



## Why choose the NH Providers Association?

The mission of the NH Providers Association is to represent its members in advancing substance use prevention, treatment and recovery through public policy, leadership, professional development, and quality member services.

We envision a New Hampshire with an all encompassing continuum of care that successfully addresses the public health impacts of substance use.

### Advocacy & Active Representation

Whether testifying in opposition or support to key legislation impacting our members; actively serving on advisory committees, task forces and collaborative initiatives; or partnering with the National Council on Behavioral Health to ensure NH has a voice in federal initiatives; we provide a uniform voice for NH SUD providers in both the regulatory and legislative spaces.

### Address Systemic Barriers & Assisting Providers Development and Growth

Each area of the continuum of care has its own unique challenges it faces. We partner with stakeholders to identify provider needs and work in collaboration to be a part of implementing solutions.

### Membership Benefits

### Education & Professional Development

In addition to providing continuing education events for professionals to stay on top of evolving policy and initiatives in the state, we provide a source of timely communications about behavioral health news and resources for providers through our e-newsletter and provider-specific list servs.

### Networking, Resources, & Collaboration

We offer opportunities to network with professionals through membership meetings and provider-specific list servs, and multiple ways for our members to market their services, events, and career opportunities on our website and through our e-newsletter.

You are dedicated.  
You want to see people recover.

# GET TO KNOW **THE BASICS** OF BRAIN INJURY FROM OPIOID OVERDOSE.

**Learn more and  
download resources  
at [nhproviders.org/  
braininjuryoverdose](http://nhproviders.org/braininjuryoverdose).**

**1**

**People who have survived a nonfatal opioid overdose, may now have a hypoxic or anoxic brain injury.**

- Hypoxic brain injuries are caused by a restriction of oxygen to the brain while anoxic brain injuries are the result of complete lack of oxygen to the brain.
- Many survivors of nonfatal opioid overdose suffer some level of trauma to the brain and all overdoses have the potential to result in a brain injury.
- The risk of brain damage grows exponentially with multiple overdoses and revivals.

**2**

**Brain injury that results from opioid overdose may be impacting the effectiveness of treatment and recovery.**

- An individual's challenges and behaviors in treatment are often attributed to lack of motivation, low willingness to participate in treatment, and/or a psychiatric disorder, which can lead to premature termination of treatment. However, there may be an untreated brain injury impacting treatment outcomes.
- Major neurocognitive functions such as attention, memory, processing, and executive functioning are required for successful substance use treatment, but can be the most impacted and impaired functions as a result of brain injury.

**3**

**Screening can and should be performed to identify brain injury from opioid overdose and to modify the course of treatment if needed.**

- There is not currently a specific tool available to screen for a hypoxic or anoxic brain injury that results from opioid overdose. However, there are several questions that can be used (see back for more information) and a tailored screening tool may be coming soon in New Hampshire.
- Formal medical evaluation may also be recommended and should be discussed with the individual's medical care team.
- Substance use disorder treatment can be modified in many ways, including shorter and more frequent therapy sessions, flexible appointment times, and smaller sizes for group settings.



# SIGNS & SYMPTOMS OF BRAIN INJURY FROM OPIOID OVERDOSE



## Common Cognitive and Behavioral Symptoms

- Decline in executive functions (ability to complete tasks)
- Short-term memory loss
- Decline in the ability to form new memories
- Mood and personality changes
- Inability to pay attention
- Difficulty with words

## Common Physical Symptoms

- Lack of coordination
- Inability to execute a familiar sequence of physical movements
- Rigidity and myoclonus (sudden muscle spasm)
- Weakness of the arms and legs

## Impacts to Treatment

- Difficulty processing and retaining information
- Difficulty following through with assignments, recalling appointments, etc.
- Impulsivity (controlling emotions and behaviors)
- Perseveration (repetition of words)

## Suggested Questions to Screen for Potential Brain Injury From Opioid Overdose

Many individuals who have experienced an overdose or had multiple overdoses may experience some degree of brain injury symptoms, especially if these events are recent. Asking someone "do you have a brain injury?" or asking for a list of medical diagnoses are not always the best ways to determine this information. Many individuals may not even be aware they have a brain injury or may feel ashamed to report it.

Brain injury symptoms often mimic signs of active drug use or post-acute withdrawal, so it is important to try to tease out the root cause of the symptoms reported.

While a specific tool is not yet available to screen for brain injury that results from opioid overdose, there are some recommended questions that you can use to get started:

- Have you ever lost consciousness from a drug overdose(s)?
- Do you know how many times you have lost consciousness from a drug overdose?
- If you have lost consciousness from a drug overdose, do you know when the event(s) occurred?
- Have you noticed changes since the overdose(s) occurred, such as:
  - Word-finding issues
  - Memory impairment
  - Mood swings
  - Difficulty focusing
  - Impulsive behavior

If you suspect that an individual may have experienced a different type of brain injury caused by trauma, such as a concussion, blow to the head, or other injury to the head or neck, there are several screening tools that may be useful. More information on Traumatic Brain Injury (TBI) screening tools can be found at [nhproviders.org/braininjuryoverdose](http://nhproviders.org/braininjuryoverdose).



THE  
**NH PROVIDERS**  
ASSOCIATION

Representing  
Alcohol & Other Drug Service Providers  
in New Hampshire

# What is our Integrated Health Care Management program?

Integrated health care management means you have a team of professionals that can help you manage your health care needs. Engaging in our care management program can help you achieve your health goals.

For more information, call Member Services at **1-833-704-1177**, 24 hours a day, seven days a week, or visit our website at [www.amerihealthcaritasnh.com](http://www.amerihealthcaritasnh.com).

This is to help you learn about your health condition. It is not to take the place of your primary care provider (PCP). If you have questions, talk with your PCP. If you think you need to see your PCP because of something you have read in this information, please contact your PCP. Never stop or wait to get medical attention because of something you have read in this material.

AmeriHealth Caritas New Hampshire complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

AmeriHealth Caritas New Hampshire complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

Attention: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-833-704-1177 (TTY 1-855-534-6730)**.

Atención: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-833-704-1177 (TTY 1-855-534-6730)**.

Attention : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-833-704-1177 (TTY 1-855-534-6730)**.

For the full nondiscrimination notice, go to [www.amerihealthcaritasnh.com](http://www.amerihealthcaritasnh.com).

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ACNH-211241600



**AmeriHealth Caritas  
New Hampshire  
Integrated Health  
Care Management**  
We can help you be healthier



## What this means for you

Your health care is complex. It includes your physical and mental well-being, and other factors that can influence your health. It may seem confusing at times. But you are not alone. Our Care Managers can help you understand your conditions and get you the right care at the right time. Care management is available for both adult and child members.

A Care Manager can help you:

- Schedule your health care appointments.
- Find transportation to and from your appointments.
- Create relationships with your doctors.
- Learn more about your health conditions.
- Get the medicines your doctor ordered for you.
- Find helpful community resources for your health care needs.
- Manage your post-hospital care.
- Get durable medical equipment for your home, if needed. This may include a wheelchair or other medical supplies.

## Who is my Care Manager?

We can assign you a Care Manager based on your needs. Your Care Manager could be a registered nurse or licensed social worker. They will get to know you so you can manage your care together. Your Care Manager will be an important part of your health care team.

## How a Care Manager can help you

AmeriHealth Caritas New Hampshire believes in taking care of the whole person. That's why we offer our Care Management program. We will work with you and your doctors, based on your individual health needs, to help you be as healthy as you can be.

You may need a Care Manager if you have a condition that affects your everyday life. Let us know if you are pregnant or if you need help understanding or managing any behavioral health or medical conditions including, but not limited to:

- Attention-deficit/hyperactivity disorder (ADHD).
- Asthma.
- Chronic obstructive pulmonary disease (COPD).
- Diabetes.
- Hepatitis.
- HIV/AIDS.
- Mental health issues.
- Obesity.
- Sickle cell disease.
- Substance use disorder.
- Heart disease.

If you are pregnant, ask about our Bright Start® maternity program. Bright Start is designed to improve prenatal care for pregnant members. Members enrolled in the program receive advice, guidance, and support from specially trained nurses throughout their pregnancies and the postpartum period. The goal is for you to deliver a healthy, full-term baby.

## Instructions for you

If you need help managing your health, all it takes is one call. You can call and ask for services, or your doctor or provider can call for you. Let us know about your situation. We can get you connected with the type of care management you need. To speak with Member Services, call **1-833-704-1177**, 24 hours a day, seven days a week (**TTY 1-855-534-6730**).

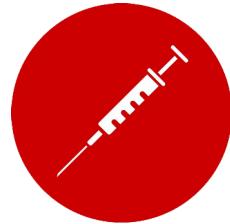
If you are assigned a Care Manager, you will need to:

- Make any necessary updates to your contact information as soon as possible. This includes your phone number and home address.
- Follow your individualized plan of care.
- Communicate any changes in your plan of care.

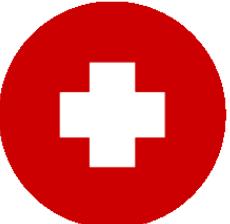
Let's work together to meet your health goals.



## POLICY AREAS OF FOCUS



Alcohol &  
Other Drugs



Access to  
Treatment



Health



Early Childhood



Children's  
Behavioral  
Health

New Futures is a nonpartisan, nonprofit organization that advocates, educates, and collaborates to improve the health and wellness of all New Hampshire residents through policy change. New Futures envisions a State and local communities where public policies help keep New Hampshire a healthy state to live, work, and raise a family.

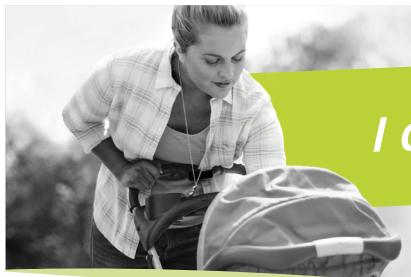


### BE AN ADVOCATE!



ad - vo - cate (noun) a person who publicly supports or recommends a particular cause or policy.

For more information about New Futures, to view our policy publications, and sign up for an advocacy trainings, visit: [www.new-futures.org](http://www.new-futures.org)



*I decide which Medicaid plan is right for us.*



I choose nh healthy families™

## Your Benefits at a Glance

NH Healthy Families offers:

### INTEGRATED, COMPREHENSIVE MEDICAID BENEFITS

NH Healthy Families covers all NH Medicaid medical, behavioral health, pharmaceutical and preventive care services. Included in our coverage you will find:

#### Integrated Care Management Program

Local medical and behavioral health care managers working together for you



#### Preventive Care Coverage

Screenings, vaccinations, check-ups, well-child visits



#### Member Services

For help with understanding benefits, finding a provider, local resources, plan an appointment and find transportation for you



#### Health Coaches

For help with chronic ongoing conditions like asthma, diabetes and more



#### 24/7 Nurse Advice Line

An extension of our team who will answer questions or give you advice when you aren't sure what to do



#### Transportation

Mileage reimbursed or rides available for covered care and services



### HEALTH EXTRAS AT NO COST TO YOU!

\*Some restrictions and limitations apply. Each member can earn up to \$250 in cash and non-cash goods and services through June 30 each year.



#### myhealthpays®\* Rewards Program

Earn money for healthy behaviors. You choose how to spend your rewards



#### MemberConnections®

At-home outreach to help you with your medical and social service needs



#### Start Smart for Your Baby®

Pregnancy program for education, support, and myhealthpays®\* rewards



#### Healthy Kids Club Program

Educational program with fun activities for members 12 and under



Ready for My Recovery  
Care Management education and myhealthpays®\* rewards for achieving milestones in your recovery from substance misuse



#### Cigarettes, Smokeless Tobacco or Vaping Cessation Program

Help to quit using cigarettes, e-cigarettes or vaping



#### ConnectionsPLUS®\*

Complimentary cell phones for those who need them



#### GATEWAY SERVICES

NH Healthy Families cares about our community. Gateway Services provides social supports to members and communities AT NO COST.



#### Green-To-Go

Offering fresh fruits and vegetables to communities throughout the state



#### Vision Van

Bringing vision screenings, prescription glasses and readers to communities in every region in New Hampshire



#### Self-Care Kits

Essential grooming items in a convenient carrying case for those who need them



#### No One Eats Alone™

Student-led initiative to increase awareness and address social isolation in schools



#### Foster Care Comfort-To-Go

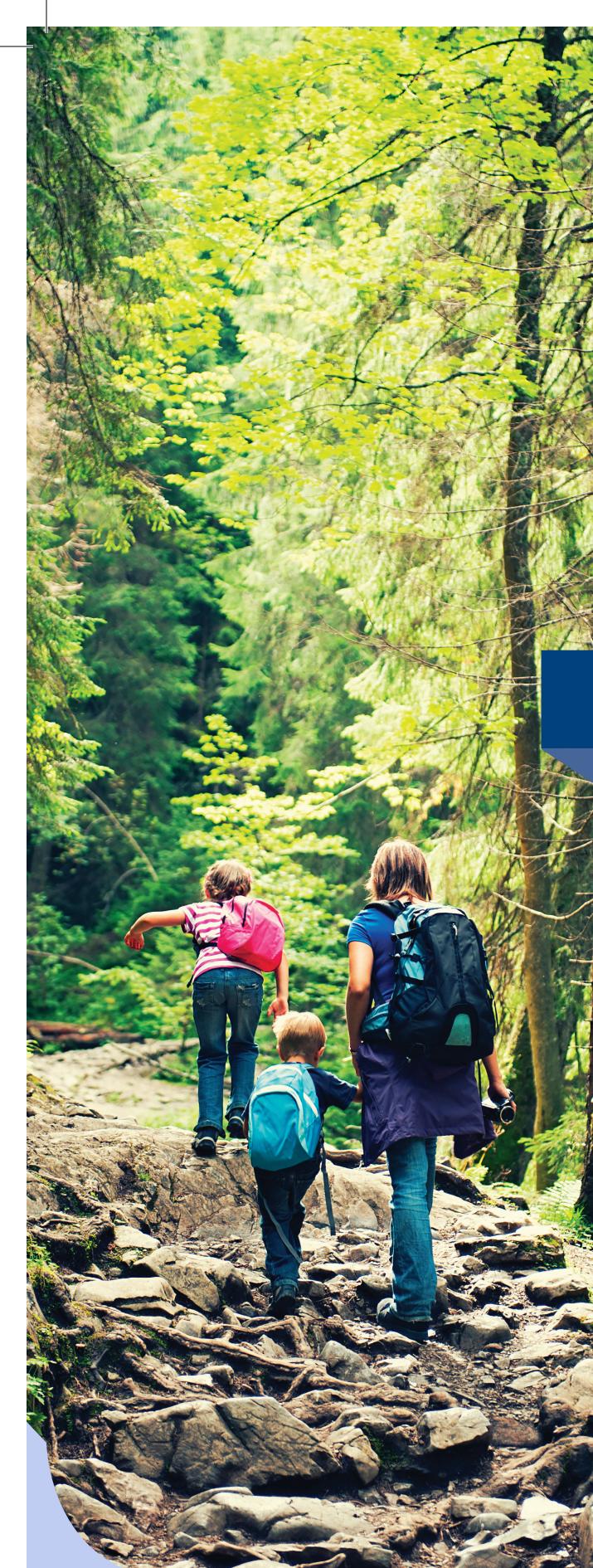
Durable duffle bags with personal items for youth transitioning to Foster Care



#### Bombas Socks

Providing warm, high-quality socks for those who need them

**NHhealthyfamilies.com • 1-866-769-3085 • TDD/TTY: 1-855-742-0123**



# Stay on the road to healthy

no matter the detours

MANAGE YOUR SPECIAL NEEDS WITH  
A LITTLE MORE HELP.



ASTHMA



DIABETES



QUIT SMOKING



WEIGHT  
CONTROL



PREGNANCY  
Before and  
After Childbirth



BEHAVIORAL HEALTH  
Mental Health and  
Substance Use

**WELL SENSE®**  
HEALTH PLAN

877-957-1300 • TTY: 711 | [wellsense.org](http://wellsense.org)

 Find out if you're eligible for Medicaid and learn how to apply at [www.dhhs.nh.gov](http://www.dhhs.nh.gov), or call to 1-844-ASK-DHHS (1-844-275-3447).

Some eligibility and frequency restrictions may apply. Visit us at [www.wellsense.org](http://www.wellsense.org) for a description of covered and non-covered benefits; practitioner and provider availability; a summary of key utilization management, drug prescription management and privacy procedures; and network, service or benefit restrictions. Well Sense Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. **ATTENTION:** If you do not speak English, language assistance services, free of charge, are available to you. Call 1-877-957-1300 (TTY: 711). **ATENCIÓN:** Si habla Español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-957-1300 (TTY: 711).



New England (HHS Region 1)

ATTC

Addiction Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

The New England Addiction Technology Transfer Center is part of a national network that provides services to addiction treatment providers. As a multidisciplinary resource for professionals in the substance use disorders treatment and recovery support services field, the [ATTC Network](#) serves to:

- **Accelerate** the adoption and implementation of evidence-based and promising addiction treatment and recovery-oriented practices and services;
- **Heighten** the awareness, knowledge, and skills of the workforce that addresses the needs of people with substance use or other behavioral health disorders; and
- **Foster** regional and national alliances among culturally diverse practitioners, researchers, policymakers, funders, and the recovery community.

The ATTC network is funded by the *Substance Abuse Mental Health Services Administration's* (SAMHSA) - a national leader in preparing the addictions workforce to deliver effective and culturally sensitive services that lead to long-term recovery.

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### DOES YOUR AGENCY NEED TECHNICAL ASSISTANCE OR TRAINING?

The ATTC designs customized technical assistance as well as training packages tailored to meet your organization's unique workforce development needs. Examples of our training offerings include (but are not limited to!): didactic workshops, online instruction, learning communities, and/or ongoing coaching.



#### Contact us:

New England ATTC - Center for Alcohol and Addiction Studies  
Brown University School of Public Health  
One Davol Square Suite 101, Providence, RI 02903

Phone: 401-863-6486, E-mail: [newenglandattc@brown.edu](mailto:newenglandattc@brown.edu)  
Or visit our website: [www.attcnetwork.org/newengland](http://www.attcnetwork.org/newengland)

