



THE DOORWAY

HELP IS A CALL AWAY.



thedoorway.nh.gov

CALL 2-1-1

What is the Doorway?



About the Doorway

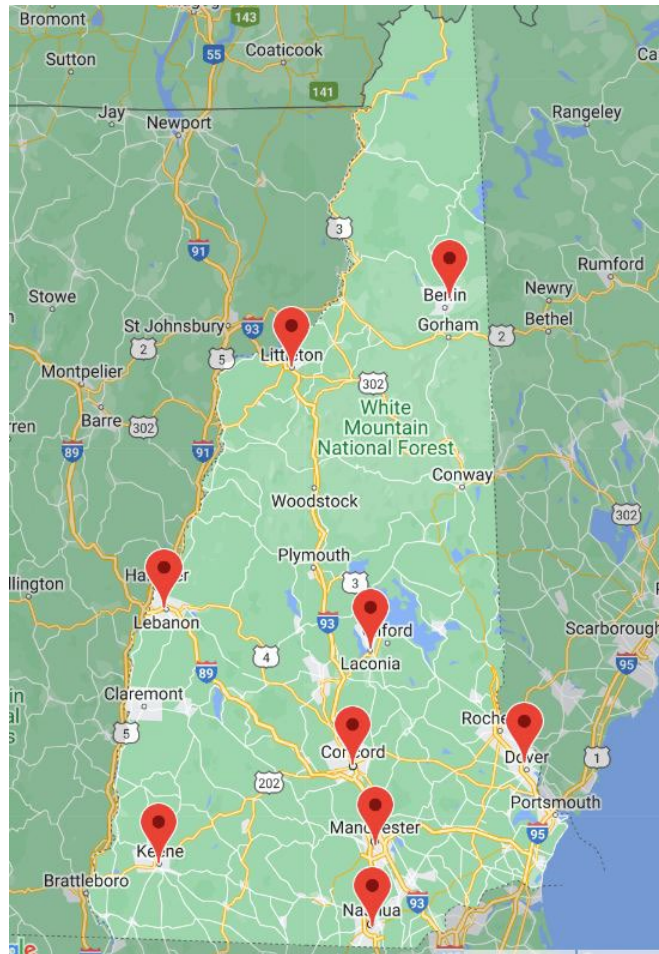
You are not alone. For many people, addiction is a daily reality. We can help. Whether you are seeking help for yourself or a loved one, or are looking for information, you've come to the right place.

Wherever you live and wherever you are on your journey, The Doorway will connect you to the supports and services and the level of care that's right for you, including:

- Screening and evaluation
- Treatment, including Medication Assisted Treatment
- Prevention, including naloxone
- Supports and services to assist in long-term recovery
- Peer recovery support services

You are never alone and never far from help.

Doorway Locations



Screening and Evaluation



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What is SUD

Information about Substance Use Disorder.

Defining SUD

Misuse of potentially harmful substances, such as opioids or alcohol to the extent that it interferes with a person's well-being and/or ability to participate in daily activities such as work, school, and family life is referred to as a substance use disorder (SUD). Substance use disorders are treatable illnesses that can affect anyone, regardless of age, race, gender, employment status, income, or education level. No group or individual is immune to the reach of SUD. Starting with appropriate treatment and support, many people recover from SUD.



Opioid Use Disorders is a form of SUD that is rising at an alarming rate in New Hampshire. Opioids include substance like heroin, fentanyl, and prescription pain medications (OxyContin, Vicodin, Percocet, etc.). State agencies and community partners are responding by providing New Hampshire residents with resources for every step of the recovery process.

A Medical Condition

It's important to remember that SUD is a diagnosable medical condition that requires treatment, not a moral failing. Thinking of someone struggling to recover from an SUD as being undisciplined or weak is unfair. The reality is that it requires strength to seek a path to recovery.

People suffering with an SUD may face medical, personal, social, and family challenges. In New Hampshire, there are an array of services to help you or your loved one with those challenges.

People should not hesitate to seek help for themselves or others. SUDs are highly treatable, and recovery is possible. Doorways can help you determine what services and supports could be part of your path to recovery.

[GET HELP >](#)

Treatment, Including Medication Assisted Treatment (MAT)



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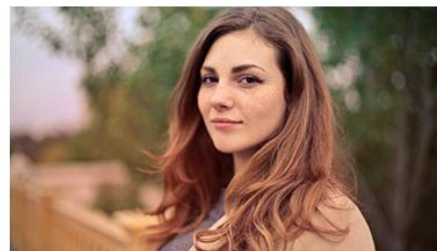
Help For Me

Information regarding getting help for yourself.

Problems with substance misuse are common and may represent a medical condition that needs treatment. There is no shame in seeking help. Over 23 million people in the U.S. have had issues with their drug or alcohol use and are now in recovery. Recovery is possible. You are not alone.

Remember:



- Help is available 24/7. [Call 211](#) to connect to a Doorway near you.
- Drug and alcohol use can make you feel isolated. It is important to reach out to people for the compassion, support, and understanding you need. You don't need to go it alone. We are here to help.
- The effects of substance misuse can range from temporary effects that last a short-term all the way up to a substance use disorder that needs specialized care. Effective treatment is available no matter what level of problem you have. Don't wait until it becomes unbearable. Help is available at any time, no matter where you are.
- There are many different types and levels of treatment and recovery supports. [Call 211](#) to find out what's available for you.
- Treatment can provide relief by helping you to identify and address what's wrong. This can help reduce physical and other symptoms that may be interfering with your work and personal life.
- Recovery supports can help you to initiate and sustain recovery by removing barriers and connecting you to services and resources.
- Every day, people struggling with substance use problems start their journey to recovery. We'll help you start yours.



HELP IS AVAILABLE NOW

[CALL 211](#)

Prevention, Including Naloxone (Narcan)



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Avoid Overdose

Information on overdose

You can help someone who is at risk of an opioid overdose. If you use opioids or have friends or family members who do, having naloxone (Narcan) on hand and knowing how to use it can save a life.

If you think someone has overdosed, call 911 first, even before administering naloxone (Narcan). It's critical to contact professional medical services as soon as possible following an overdose – every second counts.

Naloxone (Narcan) is a medication that temporarily reverses the effects of an opioid overdose. For people who use heroin, fentanyl and other synthetic opioids (including prescription opioid medications) naloxone can be a lifesaver. Naloxone (Narcan) is harmless if administered to a person who has not overdosed on opioid, but will always be effective on a person experiencing an opioid overdose (more than one administration may be necessary).



How Can I Get Naloxone (Narcan)?

In New Hampshire, this life-saving medication is available three ways:

1. The public can get naloxone at any of the [nine Doorways](#).
2. A patient can ask his or her doctor to write a prescription for the medication, and
3. the medication is available without a prescription at many pharmacies throughout the state.

[FIND NALOXONE/NARCAN >](#)[FIND A DOORWAY](#)

Preventing an Overdose

You have an important role to play in addressing this public health crisis.

- Talk with your doctor or pharmacist or contact your local Doorway to learn [how you can get naloxone \(Narcan\)](#).
- Learn the signs of opioid overdose, like pinpoint pupils, slowed breathing, or loss of consciousness.
- If you or someone you know have an opioid use disorder, effective treatment is available. To find help, [contact 211](#).



Signs of an Overdose

- Unresponsive / can't wake up
- Body is limp
- Blue / dark purple appearance
- Breathing is slow or stopped
- Pulse is slow or stopped
- Snore-like gurgling noise
- Pinpoint pupils

Naloxone (Narcan) Quick Facts

- Only works for someone on opioids
- Cannot be used to get high
- Not addictive
- Adverse side effects are rare
- Safe and easy to use
- Takes 2–5 minutes to take effect
- May require more than one dose
- Stays in the body for 30–90 minutes
- May cause withdrawal (e.g., chills, nausea, vomiting, agitation, muscle aches)

Supports and Services to Assist in Long Term Recovery

 THE DOORWAY

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[Home](#) > Recovery Support

Recovery Support

All information for supporting your recovery.

Recovery is Real. Hope is Essential. You Are Not Alone.

Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Recovery is possible for everyone regardless of age, gender, or financial status.

Every individual is unique with specific needs, strengths, goals, attitudes, behaviors and expectations for recovery. An individual's pathway to recovery can also be unique. It may include seeking clinical help, or include connecting with community-based and peers supports, or using strengths to make healthy choices, or they may include all of these elements.

Meeting People on Their Paths to Recovery

New Hampshire has thriving Recovery Community Organizations (RCOs), in nearly every region of the state, run by people who experienced SUD and recovery firsthand. RCOs provide a safe space to help people struggling with addiction plan a path to recovery, stay engaged in the process and reduce the likelihood of a setback.

RCOs can help people wherever they are in their recovery process:

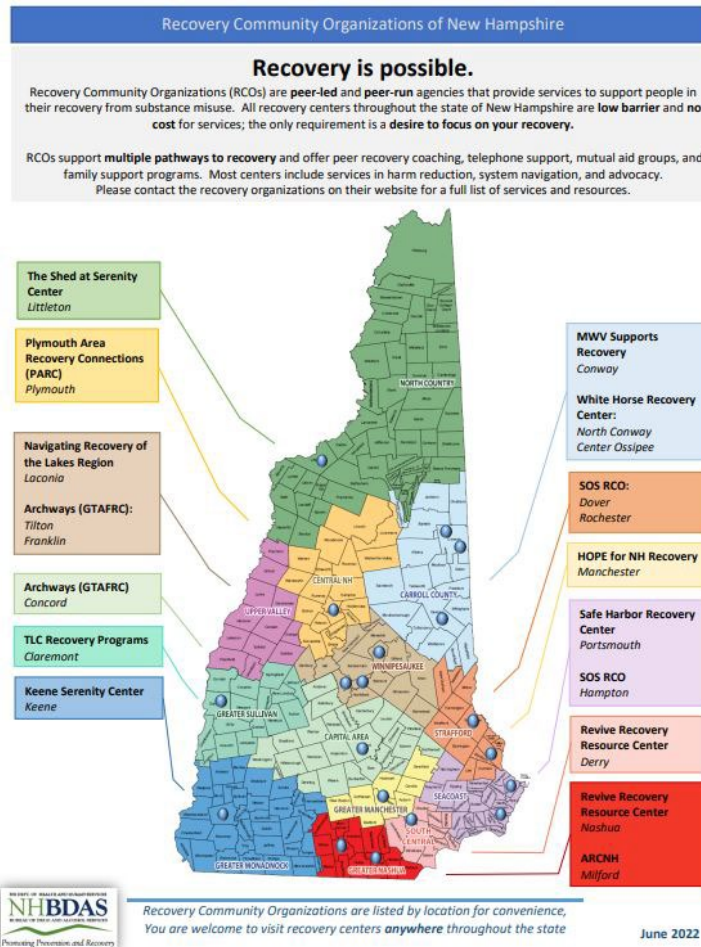
- People can connect with peers who can provide support to help strengthen their motivation to seek treatment.
- When people connect to both a recovery center and treatment provider at the same time, RCOs reinforce the value of sobriety and provide a social network outside of drug use.
- People in long-term recovery can draw strength from connections made with peers, and often help others who are struggling with substance misuse, as mentors, coaches and peer leaders.
- Centers provide overdose prevention training – including distributing the opioid overdose reversal medication naloxone (Narcan) – and help those in active use learn safer practices.

Recovery Centers Are Easy to Find

All Centers offer the services below **free of charge** to New Hampshire residents:

- Peer Coaching: Trained peers serve as guides, mentors and coaches, helping people develop plans and removing barriers.
- Telephone Support: Recovery centers offer peer support by telephone for those unable to make it to a center. During these calls, people may receive information about community resources (including transportation options), support groups and other supports.
- Healthy living groups: Every Recovery center offers a wide range of healthy living groups. These groups may take the form of gardening or yoga activities, financial literacy, goal setting, work readiness training and more.
- Mutual support groups meetings: Recovery centers make space available for a variety of support groups including 12 step groups, SMART recovery, Refuge Recovery and family support groups.

Peer Recovery Support Services



Peer Recovery Support Services

Recovery Community Centers by Location

NORTH COUNTRY
Littleton
 The Shed at Serenity Center
 45 Union Street
 Littleton, NH. 03561
 603.444.1300
northcountryserenitycenter.org

CARROLL COUNTY
Conway
 MWV Supports Recovery
 1620 E. Main St.
 Ctr. Conway, NH. 03813
 603.662.0668
mwvsupportsrecovery.org/

STRAFFORD COUNTY AREA
SOS Recovery Community Organization:
Dover
 4 Broadway, Dover, NH. 03820

Rochester
 14 Signal Street, Rochester, NH. 03867

SOS Recovery Community Organization:
 603.841.2350
straffordrecovery.org/

CENTRAL NH
Plymouth
 Plymouth Area Recovery Connection (PARC)
 258 Highland St.
 Plymouth, NH. 03264
 603.238.3555
parcnh.org

White Horse Recovery Center:
North Conway
 2977 White Mountain Hwy.
 North Conway, NH. 03860

Center Ossipee
 68 NH-168, Center Ossipee, NH. 03814

White Horse Recovery Center:
 603.301.0041
whitehorserecovery.org/

SEACOAST
Portsmouth
 Safe Harbor Recovery Center
 865 Islington St. Portsmouth, NH. 03801
 603.570.9444
granitepathwaysnh.org/safe-harbor-recovery-center/

Hampton
SOS Recovery Community Organization
 1 Lafayette Rd. Unit 1, Hampton, NH. 03842
 603.841.2350
straffordrecovery.org/

GREATER SULLIVAN AREA
Claremont
 TLC Recovery Programs
 62 Pleasant St.
 Claremont, NH. 03743
 603.542.1848
tlfamilyrc.org/recovery-programs-overview.html

WINNIPEASAUKEE AREA
Laconia
 Navigating Recovery of the Lakes Region
 102 Court St., Laconia, NH. 03246
 603.524.5939
navigatingrecovery.org/

Tilton
 Archways Tilton: A Community Resource Center (formerly GTAFCR)
 5 Prospect Street, Tilton, NH. 03276

Franklin
 Archways Franklin: A Community Resource Center (formerly GTAFCR)
 175 Central St., Franklin, NH. 03235

GREATER MONADNOCK
Keene
 Keene Serenity Center
 34 Mechanic St.
 Keene, NH. 03431
 603.283.5015
kscrecovery.org/

GREATER NASHUA
Nashua
 Revive Recovery Resource Center
 263 Main St. Nashua, NH. 03060
 1.888.317.8312
reviverecovery.org/

Concord
 Archways Concord: A Recovery Community Center (formerly GTAFCR)
 202 N. State St.
 Concord, NH. 03301
 603.671.0300
gtafrc.com/

GREATER MANCHESTER
Manchester
 HOPE for NH Recovery
 293 Wilson St., Manchester, NH. 03103
 603.935.7524
recoverynh.org/

SOUTH CENTRAL NH
Derry
 Revive Recovery Resource Center
 6 Railroad Ave.
 Derry, NH. 03038
 1.888.317.8312
reviverecovery.org/

Milford
 Addiction Recovery Coalition of New Hampshire (ARC/NH)
 180 Elm St. Suite E. Milford, NH. 03055
 603.554.8142
arcnh.org/

Find additional information about treatment and recovery support services by calling 2-1-1 or by visiting 211nh.org



THE BEST OF HEALTH AND HUMAN SERVICES
NHBDAS
NEW HAMPSHIRE DEPARTMENT OF
BEHAVIORAL AND DISABILITY SERVICES
Promoting Prevention and Recovery

*Recovery Community Organizations are listed by location for convenience,
 You are welcome to visit recovery centers **anywhere** throughout the state*



June 2022



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