



## Moving Toward Wellness

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# Nashua DPHCS



- ❑ **Mission:** To promote, protect, and preserve the health and well being of the Greater Nashua Public Health Region through leadership and community collaboration
- ❑ DPHCS provides a range of direct services and engage a variety of partners on strategic initiatives to ensure the health and well being of every member of our community. We also provide trainings on a variety of health topics.

# Clearway High School



- ❑ Established by the Adult Learning Center in 1977 as an alternative high school program for teenagers who need a specialized setting to successfully earn a high school diploma or equivalency diploma (HiSET®).
- ❑ Clearway offers an emotionally supportive educational environment that encourages students to discover success in a range of ways



# Community Needs



## Needs to address identified by Clearway High School administration and faculty:

- Increased Adverse Childhood Experiences (i.e. family with SUD, bullying)
- High risk for behavioral health issues (i.e. substance misuse, depression, anxiety)
- Ongoing conflicts, restraining orders, history of fights or bullying with students at other schools
- Saying “no” to everything; viewing school and activities as optional
- Lack of hope for the future; struggles with purpose, engagement and social isolation
- Desire for financial freedom and independence. Impact of night shift hours on education.
- Lack of transportation and access to Driver’s Ed
- Excited about field trips and going off campus

# Program Objectives



- Increase education and awareness of different behavioral health issues, such as substance misuse and suicide prevention
- Reduce mental health stigma and increase awareness of available local resources
- Promote equitable access to spaces for physical activity and demonstrate the benefits of movement as a form of prevention

# Equitable Access



## Arlington Street Community Center

- ❑ **Mission:** Aims to develop links between schools, families, community partners, and the community at large through a safe, welcoming space open to all. Services and programs are available to assist with the needs of every student and every family.



# Implementation

- 12 sessions held since January 2025 (ongoing)
- Average of 5 – 7 student participants per session
- Activities:
  - Zumba
  - Boots on the ground
  - Peacock feather balancing
  - Myths vs. Facts visual voting
  - Coloring and art
  - Board games
  - Basketball



# Implementation cont.

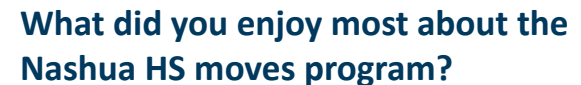


# Implementation cont.



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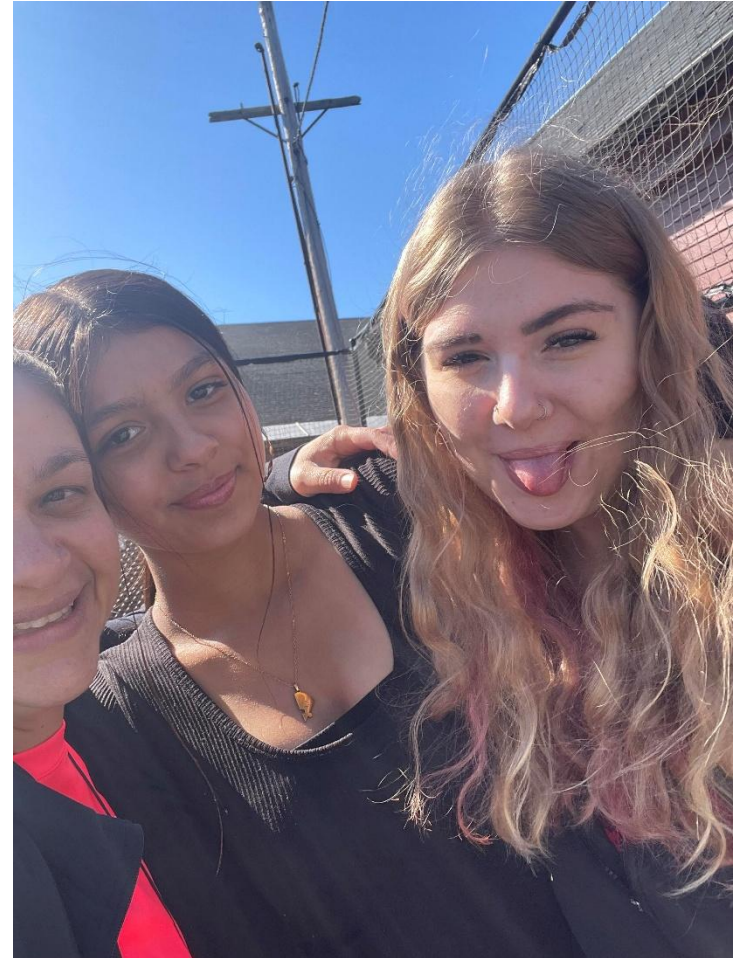


- Survey completion: 86%
- 67% Would recommend the program to others
- 50% Felt “somewhat” to “definitely yes” that this program helped to improve their mood, reduce stress and helped them more connected.

- Everything
- Being able to get out of school and just walk around
- Run basketball games
- The social part

# Impact cont.

- Building trust and creating a space that students can feel excited about
  - *“They are fun & just have good energy to be around.”*
  - *“They’re fun and don’t make you feel out of place.”*
- Shared information on 988, local mental health resources, Young Adult Advisory Council, 101 ways to manage stress bookmarks, healthy habits for wellbeing
- Drug and Alcohol Facts Week visual voting activity
- Increased familiarity with ASCC and free local resources and classes



# Let's stay in touch!



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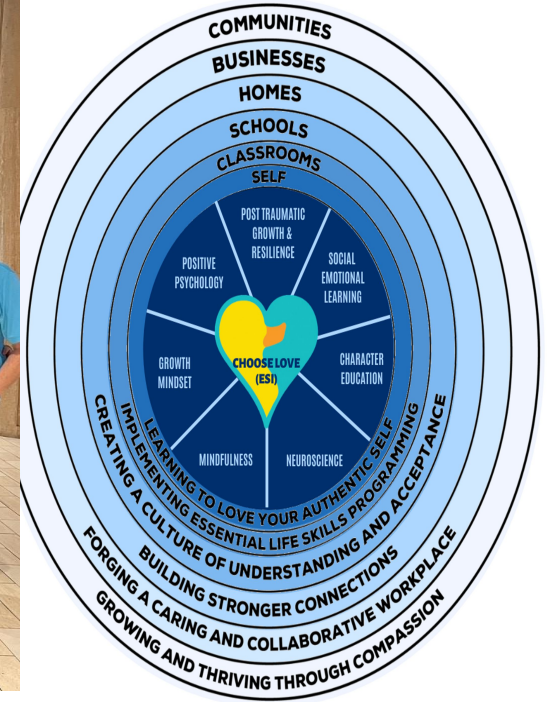
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**dhhs** New Hampshire Department of  
**HEALTH AND HUMAN SERVICES**



Emotional and Social Intelligence (ESI)



599 Schools



Caption

# CHILDREN'S RESILIENCY RETREAT



**NH Prevention Conference**

**May 12, 2025**

**Presenter: Monica Gallant, CPS, MPS**

**BGCSV Director of Prevention Services**



**“Relationships,  
purpose, and service  
are the three key  
elements of a  
meaningful life.”**

**– DR. VIVEK MURTHY**

# Children's Resiliency Retreat

**October 2016**

CAST Coalition was approached by school administrators & guidance counselors regarding the Opioid crisis



**2016 - 2017**

Research & Develop Framework of Children's Resiliency Program (CRR)



**2017**

Presented program to BGCSV Board & they agreed to pilot the CRR



**Jan - June 2018**

Piloted CRR serving 14 youth ages 9 - 13



**2020**

Invited to participate in STS - Received "Promising Practice" Designation



**2025**

CRR has served 48 youth ages 6 - 18 since 2018



**Program Values:**  
**Trauma responsive and**  
**addiction informed.**  
**Strength-based. Youth**  
**centered. Compassion,**  
**empathy, love. Fun.**





**“Supportive experiences that can buffer children from the effects of adversity can promote healthy development and mitigate the impact of ACEs.”**

– Robert Sege, MD, PhD &  
Carolyn Brown, PhD  
*Healthy Outcomes from Positive Experiences (HOPE)*

# What it is ...

- Selective prevention intervention for children ages 6-18 (grades 1-12)
- For children who have been impacted by a loved one's substance use
- Monthly day-long weekend retreats
- Implements the evidence-based strategies of:
  - Supportive Education
  - Social Emotional Learning
  - Life Skill Development
  - Community Services
- Grounded in the HOPE (Healthy Outcomes from Positive Experiences) Framework



## WELLNESS AND RECOVERY THROUGH EDUCATION AND PLAY

1 in 4 youth has a family member with alcohol or other drug addiction. Youth in these families are experiencing traumatic stress and often feel like they are to blame, suffering from shame and guilt.

Our program provides youth with support through a combination of playful and educational activities that help them to openly communicate and rebuild trust.

*"I made wonderful connections with the kids and other mentors. Supporting the kids has been an honor." -Mentor*



*"Watching the kids grow & develop (mentally and physically) has been a joy." -Mentor*

## EDUCATION

This is a NH Service to Science "Promising Practice" program designed especially for youth affected by substance use-a safe place where they can learn about:

- Addiction and substance misuse, including alcohol and other drugs
- Feelings and how to recognize/handle them in positive ways
- Safe coping strategies
- Self-compassion and how to develop it
- Problem solving and decision making
- Asking for help and support from safe people
- Healthy visions for their future
- Having fun and staying safe



## LEADERSHIP

Youth not only benefit others, but also themselves, when they participate in leadership opportunities in our program.

- Team building
- Mentoring
- Peer Support



## FAMILY SUPPORT

Family activities will be held in conjunction with the program to support the strengthening of relationships within the family system.

*"We love that the kids have developed a kind of extended family within the program." -Caregiver*

# Children's Resiliency Retreat Program

## WHAT IT TAKES (INPUTS)

- Youth (6-18)
- Boys & Girls Club Volunteers
- Parental Commitment
- Community Partners
- Funding
- Evidence Based Curricula
- Program Supplies
- Transportation
- Technology

## WHAT WE DO (STRATEGIC)

### PROGRAM COMPONENTS



## WHAT WE BUILD (OUTCOMES)

### RELATIONSHIPS

#### Having:

Positive interactions with peers and adults  
Trusting relationships  
Responsive, sustained connections  
Feelings of forgiveness  
Constructive and healthy child-guardian relationships

### ENGAGEMENT

#### Experiencing:

A sense of belonging and value  
Success and accomplishment  
Joy in activities with others  
Connections with community  
Hope and optimism for the future  
Generation of social capital  
Development of feelings of empathy and honesty

### ENVIRONMENT

#### Having:

An understanding of addiction  
A feeling of safety and security  
Community partnerships and action to support kids and their families  
Fun opportunities for developmentally appropriate challenges

### SOCIAL EMOTIONAL DEVELOPMENT

#### Learning:

Social and emotional competence  
Executive function skills  
Self acceptance and confidence  
Resilience  
Agency and empowerment  
The value of positive experiences  
To avoid substance misuse



The Healthy Outcomes of Positive Experiences (HOPE) framework asserts that improving the lives of all children, particularly those exposed to experiences or conditions that create toxic stress, requires intentional, informed efforts that reduce adversity and promote positive experiences (Sege, et al 2017).

## HOW WE IMPACT THE COMMUNITY



- Increased sense of community, human capital and engagement
- Community awareness of resources for youth development and well-being
- Safe and supportive youth friendly community
- Community awareness and understanding of the burden placed on children living with families experiencing SUD
- Decreased stigma around mental health and substance use within the community



**BOYS & GIRLS CLUB**  
OF SOUHEGAN VALLEY

# Children's Resiliency Retreat Visual Logic Model



Children's Resiliency Retreat



# THE PROGRAM SUPPORTS CHILDREN WITH:

- General problem solving and decision making
- Skills for increased self-control and self-esteem
- Adaptive coping strategies for relieving stress and anxiety
- General social skills and general assertive skills

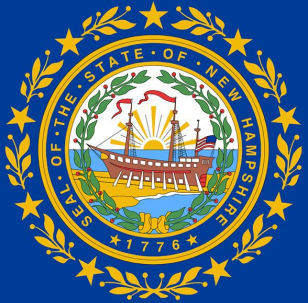
# Impact of the Children's Resiliency Retreat

- Understanding of the disease of addiction
- Increased sense of belonging and value
- Sense of hope and optimism for their future
- Positive interactions with peers and adults
- Opportunities for leadership development
- Youth have grown into advocates for recovery
- Youth have become peer mentors
- Increased awareness of mental health and recovery





# Thank you to our funders:



New Hampshire Department of  
HEALTH AND HUMAN SERVICES



NEW HAMPSHIRE  
CHARITABLE FOUNDATION



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# Why Evidence-Based? NH's Service to Science Program

NH Center for Excellence on Addiction



# What is “evidence-based”?

- Tested
- Scientific
- Researched
- Proven to work
- Can be replicated
- Evaluated
- Outcomes

# What is Evidence-Based Substance Misuse Prevention?

- A problem is identified
  - Based on data

- A solution is tested

- Based on theory/research
- Specific to a population

- Targets specific **risk/protective factors**
- Specific activities are implemented

- Outcomes are proven

- Specific changes in knowledge, skills, attitudes and behaviors

RISK	PROTECTIVE
Positive attitudes (use)	Connections to adults
Peer use	Clear expectations (no use)

# New Hampshire's Service to Science

## Process for becoming Evidence-Based

### Application and Expert Panel Review

- Level I – Innovative
- Level II – Promising Practice
- Level III – Evidence-Based

Our website:

<https://nhcenterforexcellence.org/service-to-science/>

# Why is implementing a proven-effective program so important?

- Proven effectiveness
- Wise use of resources
- Predictability
- Don't have to start from scratch
- Can help to ensure no unintentional harm is being done

# Innovative Programs

- Program that addresses an identified problem
- Program that was developed in response to an unmet prevention need
- Program that is implemented by an established group/organization
- Program that fills a previously unmet need
- Program that is based on sound research/theory
- Program that is implemented in a way that can be replicated
- Program that addresses and impacts risk and protective factors linked to substance misuse
- Program in which evaluation has been considered and/or there is a desire to expand evaluation efforts

# Finding EBPs

Blueprints

<https://www.blueprintsprograms.org/program-search/>

Office of Juvenile Justice and Delinquency Prevention

<https://ojjdp.ojp.gov/model-programs-guide/home>

The Community Guide

<https://www.thecommunityguide.org/>

What Works Clearinghouse

<https://ies.ed.gov/ncee/wwc/whoweare#>

The Athena Forum

<https://theathenaforum.org/>

Washington State

[https://www.hca.wa.gov/assets/program/px\\_tool\\_what\\_works\\_what\\_doesnt.pdf](https://www.hca.wa.gov/assets/program/px_tool_what_works_what_doesnt.pdf)

NY State

<https://oasas.ny.gov/providers/evidence-based-prevention-programs>

# Got innovation?

NH Service to Science

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Visit us:

<https://nhcenterforexcellence.org/service-to-science/>