

Working Together for Healthy Communities



Highlights

YEAR IN REVIEW



2023

Who We Are

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

Paid Staff

Program Director - Charlotte Scott

Steering Committee Leadership

Coalition Director - Tim Lena, MSW, CPS - Student Assistance Counselor, Timberlane Regional High School. Governor's Task Force on Alcohol and other Drugs. Advisor for The Governor's Youth Advisory Council on Substance Misuse and Prevention.

Acting Chair - Kelley Binette, LICSW, MLADC, SSW, Student Assistance Counselor, Timberlane Regional Middle School

Vice Chair - Jessica Beaudoin, MA, LMFT, MLADC, Children's Counselor, Center for Life Management

Steering Committee

Caitlin Almon, Middle School Guidance Counselor, Ellis School

Samantha Areson, Seacoast Public Health, SMPC / COC

Julie Barbick, MSW, LICSW, LSSW - School Social Worker, Hampstead School District

SGT Richard Frost, CPS, NH National Guard Counterdrug Program, Program Manager

Kimberly Gordon, SUD Provider Quality Manager, Carelton Behavioral Health

Doug Griffin, Kingston Lions Club / Addiction Policy Forum

Tracy Fuller, Director, North Shore YMCA

Jane Kowalski, Atkinson Community Member

Dave Lovely-Taillon, Director YMCA Camp Lincoln

Kate MacDonald, MPH | Public Health Network Specialist, South Central Public Health SMPC

Bob Mailloux, MA, CAGS, School Counselor, Hampstead Middle School

Laurie Ota, Director, Marketing & Community Relations, Center for Life Management

Zack Parker MEd, Student Assistance Counselor, Sanborn Regional Middle and High Schools

Ronni Shaw, Hampstead Community Member

Melissa Simard, Elementary Guidance Counselor, Ellis School

Kacie Snyder, Community Engagement Coordinator, New Futures

Jim Zanfagna, Angels of Addictions, Plaistow Resident

2023 Funding

In 2023 The coalition was funded by:

- The taxpayers of Danville, Fremont, Hampstead, Kingston, Newton, Plaistow and Sandown.
- Contracts with our Public Health Networks
- Project sponsorships from DHHS and Exeter Hospital
- Civic and Private Donations
- Fundraising

What We Do

SoRock works with all sectors of the community to identify need and develop a comprehensive selection of evidence-based mental health and substance misuse prevention strategies/interventions to implement effective prevention efforts in our communities to effect positive change.

1. Providing Information
2. Enhancing Skills
3. Providing Support for Prevention Activities
4. Enhancing Access/Reducing Barriers
5. Changing Consequences (Incentives/Disincentives)
6. Changing Physical Design/Making Environmental Changes
7. Modifying/Changing/Developing Policies



Need

The SoRock community needs assessment survey results identified mental health and substance use as the top community concerns in 2022-2023. [Take the 2023-2024 Survey Here](#)



Youth high school data is collected every other year nationally through the [Youth Risk Behavior Survey](#) at no cost. Sanborn Regional High School & Pinkerton Academy data is released by the school district. Timberlane Regional High School does not currently participate in the survey. See all [NH Data Here](#) (2023 results not yet posted). When possible SoRock has funded middle school data collection for select schools. Due to the lack of available data from 4 of our towns, we do not have true aggregate data for youth in our catchment.

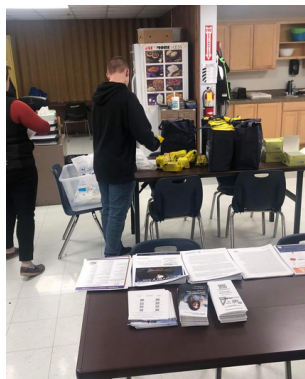
The most recent state YRBS Data (2021) indicated that **44%** of NH Youth Felt Sad Or Hopeless almost every day for 2 or more weeks in a row so that they stopped doing some usual activities, and **25%** reported that they had seriously considered attempting suicide. SoRock puts a heavy emphasis on mental health support and programming. Mental wellness is a protective factor against substance misuse.

The New Hampshire Office of Chief Medical Examiner reports that there have been 361 Overdose Deaths in NH as of 12-12-23

Investing in Prevention Makes Good Financial Sense. The economic impact of substance misuse in NH as of 2017, was \$2.36 billion a year in health and criminal justice costs, lost labor force participation and lost worker productivity.

Jumping into Action in 2023 !

Youth have the Power!!



Youth from SoRock towns kicked off 2023 by putting together our Overdose Prevention, Youth and Parent Power Packs at Timberlane Regional High School, Sanborn Regional High School and The Upper Room Family Resource Center! SoRock Power Packs are full of informative and lifesaving prevention resources for the community! Learn more about power packs on page 18!

SoRock in Washington DC



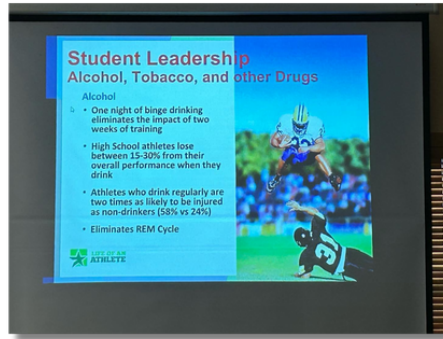
SoRock was honored to be asked to present alongside National Association for Children of Addiction (NACoA) & National Student Assistance Services Corporation at the 2023 CADCA Leadership Forum! We packed the room with over 200 prevention professionals and volunteers from around the country to share universal strategies, like our power packs, for reaching children of addiction.

SoRock spent the week learning about current trends, visiting DEA headquarters, networking with coalitions from around the country and visiting our legislators on Capitol Hill to advocate for the needs of our communities.

Coalition Meetings

SoRock holds eleven Coalition meetings per year. Meetings take place on the **second Tuesday of the month from 9:00-10:30 am** via zoom. Our meetings attendees represent several sectors of the community. Anyone is welcome to attend the meetings. Are you interested in getting more involved? We want you! Send an email to sorocknhcc@gmail.com.

SoRock partnered with South Central Public Health Network, Timberlane Regional School District and Deb Hult of Core Trainings to host two regional Youth Leadership Summits in 2023.



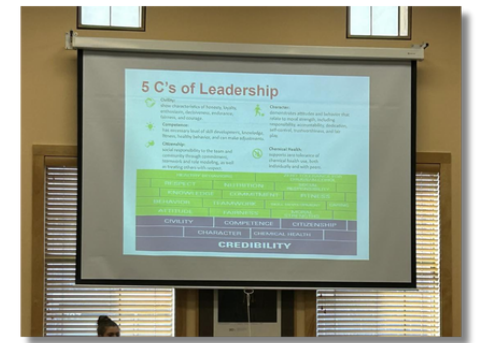
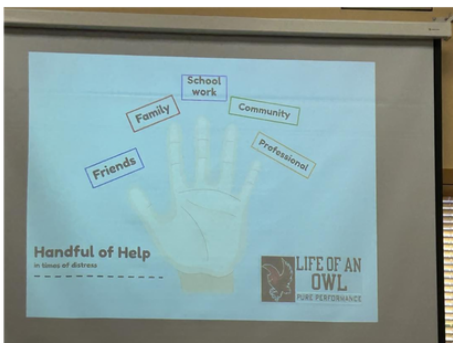
Winter Youth Leadership Summit

Over the winter students from Timberlane Regional MS & HS, Londonderry High School, Pinkerton Academy, Raymond High School, Saint Thomas Aquinas & Salem High School joined us for a day of team and character building focused on healthy lifestyle choices, enhancing leadership potential, increasing self-worth, becoming more socially aware of one's actions, improving communication, and becoming intellectually stronger through a value-based focus.

Fall Youth Leadership Summit

For our Fall Youth Leadership Summit we were joined by students from Sanborn Regional High School, Timberlane Regional High School, Salem High School, Windham High School, Pinkerton Academy & Newmarket High School. Our Timberlane Life of an Owl youth did an amazing job presenting on the impact of substance use, sleep, and diet on performance!

Thank you to our sponsor South Central NH Public Health Network for helping this workshop possible!



Governor's Youth Advisory Council

The Governor's Youth Advisory Council on Substance Misuse and Prevention (GYAC) was established to gain the youth perspective on issues amidst the opioid crisis. The purpose of the Council is to advise the Governor, from a youth perspective, on legislation, events, and media pertaining to substance misuse for the people of New Hampshire. They do this by finding creative ways to educate the youth of New Hampshire on concerning issues related to substance misuse and prevention. Providing review and comment to the Governor regarding public issues, projects, and proposals that have an impact on youth in regards to substance misuse and prevention and developing, organizing, and participating in school projects and positive activities involving youth and substance misuse and prevention.

SoRock supports GYAC by providing a program advisor, leveraging funds for GYAC apparel, providing resources and sponsoring youth representatives from Pinkerton, Sanborn and Timberlane high schools.



GYAC participated in a narcan training and were provided with SoRock Overdose Prevention Power packs including Narcan to take home.

Tobacco / Vaping Business Compliance Awards (SYNAR NH)

In March SoRock went out with the South Central Public Health Network and some of our Timberlane youth to reward local businesses for doing their part to keep youth safe from nicotine products! These businesses passed state 21+ compliance checks with underage buyers in 2022!

We were able to thank Plaistow Walmart, Plaistow Market Basket, Plaistow Rite Aid, Smoker Choice in Plaistow, Atkinson Village Store, A&M Variety Sandown and the 1820 Market in Fremont with a certificate and window cling to share the success of their 2022 efforts. 2023 compliance checks are complete and we are looking forward to going out to reward new locations with youth in 2024!



NaloxBox Overdose Prevention Stations

In early April we worked with Sandown Police Department and South Central NH Public Health Network to install a Naloxbox next to the AED machine within Sandown Town Hall. We would like to thank the town of Sandown for their proactive approach to these potentially lifesaving measures. The NaloxBox mission is to improve the capacity of bystander rescuers to save the lives of victims of opioid overdose with overdose response tools, including naloxone.

SoRock has Naloxbox's available for all of our towns (through a partnership with our public health networks). We have worked with each town to identify the most practical locations for interior mounting. We are now working on getting approval from the identified locations. A box has also been delivered to Kingston Community Library for installation early 2024. Please send questions about this initiative to sorocknhcc@gmail.com



Career Pathways to Prevention Trade Expo

SoRock and the Seacoast Public Health Network partnered with Sanborn Regional High School Career Pathways program for the second annual "Gearing up for Success" trade expo. The trade expo is part of our regional Young Adult Strategies initiative to expose and connect youth to future career options in addition to a traditional four year degree path.

A clear plan exiting high school can help to prevent an increase in mental health and substance misuse concerns during the transition to adulthood.

Approximately 700 students in grades 8-12 visited the expo with lots of incentives to stop and learn more from each of our 50+ vendors! Surrounding school districts were invited to attend in their own time slots and the event is open to the community at the end of the day. The third annual Expo will take place in April 2024. Would you like to be a vendor? Contact: kalleviolette@sau17.net or sorocknhcc@gmail.com

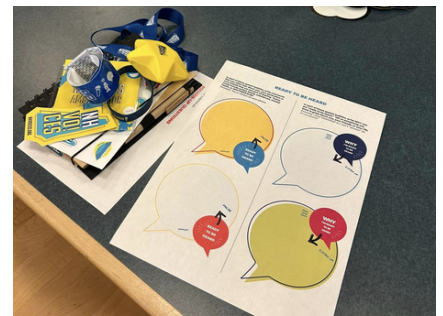
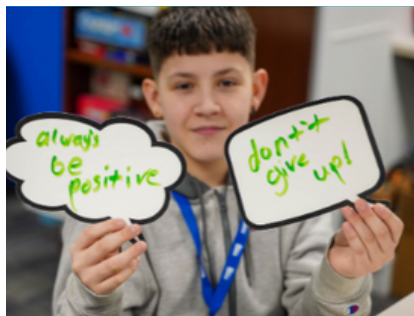
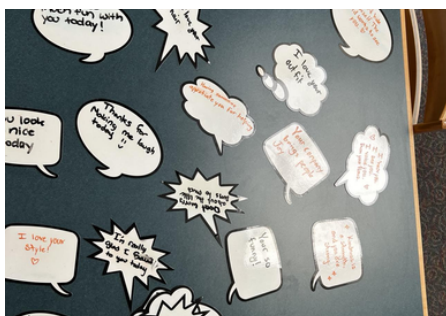
NH Legislator Education around Marijuana Legalization



The New Hampshire Drug-Free Coalitions held a luncheon in April to inform our legislators of the impact of marijuana legalization in Colorado 10 years later. This fact only based presentation was provided by Dale Quigley, Deputy Coordinator of the National Marijuana Initiative for the HIDTA (High Intensity Drug Trafficking Area) program in the United States. The presentation was recorded by our friends at RCFY and can be watched here <https://youtu.be/1RmLCvzDbqo>

NH Youth Voices Workshops

Middle and High school students had a great time sharing positive youth messaging with NH Voices! The goal of NH Voices is to empower the next generation with the correct facts about behavioral/mental health and to give them the opportunity for their voices to be heard. Empowering them to speak out for their generation, their peers, and themselves. Sharing facts, shattering stereotypes and sharing their accomplishments! To learn more, visit nhvoices.org



Project Sticker Shock!

During Alcohol Awareness month we visited Market Basket in Plaistow with TRHS Peer Outreach and Life of an Owl Youth groups for Project Sticker Shock! Youth put "Buyer Beware" stickers on cases of alcohol to remind shoppers of the consequences of purchasing alcohol for minors. SoRock partners with NH State Liquor Enforcement, Timberlane School District and New Hampshire National Guard Counter-drug Program on this important project! We would like to thank Market Basket Plaistow for allowing us to do this important program at their store annually! There are more than just criminal consequences for purchasing/providing alcohol for minors and for hosting underage drinking in your home!



DEA Take Back Days & Crush the Crisis at the new Parkland ER!



DEA's National Prescription Drug Take Back Day happens every April and October to encourage the public to remove unneeded medications from their homes as a measure of preventing medication misuse and opioid addiction from ever starting. SoRock partners with the DEA and our local Police Departments (and now Parkland ER!) to promote and carry out Take Back Days in our communities. SoRock worked with many of our towns over the years to install permanent Rx Disposal boxes. Permanent Rx Disposal bins are available year round at the Atkinson, Hampstead, Kingston, Newton, Plaistow and Sandown police departments.



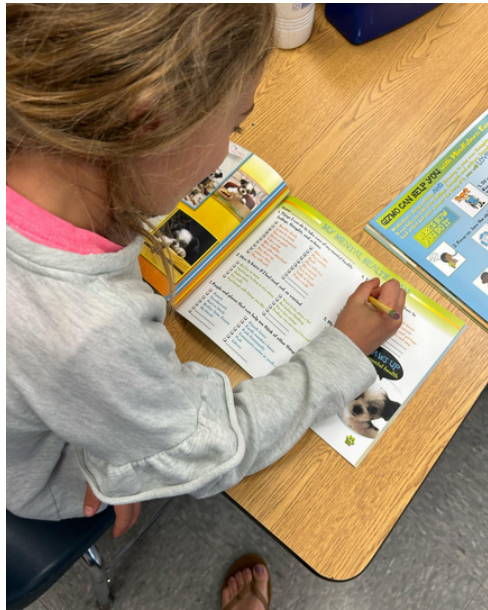
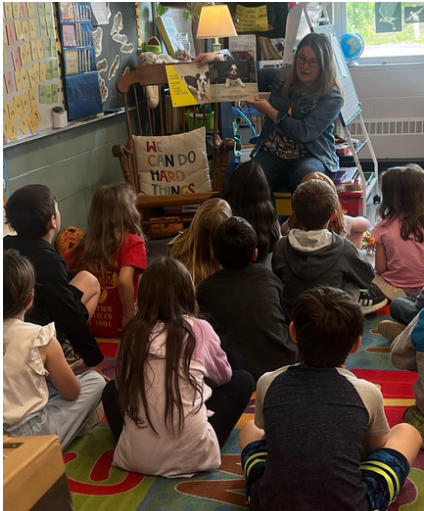
SoRock towns collected nearly 900lbs of unused and expired medications in 2023! Thank you for doing your part!

Mental Health Literacy for ages 5-10

SoRock again partnered with the American Foundation for Suicide Prevention in 2023 to facilitate “Gizmo’s Pawesome Guide to Mental Health” in three more elementary schools! This read along/activity program guides children through the importance of mental health by offering guidance on how to recognize and cope with sad, mad and worried feelings and related behaviors. The program makes managing their mental health – and knowing how and when to reach out to a trusted adult for further support – a simple, non-scary part of their everyday life. SoRock is excited to have **reached nearly 600 youth** from Danville, Hampstead and Sandown with Gizmo in 2023!

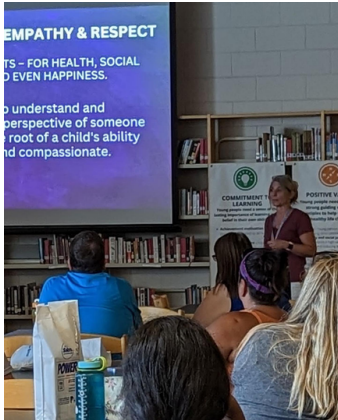
When possible we involved older youth to assist in reading and activities. These youth mentors received training in reading to and engaging younger students from their librarian! The involvement of youth mentors makes this program even more impactful to the younger kids!

We are looking forward to bringing Gizmo to more of our elementary schools in 2024, starting with Atkinson Academy in January! [Reach out to bring Gizmo to your school or community! sorocknhcc@gmail.com](mailto:sorocknhcc@gmail.com)



Project Stand By Me

Project Stand By Me 2023 was a huge success! Thank you to Camp Lincoln, school staff and high school volunteers for helping make this day a amazing! Stand by Me 2023 was made possible with funding from D.A.D (Drugs are Dangerous) and the Seacoast Public Health Network. The purpose of this program is to inspire and develop self-esteem, empathy, communication, respect, and teamwork in Grade 5 students as they begin the process of transition to middle school and to guide parents in the awesome task of helping their child make healthy, responsible choices in an ever-changing world in which they live! Stand by Me has has existed for nearly 3 decades and was originally a program of D.A.D Inc. SoRock was honored to take over the facilitation of the program 9 years ago. We are looking forward to seeing current 5th grade parents in May 2024! To learn more or bring this program to your school contact us at sorocknhcc@gmail.com



Parents spend the morning learning about risk and protective factors through the middle school years and how to keep their family healthy. They then join their fifth grade children, already at Camp Lincoln doing team building activities, for lunch and interactive outdoor activities.



"I really liked playing soccer, boating & having my parent there"

" I really liked the challenge course! I liked how we got to do some team bonding things".

"As a staff member, I work with a lot of these students and I see them at their lowest lows. It was such a JOY to see them having fun, being kids, and just being happy. For so many of them, positive experiences are so hard to come by, and things like this are so crucial for their healthy development. The Camp Lincoln field trip was amazing and I heard from so many students that they had a BLAST. Thank you so so much for running this program!!!"

Granite Youth Alliance - Ignite Change Youth Empowerment Summit

We were excited to be bringing two of our high school youth groups to the Granite Youth Alliance “Ignite” Youth Empowerment Conference this year!

This annual workshop is designed for youth that are interested in taking action against youth substance use in their communities! They had a packed schedule full of interactive workshops, skill building exercises, and time for producing a studio quality prevention video! Our students left the workshop excited to put their new skills and knowledge to work in their school communities!



Keeping Youth Safe Drug Education

SoRock held forums to inform parents and educators of latest drug trends and dangers and what can be done to keep youth safe. We brought in presenters from DEA New England, Northern New England Poison Center and Seacoast Youth Services. Parent Power packs and Narcan kits were made available to parents and teachers at these presentations.

Parent Workshops

SoRock offered two Staying Connected with your Teen Parent workshops in partnership with NH Teen Institute in 2023. Workshops were offered in the Spring and Fall and were located at the Plaistow YMCA.

Staying Connected with Your Teen® is a proven-effective, science-based, interactive workshop that gets parents and teens working together to enhance communication and family management practices and decrease conflict. Through a series of video- and workshop-based modules, parents improve their family management practices and strengthen the bonds between them and their children, resulting in substance misuse prevention, violence prevention, and positive character development.



STAYING CONNECTED WITH YOUR TEEN

FREE WORKSHOP
Learn skills to add to your parenting toolbox!

- How to Talk to Your Teen
- Problem Solving to Meet Everyone's Needs
- Supervising Without Invading
- Creating Family Values & Expectations
- Raising a Responsible & Resilient Teen

Anxious Nation Documentary

We partnered with our friends at CLM (Center for Life Management) and had a full house for our screening of the Anxious Nation documentary at the Plaistow Public Library.

Anxious Nation explores and captures the many faces and facets of anxiety. This feature-length documentary takes a deep look into the crisis of anxiety and mental health in America, especially its impact on kids (ages 10-26) and families.

We also had a panel of five amazing clinicians for a panel discussion and Q & A following the film.

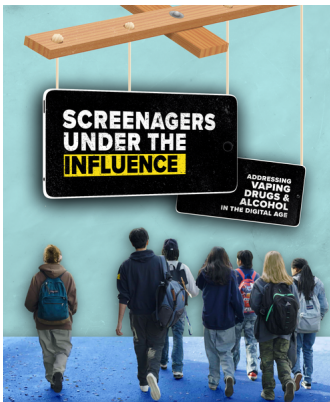


First Day Film

SoRock annually shares the First Day film with freshman health classes at TRHS. The First Day addresses issues that school systems, communities and people across the country are impacted by, directly or indirectly, each day including substance use, other harmful behaviors and mental wellness. The film has also been shared with Pinkerton Academy.



SoRock partnered with the South Central Public Health Network to bring the two most recent Screenagers films in for two community showings.

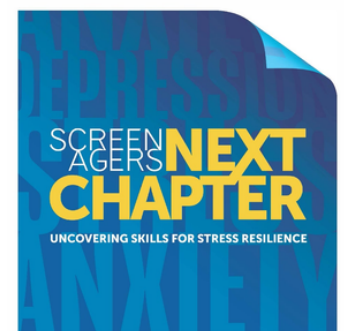


Screenagers: Under The Influence

Addressing Vaping, Drugs, and Alcohol in the Digital Age, the third feature documentary in the Screenagers trilogy, delves into how the tech revolution has reshaped adolescence and its effects on substance use. The film debunks myths and depicts strategies parents and schools can use to encourage healthy decision-making, support teen mental health, set limits, and create healthy home environments. The film also includes many ways young people are using their wisdom and strength to help each other and themselves through this complicated terrain around substance use.

Screenagers Next Chapter - Addressing Youth Mental Health in the Digital Age

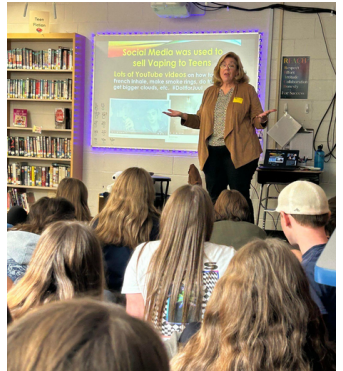
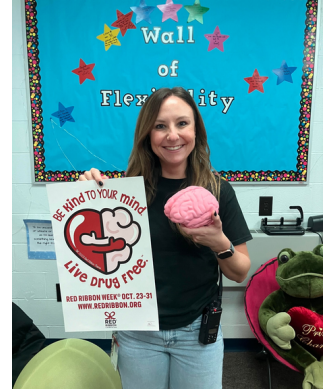
Uncovering Skills for Stress Resilience—a film that examines the science behind teen's emotional challenges, the interplay of social media, and most importantly, what can be done in our schools and homes to help them build crucial skills to navigate stress, anxiety, and depression in our digital age.



Red Ribbon Week 2023!

Red Ribbon Week is an annual event observed by the Drug Enforcement Administration and communities across the country. Inspired by a tragedy, this week of remembrance has helped spread awareness of drug misuse prevention. Communities collaborate with local DEA offices to organize events that bring people together in a united mission to end drug misuse.

During RRW SoRock offers assistance with materials and programming for all of our schools. This year we were able to provide materials to all of our schools through our partnerships with our public health networks, Drugs are Dangerous, Inc. and DEA New England. We also partnered with Northern New England Poison to bring assemblies to Hampstead Middle School, Ellis Middle School and Sanborn Middle and High Schools (offered to all schools).



Drunk, Drugged and Distracted Driving (3D) Awareness

SoRock annually provides impaired and distracted driving activities to educate students on the associated dangers. These activities are great conversation starters! We partner with local police departments, NH Liquor Enforcement and more to deliver our assemblies, campaigns and programs throughout our communities.



Community Events

We love to get out into the community and attend events whenever possible. Providing in person resources and having face to face conversations is the best way for us develop important relationships with our communities and get an accurate pulse on community needs. We attend town events, school events and events put on by other local organizations such as the YMCA. SoRock is also available to attend parent and civic group meetings to discuss our organization and get feedback on community needs from you!



More Youth in Action!

Life of an Owl - NH Principals Association Presentation



Timberlane Regional High School
December 1, 2023

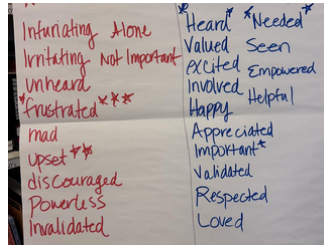
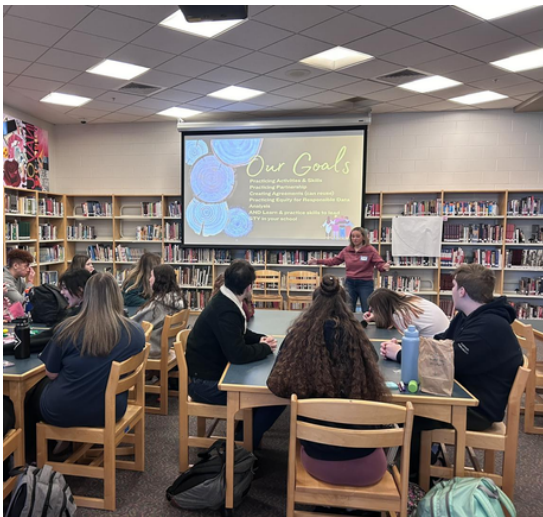


LOA Presentation to NH Principals Association

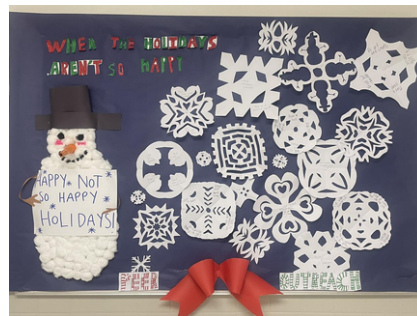
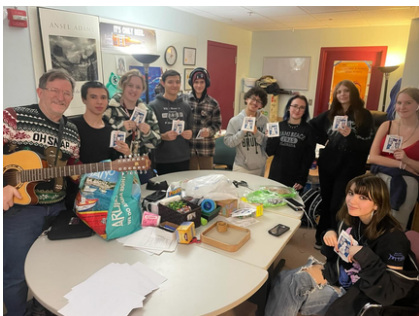
The Leadership Team of our Timberlane Life of an Owl program presented to roughly 15 principals from throughout New Hampshire about the program, which focuses on making wise choices and supporting our fellow students through quality peer to peer interaction. This team has also presented this program to other schools and have offered to be a resources for other programs throughout the state. Many student leadership programs across the State were hit hard by the pandemic, and we are partnering with our Timberlane group hoping to lead a movement to bring them back.

Getting to “Y”

Pinkerton Academy and Sanborn Middle and High School participated in “Getting to Y” training this fall. This program teaches students how to understand, unpack and bring meaning and action to their own Youth Risk Behavior (YRBS) survey data in order to affect sustainable change in youth behavior, community, and school culture . These programs were funded by the South Central PHN and the Sanborn Seminary Grant



Peer Support Projects





Through our partnerships, SoRock is able to provide various Power Packs, locking medication boxes, firearm trigger locks, narcan overdose reversal kits and Detera safe medication disposal pouches free of charge to the community.

Community Power Packs

- **Parent Power Packs**
 - effective self care info, parenting and developmental assets, mental health resources, stress management, community resources, youth prevention resources..and more!
- **Relative Caregiver Power Packs**
 - Contents of the Parent Power Pack with additional relative caregiver resources such as our "Parenting a Second time around" resource handbook and Narcan overdose reversal kit.
- **Youth/Teen Power Packs**
 - Mental health and self care info, substance use and resource info, stress management tools, domestic violence resources, resources for children of addiction, stress balls, wristbands and other promotional materials to keep resources handy..
- **Overdose Prevention Power Packs**
 - Narcan overdose reversal kits, fentanyl test strips, recovery resources, family support resources, understanding addiction info, mental health resources, a safe medication disposal pouch, community resources and more.
- **Intervention Power Pack**
 - Saliva drug test kit, Community resource card including social determinants of health, adolescent outpatient treatment options, family support and crisis hotlines. Communicating with your child about their substance use handout, Teen-proofing Your Home handout, CDC Positive Parenting Tips for Healthy Development (15-17) and more.



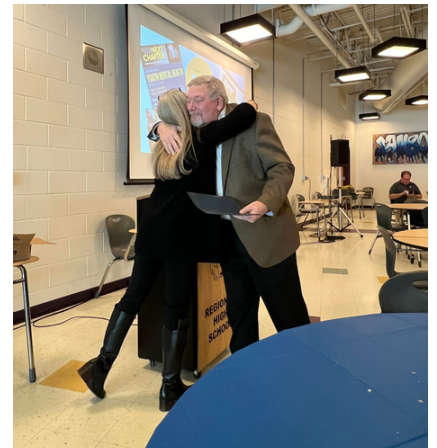
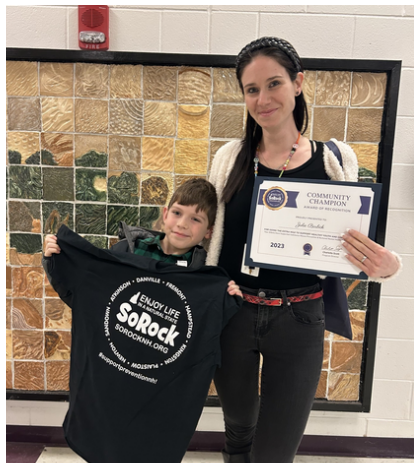
We are excited to share the addition of the "**Veteran Power Pack**" to our community power pack initiative! The "Veteran Power Pack" was made possible through a generous donation in memory of U.S. Army Veteran Jeff Zajac.

Power Packs are distributed for free at local community and school events as well as SoRock events. SoRock also provides the packets when meeting with youth groups (schools, camps, community centers etc..), parent groups (PTO/Boosters etc..), civic groups (Lions etc..) and faith based groups. If you would like SoRock to meet with your your group please email sorocknhcc@gmail.com

Celebrating our Community Champions!

On November 30th, SoRock held a Community Appreciation Night event to recognize and thank our many community partners.

The individuals and agencies recognized are committed to making things better for everyone. Their investment and partnership in working toward healthy communities is the key to community change and the success of the coalition. SoRock was able to spotlight youth, volunteers, local civic groups and other partnering agencies who have gone above and beyond to support substance misuse prevention and mental health in their communities this year, and to let them know that their engagement has had, and will continue to have a profound and lasting impact.



FAQ:

Is SoRock a religious organization?

No. SoRock has no religious or political affiliation. SoRock is short for “Southern Rockingham” Coalition for Healthy Youth.

SoRock has an office in Sanborn Regional High School, does that make you a Sanborn program?

No. SoRock currently has donated office space within Sanborn Regional High School, but our coalition steering committee members hold positions in community agencies and schools in/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.

How has SoRock historically been funded?

SoRock received a federal [“Drug Free Communities” grant](#) for 10 years. The purpose of this grant is to get the great work started and then turn it over to the communities. We are considered a "graduated program" along with several others in the state. We all work together to advocate for additional funding and have recently been included in the NH state budget for 50K for 2024. SoRock has been partially funded by our communities in varying degrees since aging out of the DFC program in late 2019.

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 helps support our mission. Your investment yields a return of at least double or triple its value through leveraged resources and funding. We appreciate your support and would also love to have your voice at or table!

How does SoRock carry out its programming and activities?

SoRock carries out our mission through in-kind services, partnerships, and opportunities from a variety of sources. A few of our partnerships 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
- Connor’s Climb Foundation
- Ellis, Hampstead, Sanborn & Timberlane Schools
- NH Liquor Enforcement
- Local Police, Fire and EMT
- Local Mental Health Centers
- Local Youth Serving Organizations (YMCA, Austin 17 House etc)

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 additional staffing and indirect costs.

Have questions or want to get involved? We would love to talk to you!

Reach out today to sorocknhcc@gmail.com

[Visit us at sorocknh.org](http://sorocknh.org) or follow us on social media [@sorocknh](https://www.instagram.com/sorocknh)

