

AMERICAN RED CROSS – GREATER MANCHESTER CHAPTER

1800 Elm Street

Manchester NH 03104

Phone: 800 464 6692 or 603 624 4307

www.nhredcross.org

What we provide to the community:

Disaster Services: Disaster relief is provided at the local or national level to those affected by fire, floods, hurricanes and other natural disasters. Emergency needs of victims are met, including food, shelter, clothing and medical supplies.

Health and Safety Classes: Lifesaving skills, safety and health education are taught to the community through programs such as First Aid, CPR, AED, Water Safety, disaster training, first responder, and babysitting skills.

Services to the Armed Forces: Emergency aid to military personnel, veterans and their families is one of the primary responsibilities of the ARC. It includes family counseling, emergency communication, travel arrangements and financial assistance.

Volunteer Services: The American Red Cross is 90% volunteer driven. There are many different ways to volunteer, such as Disaster Action Team members, CPR/First Aid Instructors, student interns, Senior Connect Ambassadors, grant writers, general office work, NH Red Cross VISTA members, etc.

Biomedical Services: Blood drives throughout the State collect thousands of units of life-saving blood annually. NH hospitals depend on the ARC for their blood supplies.

AREA HOMECARE & FAMILY SERVICES INC

1320 Woodbury Avenue ~ The Ballard Building

Portsmouth NH 03801

Phone: 603 436 9059 Fax: 603 334 6681

Email: gmccollester@areahomecare.org

Since 1972 Area HomeCare & Family Services has served elderly residents of Fremont. Our mission is to provide home care services to the elderly and people with disabilities, so they may remain in their homes for as long as possible.

HomeMaker Services provides companionship, emotional support and services such as food shopping and errands, planning and cooking meals using special diet guidelines, laundry (limited to bedding, towels, rugs & personal clothing) and other related services.

In-Home Care Services perform tasks similar to HomeMaker Services. These clients need services more frequently and for longer periods of time. This program provides services for up to 35 hours per week and can provide transportation to medical appointments and shopping.

Chore Services helps frail elderly and people with disabilities maintain their homes by providing home repairs and maintenance, usually beyond the client's capabilities.

Caregiver Respite Program provides some funding for day programs, home respite and alternate residential respite for the primary caregivers and those suffering from Alzheimer's and other related disorders.

Project CoolAir provides air conditioners for low-income seniors who are medically fragile. Call 436 9059 x 1 for this program.

A SAFE PLACE
Administrative Offices
(603) 436 4619
24 hour crisis line (800) 854 3352
www.asafeplacenh.org

A Safe Place provides emergency shelter and support services for people in abusive relationships.

Services provided:

- ◇ 24 hour / 7 day staffed hotline
- ◇ 24 hour / 7 day staffed shelter
- ◇ Legal advocacy in the form of assisting victims of domestic abuse obtain temporary or permanent restraining orders
- ◇ Referrals to appropriate social service agencies or other shelters
- ◇ Peer support
- ◇ Educational presentations to the students in helping youth learn to develop healthy teen relationships
- ◇ Weekly support group for children staying at the shelter
- ◇ Direct financial assistance to victims in the form of modest gift certificates from grocery stores, pharmacies, gas stations, department stores, pre-paid phone cards, and locksmith costs to change their locks for safety.
- ◇ Clothing and toiletries, household items and other needed items so that our service users may take the steps needed to move from victim to survivor.

CHILD AND FAMILY SERVICES

464 Chestnut Street (PO Box 448)
Manchester NH 03105
(603) 518 4000 (800) 640 6486
www.cfsnh.org

Services available to Fremont residents include:

Adolescent Substance Abuse Treatment: Outpatient screening, assessment and counseling services for adolescents and their families who are experiencing problems of drug/alcohol abuse or dependence.

Camp Spaulding: A residential camp that provides a two-week camp experience to disadvantaged, at risk boys and girls ages 8-14. Camp Spaulding is unique in its dedication to serving the needs of children from low and moderate-income families.

Child Health Support: Parent aids assist families who have abused or neglected children to help solve the problems that led to the abuse or neglect and to strengthen the family. Includes supervised visits between parents and children and practical help with parenting and household management.

Deployment Cycle Support Program: Care coordinators work with families to assist service members and their families before, during and after deployment. Counseling, home-based family support, transportation, housing, emergency financial assistance and a range of other services to support and sustain the family.

Early Supports and Services: Provide family-centered services to infants and toddlers who have a developmental disability, a developmental delay, or who are at risk of developmental delay. Early intervention services are provided in the home or other natural settings familiar to the child and family.

Family Counseling: Licensed therapist provide counseling services that utilize individual and family strengths to address a wide variety of problems including death, divorce, substance use, abuse and neglect, and other social and mental health issues. Counseling services strengthen the health of the community by assisting families in overcoming the debilitating problems that weaken the family structure and impede a child's healthy development. In addition to individual family work, throughout the year, clinicians offer group sessions and evening courses in the community to accommodate the needs of working parents.

Family Intervention Program: Provides in-home assessment, support and empowerment to NH Employment Program clients who have barriers to employment in order to help them become self-sufficient.

Fatherhood Project: Partnership between CFS and NH Dept of Corrections to help incarcerated fathers to improve their parenting skills and prepare them for life with family once they return to the community.

Group Home: Provides long-term residential care and emergency overnight shelter for youth between the ages of 13 and 19 who cannot live at home.

Healthy Families Home Visitation: Serves pregnant women through an array of services that work to ensure good prenatal care, successful birth outcomes, positive early parent/child relationships and optimal early childhood development.

Integrated Home Based Services prevents recurrence of abuse, neglect and delinquency through provision of an integrated series of services designed to meet the specific family's needs.

Parent Aide: Provides supervised visits between parents and children and offers practical help with parenting and household management.

Parent Line: Free and confidential parenting advice that is accessible by emailing parentline@cfsnh.org or by calling a toll-free warm-line at 1 800 640 6486.

Pregnancy Counseling and Adoption: Unbiased counseling for parents facing an unplanned pregnancy, adoption planning, domestic and international home studies and post adoption services for adoptive parents, their children and birthparents.

Student Assistance Program: Provides an array of school based services dedicated to ensuring positive academic and social outcomes. Focuses on substance abuse prevention, violence prevention, successful home and school partnerships, life skills training, positive peer leadership and goal development. Offers individual, family and/or group counseling and case management services. K-12.

Tracking and Supervision: Helps prevent placement through provision of community based family counseling, intensive supervision, and support to CHINS or delinquent youth and their families.

Transitional Living Program: Safe, stable housing & support services provided to homeless youth age 18-21. Each participant develops a plan to acquire the skills and resources necessary to live independently within 12-18 months.

CHILD ADVOCACY CENTER OF ROCKINGHAM COUNTY

100 Campus Drive Suite 11
Portsmouth NH 03801
(603) 422-8240
Email: cacrc@communitycampus.org

43B Birch Street
Derry NH 03038
www.cacnh.org

The mission of the Child Advocacy Center of Rockingham County is to provide a safe environment for the evaluation of alleged child abuse for children 3 to 18 years of age. Through the collaboration of public, private and community partners, we work to ensure the safety, health and well-being of abused children.

- ◇ Create a neutral place where interviews and services for abused children is provided
- ◇ To prevent trauma to a child caused by multiple contacts with various community professionals

- ◇ To provide the family with needed services that help them resolve their problems
- ◇ To communicate and coordinate our efforts with other community agencies

Since opening our doors in 2000, we have served over 3,500 children and their families in Rockingham County.

CASA of NH
PO Box 1327
Manchester NH 03105
(800) 626 0622
www.casanh.org.

Other regional offices in Berlin, Colebrook, Dover, Keene, and Plymouth

CASA of New Hampshire recruits, trains and supervises volunteer advocates to speak for the best interests of abused and neglected children in New Hampshire's court system. Every year, hundreds of New Hampshire children enter our court and foster care systems as victims of abuse or neglect. Each of these children needs and deserves a safe and permanent home. It is critical that one adult with no agenda other than to advocate for a child's best interests stands in her corner as decisions are made about her future; one adult who will do his best to understand the people in and circumstances of her life; one adult who will advocate for a safe, nurturing, and permanent home. For one child, that might mean a return to a caring parent who has worked to change her home environment in order to ensure her child's future safety. For another, it might mean termination of parental rights and release for adoption. Either way, CASA of NH is there to give the child a strong and powerful voice in court.

CASA volunteers are appointed by judges to function as the voice of children aged 0- 18 in New Hampshire's courts. At any given time, CASA of NH provides personalized advocacy for some 1,000 young victims. This represents approximately 70% of the children involved in New Hampshire's child protection and juvenile justice systems.

GREAT BAY SERVICES
2061 Woodbury Avenue
Newington NH 03801
(603) 436 2014
www.casanh.org.

Regional offices in Lancaster, Keene, Plymouth, and Dover

The Mission of Great Bay Services is to offer supports to people with developmental disabilities and special needs and to their families; to enrich and enhance the lives of the people we serve and to assist them in reaching their potential through comprehensive services which give options and choices; to initiate innovative ways to meet the changing needs of our clients; and to support self-determination and advocacy for those we serve.

The current array of services includes:

*Vocational Programs include pallet making and light assembly work such as collating, bulk mailings, sorting, packaging for businesses in our community.

*Landscaping Services provide quality grounds keeping services to businesses and homes in our community.

*Food Services - Our kitchen provides nutritionally balanced lunches daily, as well as a training work site for the people we serve.

*Community Employment Services assist individuals with developmental disabilities in career development. Our goal is to make successful job matches based on the realistic choices of the people we serve.

*Community Center programs offer a therapeutic/recreational/social venue that fosters community inclusion/volunteerism.

*Senior Program- provides leisure/recreation opportunities for adults with developmental disabilities who are senior citizens and unable to work or no longer wish to work.

*Social/Community Inclusion - Great Bay Services provides countless opportunities to participate in social and leisure activities such as weekly bowling, a weekly Monday Night Social event which includes dancing, crafts, karaoke, pot luck dinners, and movie nights. There are usually about 30 people whom we serve who enjoy bowling each week in Portsmouth.

*Service Coordination – Each client has their own Service Coordinator who advocates for the individuals we serve, working with the entire team which includes person served, families, staff, medical personnel.

*Transportation Services - Great Bay Services provides transportation to the people we serve to assist with their daily schedules which includes individuals who would be unable to receive services.

*Nursing Services - Our Registered Nurse works with people served, their families, and our staff to ensure that medical and health needs are being met.

LAMPREY HEALTH CARE

Administrative Offices
207 South Main Street
Newmarket NH 03857
(603) 659 2494

Raymond Center
128 Route 27
Raymond NH 03077
(603) 895 3351

www.lampreyhealth.org

Lamprey Health Care (LHC) provides comprehensive care to the residents of southeastern NH, including primary care, prenatal care, pediatric care, reproductive health services, alcohol and substance abuse counseling, nutrition counseling, diabetes education, Reach Out and Read (an early literacy program), senior transportation, and information and referral. To schedule an appointment, please call 659-3106.

Fremont residents utilize our transportation program for shopping trips, medical appointments, and monthly recreational outings. Our vans are handicap accessible and our drivers are trained Transportation Health Workers who receive Patient Assistance Training. Access to essential services makes it possible for seniors to remain self-sufficient and in their own homes. Our handicap-accessible buses take seniors and those with disabilities to the grocery store, pharmacy, doctor, or bank and provide a good opportunity to socialize. The service is door-to-door and reservations are made through the transportation manager or with one of our twenty senior volunteers by calling 1-800-582-7214 or 659-2424 Monday-Friday, 8:00 am to 4:00 pm.

For more information, please visit our website at: <http://www.lampreyhealth.org>.

Lamprey Health Care is a non-profit, community based primary health care organization providing medical services, social services, information and referral and senior citizen transportation, as well as transportation for the physically challenged in Rockingham County. The mission is to improve the health of our communities; provide high quality medical and health services; to remove barriers that prevent access to care, and to serve all individuals regardless of ability to pay.

The medical services provided by Lamprey Health Care include primary medical care, health promotion, education, and social services. Increased capacity in both our Raymond and our Newmarket centers allows Lamprey Health Care to serve the residents of our local area in a timely and efficient manner. Medical care provided includes prenatal care, adult medicine, and geriatric medicine, as well as a wide range of health education activities and chronic disease management programs such as diabetes education and support.

NEW HAMPSHIRE SPCA
104 Portsmouth Avenue PO Box 196
Stratham NH 03885-0196
(603) 772 2921
www.nhspca.org

The NH SPCA provides the following services:

Adoption and surrender services	Medical care for the animals
Obedience Training	Behavior Consultations
Programs for Senior Citizens	Resource Information Support
Low cost Rabies Vaccination & Microchip Clinics	KIND Club for kids ages 9 to 12
Jr Volunteer program for kids ages 13 to 15	Summer Camp for kids ages 6 to 12
Story Hour for Pre-Schoolers	Animal Foster Care program
Cruelty Investigations	Disaster Response Team & Preparedness
Disaster Relief Temporary Shelter	We Care Club for Kids ages 6 to 9
Humane education in local schools and for adults in the community	

RETIRED AND SENIOR VOLUNTEER PROGRAM

The Friends Program
202 North State Street
Concord NH 03301
(603) 228 1193
Website: www.frriendsprogram.org

The Retired and Senior Volunteer Program (RSVP) is organized to create meaningful volunteer opportunities for older Americans 55 years and over, to participate more fully in the life of their communities through volunteer service. It is also to provide for a recognized role in the community for older Americans. It provides needed community service and self-satisfaction of the older American.

RSVP volunteers contribute their time and skills to non-profit agencies throughout Rockingham County.

RICHIE MCFARLAND CHILDREN'S CENTER

11 Sandy Point Road
Stratham NH 03885-2121
(603) 778 8193

www.richiemcfarland.org

The Mission of the Richie McFarland Children's Center is to help young children reach their full developmental potential and to support their families through that process. We provide developmental and therapeutic services for children, support and education to their families and guidance in accessing community and health resources. Our Programs and Services include:

Family Centered Early Supports and Services (ESS): Home visiting program for children ages birth to three who meet specific criteria. Services provided include speech, occupational, physical therapy; social work/family counseling and early childhood education/special education.

Early Learning Groups: Inclusive therapeutic group programs for children ages two to four.

Pediatric Therapies: Therapy services for children ages birth to five who do not meet the criteria for state-mandated programs such as ESS or preschool special education.

Parent-Child Playtime: A quality social and therapeutic experience for infants and toddlers with developmental concerns and peer support for parents and other caregivers.

Baby Signs: A six-week curriculum for any parent who wants to foster communication with their infant or toddler through sign language and gesture.

Parents As Teachers: A comprehensive parent education program that offers home visits, group meetings, developmental screenings and linkages to a network of community resources.

Know Your Baby, Trust Yourself: A home visiting program that provides new parents with information about child development to help them feel confident in helping their children take next steps.

Hanan Programs: Training programs for parents to learn age-appropriate activities and interactional strategies that enhance their child's speech and language development "It Takes Two To Talk" and "More Than Words."

ROCKINGHAM COMMUNITY ACTION

Outreach Program – Jedediah Brown Homestead
55 Prescott Road
Raymond NH 03077-2644
(603) 895 2303

Fuel Assistance (603) 436 6896 or (800) 639 3896
W I C (603) 778 1834

Rockingham Community Action (RCA) is a private, non-profit organization. Our mission and scope is broad: to assist people already living in poverty with direct services, to prevent more families from falling into poverty, and to assist families in finding long-term solutions to their economic needs so they can eventually become self-supporting.

Community Action provides a wide range of services that are unduplicated elsewhere in the county. Many of our services meet immediate, critical needs, while others are designed to help families achieve long-term economic self-sufficiency.

Fuel Assistance Programs, services that provided financial grants to low-income households to assist with energy-related expenses through the Fuel Assistance Program (some households also receive furnace cleaning and budget and energy counseling, and elderly support services), and grants of up to \$300 for

fuel and utility emergencies for households not eligible for the Fuel Assistance Program through the Neighbor Helping Neighbor and the Senior Energy Assistance Service.

Electric Assistance Program, providing a discount on monthly electric bills to low-income households.

Workforce Development, which is the “umbrella” for a variety of programs designed to foster long-term self-reliance: Disadvantaged Adult and Dislocated Worker Programs; COMPASS Youth; Welfare to Work; and Wheels to Work. Each component helps clients determine goals and develop strategies to overcome barriers to employment. Wheels to Work enables low-income individuals to find or retain employment through the provision of dependable cars at affordable terms.

Family Child Care Program, which provides services that assist family child care providers and benefit the children in their care, including training, technical assistance and sponsorship of the USDA Child and Adult Care Food Program.

Child Care Resources and Referral Program, which maintains an inventory of all available child care options, provides child care referrals to employees of participating companies and to the general public, and expands the supply of quality child care by recruiting, training and assisting new child care providers, including the training of TANF participants.

WIC or Commodity Supplemental Food Programs: WIC provides supplemental nutritious foods, nutrition education, breast-feeding support and health care screening/referrals to pregnant women, nursing mothers, infants, and children up to the age of five; the Commodity Supplemental Food Program provides monthly allotments of commodity foods and nutrition education materials to senior citizens, postpartum women, and 5-year-old children.

Literacy Services, which provide high quality books and other literacy services to low income pre-school children and their families through the library-based Gift of Reading book distribution program and the Tales to Go traveling literacy and arts van, and adult basic education services through the Portsmouth Adult Basic Education Program.

Head Start, a comprehensive early childhood development program that provides education, health, nutrition, disability, and family support services to low-income pre-school children and their families.

Homeless Outreach Intervention Program which assists homeless individuals and families in gaining shelter, arranging alternative shelter, and/or gaining transportation to shelters or other temporary or permanent housing options. Some grants to low-income households for the payment of rent, mortgage, utilities, or other basic necessities to households facing eviction, foreclosures, utility terminations, lack of fuel, or other emergencies.

Surplus Food Distribution Program which coordinates and distributes USDA surplus food to participating homeless shelters, soup kitchens, and emergency food pantries, which provides 3 to 7 days of food to households who are facing severe economic hardship and are critically low on food.

Crisis Services, which provides emergency grants to low-income households for the payment of rent, mortgage, electricity, fuel, or other basic necessities for households facing evictions, foreclosures, utility terminations, lack of fuel, or other emergencies through various Crisis Programs.

Personal Emergency Response Systems, which provides access to affordable emergency response systems for aged or disabled individuals in order to ensure their safety and maintain their independence and quality of life.

Security Deposit / Rent Assistance Programs: The Homeless Housing Access Revolving Loan Fund provides an interest free loan toward a security deposit and/or first months rent to individuals who are homeless.

ROCKINGHAM NUTRITION & MEALS ON WHEELS PROGRAM

106 North Road
Brentwood NH 03833
(603) 679 2201

Our function is feeding people: adults, primarily elderly people trying to remain in their own homes, recuperating from surgery or medical treatment (chemotherapy, dialysis, radiation) coping with chronic debilitating disease, episodes of acute illness, multiple health problems; or advanced age and frailty. We have age, disability, and/or income criteria that are adhered to before meals begin, and are reevaluated during service.

The Nutrition program provides hot noon lunches at the First Baptist Church in Brentwood on North Road, Monday through Friday; and through that center meals are delivered to local residents who are homebound. Meals on Wheels provides the same well-balanced, hot meals delivered to the homes of the elderly and handicapped residents of Fremont. There are age, disability, and/or income criteria for this service. Drivers go to each person's home, deliver the meals, perform small tasks for the person, if needed in small ways: bringing in the mail, opening a jar; and in big ways: accidents, falls, and health crises.

Meals are geared to the elderly and are low fat, low sodium, with diabetic substitutions available. For Meals On Wheels clients whose situations warrant it, we can also provide weekend meals (canned or frozen), night meals, frozen holiday meals, and canned "Blizzard Bags" to be used during the winter when the driver is unable to deliver meals due to inclement weather.

ROCKINGHAM VNA & HOSPICE

137 Epping Road
Exeter NH 03833
(603) 772 2981 or Customer Service (800) 540 2981
www.foreveryday.com

Rockingham Visiting Nurse Association & Hospice is a community-based, non-profit Home Health agency that serves the adult population of Rockingham County, NH as well the communities of Durham and Lee, NH. As an affiliate of Exeter Health Resources, our agency is uniquely positioned to provide you and your family with the highest quality Home Care, Hospice, and Community Outreach Programs and Services for a full range of medical and social issues. Many complex conditions are now being cared for in the home rather than in a hospital or skilled nursing facility.

Our Home Care division brings comprehensive services delivered by a skilled and caring multidisciplinary team directly to you and your loved ones within the security and comfort of your home. Services range from providing assistance with bathing and dressing to performing complicated wound care and treatments, teaching about diabetes management, and providing therapy to regain strength, mobility and independence.

Hospice is a comprehensive, team-oriented program of care that seeks to treat and comfort terminally ill patients and their loved ones. Hospice is a philosophy of care that accepts death as a natural part of life, seeking neither to hasten nor to prolong the dying process.

**** Due to the current economic environment and municipal budget constraints, Rockingham VNA & Hospice is not asking for Fremont's financial support in our 2012 budget year.****

SEACOAST MENTAL HEALTH

30 Prospect Avenue
Exeter NH 03833
(603) 772 2710
www.smhc-nh.org

Seacoast Mental health provides comprehensive mental health services for residents of Fremont. We also offer reduced fees for those who are in need.

SEXUAL ASSAULT SUPPORT SERVICES

7 Junkins Avenue
Portsmouth NH 03801
(603) 436 4017
Crisis Hotline (888) 747 7070
www.sassnh.org

Sexual Assault Support Services is dedicated to supporting victims/survivors in their effort to heal from the trauma of sexual assault and childhood sexual abuse, while striving to prevent the occurrence of sexual violence in local communities and in society at large.

This mission is accomplished by providing the following services:

- ◇ Toll-free confidential 24 hour crisis intervention hotline 1 888 747 7070
- ◇ 24-hour accompaniment to police stations and hospital emergency rooms for sexual assault victims
- ◇ Information and referral to related services such as attorneys and therapists
- ◇ Support groups for rape survivors, sexual abuse survivors, parents and other affected by sexual assault or abuse
- ◇ Sexual abuse and sexual assault prevention education in the schools for children, teens, and parents
- ◇ Professional training and consultation to police departments, hospital and school personnel, others in the community, and human service agencies

Our program is committed to providing support, education, and advocacy to all survivors of sexual assault and sexual abuse and their parents, partners and other community members. The primary objectives of Sexual Assault Support Services are to empower survivors, to support them in their healing process, and to educate the community, heightening awareness of sexual assault and its prevention. We provide prevention programs throughout the school system in order to broaden awareness among students, teachers, and the community of the issues of sexual assault and harassment. In addition, our staff coordinates with police departments and hospital staff to improve response to sexual assault cases and to assure a supportive environment for the survivors.

“Oh, my friend, it's not what they take away from you that counts.
It's what you do with what you have left.”

~Hubert Humphrey