

SoRock has directly served approximately 3,681 youth and families in 2021 with our indirect service reaching even more.

The Southern Rockingham Coalition for Healthy Youth (SoRock) is a community coalition designed to promote wellness and nurture resiliency for the children, youth, and families of Southern Rockingham County. The coalition operates by bringing together community stakeholders and leveraging resources from the local, state, and federal level to support the eight towns (Atkinson, Danville, Fremont, Hampstead, Kingston, Newton, Plaistow, and Sandown) we serve. The coalition believes in dynamic civic involvement and is comprised of several sectors of the community who work together to implement strategies for community change around substance misuse and mental health. [Learn more at SoRockNH.org](http://SoRockNH.org)



FAQ:

SoRock has an office in Sanborn Regional High School, doesn't that make you a Sanborn program?

SoRock currently has donated office space within Sanborn Regional High School but our coalition steering committee members hold positions in community agencies and schools serving each of our towns. SoRock has previously held office space in the Sad Café in Plaistow and the Sandown Police Department. SoRock is not employed by, or a program of any School District.

What is the tax impact of supporting SoRock?

The average tax impact of a SoRock warrant article or budget line item is around \$.01 per thousand or approximately \$5.00 per year for a \$500,000 property.

What do our tax dollars pay for?

The funds we receive from our towns contribute to the salary of one part time employee to coordinate our efforts and stakeholder engagement and to leverage resources for our communities. Often the funds we receive through federal and state sources do not fully support salary. Town support supports the Drug Free Communities program goal of community ownership as well as the idea of local issues, local solutions. We value your involvement as much as your financial support.

How does SoRock fund its programming and activities?

SoRock carries out our mission through in-kind services, partnerships, and funding opportunities from a variety of sources. A few of our partnerships and funding sources include:

- NH Department of Health and Human Services
- South Central and Seacoast Public Health Networks
- School Student Assistance Programs
- NAMI NH (National Alliance for Mental Illness)
- American Foundation for Suicide Prevention
- NH Bureau of Drug and Alcohol Services
- DEA & National Guard Counter Drug Task Force
- State and Federal Grants
- Local Civic Groups
- State and Federal Grants
- NH Charitable Foundation
- Private Donations
- Fundraising

Is SoRock a 501c3?

SoRock contracts with the Southeastern Regional Education Service Center (SERESC) for fiscal agency and our 501c3 status. This is a common practice also used by our state public health networks. This allows us to save money on staffing and indirect costs.

Have questions or want to get involved? Reach out today sorocknhcc@gmail.com

Some examples activities in 2021:

- Donated 5,400 custom printed masks to our middle schools, high schools, and police departments with school logos / departments badges and SoRock website as safety resource as part of our #besafewithsorock campaign.
- Disseminated free yard signs to the community encouraging people to “Stay Connected” during social distancing and to check on their friends and neighbors.
- Bi-Annual assistance with coordination and dissemination of materials for DEA Drug Take Back Day for all local police departments
- Provided 400 free “Home Safety kits” to police departments and families. Bags included COVID-19 resources, suicide prevention resources and firearm trigger locks, substance misuse and overdose prevention resources including locking medication container and disposal pouches as well as other multimedia crisis resource materials.
- Stronger Together Family Resiliency Day Event at Camp Lincoln – A Day for families to come together and participate in multiple teambuilding activities working toward a common goal, supporting one another, and collaboratively problem-solving. Strengthening these skills can lower anxiety and provide resiliency in stressful times. Lunch was provided.
- Back to School Family Resiliency Day Plaistow YMCA - a day of FUN & FREE family resources! Dental Screenings * Vision Screenings * Mental Health Screenings, School Supplies * Ninja Course * Water Slide * COVID-19 Vaccines Wellness Fair, Giveaways * Raffles and more!
- Sponsored Life of an Athlete/Owl Peer Leadership Training
- Sponsorship of the Complete Athlete Program - Female Athletes develop tools to build their skills, strength, and nutrition to be more successful mentally, emotionally, and physically.
- Virtual Workshops for Teens - How to Foster & Maintain Emotional Health, Resiliency & Keeping Relationships Healthy. For more detailed information on these workshops email SoRocknhcc@gmail.com
- Parenting workshops through Teen Institute - Staying Connected with Your Teen.
- Relative caregiver support for those raising the children of family members with substance use disorder.
- Virtual Movie Screening of “[Resilience](#)” with clinical panel Q&A
- Youth Mental Health First Aid - Facilitator Training
- Parent Underage Party Hosting / Legal Implications campaign in partnership with all police departments.
- Parent Underage Party Hosting / Health Implications Campaign in partnership with public health.
- Growing Connections Earth Day Project to promote family connectedness, intergenerational bonding and learning opportunities for children in partnership with public health.
- NH Legislative Health & Wellness Budget Priorities campaign in partnership with local public health
- Gizmo’s Guide to Mental Health for Ages 7-10. Introducing the concept of mental health, sharing how one may care for their own mental health daily, identifying when one’s mental health needs attention and how to use healthy coping strategies, defining trusted adults and how to connect with them, making a personalized mental health plan that can be used daily
- Annual Red Ribbon week programming and materials support in schools and community.
- Annual Great American Smoke-Out - Youth nicotine prevention programming
- Facilitation/co-facilitation of youth led focus groups and action groups at the middle and high school level.
- Support of district Student Assistance & MTSS-B programs
- Mental health and substance misuse prevention resources for the community
- Support of student wellness classes around mental health and substance misuse prevention.
- School Administrative support as needed for prevention resources and planning.
- Parent support through programming and resource sharing.
- Parent education related to vaping, drugs, alcohol, and mental health.

Already in the works for 2022!

- Gearing Up for the Future Trade Fair - New Hampshire young adults (18- to 25-year-old) remain the age group reporting the highest rates of alcohol and other drug misuse and substance use disorders. For students unable to afford, or not ready/cut out for, a four-year degree program, we will provide the opportunity to identify successful career opportunities to work toward beginning in middle and high school.
- Creating Recovery Towns - Recovery Friendly Workplaces (RFWs) support their communities by recognizing recovery from substance use disorder as a strength and by being willing to work intentionally with people in recovery. RFWs encourage a healthy and safe environment where employers, employees, and communities can collaborate to create positive change and eliminate barriers for those impacted by addiction.