Join Families in Transition and HOPE for NH Recovery as we work to end substance misuse in NH.
Manchester Recovery and Treatment Center

In recent years, we have, as a community, seen a spike in substance misuse and substance misuse related deaths. This epidemic has reached across all ages, races, professions, and income levels. With so many in need of help, the continuum of services for substance use disorders has been maxed. Working together through public and private collaborations, we have begun to transform the former Hoitt Furniture building at 293 Wilson Street in Manchester, NH, with the intent of developing a large scale recovery and treatment center to curb the tide of substance misuse in our community. The Manchester Recovery and Treatment Center will serve as a one-stop-shop for individuals struggling with substance use to find the help and support they need. Area service providers are partnering together to offer services such as: recovery support, treatment programming, recovery housing, mental health services, and connection with recovery-friendly employers.

Recovery Center Partners and Services:

**First Floor: HOPE for New Hampshire Recovery**
- Peer Based Recovery Support Services
- Access to Local Services

**Second Floor: Families in Transition’s Family Willows Substance Use Treatment Center**
- Women Only Intensive Outpatient Program and Outpatient Services for Co-Occurring Substance Use and Trauma
- Child Care and Transportation Provided for Treatment Center Participants
- Recovery Housing for Women with Children

**Third Floor: Families in Transition (FIT)**
- Recovery Housing for Single Women

**Fourth Floor: The Mental Health Center of Greater Manchester**
- 24/7 Mobile Crisis Response Team
- Supervised Crisis Beds
- Peer Support
- Triage, Counseling & Psychiatric Medication Services
- Integrated Dual Disorder Treatment
- Information/Referral/Case Management/Linkage

Families in Transition: 603.641.9441 ext. 324 • donate@fitnh.org • www.fitnh.org
HOPE: 603.935.7524 • info@recoverynh.org • www.hopefornhrecovery.org
Families in Transition (FIT) is redeveloping the second floor of the Manchester Recovery and Treatment Center to expand its individual and group therapy for low-income women dealing with substance use disorders as well as to provide recovery housing units. The new center will double the existing number of women that the Family Willows Substance Use Treatment Center currently serves, resulting in reduced wait times for those seeking services, while still providing the same high level of evidence-based and gender-specific care. Additionally, 11 one-bedroom recovery housing apartments for mothers and children will be developed on the same floor while 8 double occupancy, recovery communal living units for single women will be developed on the third floor. Recognizing that the lack of a stable and substance-free living environment can be a serious obstacle to sustained recovery, this project will provide recovery housing to help women sustain a healthy lifestyle. The recovery housing will be staffed 24/7 to reduce the possibility of relapse and provide around the clock support for those transitioning into substance-free living.

Considering that **80% of women seeking treatment for drug abuse report histories of sexual or physical assault**, FIT’s Family Willows Substance Use Treatment Center uses trauma-informed care to help women develop coping skills for addiction and trauma histories and to rebuild a sense of control and empowerment. With a treatment program that is trauma informed and gender-specific, FIT’s program fills a key gap in services for females while also reducing the public health implications of substance misuse.

This expansion will create the following outcomes each year:

400 women will be provided with evidence based outpatient and/or intensive outpatient substance use treatment programming.

400 women will be provided with an initial assessment, referral and case management to ensure longterm recovery and stability.

160 children will be provided with childcare while mothers are in treatment.

160 women will be provided with transportation to and from treatment programming.

19 units of recovery housing will provide housing to an estimated 40 women.

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HOPE for NH Recovery Community Center

HOPE opened its first location in Manchester in June of 2015. Since then, over 21,000 people have come through its doors for help. Currently, there are 1,106 individuals registered in their programs. Manchester is the epicenter of the drug problem in New Hampshire. As such, HOPE will be the first service provider to be located at the Manchester Recovery Center. Once the hub is fully established, it will serve as the model for other communities. The plan is to build out centers and affiliate centers across the State of New Hampshire to provide the following services:

- Public education about addiction and recovery
- Advocacy at local, state and federal level
- Employment services
- Training for mental health first aid
- Training for Recovery Coaches
- Recovery coaching
- Peer & family support groups
- Tele-health and telephone services
- All types of support and recovery meetings
- Health and wellness workshops
- Resource library
- Sober events
- Navigation to services

The recovery centers provide a safe, supportive environment for those struggling with substance use disorders to receive immediate help and support. HOPE for New Hampshire Recovery will provide easily accessible, much needed recovery support services. It will help to dramatically reduce the rate of opiate overdoses rate in the state, as well as increase the percentage of the population currently seeking help with any substance use disorder.

This expansion will create the following outcomes each year:

- **26,000 people** will be provided with a safe, clean, and fun place to enjoy support in their recovery.
- **Over 1,000 members** will have access to Peer to Peer Coaching and Telephone Recovery Support.
- **Hundreds** of recovery and community meetings.
- **Thousands** of “walk-in” members of the community will have access to the resources HOPE offers.

HOPE: 603.935.7524 • info@recoverynh.org • www.hopefornhrecovery.org
## Substance Use in NH:
- 4th worst in the United States for access to treatment
- Opioid use has skyrocketed from 26 deaths in 2000 to 424 deaths in 2015
- 161 confirmed overdose deaths as of July 2016 with an additional 86 cases under review and a projected 494 total overdose deaths for 2016

## Substance Use in Manchester:
- 320 ER discharges in 2015
- From May 4, 2016, to August 19, 2016, 377 people went to local fire stations for help with substance abuse
- 508 emergency calls for overdoses in 2016
- 1 in 7 overdose calls ends in fatality
- Youngest suspected overdose treated: 15
- Oldest suspected overdose treated: 89

## Effects of High Rate of Substance Use:
- Increase in crime rates
- Increase in blood-born disease infections, such as HIV
- Increase in number of babies born with symptoms of opiate withdrawal

We, as a community, have the power to join together to fight back against the New Hampshire opioid epidemic.

Please join us in the cause.
Together we can end the New Hampshire substance misuse epidemic.

Family Willows Substance Use Treatment Center

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