



A Comprehensive Plan
for a Healthy Community

Dedicated to Helping New Hampshire Families Live Free

Why Behavioral Health

Behavioral Health is at the core of several interconnected issues critical to a thriving community:

- The promotion of mental health;
 - Resilience and wellbeing;
 - The treatment of mental and substance use disorders; and
 - The support of those who experience and/or are in recovery from these conditions, along with their families and communities.
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“What is addiction, really? It is a sign, a signal, a symptom of distress. It is a language that tells us about a plight that must be understood.”

– Alice Miller



A Community In Crisis

Our state of New Hampshire is plagued with the results of having neglected our behavioral health for decades.

467

of people who died from drug overdoses in NH in 2017*

49.9%

% of adults aged 18 or older with any mental illness per year from 2010 to 2014 who received mental health treatment/counseling***

13,378

Number of children & adolescents served in NH's mental health system in 2014***

5,000

Number of hospital beds NH is "short" to meet the need.**

Third

NH ranking in overdose deaths per capita*

100,000+

Number of people in NH who are in need of treatment for the disease of addiction*

\$2 billion

Cost of substance use in lost worker productivity and earning, healthcare costs, public safety, and criminal justice expenses*

Up to 50%

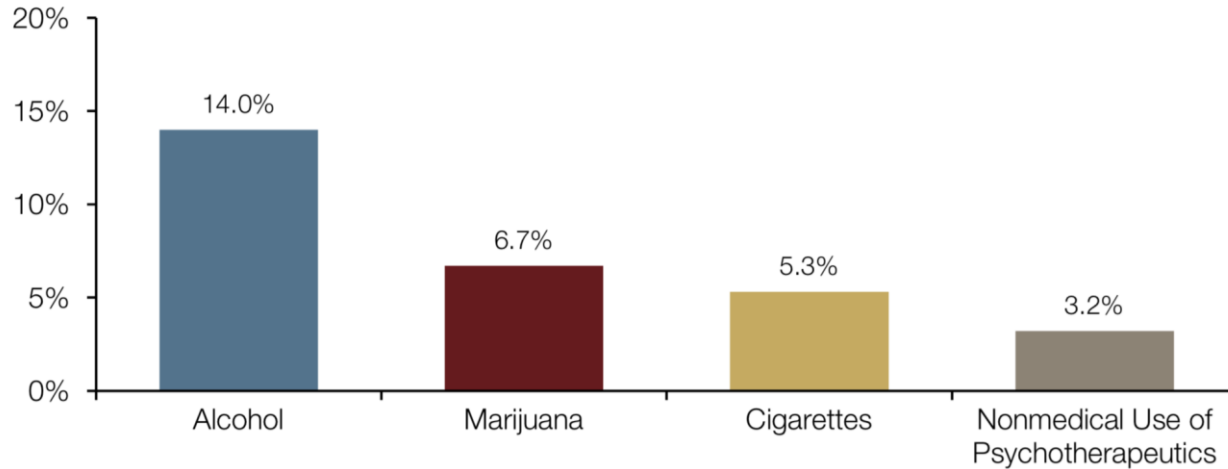
% of parents at some NH schools who are grandparents.**

* Source: NH Charitable Foundation/Substance Use Disorders Portfolio

** Source: White Horse Recovery

*** Source: <https://store.samhsa.gov/system/files/sma16-baro-2015-nh.pdf>

Our Addicted Youth



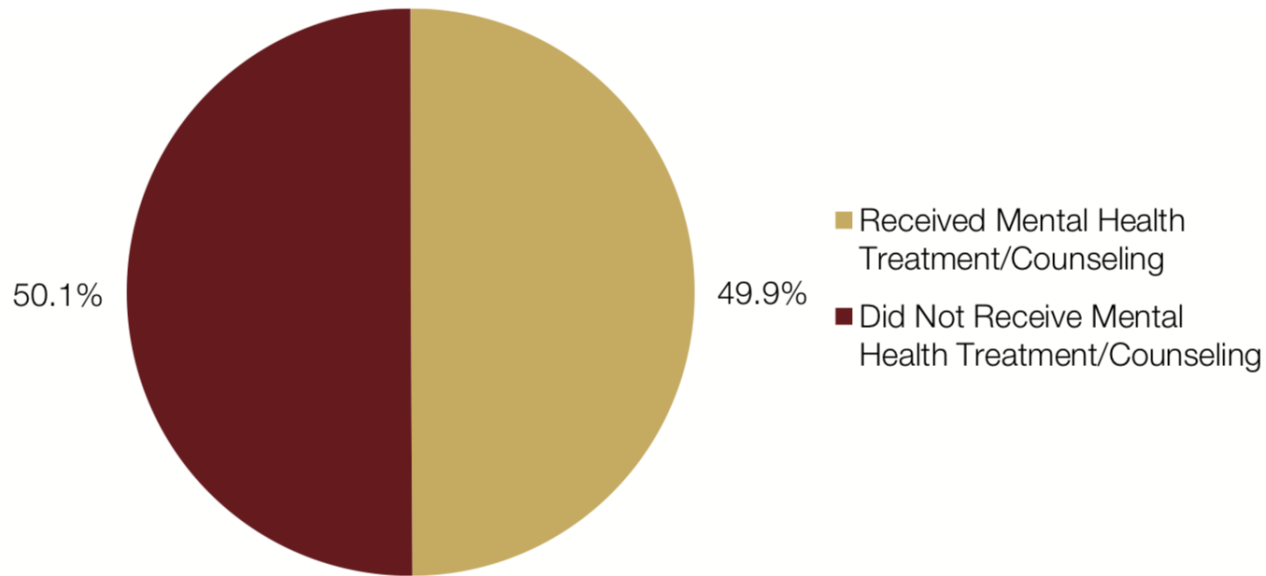
Past Year Initiation (First Use) of Selected Substances Among Adolescents Aged 12-17 in New Hampshire, by Substance Type (Annual Averages, 2010-2014)

Among adolescents aged 12–17 in New Hampshire from 2010 to 2014, an annual average of 14.0% initiated alcohol use (i.e., used it for the first time) within the year prior to being surveyed, and an annual average of 6.7% initiated marijuana use within the year prior to being surveyed.

The average age of first use in NH is 11.



Our Neglected Mental Health

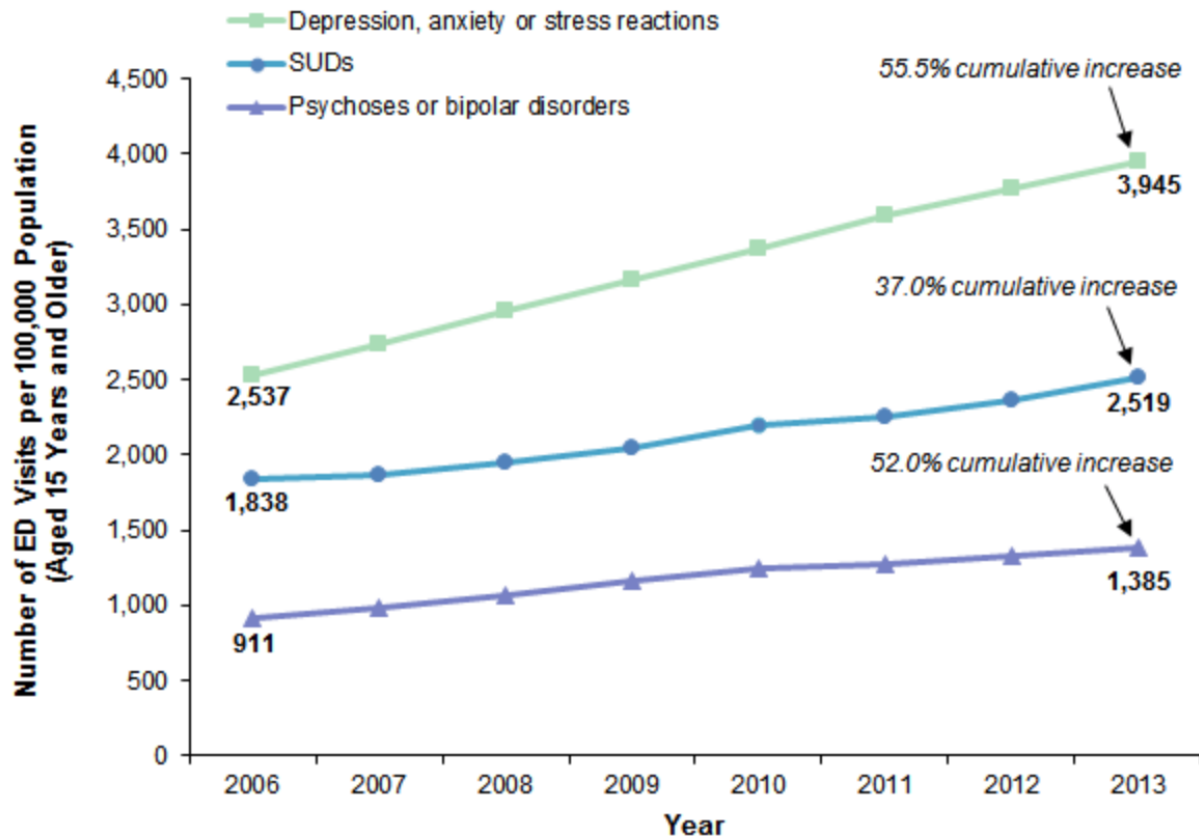


In New Hampshire, about 108,000 adults aged 18 or older with AMI (49.9% of all adults with AMI) per year from 2010 to 2014 received mental health treatment/counseling within the year prior to being surveyed.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Surveys on Drug Use and Health, 2010–2014.

If We Do Nothing

Figure 1. Population rates of ED visits involving mental and substance use disorders, 2006-2013



Source: Agency for Healthcare Research and Quality (AHRQ), Center for Delivery, Organization, and Markets, Healthcare Cost and Utilization Project (HCUP), Nationwide Emergency Department Sample (NEDS), 2006–2013

Our Response

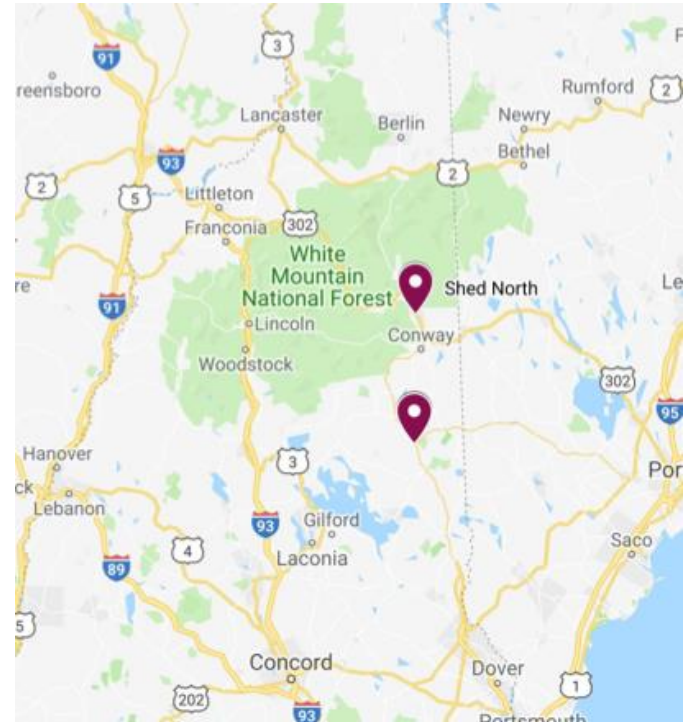
The **mission** of White Horse Recovery is to provide behavioral health services that meet the individual needs of those we serve, offering a path to a better tomorrow.



About Us

Current Services:

- Substance Use Disorder Counseling, Family Counseling, Mental Health Counseling for age 6 and up
- Walk-in Recovery Support Centers at no charge
- Intensive outpatient services
- AA and NA meetings
- Life skills groups and parenting classes
- LADC Intern program
- CRSW Intern program
- Medically Assisted Treatment
- Wrap-around community services
- Transportation services
- 24x7 emergency support service



Quick Facts

- Founded in 2014, granted 501c(3) in 2015
- Operating Budget of \$725,000
- 197 out-patient clients in 2018
- 3,400 “The Shed” guest visits in 2018
- Services all people **regardless of their ability to pay** and/or their faith beliefs, race, color, religion, sex or national origin.
- Dedicates recovery coaches on-call 24X7 to meet with clients in Memorial Hospital ER or at a nearby WH facility to assist in a “warm hand off”, advocacy and support.



Ossipee police have reported that prior to our involvement, the overdose rate in Ossipee was five to six per week. Those were “call outs” in response to an overdose. That is one of the highest in the state. Since we opened, this rate has dropped to about two per month. *We have helped reduce overdoses from 240-286 annually to 20-24.*

Vision: A Unique Continuum of Care

White Horse Recovery will be a leading center in New Hampshire that co-locates and fully coordinates services for co-occurring mental health and substance misuse disorders.



Expanded Services

White Horse Recovery seeks to provide a full continuum of behavioral health services in a safe and healthy environment that will support people suffering from drug or alcohol substance use disorders with or without co-occurring conditions.

- Low intensity residential treatment
- Recovery housing
- After-care programs
- Education/skills training
- Business incubator workspace
- Dedicated to pregnant women and women with children



We are pleased to partner with Isaiah House in Kentucky, whose model provides an excellent pattern for our work.

How You Can Help

- Contribute to our 2019 annual fund goal of **\$75,000**
 - **Goal of \$75,000** between now and the end of 2019 - help us reach our \$25,000 challenge toward this goal!
- Help us reach our stretch goal
 - **Goal of \$250,000** to fund the addition of programs & administrative staff as well as facilities improvements to close in on long term stabilization
- Become a Housing Partner
 - Fund the purchase of a 16-bed Low-Intensity Residence that will provide housing for up to 192 people per year
 - Fund the purchase of a Recovery Home for up to 20 people who will live there long-term
- Become a Transportation Partner
 - Fund the purchase of transport vehicles
- Help fund our future major campaign challenges - become a long term partner

Future Major Campaign Needs

Estimate Cost to Build and/or Develop:

White Horse Facility Kitty	
28 Day Intensive 16 Bed House	2 Million Dollars
Low Intensity 16 Bed House	2 Million Dollars
Recovery Living House 6-16 Beds	500 Thousand Dollars
Pregnant Women & Children	6 Million Dollars
New Administration & Outpatient	4 Million Dollars
New Retail	500 Thousand Dollars
Shops & Business Incubator	4 Million Dollars
Gym, Recreation, Education	4 Million Dollars
6 Month Operating Capital	500 Thousand Dollars
Transportation Vehicles	30 Thousand Dollars

Leadership

Chief Executive Officer

Mitchell Yeaton

Member, NH Recovery Task Force

Governor's Commission on Alcohol and other Drugs

Board Members

Jim Cooper – Board Chair

Peter Thomas – Vice Chair

Stephen Bravo – Treasurer

Ed Bolton – Secretary

Tony Fallon – Building Committee

Rev. Pam Maden

Advisors

James DiTrollo

Vance Johnson

Keiron Lynch

Sharon Seebald

Thank You



“In the midst of winter, I found there was, within me, an invincible summer. And that makes me happy. For it says that no matter how hard the world pushes against me, within me, there’s something stronger — something better, pushing right back.”

– Albert Camus