long-term legal consequences. Through restorative plans that may include community service, mentoring, and counseling, participants rebuild trust and develop skills that support healthier futures.



Northern NH Area Health Education Center (NNH AHEC)

A workforce development hub that supports current and future health professionals through **continuing education, clinical placements**, and hands-on **career exploration**. AHEC strengthens rural healthcare by building provider skills and inspiring students to pursue health careers close to home.



Public Health Network (PHN)

The North Country PHN strengthens regional health and safety by coordinating public health services, emergency preparedness, and substance misuse prevention. In partnership with NH DHHS and local providers, the PHN leads Public Health Emergency Preparedness (PHEP), supports the Northern NH Medical Reserve Corps (MRC), and builds a regional Continuum of Care that improves access to prevention, treatment, and recovery services.



Turning a Page in Programming

This year, several programs concluded as part of NCHC's portfolio. We extend our appreciation to the partners and staff whose work strengthened communities and shaped lasting impact across the North Country.



★ 45 North Recovery Group – Reaching Rural Initiative

Strengthened rural responses to substance misuse through cross-sector coordination, overdose prevention, and harm-reduction efforts. Though the initiative concluded this year, its partnerships and strategies continue to guide regional prevention work.



★ Recovery Friendly Workplace (RFW)

Supported employers in creating stigma-free, recovery-supportive environments through coaching, resources, and partnership development. While the formal contract ended, NCHC remains committed to promoting RFW principles across the region.



★ Community Health Worker (CHW) & Ways2Wellness Connect

Paired CHWs with adults facing barriers to health and daily stability. Though direct-service funding ended, NCHC continues to support and strengthen New Hampshire's CHW workforce, with our CHW training qualifying graduates for state certification.



North Country
HEALTH CONSORTIUM

→ Helps

Building safety nets through recovery, prevention, and justice.

*When people in our region face crisis—from substance use to justice involvement to community health threats—NCHC programs step in with compassion, connection, and coordinated support. This work keeps individuals, families, and entire communities **safe, supported, and informed.***



By the Numbers.



AskPETRA — Recovery Support & Harm Reduction

- **554** individuals served through the Call Center
- **2,319** in-person community visits
- **2,475** resource connections made
- Distributed Save-One-Life naloxone kits, stimulant harm-reduction packets, stigma-reduction toolkits, and family reunification guides across the region.



Regional Prevention Network — Overdose Prevention & System Coordination

- **12** NaloxBoxes installed regionwide
- **225** naloxone doses distributed
- **70** leave-behind overdose prevention kits provided
- Outreach across **24 towns**, reaching **200+** community members
- **35** stakeholders participated in Sequential Intercept Model workshops
- SMP team completed AFSP “It’s Real” **suicide prevention** Train-the-Trainer program
- **383 pounds** of medications collected across the North Country during Drug Take Back Day



Drug Treatment Court — Justice & Recovery Pathway

- **3** graduation ceremonies
- **5** participants completed the program
- **New state database** adopted
- **Participant Manual** updated to reflect Best Practices



SMP / Haverhill Area Substance Misuse Prevention Coalition (HASMPC)

- **1,400** Sticker Shock water bottles labeled and distributed to ~10,000 parade attendees
- **30** educators received vaping prevention training
- **4** students completed the INDEPTH cessation/intervention program
- **160** attendees engaged at Haverhill Middle School Community Night

You Stay Safe

Stories & Community Impact

Crisis response, prevention, and second chances.

AskPETRA — “Meeting people where they are.”

This year marked the end of AskPETRA’s two HRSA grants, closing a three-year period of impactful harm-reduction and recovery support. The data in this report reflects the full scope of that grant cycle.

During this time, AskPETRA reached individuals and families through street outreach, community partnerships, and one-on-one navigation—providing life-saving supplies, trusted support, and judgment-free care.

Regional Prevention Network — “Collaboration saves lives.”

The Regional Prevention Network strengthened overdose prevention by uniting providers, law enforcement, recovery programs, and community partners. Through harm-reduction outreach, naloxone distribution, NaloxBoxes, and coordinated early-intercept efforts, the network helped reduce overdose risk across the region.

Drug Treatment Court — “Hope through accountability.”

Drug Treatment Court celebrated participants who rebuilt stability through treatment, accountability, and community support. Updates this year—including a revised Participant Manual and adoption of a statewide database—strengthened consistency and improved outcomes for future participants.

SMP / HASMPC — “Prevention is protection.”

The Haverhill Area Substance Misuse Prevention Coalition made safety a visible priority through medication disposal efforts and large-scale awareness campaigns. In schools, staff trained educators, partnered with student support teams, and offered early interventions that help youth make safer, healthier choices.



This work also strengthens:

-  Supports Families & Futures — Supporting parents, youth, and caregivers with timely resources
-  Moves Upstream of Big Problems — Early prevention and mental health awareness
-  Strengthens the Workforce — Equipping educators and professionals with safety and prevention tools

Moves Upstream

Preventing crises before they begin through education, early intervention, and community collaboration.

Upstream work strengthens the foundation of our communities. By educating youth, empowering families, supporting early intervention, and aligning systems across sectors, NCHC programs help prevent harm long before it occurs.



By the Numbers



Social Emotional Learning (SEL)

- **14** SEL learning opportunities delivered
- **235+** educators completed Building Resilient Homes & Classrooms
- **200+** additional educators participated in Handling Upset and school-based professional development
- **173** students used the Class Catalyst tool for daily emotional check-ins
- **8** educators and partners earned SEL Certification



Regional Prevention Network — Upstream Prevention & Youth Education

- **300+** attendees participated in the UP Conference
- **20+** active members in both Berlin & Littleton youth coalitions
- Delivered school-based prevention programs (Triggered, ThinkFast, vaping, mental health)
- Facilitated youth–law enforcement dialogues to improve school climate



Juvenile Court Diversion

- **10 youth completed** individualized diversion plans and had charges dismissed
- Strengthened accountability, connection, and long-term personal growth



CHW / Ways2Wellness

- Supported 48 adults with early intervention around medical care, housing, transportation, food access, and medications.



Partnership for Success

- 167 community stakeholders engaged in building the North Country Coalition for Positive Youth Development
- Built connections across 12 community sectors using the Community Anti-Drug Coalitions of America (CADCA) framework.
- 37 qualitative youth interviews completed to guide prevention priorities

from Big Problems



💬 Stories & Community Impact

How upstream work strengthens the future of the North Country.

🧠 SEL — “Skills that shape tomorrow.”

SEL partnered with educators and counselors to create classrooms where students feel supported and ready to learn. Through modeling, coaching, and simple daily tools, SEL helped strengthen emotional awareness, reduce behavior challenges, and build stronger student–teacher relationships.

⚖️ Juvenile Court Diversion — “Repair, rebuild, move forward.”

The Restorative Justice program supported youth in repairing harm, rebuilding trust, and avoiding deeper system involvement. Focused on learning —not punishment—the program helped young people take accountability and move forward with stronger connections and skills.

🌱 Regional Prevention Network — “Youth voices leading prevention.”

Regional Prevention Network engaged youth through peer-led prevention, school programs, and growing community coalitions. By connecting students, educators, and local partners, the team helped young people build skills, strengthen confidence, and contribute to a healthier school climate.

🤝 CHW / Ways2Wellness Connect — “Support that prevents crises.”

The CHW/Ways2Wellness Connect program provided early, practical support that helped adults stay stable, healthy, and safely at home. By addressing everyday barriers before they escalated, CHWs offered guidance that prevented crises and strengthened long-term wellbeing. As the program concluded, participants were connected to ongoing services and supports.



Upstream Work Also Strengthens:

- 👨👩👧 Supports Families & Futures — by improving youth wellbeing and caregiver support
- 🛡️ Helps You Stay Safe — by reducing harm and preventing crises
- 🎓 Strengthens the Workforce — by training educators and community partners

Helping families grow stronger through connection, care, and stability.

Across northern New Hampshire, NCHC programs support families through pregnancy, early childhood, chronic disease management, emotional wellbeing, and prevention. These services help parents, caregivers, and young people stay connected to care and build a strong foundation for the future.



By the Numbers



Doula CONNECT — Pregnancy & Postpartum Support

- **31** pregnant or postpartum referrals received
- Referrals came from **9** partner organizations + **8** self-referrals
- **15 babies welcomed** by participating families
- **Six** births attended by a Doula CHW
- Program launched with **3** dual-trained Doula CHWs
- Program is expanding with Certified Lactation Counselor (CLC) training



Social Emotional Learning (SEL) — Family Engagement & Emotional Support

- **45** SEL workshops, parent nights, and family events conducted
- Tools shared with families to support emotional awareness and daily check-ins
- Strengthened communication between students, parents, and educators



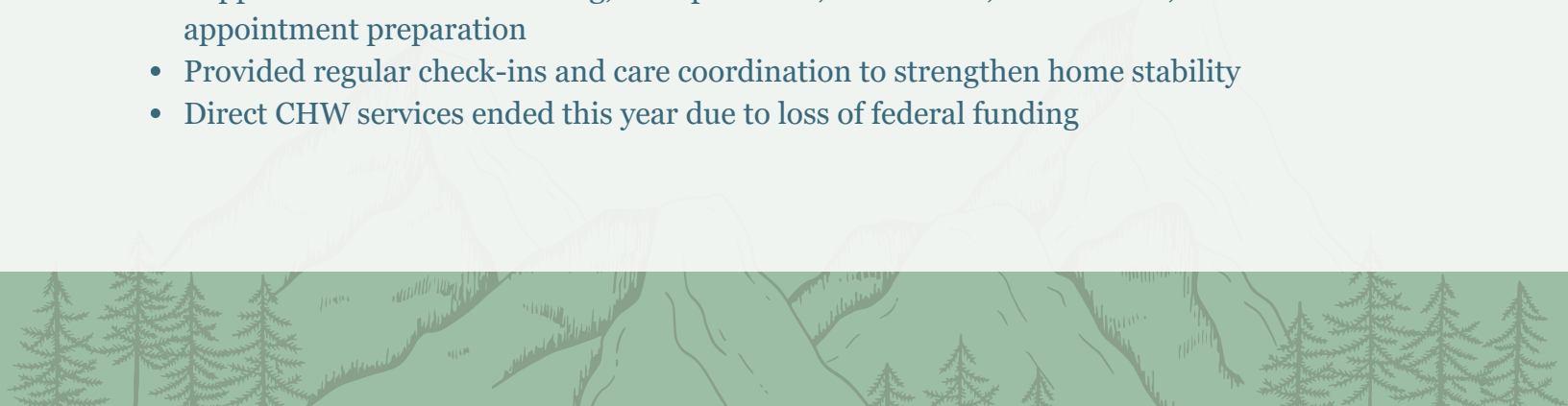
SMP / Haverhill Area Substance Misuse Prevention Coalition (HASMPC)

- Provided “Screenagers: Under the Influence” screenings and parenting resources
- Distributed Parenting in the Screen Age guides to caregivers



CHW & Ways2Wellness CONNECT — Family Stability & Home Health Support

- Served adults—especially older adults—**managing chronic conditions**
- Supported clients with housing, transportation, food access, medications, and appointment preparation
- Provided regular check-ins and care coordination to strengthen home stability
- Direct CHW services ended this year due to loss of federal funding



Families & Futures

Stories & Community Impact

Caring for families through connection, comfort, and consistent support.

Doula CONNECT — “Support through every step.”

Doula CONNECT’s dual-trained doula Community Health Workers supported families from early pregnancy through one year postpartum. Through childbirth education, emotional support, and guidance with appointments and resources, Doula CHWs helped families feel more confident and connected throughout their perinatal journey.

CHW & Ways2Wellness — “Helping people stay healthy at home.”

Before funding ended, CHWs supported adults—especially older adults—in overcoming barriers to staying healthy at home. With check-ins, care coordination, and help accessing housing, food, medications, and transportation, CHWs eased stress and strengthened home stability.

SEL — “Strengthening family connections.”

SEL supported parents, educators, and students through workshops, family nights, and simple tools that build shared language around emotions.

These resources helped families improve communication, reduce conflict, and create routines that support emotional wellbeing at home.

SMP / HASMPC — “Parents empowered with tools and knowledge.”

SMP engaged families through prevention events and parent-focused programming that made conversations about vaping, peer pressure, and social media easier. Screenagers screenings and parenting guides gave caregivers simple tools to stay connected with their teens.



Family-focused programs also strengthen:

-  Helps You Stay Safe — by creating stable, supportive home environments
-  Moves Upstream of Big Problems — by building early skills and reducing long-term risk
-  Strengthens the Workforce — through training and supporting professionals who serve families



Strengthens the

Training, equipping, and supporting the people who care for our communities.

Across northern New Hampshire, NCHC strengthens the regional workforce by training health professionals, supporting educators, expanding prevention and recovery capacity, and preparing community members with practical safety and emergency skills.



By the Numbers.



Northern NH AHEC — Training the Health Workforce

- Offered **60** interprofessional continuing education opportunities
- Delivered **65** total CE sessions (including 5 CME-specific)
- Reached **2,960** attendees across continuing education programming
- Coordinated health career exploration events for youth, including the Health Equity Scholars Weekend & Outdoor Health Career Expo



Recovery Friendly Workplaces (RFW)

- **31** designated Recovery Friendly Workplaces in the North Country
- Supporting **3,500+** employees, families, and friends
- **6** new worksites designated this year
- Newly designated workplaces support **1,200+** employees



PHEP — Emergency Preparedness Training

- 1 Shelter class — **5** attendees
- 1 Teen CERT (Community Emergency Response Team) class — **8** high school student attendees
- 2 Stop the Bleed classes — **15** attendees
- 7 CPR classes — **34** attendees
- 1 First Aid class — **8** attendees



CHW & Ways2Wellness CONNECT

- Updated NCHC's CHW training to align with the 2025 Foundations for Community Health Workers textbook and trained **41** new CHWs.
- Delivered **statewide trainings**, including maternal-health Motivational Interviewing, and presented on CHWs' role at the October Environmental Conference.
- Supported passage of legislation recognizing NCHC's training for NH CHW certification, with **100+ CHWs** and stakeholders engaged statewide.

Workforce & Builds Pathways



💬 Stories & Community Impact

Investing in people who strengthen our communities.

🏠 AHEC — “Growing our rural health workforce.”

Northern NH AHEC expanded training for health professionals and students through continuing education, preceptor development, and hands-on career exploration. These efforts strengthen rural healthcare by building skills within the workforce and inspiring future providers to consider careers in the North Country.

🌱 RFW — “Workplaces that support recovery support community.”

The Recovery Friendly Workplace initiative strengthened the workforce by helping employers create supportive, stigma-free environments for people in recovery. With new designations, training, and resource connections, RFW helped worksites better support employees and families.

🚒 PHEP — “Training the next generation of responders.”

PHEP equipped students and community members with practical emergency skills through shelter operations, CERT, Stop the Bleed, CPR, and First Aid trainings. These hands-on sessions build confidence and expand local readiness.

🤝 CHW Workforce Development — “Building a stronger care workforce.”

NCHC strengthened New Hampshire’s CHW workforce by updating its training to meet new standards and preparing new CHWs with essential skills. Statewide trainings, conference presentations, and new legislation recognizing NCHC’s curriculum helped advance the profession and support a growing, connected CHW community.

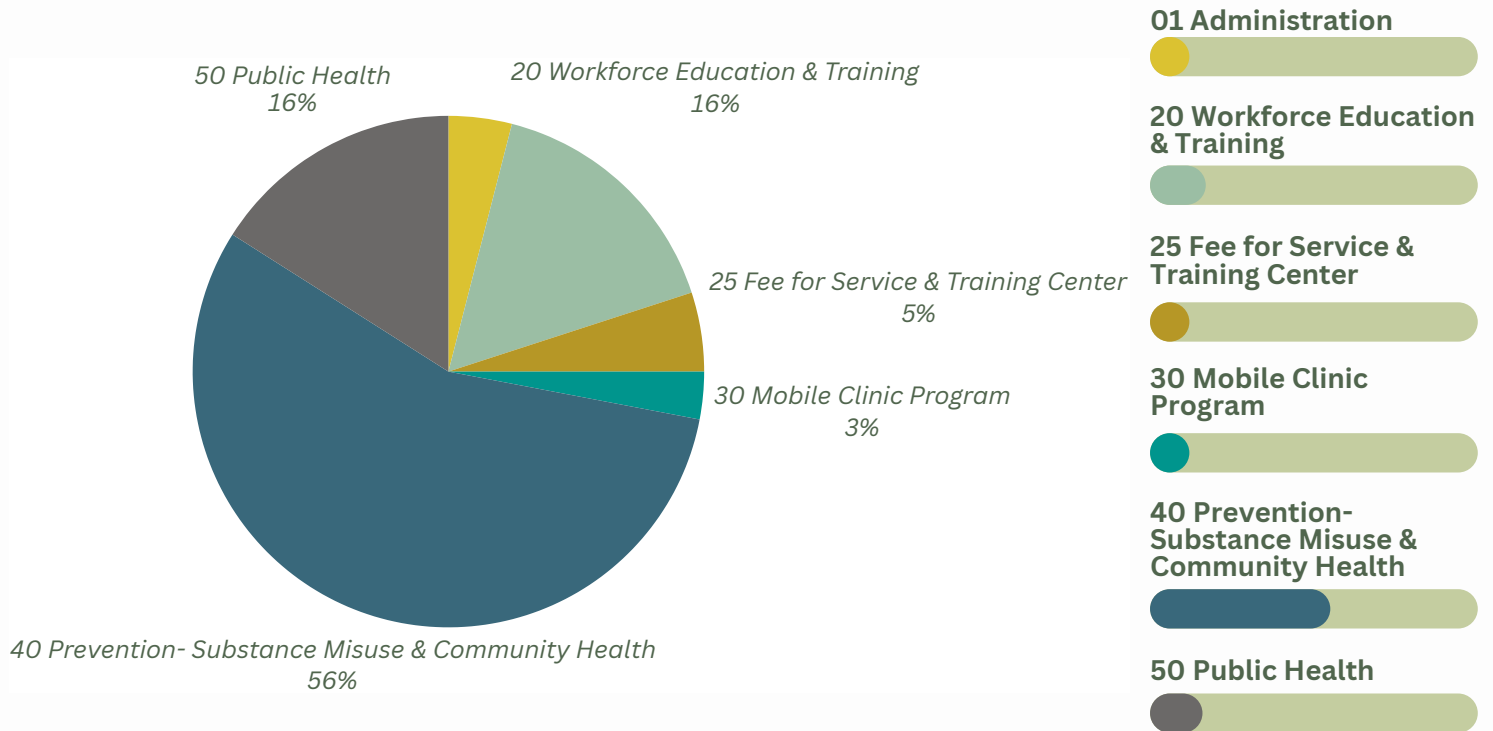


Workforce & pathways programs also strengthen:

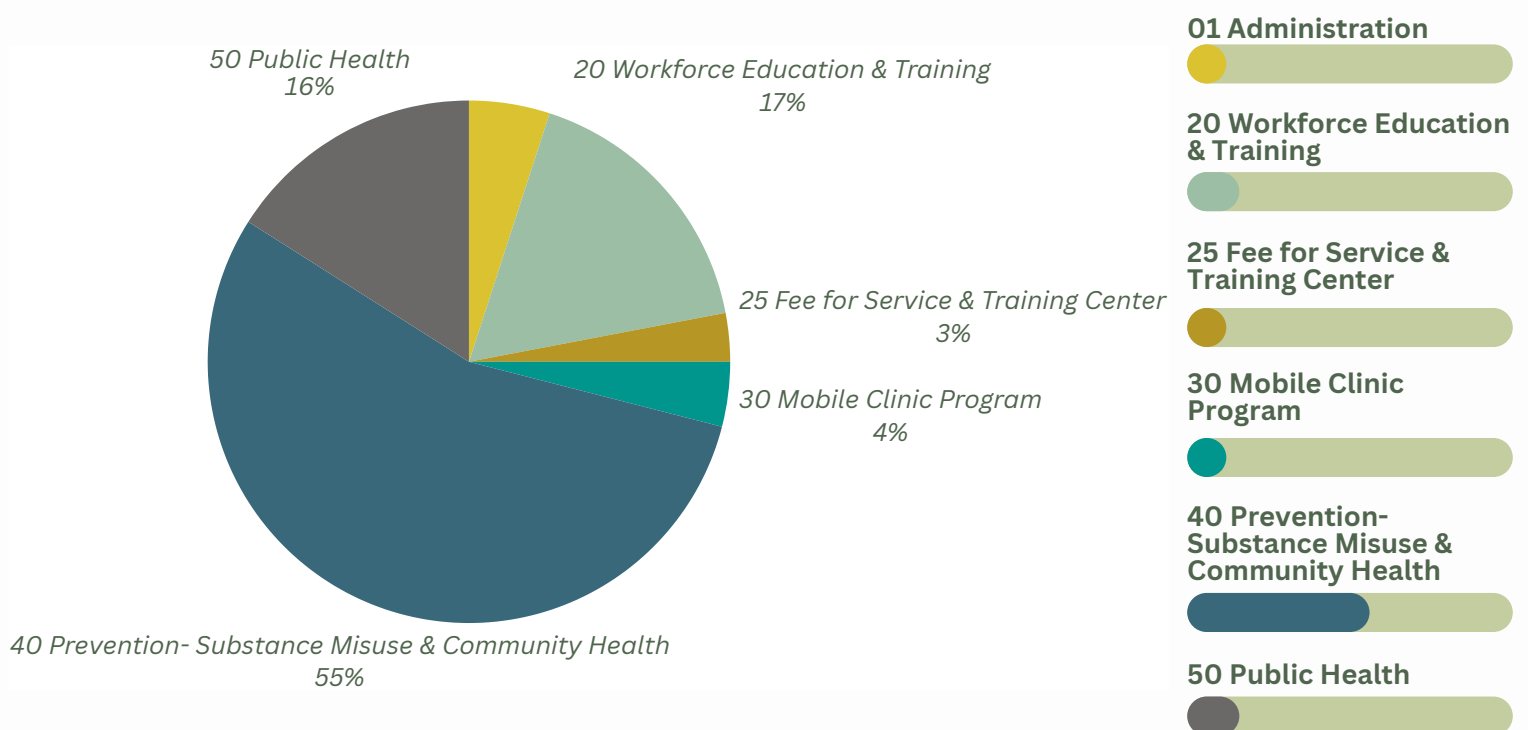
- 🛡️ Helps You Stay Safe — by training responders and recovery-support teams.
- 👨👩👧 Supports Families & Futures — by equipping professionals who support parents and children.
- 🏞️ Moves Upstream of Big Problems — by building prevention and early-intervention skills.

FY25 Financial Highlights

FY 25 PROGRAM REVENUES (UNAUDITED)



FY 25 PROGRAM EXPENSES (UNAUDITED)



Our FY25 Funding Partners

- Centers for Disease Control and Prevention (CDC)
- Dartmouth Medical School/Geisel School of Medicine/Area Health Education Center
- Endowment for Health
- Federal Emergency Management Agency (FEMA)
- Grafton County Commissioners
- Granite United Way
- Health Resources and Services Administration (HRSA)
- Integrated Delivery Network Region #7
- Mary Hitchcock Memorial Hospital/Dartmouth Health
- NAMI New Hampshire
- National Association of County and City Health Officials (NACCHO)
- New Hampshire Bureau of Drug & Alcohol Services
- New Hampshire Charitable Foundation
- New Hampshire Department of Health and Human Services
- New Hampshire Harm Reduction Coalition
- New Hampshire Judicial Branch
- Recovery Friendly Workplace of New Hampshire
- Southern New Hampshire Area Health Education Center/
Lamprey Health
- State of New Hampshire – General Funds/Opioid Abatement Trust Fund
- Substance Abuse and Mental Health Services (SAMHSA)
- University of New Hampshire College of Health & Human Services
- University of New Hampshire Institute for Health Policy & Practice
- United States Centers for Medicare & Medicaid Services

Introducing the Points North Learning Hub

Expanding Public Health Education Across New Hampshire—and Beyond

North Country Health Consortium is expanding its impact with the launch of the **Points North Learning Hub**, a dynamic new center for professional and personal development.

As both a **New Hampshire Employment Program (NHEP)**-approved trainer and the region's **Northern NH Area Health Education Center (AHEC)**, the Learning Hub will offer a growing portfolio of high-quality trainings designed to support today's workforce and strengthen tomorrow's.

Continuing Education Units (CEUs) will be available for:

- **Healthcare Providers & Nurses**
- **Licensed Alcohol and Drug Counselors (LADCs)**
- **Certified Recovery Support Workers (CRSWs)**
- **Community Health Workers (CHWs)**
- **Additional CEU pathways will continue to be added as programming expands**

Whether learners are advancing their careers, improving skills, or meeting professional licensing requirements, the Learning Hub creates new pathways for people to **learn, grow, and connect**—right here in northern New Hampshire.

EMPOWER YOUR CAREER. STRENGTHEN YOUR COMMUNITY.
LEARN. GROW. CONNECT. — WITH THE POINTS NORTH LEARNING HUB.
WHERE EDUCATION MEETS DIRECTION.



North Country
HEALTH CONSORTIUM

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Together, we're building momentum for a healthier, more connected North Country—one partnership, one project, and one story at a time.

Thank you for being part of our North Country community.

Every training, every partnership, every family supported, and every life impacted happens because people like you care about the health and wellbeing of our region. Together, we're building a stronger, more connected North Country—one story at a time.

More to come in 2026: new trainings, expanded partnerships, and continued community initiatives that uplift the North Country.

With gratitude to our partners, funders, and communities who make this work possible.

Our mission: Lead innovative collaboration to improve the health of Northern New Hampshire.



