

Issue 57
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CENTER FOR EXCELLENCE ON ADDICTION

ADDICTION ROUND UP

The Addiction Round Up is a monthly newsletter providing current information and research related to alcohol and other drugs.



WE CAN HELP

Center for Excellence on Addiction

The Center for Excellence on Addiction is available to assist with a variety of needs related to alcohol and other drugs. If you or your organization are interested in receiving expert consultation, technical assistance, and/or training, please complete this [request form](#).

Updates from The Partnership

Read the [latest blog post](#), *From Distraction to Dialogue: How NH's Statewide Cell Phone Ban is Boosting Student Success*, about how one school is thriving after the statewide cell phone ban. Beth Sloat, middle school librarian, explains how this universal environmental prevention strategy has improved the school climate and connected students to real-life digital media lessons.



ADDICTION
UPDATES

CALLING ALL BIRTH HOSPITALS!

[The Perinatal Substance Exposure Collaborative](#) needs your help!

- If you work at a New Hampshire birth hospital please consider participating in a one-hour individual or group interview to share experiences with implementing policies and practices for pregnant and parenting people with substance use disorder and ways in which these practices may impact access to care.
- Please fill out this [form](#) to participate in this study. If you have questions or would like more information, please email Cora Kakalec at cora.kakalec@jsi.org.
- Thank you to all of the birth hospitals who have already participated in this study so far!
- For those not working at a birth hospital, please feel free to share this study opportunity with your colleagues who are working in birth hospitals. Thank you for your consideration!

UVM Center on Rural Addiction Opioid and Substance Use Treatment Training Scholarship Program

The Rural Center of Excellence on Substance Use Disorder Treatment at the University of Vermont Center on Rural Addiction (UVM CORA) is accepting applications for their Opioid and Substance Use Treatment Training Scholarship Program. The program aims to support providers in New Hampshire who treat patients with Opioid Use Disorder. Program participants will develop skills through small group instruction and education on MOUD treatment challenges, supporting patients with complex needs and OUD or other SUDs, motivational interviewing, and other non-pharmacological strategies for supporting patients with OUD. Anyone interested in the program, which will be held from April 9th - 10th, 2026 in Burlington, Vermont, can learn more on their [website](#) or contact CORA directly (cora@uvm.edu).

2025 New England Rural Health Association Conference

On Tuesday, November 4th and Wednesday, November 5th, members of the Center for Excellence team tabled at the [2025 New England Rural Health Association Conference](#) in Groton, Connecticut. The conference supports New England rural health professionals from all settings and backgrounds. This year the theme was Rural Health in a Changing World, focusing on exciting best practices and upcoming funding opportunities. Learn more about the conference and other ways to get involved on the [New England Rural Health Association's website](#).



PROJECT
SPOTLIGHT

Certified Prevention Specialist (CPS) Board

The [Prevention Certification Board of New Hampshire \(PCBNH\)](#) assists individuals with becoming a Certified Prevention Specialist (CPS) in the state of New Hampshire through IC&RC credentialing. Under the Center, this project utilizes training and technical assistance, as well as programmatic execution and operation, to help the board meet its goals for those seeking CPS credentialing in the Granite State.

The project helps prepare and plan board meetings, as well as the annual statewide celebration that welcomes any and all CPS individuals and otherwise, to celebrate this work and help name a CPS of the year. The project also helps assist the board with budgetary maintenance, as well as with external promotion of the board with quarterly newsletters. These newsletters provide current, prospective, and CPS partners with board resources, events, and trainings, as well as update folks on important dates for submitting for certification.

The project is currently preparing the next quarterly newsletter that will be dispersed in December. The project team is continuing to update the PCBNH website with relevant announcements, certification requirement changes, and helpful resources. Additionally, the project team is beginning to discuss the marketing and outreach for the mentoring program that is kicking off this year.



YOUR RESOURCE CONNECTION

Rural Data Analysis Dashboard

This [dashboard](#), created by the New England Rural Health Association in partnership with state agencies, illustrates health disparities within New England between rural and urban communities. Users can filter the dashboard by state, distance or data category, including distance from a hospital, phone service, and health insurance.

Amid dramatic decreases in NH drug deaths, a Q&A with two addiction specialists on what's working

This [article](#) from the New Hampshire Bulletin, Dr. Abby L'Heureux and Annette Escalante who are substance use disorder treatment specialists at the Elliot Hospital's Center for Recovery Management in Manchester. The interview discusses the importance of medication management, health insurance access, and community overdose prevention strategies. The interview also touches on needed policy changes and funding challenges.

Exploring overdose through a moment in harm reduction

This [article](#) written by students at Johns Hopkins University discusses community perspectives on Narcan distribution and the role of the harm reduction organization, HopOn Harm Reduction.

Trends in Daily Nicotine Vaping and Unsuccessful Quit Attempts in Youths

This [recent study](#) from researchers at the University of Southern California, found an increased prevalence of daily nicotine vaping and unsuccessful quit attempts among current youth vapers from 2020 to 2024. The study also describes other youth vaping trends that clinicians and policy makers should be mindful of.



MARK YOUR CALENDAR



Prevention Certification Board of NH Virtual Office Hours

The Board will be holding regular office hours on the first Friday of each month from 11:30am - 12:30pm. The office hours will take place via Zoom and can be accessed using [this link](#). Come meet the Board and get your questions about CPS certification answered!



Lunch & Learn: Granite United Way 211

The New Hampshire Governor's Recovery Friendly Workplace Initiative is hosting a [virtual event](#) focused on how communities and individuals can use 211 services to get connected to information and state referral services.



Understanding Childhood Trauma and Its Impact on Addiction

This [in-person training](#) will discuss how childhood trauma and attachment disruption can impact the development of substance use disorders. Participants will learn strategies and trauma-informed principles to assess client behavior, support client regulation, and integrate relevant interventions into their work.



Digital Dangers: Social Media Risk and Safety for Individuals with Substance Use Disorders and Co-Occurring Conditions

In this [Lunch & Learn](#), participants will learn about the benefits and safety risks of using social media. The session will also cover strategies and resources for preventing and mitigating online safety concerns.



Ethical and Practical Considerations for Recovery Support Workers in a Variety of Clinical and Non-Clinical Settings

This [in-person workshop](#) will review common ethical challenges faced by Recovery Support Workers. Participants will learn strategies for effective communication, boundary setting, documentation, and service delivery expectations across various care settings.



Supporting Children and Adolescents Living with Parental Substance Misuse: Tools for School and Clinical Providers

This [virtual training](#) is designed for school, clinical, and other behavioral health professionals working with youth. Participants will learn about the impact of parental substance misuse on child development and behavior. The training will also provide strategies and resources for supporting youth and families impacted by caregiver substance misuse.

NH Center for Excellence on Addiction | c/o JSI 501 South Street, 2nd Floor | Bow, NH 03304 US



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