

December 8, 2015

FY 2016
1292.34

Board of Selectmen
Selectmen's Office
Main Street
Franconia, NH 03580

Dear Selectmen,

In 2015, 21 uninsured or under-insured people from the town of Franconia were seen at White Mountain Mental Health. Our cost for these services was \$8,637.65. This year we are asking for level funding from the town of Franconia in the amount of \$1,292.34 to help defray these costs.

Every year we ask our towns for support to help us to continue to offer discounted services on a sliding fee scale to people who are either uninsured or underinsured. Town contributions also help defray the cost of our 24 hour emergency services system which is not fully State funded and is very expensive but very important.

Without your support, we will be unable to continue to see these people, leading to much higher costs to the town in terms of law enforcement involvement, town welfare and issues like work absenteeism, domestic violence and even suicide.

If you would like a copy of the enclosed Director's Report in electronic form, please contact me at 603-444-5358 or at blyndes@northernhs.org.

Thank you for your continued support.

Sincerely,


Bobbi Lyndes-Langtange
Office Manager/NHS Military Liaison

2015 Directors Report

Northern Human Services – White Mountain Mental Health

As the safety net provider of behavioral health services for the twenty two towns in upper Grafton and lower Coos counties, White Mountain Mental Health strives to assure that everyone in the community, regardless of income or insurance status, has access to high quality services, delivered by caring and well trained mental health professionals. Services include evaluation in crisis situations, short-term, solution-focused counseling offered to adults, children and families, comprehensive life-long supports to persons suffering from severe and persistent mental illness, and treatment focused on recovery from addiction, with a special focus on the high percentage of persons dually diagnosed with mental illness and substance abuse. Our goal is to make mental health treatment an accepted and easily accessible component of general good health.

As the world has become more complex, the possibility has increased that you or someone in your circle of family and friends will experience a serious emotional crisis. Town funding means that cost will not be a barrier to receiving the care needed to return to good health. Town funding also enables us to continue to offer local offices in Lancaster, Littleton, Lincoln and Woodsville, as well as 24/7 emergency evaluations from all of our offices and from local hospital emergency departments.

Some of the highlights of 2015:

- Several of our clinical staff members have completed advanced training in evidence-based practices which allow us to offer the most up-to-date interventions in the areas of Child-Parent Psychotherapy, Trauma- Informed Treatment, Substance Abuse Disorders and Mental Illness Recovery. We are extremely proud of our excellent and dedicated clinical staff.
- We have welcomed a new full-time psychiatrist, Dr. Megan Carman, who joins our Medical Director, Dr. Eric Van Leuven in the provision of psychiatric care.
- Our commitment to the Grafton County Mental Health Court continues, which allows persons suffering from a mental illness to get the help they need.
- We continue to offer home visits to the elderly as well as to persons who need support with daily activities. Most of our services, in fact, occur outside of our buildings.
- Children and families have been a focus this year, with expansion of our services to very young children, including consultation to pre-schools and daycare settings.
- Suicide Prevention is a key priority for us, as well as our partners at NAMI-NH, with many efforts underway to educate teachers, law enforcement, community caregivers and the general public regarding the importance of recognizing and appropriately reacting to potential suicide.

This year 21 people from the Town of Franconia received 59.57 hours of services, thanks to your appropriation.

Respectfully Submitted,

Jane C. MacKay, Area Director

