



**University of  
New Hampshire**  
Institute on Disability

## **Evidence Based Practices Essential to NH's Behavioral Health Workforce**

Kathy Francoeur, Heidi Cloutier, and Macey Muller

# Key Takeaways

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- Understand what resources are available through the NH Children's Behavioral Health Resource Center
- Learn strategies to connect with children, youth, and families
- Workforce development and training opportunities to enhance skills and knowledge of those working with children



# **Children's Behavioral Health Center**



# RENEW Core Values & Principles

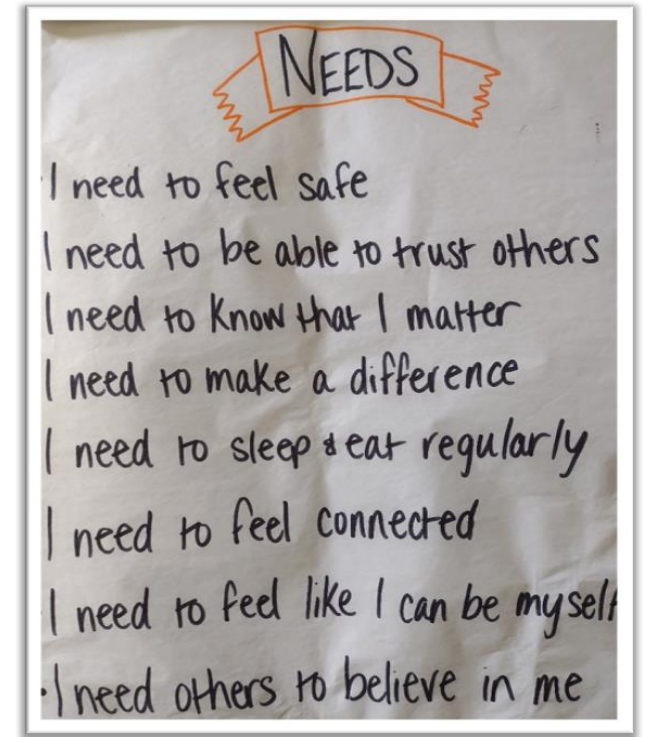
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## RENEW Core Values

- Youth-driven
- Community-based
- Culturally and linguistically competent
- Trauma-responsive

## RENEW Principles

- Self-Determination
- Empowerment
- Strengths-Based
- Self-Efficacy
- Developing Natural and Formal Supports
- Unconditional Care
- Equity
- Full Inclusion



# RENEW Goals

## RENEW Goals

- High School Completion
- Employment
- Post-Secondary Education
- Community Inclusion



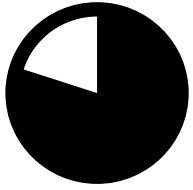


# RENEW & Supporting the Workforce

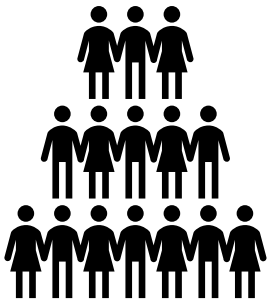
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[Implementing RENEW](#)





- 80% of minors in state juvenile justice systems were under the influence of drugs or alcohol when committing their crimes, test positive for drugs, were arrested for committing an alcohol or [drug offense](#), admitted to having substance abuse or addiction problems or shared some combination of these characteristics



- 1.9 to 2.4 million of the minors in the juvenile justice system have substance abuse or addiction issues and only 68,000 receive treatment (Child crime and Safety Center, 2024)

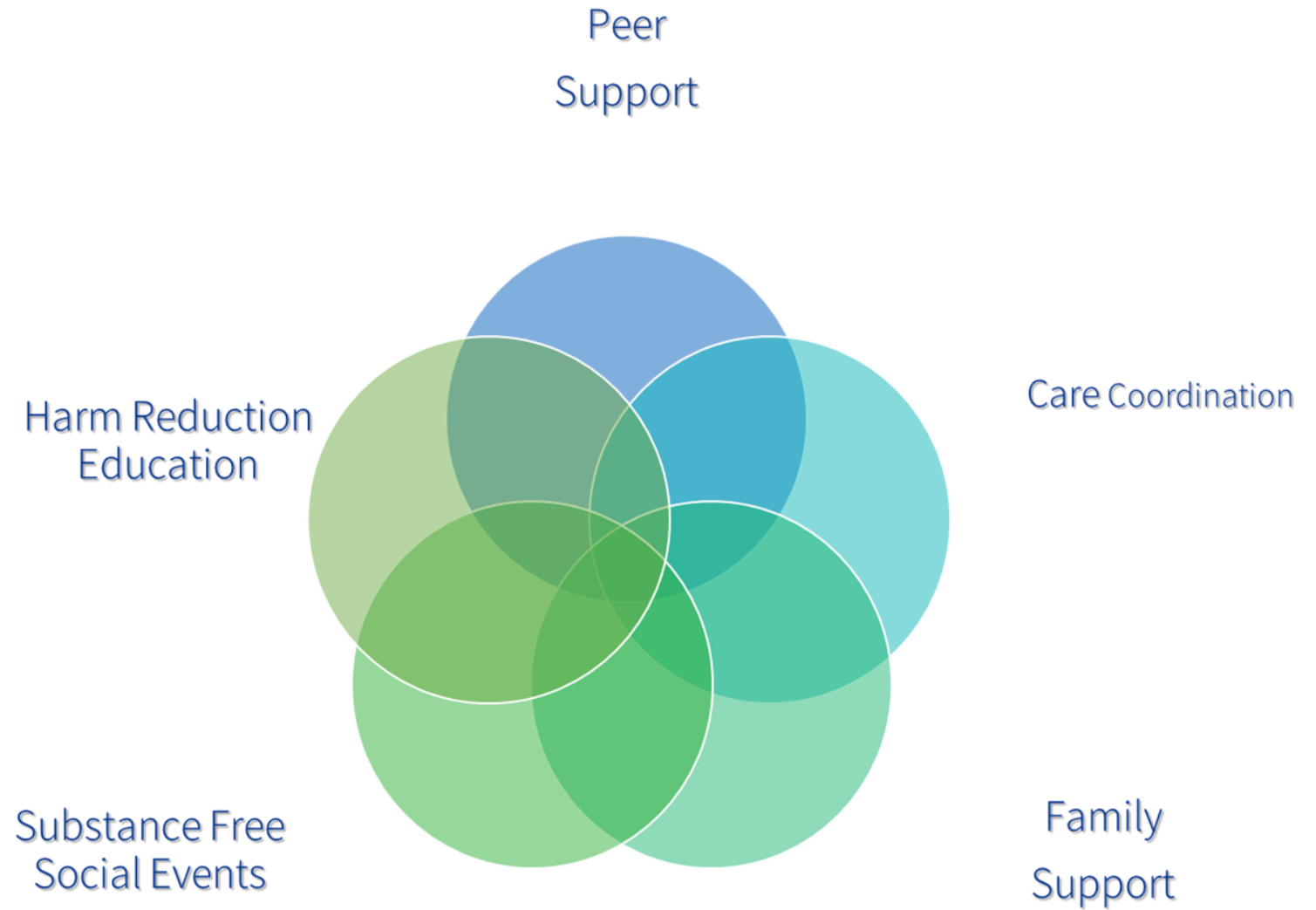


## Substance Use Supports for Youth & Young Adults

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# Alternative Peer Groups ages 12-25

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## Youth served in FY 2025:

"This group is amazing! Such a helpful and informative organization with a great mission! I wish more people knew about it!"

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### Peer Support

**160**

Engagements  
through mutual  
aid meetings

**16**

Individual  
recovery coaching  
sessions

### Community Engagement

**482**

Engagements  
through Prosocial  
events

**190**

Engagements  
through  
community service

### Alcohol Nicotine & Other Drug Services

**57**

Individual  
counseling  
sessions

**45**

Group  
counseling  
engagements

### Outreach & Education

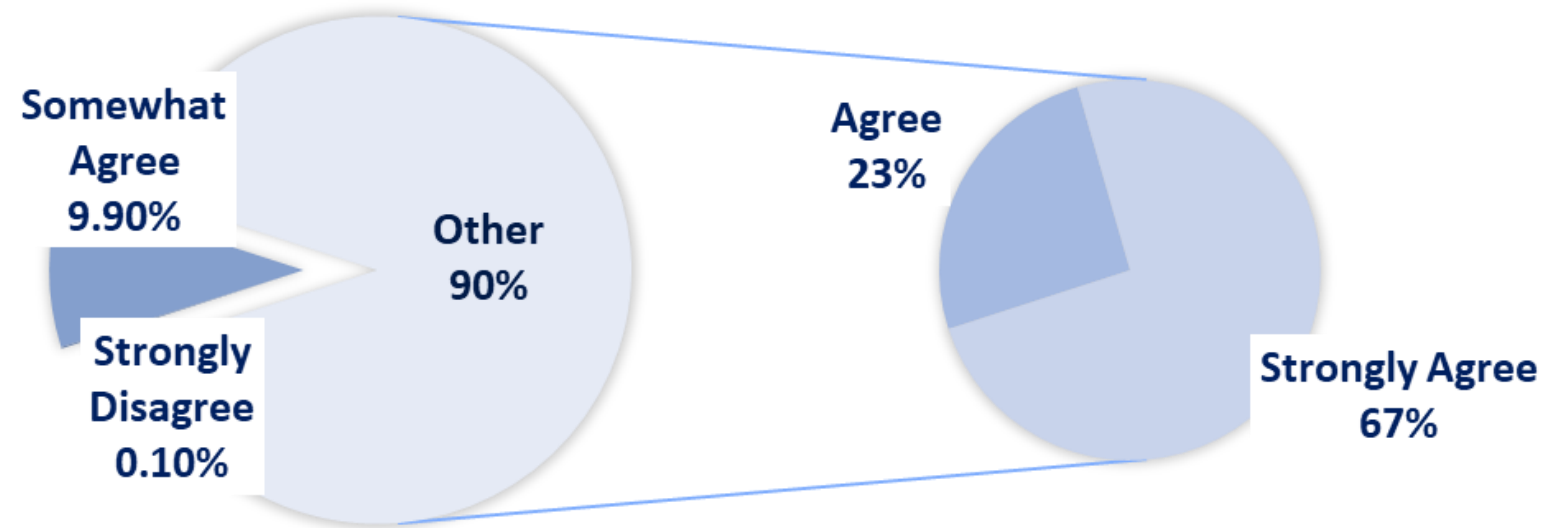
**4749**

Student  
engagements  
through  
outreach &  
educational  
opportunities  
(Trainings,  
workshops,  
tabling, etc.)

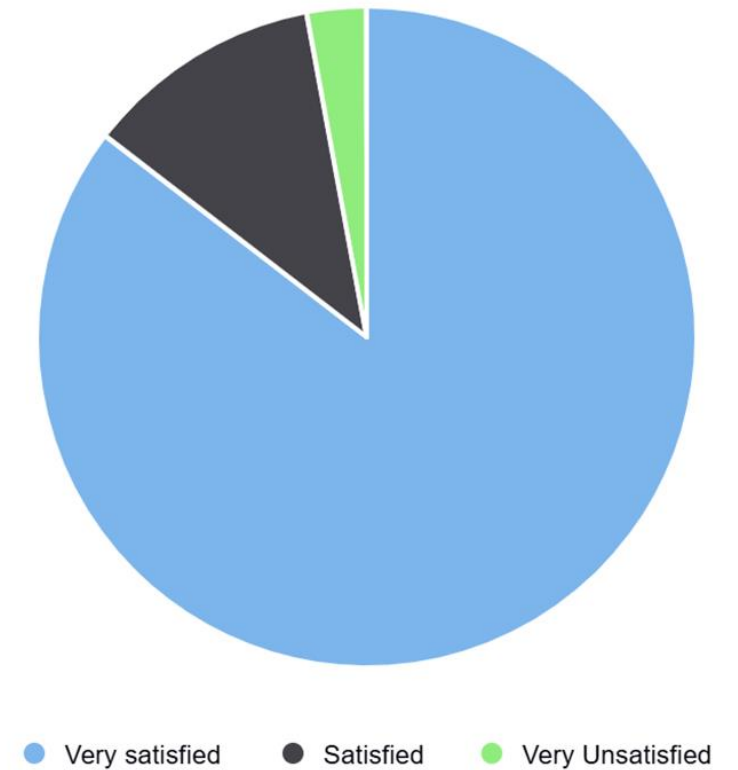


# Youth Outcomes

**90% of Students reported feeling more connected to their community as a result of participating in the APG (N=162)**



**97% of students report being very Satisfied or Satisfied with their APG (N=88)**



# Student Satisfaction Survey

## Participant Growth

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**80%** of students completing the satisfaction survey reported that **“since attending this group the primary concern I was attending for has improved.”**



**80%** of students completing the satisfaction survey reported strongly agreeing or agreeing with the statement, **“ I feel confident that I can handle life’s Challenges.”**



**100%** of students completing the satisfaction survey reported that they strongly agreed or agreed with the statement **“Since attending this group, I have developed better skills to support myself and others with substance use challenges”**



# Building Futures Together

## BFT Videos



## Level I

### Certified Recovery Support Worker (CRSW)

- Recovery & Wellness
- Advocacy
- Ethics, Boundaries, and Confidentiality
- Suicide Prevention
- HIV/AIDS

### Family Systems

- Impact of substance misuse on child youth development, including the impact on transition-age youth
- Intergenerational Trauma
- Poverty, Adversity, Resiliency
- Multicultural Environment

### Enhanced Care Coordination

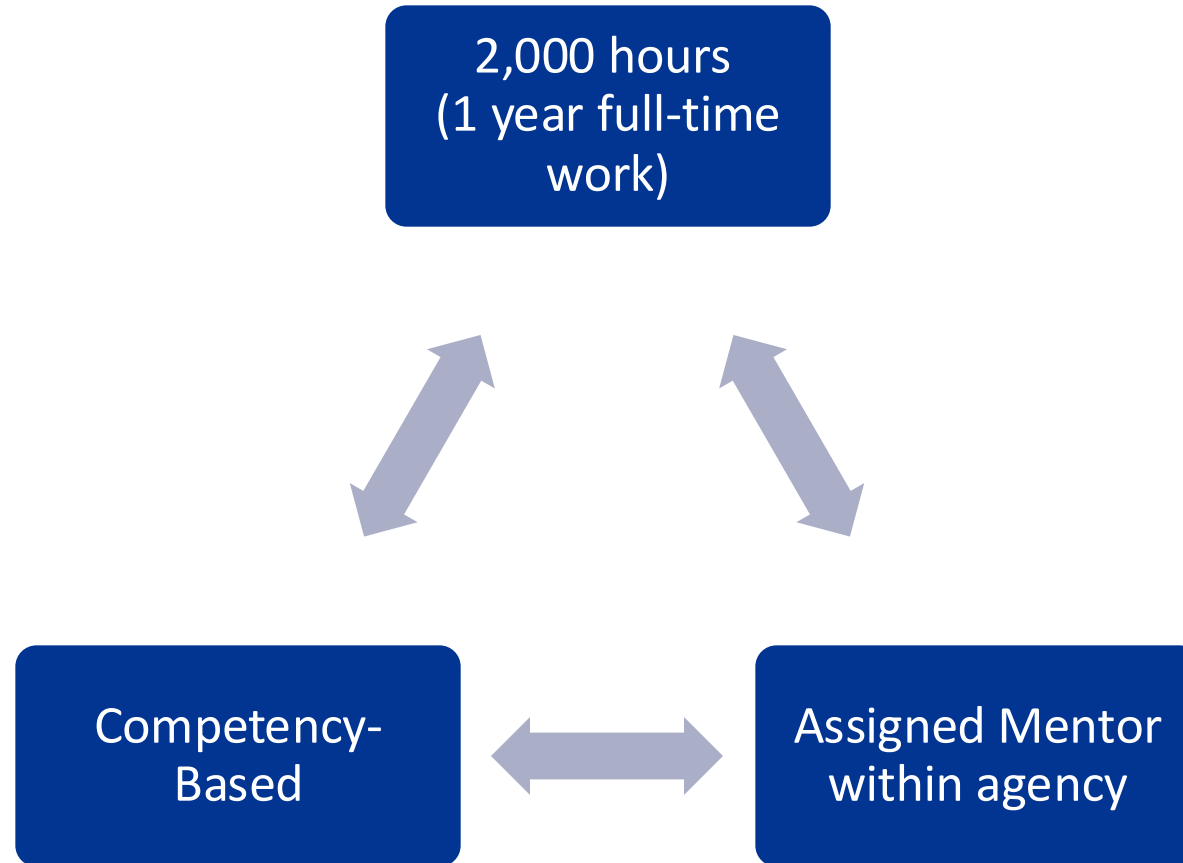
- Person-centered planning
- Risk assessments and application tools
- Service coordination
- Behavior-based supports and interdisciplinary teaming

### Infant Mental Health

- Attachment Issues
- Perinatal Mental Health
- Support Networks and risk assessments

# Building Futures Together: Level II

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# Graphic Facilitation

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# Prompts for Who I Am Today

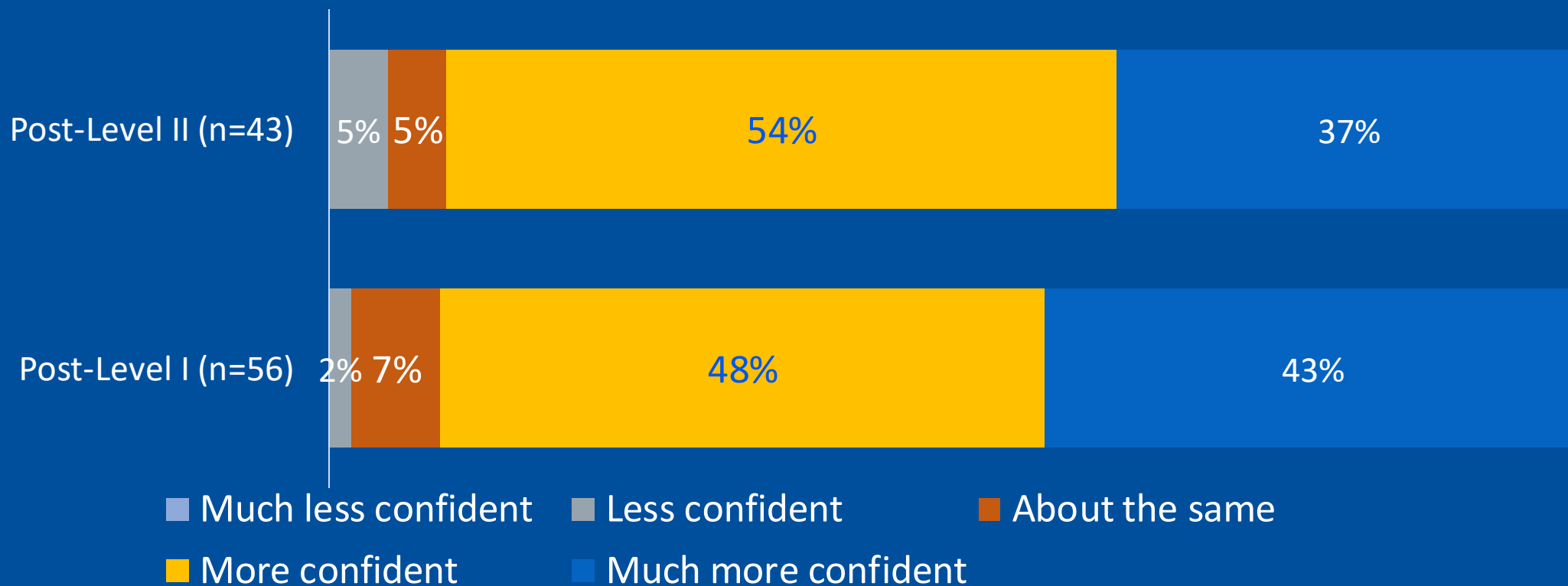
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- How do you describe yourself to others?
- What are some of your roles in life?
- What do you do each day?
- Describe what your life is like today at home and at work.
- How is this different than before?
- How do you feel most of the time?
- What do you wish was different?



## Self-Reported Change in Confidence from Baseline to Post-Level I and Post-Level II (Cohorts 1-3)

*Compared to before starting the program, I would rate my current confidence in my ability to support youth impacted by family substance misuse as...*



## Average Knowledge Change (Cohorts 1-3; n=35)



# Trainees Feedback

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*“It was right in line with everything we were doing which was such an amazing thing to see because we are peer support we've been through what our parents are facing, but this gave us tools to even better understand. All the strength-based tools - this is exactly what we do! So those weeks added so much knowledge wealth to our tool boxes”*

*“Grateful for opportunity. Far exceeded expectations and better equipped with people I am working with. Also with personal relationships and having awareness. Eye opening. Inspired and motivated me to do some research on my own to seek out more information and serve people better.”*



# BFT Cohort Schedule

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Cohort 1: January 21, 2025 – July 5, 2025

Cohort 2: August 25, 2025 – March 15, 2026

Cohort 3: May 11, 2026 – December 19, 2026

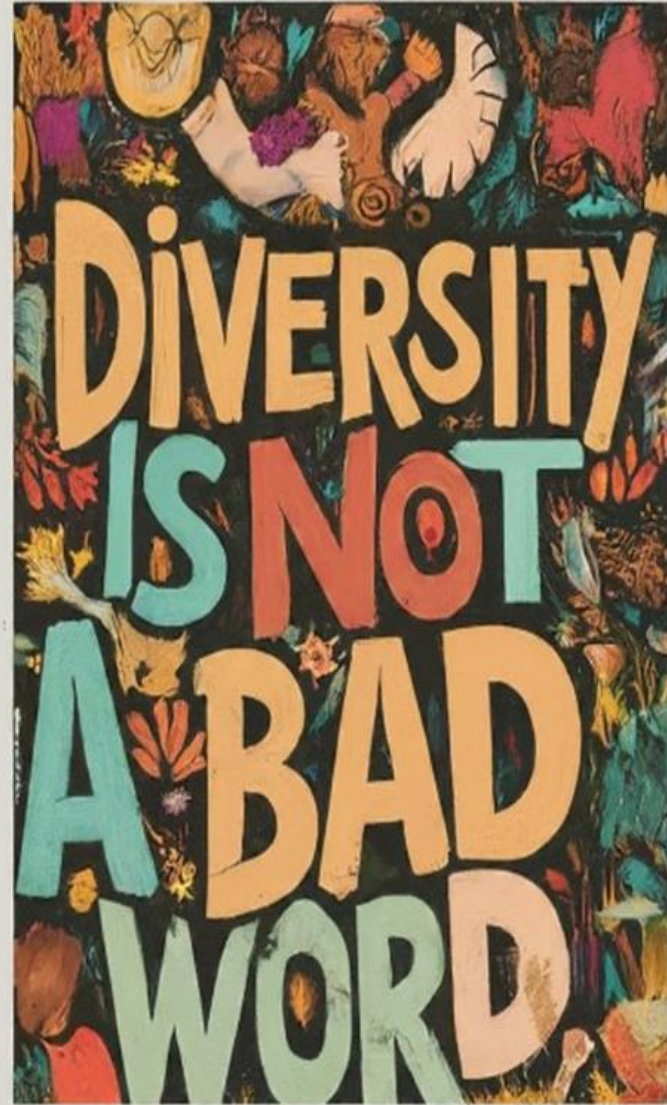
Cohort 4: January 18, 2027 – July 3, 2027



# Culturally Responsive Care:

Silence Won't  
Protect Us!

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# Culturally Responsive Care

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Ask children, youth, and families in diverse communities what they think they need.  
“Nothing about us without us.”

Celebrate and honor behavioral healthcare providers of diverse racial/ethnic, cultural, linguistic, and disability backgrounds & lived experiences who are practicing in NH.



# Resources



University of  
New Hampshire  
Institute on Disability

## Advancing Culturally Responsive Behavioral Health Care

### WE ARE HERE VIDEO PROJECT

**Real stories exploring inequitable access to  
behavioral health services in New Hampshire**

We Are Here is a project that uses video to capture the stories of individuals in New Hampshire who have struggled to receive behavioral health care or treatment for substance use disorder because care systems were not responsive to their unique cultural experiences. They also capture examples of effective strategies.

### CULTURALLY RESPONSIVE CARE IN NH

**Celebrating and uplifting resources to support  
equitable access to behavioral health among diverse  
communities**

Culturally Responsive Care in NH centers the lived experience of individuals who face barriers in accessing or providing high quality behavioral healthcare because of their race, ethnicity, gender identity, or ability, in order to develop a set of actionable guidance and tools to help behavioral healthcare organizations enhance the cultural responsiveness of their care and services.



*We Are Here and Culturally Responsive Care in NH are  
supported by funding from The Endowment for Health.*

### We Are Here

[iod.unh.edu/we-are-here](http://iod.unh.edu/we-are-here)

Visit the website and complete  
the user agreement to access We  
Are Here.



### Culturally Responsive Care in New Hampshire

[cbhrc.nh.gov](http://cbhrc.nh.gov)

Visit the NH Children's Behavioral  
Health Resource Center's  
resource library; find the report  
under Systems Information.



# THANK YOU!

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**Kathy Francoeur:** [Kathryn.Francoeur@unh.edu](mailto:Kathryn.Francoeur@unh.edu)

**RENEW Website:** <https://iod.unh.edu/renew>

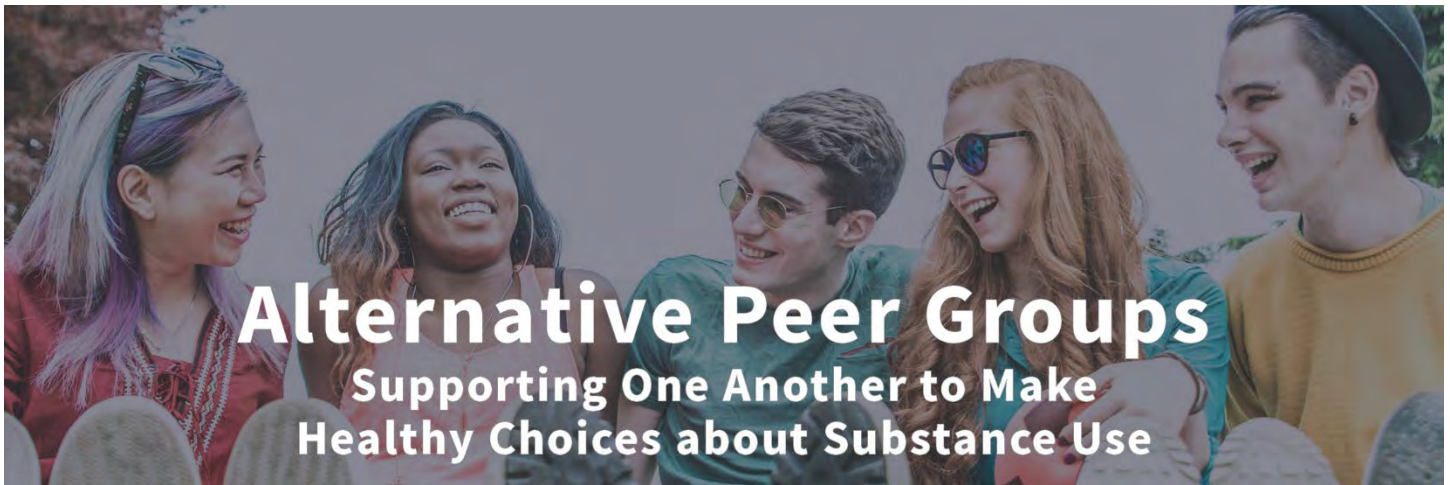
**Heidi Cloutier:** [Heidi.Cloutier@unh.edu](mailto:Heidi.Cloutier@unh.edu)

**APG Website:** <https://iod.unh.edu/substance-use-youth/alternative-peer-groups>

**Macey Muller:** [Macey.Muller@unh.edu](mailto:Macey.Muller@unh.edu)

**BFT Website:** <https://iod.unh.edu/building-futures-together>





## What Are Alternative Peer Groups?

Creating Connections NH is building supportive recovery communities called Alternative Peer Groups (APGs) for youth and young adults with substance use challenges. APGs offer young people a chance to connect at least once a week with peers in an environment that is fun, safe, substance-free, and recovery-focused.

### APGs Provide...

- Connection through a supportive peer environment
- Fun, substance free activities
- Focus on health and wellness
- Family support

### More Than Just Meeting Up

- APG Facilitators are trained recovery support professionals
- Youth help choose fun group activities that match their interests
- Opportunities for family/ caregiver involvement

## Connect with a Group Near You

### Southern NH

**Revive Recovery** (Nashua)  
reviverecovery.org | ph. 888.317.8312

### Seacoast Area

**Safe Harbor Recovery Center** (Portsmouth)  
granitepathwaysnh.org | ph. 603.570.9444

**Live Free Recovery** (Dover, Somersworth)  
livefreerecovery.com | ph. 603.702.2461

**Wildcats for Recovery** (UNH students)  
iod.unh.edu/wildcats-recovery  
heather.morris@unh.edu | ph. 603.862.3040

**Franklin/ Tilton/ Concord/ Plymouth  
Archways of Greater Franklin and Plymouth**  
archwaysnh.com | ph. 603.286.4255

### Carroll County

**Kingswood Youth Center** (Carroll Cty. South)  
zachary.porter@thekyc.org | ph. 603.569.5949

**Mount Washington Valley Supports  
Recovery Coalition** (Carroll County North)  
director@mwvsupportsrecovery.org  
ph. 603.662.0668



IOD.CBH@unh.edu



iod.unh.edu/creating-connections-nh



*Supported by funding from the NH Department of Health & Human Services.*

# Training Opportunity for Paraprofessionals in Behavioral Health

**You can make a difference! Learn to help children, youth, and their caregivers impacted by substance use disorders (SUD)**

## Building Futures Together

**A US Department of Labor Apprenticeship Program  
Up to \$13,500 stipend**

### **Level 1: Online Classroom Training | ~6 months**

- \$6k stipend to defray costs of program participation
- In addition, all costs for Level 1 training are free, including tuition and materials
- Content includes SUD effects on individuals and families, issues of cultural differences, research-based SUD treatments and therapies, trauma-based care, enhanced care coordination (ECC), infant mental health
- 40 hours field experience (can be your job)
- Capstone project incorporating learning at field site

### **Level 2: On the Job Training | ~12-14 months**

- \$7.5k stipend to defray costs of program participation
- 2,000 hours of on-the-job training from your employer through a Department of Labor sanctioned apprenticeship
- 1:1 mentoring on the job
- Financial and training support provided to participating employers

This program is for entry level staff such as community health workers, community recovery staff, and mental health workers, among others. Preference given to underrepresented populations and bilingual applicants.

**For more information and to apply, please [visit our website](https://iod.unh.edu/projects/building-futures-together)**



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**Jen Williams:** Jen.Williams@unh.edu



**Institute on Disability/UCED**



**[iod.unh.edu/projects/building-futures-together](https://iod.unh.edu/projects/building-futures-together)**

*This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under Opioid-Impacted Family Support Program HRSA-24-016 Building Futures Together, \$2.4M. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.*

# Building Futures Together NH

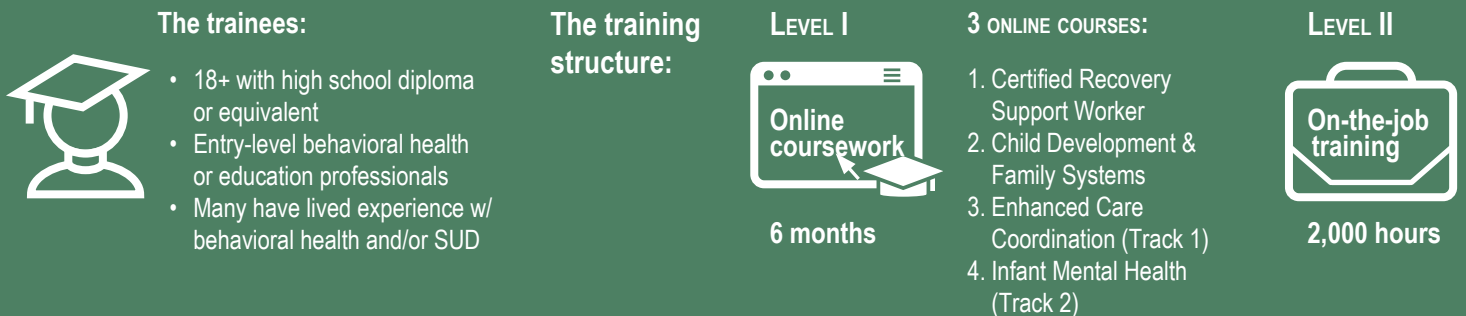
**A Training Opportunity for Paraprofessionals Working in Behavioral Health With Interest in Helping Children, Youth, and Families Affected by Substance Use Disorders**

## What is the Building Futures Together program?

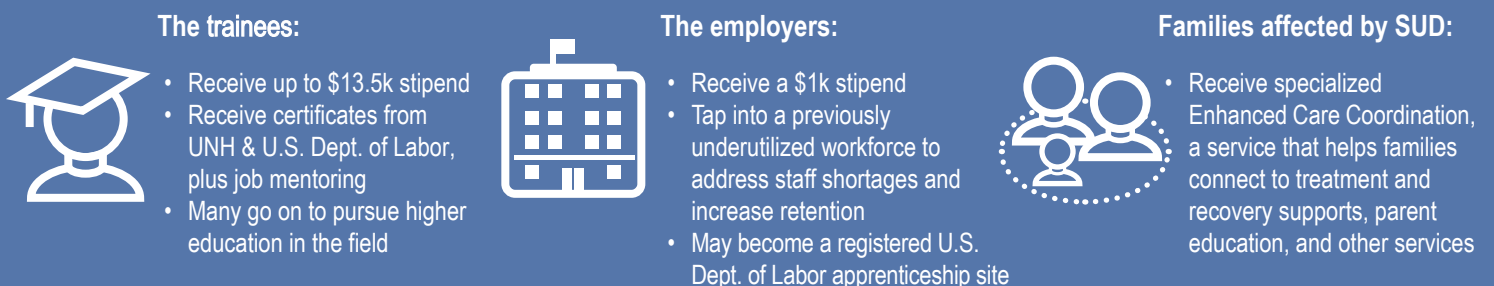
Building Futures Together is a U.S. Department of Labor apprenticeship program designed to prepare paraprofessionals in behavioral health or school settings to provide specialized enhanced care coordination to children, youth, and their caregivers impacted by opioid use disorders (OUD) and other substance use disorders (SUD).



## Who are the trainees, and what training do they complete?



## Who benefits, and how?



## How can I learn more?



**Visit:**  
[iod.unh.edu/building-futures-together](http://iod.unh.edu/building-futures-together)



**Contact:**  
**Macey Muller, Principal Investigator**  
[Macey.Muller@unh.edu](mailto:Macey.Muller@unh.edu)  
**Jen Williams, Project Coordinator:**  
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# Advancing Culturally Responsive Behavioral Health Care

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### We Are Here

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Visit the website and complete the user agreement to access We Are Here.



### Culturally Responsive Care in New Hampshire [cbhrc.nh.gov](http://cbhrc.nh.gov)

Visit the NH Children's Behavioral Health Resource Center's resource library; find the report under Systems Information.



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[iod.unh.edu](http://iod.unh.edu)



resilience, empowerment, & natural supports for education and work

**Creating Hope, Building Futures, Changing Lives**

## What Is RENEW?

Some young people can benefit from an individualized school-to-career planning process. RENEW puts the youth in the driver's seat, using their strengths, interests, and dreams to help them build a future they want.

RENEW has substantially increased high school completion, employment, and post-secondary education for youth. RENEW participants report increased feelings of optimism and empowerment.

Developed in 1996 by staff at the UNH Institute on Disability (IOD), RENEW is provided by trained facilitators from schools, community mental health centers, residential and community-based providers, and the IOD.

## Who Is RENEW For?

RENEW is for young people ages 14–26 who may be struggling in various areas of their life, have a limited social support system, and need to figure out where they are headed.

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*"I have overcome some of my self-doubts and I've started doing things that a year ago I wouldn't even try."*

– RENEW participant

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## How Does RENEW Work?

RENEW emphasizes building relationships and community connections to help young people thrive. It develops goal-setting and problem-solving skills, helping youth feel confident in their abilities.

A trained RENEW Facilitator meets one-on-one with the youth and visually maps out their strengths, interests, and dreams. This information is used to identify goals and make a plan. Supportive people are invited into the planning process to brainstorm ways to help the youth achieve their goals.

Our team provides training and coaching for successful RENEW implementation. Contact us to get started today! **For more information contact Cat Jones at [cat.jones@unh.edu](mailto:cat.jones@unh.edu)**



**University of New Hampshire**

Institute on Disability

Cat Jones, Program Support

Institute on Disability

University of New Hampshire

(603)228-2084 | relay: 711



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[renew.unh.edu](https://renew.unh.edu)



resilience, empowerment, & natural supports for education and work  
*Creating Hope, Building Futures, Changing Lives*



## Learn to Empower Youth to Build a Brighter Future

### Register Now for RENEW Facilitator Training Institute

#### Description

RENEW is a youth-directed planning and support process designed to meet the needs of youth ages 14–26 who may be experiencing emotional or behavioral challenges, have a limited social support system, and need to figure out where they are headed.

A trained facilitator meets with the youth to visually map out their strengths, interests, dreams, and people in their life. They use this information to set specific goals and invite supportive people to meetings where they work on achieving those goals.

Through group activities and instruction, participants in this three-day training learn to engage youth, facilitate personal futures planning, develop individualized teams and resources, conduct school-to career planning, and empower youth to lead the process.

#### Dates, Time, Location, and Cost

Oct. 16–17 & Dec. 9, 2025 | 8:30am–4:00 pm  
Northeast Delta Dental Conference Center  
2 Delta Drive, Concord NH  
\$950 per attendee  
Approved by the NH NASW for 19.5 Social Work continuing education units.

#### Who Should Attend

RENEW facilitators can be school or residential treatment staff, mental health or health care providers, social workers, youth and family counselors, or others who support youth ages 14–26. **However, training facilitators is just one piece of effectively delivering RENEW to youth.** Successful sites establish a system team to manage referrals, analyze data, and support facilitators. Please contact us with any questions about your org's readiness.

#### Register Now!

Please visit [iod.unh.edu/RENEW/events](https://iod.unh.edu/RENEW/events)



University of  
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Institute on Disability

RENEW | Children's Behavioral Health Team  
Email [IOD.CBH@unh.edu](mailto:IOD.CBH@unh.edu)  
[renew.unh.edu](https://renew.unh.edu)

# USNH COLLEGIATE RECOVERY VIRTUAL MEETUPS

This Summer all USNH Collegiate Recovery students are invited to join us for our biweekly virtual meetups via Zoom!

**Every other Thursday from 7-8PM**

**May 15th | May 29th | June 12th | June 26th | July 10th | July 24th | August 7th**

In the event of meeting cancellation or link change updates will be made on Instagram @WildcatsforRecovery as promptly as possible.

## How to Join:

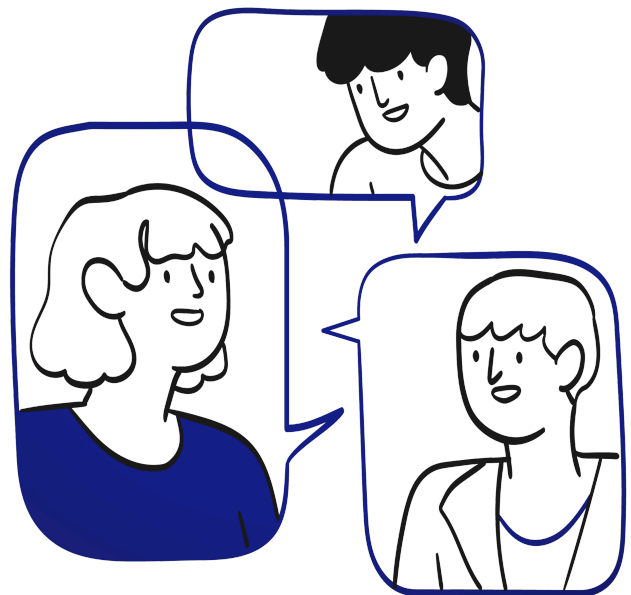
Scan the code below to join the call.



Or join via Zoom Meeting ID:  
936 1144 6952

**For more information**

please reach out to [Heather.Morris@unh.edu](mailto:Heather.Morris@unh.edu)



Department of  
**HEALTH &  
HUMAN SERVICES**

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# University System of New Hampshire

## Collegiate Recovery

USNH Collegiate Recovery was started in August 2023 on the UNH Durham Campus, and has since grown to provide supports to college students across the state. The programs are founded in harm reduction and strive to empower students to make choices that feel right to them. staff are working to train college students to provide harm reduction education and supports to their peers and families in collaboration with local recovery communities in the Manchester, Concord, and Plymouth areas.

## Collegiate Recovery Programming

- Peer recovery support/ mutual aid groups
- 1:1 peer support
- Assistance connecting to campus or community supports, e.g., tutoring, counseling, social groups, food/ housing resources
- Substance-free social events
- Educational programming
- Family/ caregiver supports

## Regional Partnerships

University of NH Durham | Wildcats for Recovery & Safe Harbor

Plymouth State & Concord Region | Archways

University of NH Manchester | Hope for NH Recovery & Revive Recovery

For more information  [Heidi.Cloutier@unh.edu](mailto:Heidi.Cloutier@unh.edu)  
[iod.unh.edu/wildcats-recovery/usnh-collegiate-recovery](https://iod.unh.edu/wildcats-recovery/usnh-collegiate-recovery)

