

NH Maternal Mortality Committee Technical Assistance Update

Perinatal Substance Exposure Collaborative
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Better Health & Education Outcomes. For All.



Outline

1

Background, Timeline, Methods

2

Summary of Preliminary Findings

3

Gaps

4

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

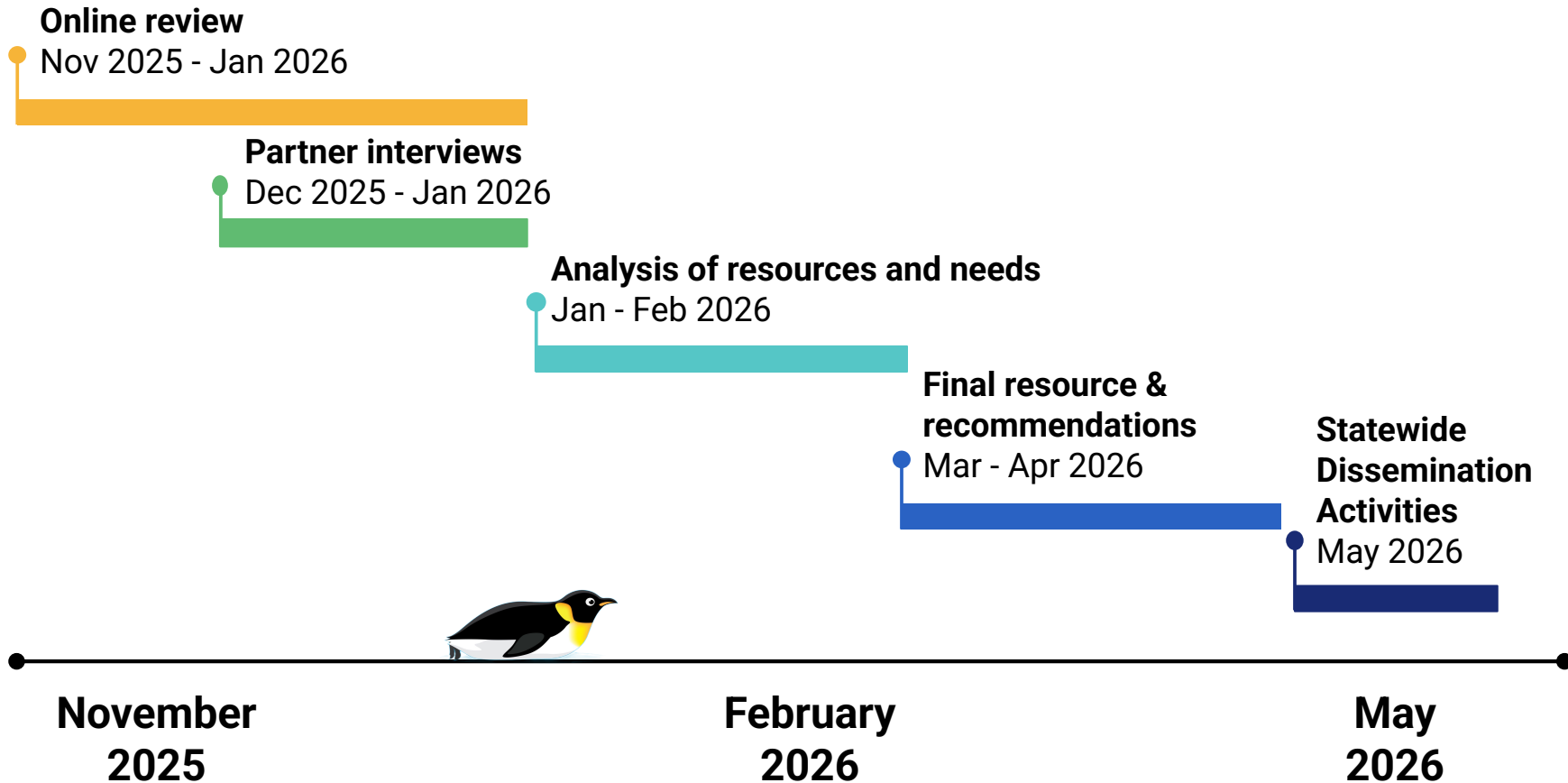


Department of
**HEALTH &
HUMAN SERVICES**



NEW HAMPSHIRE
**Perinatal Substance
Exposure Collaborative**

Timeline



Online Review 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
-



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](#)

