

NH Maternal Mortality Committee Technical Assistance Update

Perinatal Substance Exposure Collaborative
January 14, 2026

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Better Health & Education Outcomes. For All.



Outline

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Background, Timeline, Methods

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Summary of Preliminary Findings

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Gaps

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Next steps, questions and discussion



Background

Recommendation from the NH Maternal Mortality Review Committee to *identify a resource for the partners of pregnant or postpartum people with an active substance use or alcohol use disorder.*

Activities

- Conduct a landscape analysis
 - Online review and interviews with partners
 - Analysis of resources and needs
- Resource development recommendation(s)



NEW HAMPSHIRE
CHARITABLE FOUNDATION



Department of
**HEALTH &
HUMAN SERVICES**



NEW HAMPSHIRE
Perinatal Substance
Exposure Collaborative

Timeline

Online review

Nov 2025 - Jan 2026

Partner interviews

Dec 2025 - Jan 2026

Analysis of resources and needs

Jan - Feb 2026

Final resource & recommendations

Mar - Apr 2026

Statewide Dissemination Activities

May 2026



November
2025

February
2026

May
2026

Online Review and Partner Interviews

- Data collection through internet-based research
- 14+ Partner interviews
- 90+ resources collected and analyzed
- Organized into six categories

Thanks to participating partners!

- Archways
- Dartmouth Hitchcock
- Moms in Recovery
- NH Perinatal Quality Collaboratives + Local Coalitions
- Sharing without Shame
- Hope on Haven Hill
- Boys and Girls Club of Souhegan Valley
- Cynthia Day Family Center
- SOS Recovery Center
- Farrah Sheehan
- NH Mom Hub
- Families in Transition
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Resource Categories



- 1. Support Groups**
- 2. Community Based Organizations**
Family Resource Centers
Recovery Community Organizations
- 3. Getting help immediately**
Help lines, responding to medical emergencies
- 4. Treatment Options**
- 5. Tools/Other**
- 6. For professionals**

Most Relevant Resources

- NH-based Recovery Community Organizations (RCOs) collaborating with Family Resource Centers (FRCs)
 - Case management
 - Peer Recovery Support Services
 - DCYF
 - Home Visiting
 - Specific support groups and programming, such as:
Family Threads, Families in Recovery, Parenting Journey in Recovery , Wellness and Recovery Model
- Headrest
Services and support to people who use drugs and their families

Most Relevant Resources

- Supporting Mothers & Infants: Key Facts about Perinatal Substance Exposure
- Sharing without Shame, and NH-Based Facebook Group
- MaMMAs Voices
Substance use resource hub for moms and partners
- Fourth Trimester Project
- Resources for “New Dads”
 - Postpartum Support International
 - Paternal support (“how-to” books, information on family leave)

Other Resources



- **Harm Reduction**
 - [What to do in the event of an overdose](#)
 - NH Harm Reduction Coalition - [Help someone you care about](#)
- **Videos to explain addiction as a disease.**
 - ["Addiction and the Brain"](#)
 - ["What is Addiction"](#)
 - ["Everything you think you know about addiction is wrong"](#)
- [Coping Mechanisms Menu: A Resource for Patients](#)
- **Podcasts offering perspectives from those with lived expertise**
["Strengthening Families"](#) ["Partnership to End Addiction"](#)
- **Articles** “[Self-care](#)” “[Having Tough Conversations](#)”

Other Resources



- **SUD Treatment for pregnant/postpartum people**
[Hope on Haven Hill](#),
[Cynthia Day Family Center](#),
[Moms in Recovery](#)
[Families in Transition](#)
- **Support groups**
Families who have lost someone to overdose
National Association for Children of Addiction
NAMI NH Family Support Groups
- Medicaid and Healthcare Marketplace enrollment [NH Navigator](#)
- State benefit applications [NH Easy](#)
- NH Home Visiting searchable database
- [The Partnership @DrugFreeNH](#)

Other Resources



Help Lines, such as:

- Suicide & Crisis Lifeline at 988
- Waypoint Family Support Warm Line
- NH Doorways
- 211
- National Maternal Mental Health Hotline

For Professionals

- [Supporting Guardians Affected by SUD](#)
- [Implementing a Family-Centered Approach](#)
[Recovery Coaching Pregnant and Parenting People](#)
- [Engaging Dads in Programs to Support Families Affected by Substance Use Disorders](#)
- [Family Engagement Resources, Family Engagement Roadmap](#)

Gaps

Partner Knowledge/Education/Support

- Trauma / generational trauma
- Intimate partner violence
- How to be a supportive partner through recovery
- Addiction as a disease //Stigma
- Support in Community building and networking
Connection to others is difficult when securing basic needs like housing and employment.

Information

- Removal of “harm reduction” resources and language from NH websites and materials
- Outdated information

Services

- Support group for families supporting loved ones with SUD in the postpartum period
- Standard coordination and collaboration between FRCs and RCOs
- Faith Based Organizations

Provider Training

- Family support for peer recovery support workers

Discussion

Questions

Comments

Resource suggestions

Next Steps

Partner Interviews

 Monadnock coalition

 SOS Recovery Center

Resource Collection Form

