

WINTER 2025

# Pass it On

Information to use and share with families and professionals caring for children with special healthcare and education needs from birth to 26

## SUPPORTING OUR CHILDREN'S MENTAL HEALTH



New Hampshire  
FAMILY VOICES

603-271-4525

[NHFV.org](http://NHFV.org)

PARENT INFORMATION  
Center

603-224-7005

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## About this Edition

Dear Readers,

Children's mental health is something that touches every family, every school, and every community. Whether you're parenting a toddler who is struggling with big emotions, supporting a teen through anxiety, or working with children in a professional role, you are not alone.

At our organizations, we hear from families every day who are navigating challenges like school refusal, finding the right supports, or simply trying to understand their child's mental health needs. We know how overwhelming it can feel, and we also know that there is hope, support, and a community ready to help.

That's why we've dedicated this newsletter edition to sharing resources, strategies, and insights on children's mental health. We've gathered information on topics we hear about most—like school-related anxiety—and compiled resources and supports we know can make a difference. Whether you're a parent, caregiver, educator, or provider, we hope you'll find something here that helps.

Most importantly, we want you to know that you don't have to figure this out alone. Our teams are here to listen, connect you with resources, and support you—free and confidentially—whenever you need us. Please don't hesitate to reach out.

We're in this together.

Michelle Lewis,  
Executive Director, Parent Information Center (PIC)

Sylvia Pelletier  
Director, NH Family Voices (NHFV)

## Supporting Your Child's Mental Health in Early Childhood

Raising a happy, healthy child is a journey filled with joys and challenges that come with many questions. Understanding your child's emotional and social development is just as important as their physical growth. Mental health starts from birth, and the relationships we build with our children in the early years lay the foundation for their lifelong well-being. Secure attachment—the deep, trusting bond between a child and their caregivers—shapes how children learn, explore the world, and manage emotions. Supporting your child's mental health and secure attachment from the start can make a lasting difference. With the right guidance and care, every family can build a foundation for a lifetime of emotional well-being and connection.

Ellie Mental Health offers Infant and Early Childhood Therapy Services in their Portsmouth, NH office and accepts state and commercial insurance.

**Attachment and Biobehavioral Catch-up (ABC)** is for children (birth-48 months old) and their parents/caregivers who have experienced early adversity, have difficulty managing their emotions, and difficulty clearly showing their parents that they need them. ABC goals include strengthening your relationship with your child, while helping your child to learn to regulate behaviors and emotions. ABC helps parents/caregivers to identify and respond to your baby's signals. As a result, your relationship with your child can help protect them from stress and early challenges.

**Child Parent Psychotherapy (CPP)** is therapy for young children from birth through age 5 and their



parents/caregivers. CPP may help when children have been through scary or painful events, show difficult behaviors, have experienced a change in placement or caregivers, have family members that have physical health or mental health difficulties, and/or when caregivers would like help with parenting and improving parent-child relationships. CPP supports family strengths and relationships and helps families heal and grow after stressful experiences.

**Circle of Security Parenting (COSPP)** is based on decades of research about how secure parent-child relationships can be supported and strengthened. At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The goals of COSPP include understanding your child's emotional world by learning to read the emotional needs, supporting your child's ability to successfully manage emotions, enhancing the development of your child's self-esteem, and honoring your innate wisdom and desire for your child to

be secure.

**Parent-Child Interaction Therapy (PCIT)** is a short-term, specialized behavior management program for young children (between 2-7 years old) experiencing behavioral and/or emotional difficulties. PCIT works with the child and caregiver to improve overall behavior and to reduce parenting stress. The goals of PCIT are to enhance the parent/caregiver-child relationship, improve your child's minding and listening, increase your child's ability to manage frustration and anger, increase your child's appropriate social skills, improve your child's attention skills, and enhance your child's self-esteem.

These services are available through the Portsmouth, NH location. Services at other locations may vary. To schedule an appointment or learn more, call (603) 288-1254 or visit [elliementalhealth.com/locations/portsmouth-seacoast-nh/](https://elliementalhealth.com/locations/portsmouth-seacoast-nh/).





## Youth Perspectives on Mental Health Self-Advocacy in College

By CJ Martin

One of the biggest jumps in independence a young person can experience is leaving home and heading off to college. Suddenly, you are alone in an unfamiliar environment and getting hit over the head with a wave of responsibilities you've never even had to think about before. You're the one who has to remember to get your mail, go grocery shopping, or introduce yourself to your neighbors. You're the one who has to sign up for extracurriculars, visit your professor's office hours, and nag yourself about eating healthy. It's a heavy blow for anyone to bear and can highlight mental health issues that weren't as obvious before. Everyone copes in their own way, and after interviewing Isabella Lewis, I can speak for two of us.

Isabella is a senior at the State University of New York (SUNY) at Plattsburgh. She has OCD, anxiety, and a phobia of cats, and frankly, her first year sounded like a nightmare. The OCD symptoms

she'd experienced since the height of COVID during high school became drastically worse in her freshman year of college. Where before, she had been using hand sanitizer every time she moved between rooms, now she said, "I started doing some not-healthy things, like spraying myself with Lysol whenever I left the room." On top of that, she moved to a medical single-person dorm where someone on her floor had a cat as an emotional support animal (ESA), and she was terrified to leave her room.

She reacted quickly. Before the end of her first semester, Isabella told her mom, "I think I have OCD," and asked to return to the therapist she'd seen for social issues during her senior year of high school. While she worked with the therapist, she also acquired a housing accommodation that stated she could not be placed on the same floor as any animal, so she moved to the floor below, with no cats. College life slowly improved as she went from sharing a room

with someone who repeatedly triggered her OCD to having her own room where she felt safe. She was also referred to a psychiatrist to start medication.

The first medication the psychiatrist put her on was Zoloft. "I had terrible side effects. Like, I had hand tremors. I couldn't eat cereal without the milk splashing off the spoon." When she emailed the psychiatrist, he said he couldn't answer her questions since she wasn't in New Hampshire. So she called the pharmacy, asking if she could at least take over-the-counter melatonin to help her sleep. "It was my second semester of college, and I wasn't sleeping, and my hands were literally shaking at all times, and the medication wasn't doing much." The psychiatrist allowed her to wean off the Zoloft. "I ended up just switching to my primary care because the psychiatrist was not listening to me and was doing nothing. [...] He said, 'Well, this doesn't actually happen. There's a very small chance it happens,' and I'm like, 'But it's happening to me!'" Isabella explained.

As I listened, I thought about my time with the Youth For Education, Advocacy, and Healthcare (YEAH) Council. A lot of the YEAH Council's work focuses on self-advocacy, and youth on the council have commiserated many times over doctors who won't listen to them. Isabella did all the right things—she asked for help when she needed it, both from her parents and from medical professionals. When the psychiatrist ignored the fact that the treatment was causing her harm, she decided to change providers. She continued pursuing therapy and a medicine that would work for her. This time, she went to an OCD specialist through her campus' mental health services and has made consistent progress thanks to a new

medication, the opportunity to move into an apartment of her own, and, ultimately, her persistent self-advocacy.

The moment she's proudest of, though, is when she realized she had anxiety. "Since I admitted I have anxiety, things have gotten so much better. I've been able to get medicated, I've been able to get help, and I've been able to openly talk about it." Isabella theorizes that it was the stigma that made her refuse to listen when someone brought it up in the past. "People think you're crazy when you bring it up, even now. I know people in my family don't understand it sometimes, like they don't understand why I need hand sanitizer with me at all times," even when her roommate, her therapist, "everyone really" wanted her to recognize it. Overcoming that first obstacle towards getting treatment—recognizing that she had anxiety and needed help—was the most difficult and most important moment for her mental health.

On the other hand, I had a very different experience. While I was aware of the stigma, both my parents worked in mental healthcare, and I knew many people who had experienced depression and panic attacks,

*Continued on page 13*



## OCD Resources

**The International OCD Foundation** is one of the best online resources for those interested in learning more about OCD. It's a one-stop shop for educational materials, finding treatment providers and facilities, and more. Their comprehensive website includes OCD support group lists, links to educational materials, a live chat area, newsletters, and a resource directory, among other things. Plus, they also provide book and app reviews on materials for OCD. Learn more at [iocdf.org/](https://iocdf.org/)

**The Anxiety and Depression Association of America (ADAA)** was founded in 1979 with the goal of aiding in the prevention, treatment, and research of diagnoses such as anxiety, depression, OCD, PTSD, and other related disorders. The site has a "find a therapist" directory, peer-to-peer support groups, blog posts, webinars, and podcasts to provide people with information and resources for OCD and other diagnoses. As always, we advise that when searching for a therapist for OCD, you look for someone who specializes in exposure and response prevention (ERP) therapy. Learn more at <https://adaa.org/>

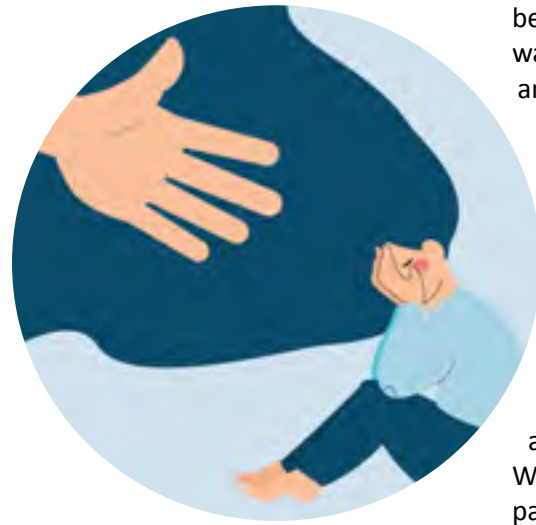
**BeyondOCD.org** aims to increase awareness and understanding of OCD. The site contains videos and reading materials about OCD, its symptoms, effects, treatments, and more. It breaks the information down into easy-to-understand and easy-to-follow sections, so it's perfect for those looking to share information on OCD with family members and friends.

**Made of Millions** was created with the goal of reducing stigma around mental illness and increasing education and awareness. The site has blogs on various mental health topics, reading materials on intrusive thoughts and OCD, a global mental health livestream with various speakers, and more. Learn more at [madeofmillions.com](https://madeofmillions.com)

**NOCD** provides information, support, guidance and virtual therapy for individuals with OCD. Their website hosts a blog full of helpful information and an education center full of free resources. You can also join their OCD community and get 24/7 access to personalized self-management tools built by people who have been through OCD and successfully recovered. NOCD also offers a nationwide network of licensed therapists certified in ERP therapy to make OCD treatment accessible and affordable for all. They have 24/7 support and are covered by many insurance plans. You

*Continued on page 13*

# From One Parent to Another: Navigating the Behavioral Health Journey with Hope and Persistence



I've been navigating the behavioral health system in NH with my teenage daughter since she was in third grade. Although her struggles with anxiety and depression have looked different through the years, the patience and fortitude that it takes to find the right help have remained the same. Because I know how difficult and heartbreaking it can be for families to watch their children grapple with behavioral health challenges, I have tried to pull together a list of things that helped me based on my experiences. If you are caring for a child who is struggling, I hope that you can find something on this list that will help you get on the path to helping your child get well.

**1. Get the most out of your insurance.** Call the member services number for your insurance and request a case manager. Meanwhile, you can ask for a list of the behavioral health providers that your insurance covers. Since it can be hard to find providers in-network that don't have long waiting lists, it is also a good idea to ask about out-of-network benefits and how to get reimbursed for visits that are out of network. Dealing with insurance can

be frustrating, but because of long wait lists for neuropsych evaluations and therapists in-network, we could get reimbursed for using out-of-network providers. The process differs depending on your insurance, but it never hurts to ask (or to ask again and again, which is what we did).

**2. Do one thing per day.** One of my best friends gave me this advice, and it has been a lifesaver. We have a lot to do every day as parents, and then if you add in meeting the extra needs of a child who is struggling, there is even more to do. So, between making phone calls to doctors' offices and insurance companies and dealing with all of the portals and paperwork, navigating the system can be really overwhelming. I found that doing one thing per day actually moves things forward pretty quickly without causing me to burn out and want to give up. It's also okay to take breaks - plan days where you don't make any phone calls and just focus on your everyday responsibilities.

**3. Trust your gut.** As frustrating as it is, you may have to change therapists or prescribers a few times before you find the people who really "get" your child. If you are seeing a provider and things just don't feel right, it's okay to start the search for another. It wasn't easy for us to find a therapist who understands the interplay between neurodivergence and mental health. We had three different providers who just were not able to establish a rapport with or understand my daughter before we found a match. Don't give up - it is worth the search to build a trusted team of people you may be working with for years to come. It took a long time to

put together the amazing support that we have now, but seeing my daughter start to feel better has made it all worth it.

**Get on all the wait lists.** It may not feel like it, but putting your child on a waitlist is actually a way to take action. Don't be discouraged by wait lists - go ahead and put your child on lists for needed services. You can always continue to search, but at least you've gotten them in line somewhere. And some places end up being really worth the wait. Unfortunately, it's also important to check in from time to time and make sure you are actually still on the wait list.

**4. Work with primary care.** If your child's primary care doctor is hesitant to prescribe psychiatric medications, one option is to tell them about the psychiatric provider teleconsultation line that is available to them through Dartmouth Health Children's. This service aims to address the workforce shortages in child and adolescent psychiatry and behavioral health services by supporting primary care and pediatric providers in managing some of the behavioral health needs of their patients. You can ask your child's provider to call the Access Line at 603-650-4741 to schedule a provider-to-provider consultation.

**5. Call the Rapid Response Hotline as needed.** At Rapid Response, there is always someone there to talk you through a situation. I have called them many times when I couldn't figure out what the next step should be. If there is a crisis, they will send a team out to you, and they provide excellent parent support and information over the phone. They often will have ideas

## Crisis and Rapid Response Services

**988 Lifeline: Available 24/7/365, the 988 Lifeline is for everyone. Through the 988 Lifeline, you can access free, quality, one-on-one assistance. Skilled, judgment-free counselors provide compassionate support, and your conversations are free and confidential.**

**NH Rapid Response Hotline: Someone will always answer at NH Rapid Response. Call 1-833-710-6477, and they can dispatch mobile crisis units or get you urgent appointments.**

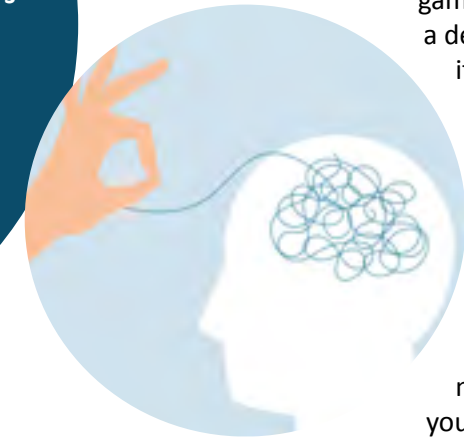
you haven't thought of yet, and can help you make a plan to get through the difficult days. They are also there for the youth as well. My daughter never called, but knowing it was always available and having the number in her phone was a comfort to her. For those who are uncomfortable talking on the phone, they have a text option available.

**6. Collaborate.** Once you have found your providers, you can sign release forms so that they can share information with each other and with your child's school counselor. This is usually something that you have to ask for, but providers are happy to do it. My daughter's counselor knows her best of all of her providers, and her input has been invaluable in developing her 504 accommodations and advising on her neuropsych evaluation.

**7. Take advantage of online support groups.** These can be a fantastic resource for sharing ideas, tips, and tricks and getting confirmation that you are not alone. In many of these groups on Facebook, you can post anonymously if you are concerned

about protecting your child's privacy. I joined a variety of support groups initially, and then, as I became more familiar with the tone of each, I figured out which ones were helpful for me. NAMI NH has a variety of interactive support groups and workshops for families and youth (if you want to do more than lurk in a Facebook group like I do).

**8. Communicate with your child's school regularly.** Communicating with the school can be really helpful for your child. Try to identify someone at the school who is an ally or an advocate for your child, and keep them in the loop. Not everyone will understand what your child is going through, but communicating is always better than not, and the ones who do understand will make it easier for you to send your child to school each day.

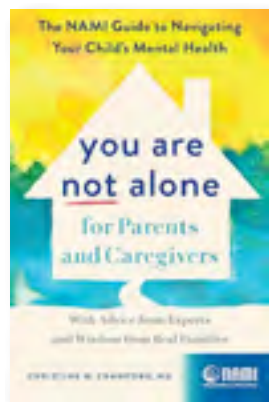


Let the school nurse know about all medications and changes so your child will not have to explain if they are having a tough day with side effects.

**9. Play the long game.** Mental health is something that requires long-term management. It's a long game and not something that has a definitive end point. Sometimes, it's one step forward and then two steps back. It helps to understand this right at the outset to avoid frustration. Avoid setting timelines or deadlines for your child to accomplish things by. I asked my daughter to look over this list and see if anything was missing. She said, "Make sure your child has a pet for emotional support, if possible, or find a way for them to interact with animals; they have magic and can heal your soul." If I hadn't asked, I wouldn't have known that she felt that was one of the most important supports that she has. Sometimes, we get so busy doing things to help our children that we forget to ask them what is helpful for them and what they need. Be sure to make your child a partner in their wellness and include them in making decisions about their health whenever possible so they can learn the skills they need to maintain it throughout their life.



Keri Brand is a Resource and Program Support Specialist at New Hampshire Family Voices and a mom of two kids. She has an M.Ed in Science Education from Temple University and enjoys spending time in nature whenever she can.



**You Are Not Alone for Parents and Caregivers**  
By Christine M. Crawford

Child psychiatrist and NAMI's Associate Medical Director Dr. Christine M. Crawford provides a comprehensive, compassionate, and practical resource for anyone concerned about a child's mental health. Drawing on her own clinical experience and guidance from leading experts, Dr. Crawford provides a lens through which to understand the many complex factors affecting children's mental health. Analyzing young people from preschool to high school, she shares insights into how mental health conditions may manifest at different ages and what to do to help kids thrive. Throughout the book, it channels the collective wisdom of parents, caregivers, and young people through personal stories about their paths to recovery, ensuring readers know they are not alone.



**The Regulation Station & The Road to Regulation**  
By Leah Kuypers & Elizabeth Sautter

Join Gabriel and his classmates as they learn about The Zones of Regulation through two storybooks. The first, The Road to Regulation, helps students become more aware of their bodies and feelings and describes the four colored Zones used to think and talk about these feelings.

Through a colorful, imaginary adventure to The Regulation Station, the second storybook introduces the use of tools and strategies to help students identify ways they can learn to manage their different feelings at school and home. Use this two-storybook set with relatable characters and situations to help children at developmental ages 5-11 learn the easy-to-use framework and the popular regulation curriculum.



**School Struggles: A Guide to Your Shut-Down Learner's Success**  
By Richard Selznick

School Struggles offers aid, comfort, and perspective to parents whose children have difficulty in school for a multitude of reasons. Selznick addresses a variety of issues in a practical, down-to-earth manner. The book is filled with takeaway points, surprising insights, and new actions to try with your child that are a great for families struggling with school and behavioral issues.

Through his work with thousands of struggling kids and their families, Dr. Selznick has developed techniques and easily applicable tools on pretty much any topic that plagues parents and children alike. This is an indispensable guide for any parent who stays awake at night worrying about their child's school experience, whether the issues are academic or social, or both.



**The Huge Bag of Worries**  
By Virginia Ironside

Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them? A funny and reassuring look at dealing with worries and anxiety, to be used as a spring board into important conversations with your child.

**Helping Your Child Overcome Separation Anxiety or School Refusal: A Step-by-Step Guide for Parents**  
By Andrew R. Eisen, Linda B. Engler, Joshua Sparrow

This book shows you how to identify when your child's separation anxiety or school refusal is more than just a phase and offers effective tools that you can use to manage your child's anxiety. Real-life stories about other children facing these challenges will help you keep your situation in perspective and remember that, with patience and persistence, your child will overcome his or her anxiety.



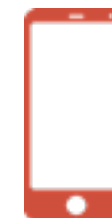
Hi! I'm Sam Collyar, a Resource Specialist at NH Family Voices.



Outside of work, I'm a wife, mom, and pet mom to 3 dogs, a cat, and 21 chickens. I keep busy in my garden and love books. My passion for books really kicked off when my then-eight-year-old was diagnosed with cancer, and we saw just how much hope could hide in the pages of a book. We turned to books for knowledge and stories from others in our shoes a lot, and I'm so excited to be in a position to connect people with books from our FREE Lending Library that could provide that same level of knowledge and comfort.

If you are looking for a specific book or resource on a particular topic, email me at [snc@nhfv.org](mailto:snc@nhfv.org)!

**Borrowing from the NHFV Lending Library is Easy and FREE for NH Residents!**



Call 603-271-4525 or go to [nhfv.org/how-we-can-help/lending-library/](http://nhfv.org/how-we-can-help/lending-library/)



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# School Refusal: Decreasing Anxiety to Increase Attendance

By Joanne Grobecker



Attending school can be stressful for many students. Since the COVID-19 pandemic, school avoidance and refusal have become more prevalent. In New Hampshire, the dropout age has been raised to 18, and there are laws regarding truancy, making it essential for parents to work with the school to address cases of school refusal. School refusal prevents students from attending school for the entire day and can manifest in various ways, such as refusing to get on the bus, refusing to enter the school building, or leaving the classroom or school altogether.

School refusal behaviors can stem from mental health challenges including anxiety, depression or it could be due to unique circumstances. It's critical to find out what the root cause is. It's easy for others to say that the parent should get their child private therapy to address the issue, but the reality is that wait lists for pediatric therapists are months long, and students have a right to a free and appropriate public education today.

If parents are carrying crying kids into school or teens are skipping out after attendance, it's time to act.

Here are possible next steps suggested by other parents who have experienced school refusal with their child:

- You can refer for an IEP in writing using the sample

referral letter on PIC's website. In NH, the team will meet in 15 days. You can tell them your child's anxiety is impacting their access to an education and request the school complete The School Refusal Assessment Scale-Revised (SRAS-R) as part of a comprehensive evaluation for eligibility.

- **You can request a Functional Behavior Assessment (FBA) in writing using the sample letter on our website at [picnh.org/sample-letters/](https://picnh.org/sample-letters/).** Any student is eligible for an FBA. The FBA will be used to create a Positive Behavior Intervention Plan (BIP) with strategies for how to get your child into school and to stay at school. The BIP will be used to increase time in class, decrease absences and refusal behaviors, provide feedback to parents, and collect additional data to improve the plan.
- Once the IEP is created, it can include goals for school participation and attendance, academic goals for gaps created by missed school, and other services as needed. IEP services and accommodations to address students with school refusal might include:
  - A re-entry plan if a student has been absent for some time
  - Check-ins with the school counselor

- Social skills instruction
- Access to a space where the student can regulate their body and emotions
- Scheduling check-ins with a trusted adult
- Identifying a trusted adult to meet the child off the bus or in the drop off line
- Allowing a student access to their cell phone at specified times so they can call or text a parent
- A plan to get caught up on late or missing school work

- Restraint and seclusion are not appropriate in these situations. Children need support and connection.
- Documenting all absences and phone calls the school makes requesting you pick your child up can help families, providers, and education teams identify frequency and patterns of behaviors.
- Contact your child's pediatrician and mental health providers early to secure a spot on therapists' waitlists for your child.
- New Hampshire families and others can contact the Parent Information Center for free consultations regarding their specific situations.



Joanne Grobecker is a Literacy Initiatives and Family Engagement Facilitator at PIC. She holds a BA in English Teaching from UNH and an MEd in Literacy from The American College of Education. She is passionate about empowering children with dyslexia and learning disabilities through effective advocacy.

## School Refusal/Avoidance Resources

### BLOG

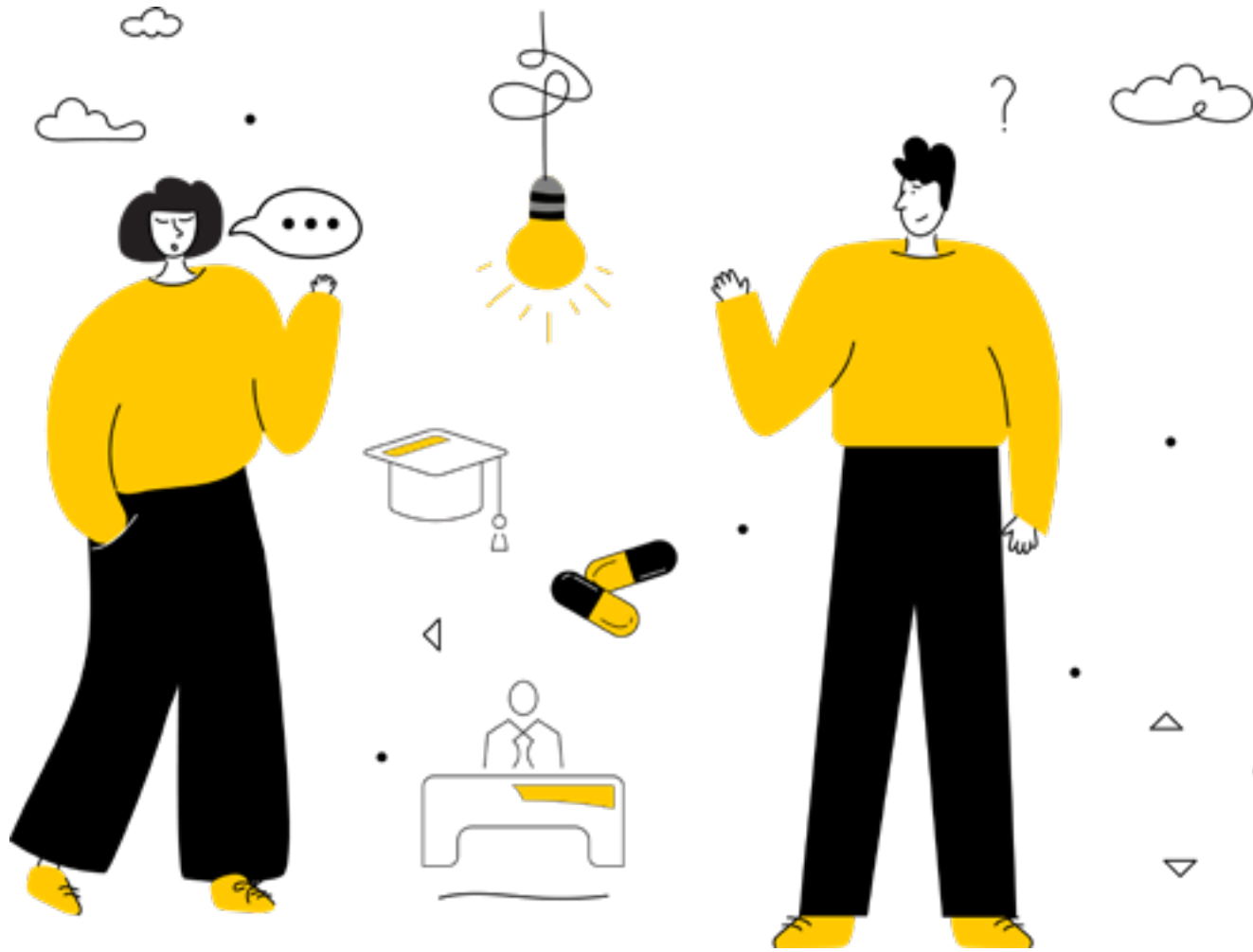
**Mary Beth Gilliland** is an educator, educational advocate, parent coach and mother. Her blog post on school avoidance explain what it is and isn't, how families can advocate for their children, and provides many useful suggestions and resources <https://www.marybethgilliland.com/blog/school-avoidance>

### GUIDE

**McLean Hospital's Complete Guide to School Refusal** is a comprehensive guide that explains how to recognize the signs of school refusal, the difference between school refusal and other conditions, and how you can help your child overcome school refusal at <https://bit.ly/4geXWyi>

### ORGANIZATION

**The School Avoidance Alliance** has been educating families and schools on school avoidance best practices and evidence-based strategies for the past ten years. Their website provides a school avoidance assessment, parent courses, and more at <https://schoolavoidance.org/>. They also have a great resource on IEPs and School Avoidance at <https://schoolavoidance.org/individualized-education-plans/>



same as me. I'm now a junior at the University of New Hampshire (UNH), and unlike Isabella, during my first year of college, I had some of the best mental health I'd ever had. I had been in therapy and looking for the right medication for years at that point, and just a couple weeks before I left home, I landed on Effexor. While I still had an adjustment period, I was far more prepared for it than I thought I would be since the burdens of depressive symptoms and constant panic attacks had been finally lifted. Despite having different mental health struggles (myself with depression and panic disorder and Isabella with OCD, anxiety, and a phobia), I faced many of the same things Isabella did, like therapy plateaus, doctors who refused to listen, and the struggle to find

the right medication, just a few years earlier. We dealt with these problems the same way, too—by taking the initiative, asking for help, addressing side effects, switching providers, and reflecting on both our problems and our goals to make sure we reach them. I've also continued to use those skills while advocating for my physical health and to ensure I'm not taken off my Effexor, which caused a resurgence in both my depression and panic disorder symptoms when I tried in the past.

Isabella and I represent only two out of millions of youth experiences with mental health. However, we also prove that even people with vastly different mental health issues and timelines can successfully make the leap to college life and independence.



C.J. Martin is a student at the University of New Hampshire and has been a member of the YEAH Council since 2019.

### OCD Resources continued from page 5

can schedule a free call any time to get more information and get started with an NOCD therapist or visit [treatmyocd.com](https://treatmyocd.com)

**The OCD Challenge** is a completely free, self-guided program that those with OCD can utilize to help manage their symptoms. The website was designed by OCD providers, researchers and advocates with the goal of improving the lives of those with OCD. It utilizes customizable, interactive activities that follow the principles of ERP to help users better recognize and manage their compulsions and responses. Explore it at [ocdchallenge.com](https://ocdchallenge.com)

**The OCD-Support group** on [Groups.io](https://groups.io) is a support group dedicated to providing guidance and support to those with OCD and the friends and family of those affected by OCD. The group is run by Wendy Mueller, who recovered from severe OCD and has 28 years of experience leading online OCD support groups, and Dr. James Claiborn, a psychologist with 30 years of experience who specializes in using cognitive behavioral therapy (CBT) to treat those with OCD. Visit [groups.io/g/OCD-Support](https://groups.io/g/OCD-Support)

**Everything OCD** is a Facebook group for those with OCD and their loved ones to gather and support one another. It's a place where individuals affected by OCD can share stories and relate to the experiences of others. The group offers a safe place for users to share information and encouragement, and it offers a private support group for those interested in peer support at [facebook.com/EverythingOCD/](https://facebook.com/EverythingOCD/)

**OCD Gamechangers** is an incredible organization run by advocate and OCD sufferer Chrissie Hodges. Gamechangers' mission is to get those experiencing OCD the help they need while creating a supportive

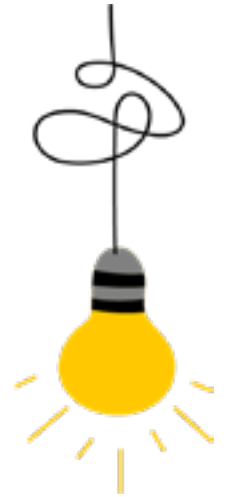
community on their journey. Visit [ocdgamechangers.com](https://ocdgamechangers.com)

**The OCD Stories podcast** is a show that aims to offer hope and inspiration. Host Stuart Ralph interviews some of the best minds in OCD treatment and recovery to share their advice to entertain and educate listeners toward a healthier life. The show was created in 2015. Since that time, it has been downloaded over 2 million times globally. Learn more at [theocdstories.com](https://theocdstories.com)

**The Purely OCD Podcast**, where hosts Lauren McMeikan Rosen, LMFT, and Kelley Franke, LMFT, are OCD specialists living with OCD. They bring a unique vantage point to their discussions about OCD treatment, infusing a much-needed dose of humor and a lot of heart to the topic of OCD recovery. Learn more at [purelyocd.com](https://purelyocd.com)

**Kimberley Quinlan's blog** is authored by Kimberley Quinlan, LMFT, who specializes in OCD and is an expert in mindfulness. Her blog serves as a valuable resource for individuals looking to understand OCD, and it emphasizes a welcoming and empathetic approach. Additionally, she hosts a podcast that provides free advice to help listeners better understand their OCD and anxiety. Kimberly is also the author of *The Self-Compassion Workbook for OCD*, which can be found on her website. Check them out at [kimberleyquinlan-lmft.com/category/blog/](https://kimberleyquinlan-lmft.com/category/blog/)

*This article is adapted from 13 online resources to help you learn about OCD—and get better by Patrick McGrath, PhD, published on [treatmyocd.com/blog/online-resources-to-treat-ocd](https://treatmyocd.com/blog/online-resources-to-treat-ocd) on May 26, 2023.*



## Transitioning from Pediatric to Adult Mental Health Support

If you are a young adult, parent or caregiver of a youth who needs mental health support, you may have questions about the transition to adulthood regarding mental health services.

Check out our Time for Transition Chat with Deb Jurkoic, the NAMI NH Family Network Coordinator, which covers the following topics:

- Housing support
- Medication management
- Safety guidance
- Consultations
- The timeline for transition
- Checklists to use
- Overview of steps to consider

Watch the video at [picnh.org/mental-health-transition/](https://picnh.org/mental-health-transition/) and check out the links below it for additional resources.

Visit [NAMIinh.org](https://NAMIinh.org) and explore a variety of mental health resources, including programs, support groups, training and more!

## Medicaid to Schools Resource Center and the NH School-Based Behavioral Health Workgroup.



The NH Medicaid to Schools (MTS) Resource Center, operated by JSI Research & Training Institute, has been funded by the NH Charitable Foundation since 2021. Current activities of the MTS Resource Center aim to:

- Increase access to information about school-based Medicaid
- Develop collaborative relationships between state agencies, communities, and provider associations
- Elevate common Medicaid to School issues for discussion and solutions
- Support the implementation of medically necessary behavioral health

services, personnel, and practices in the school setting and ensure they are reimbursable

A school-based behavioral health workgroup was established in 2024. They are tasked to understand the barriers associated with implementing medically necessary behavioral health services, personnel, and practices in the school setting. To ensure the sustainability and growth of the provision and reimbursement of behavioral health services in schools, members include a diverse group of representatives engaged in NH's system of care for children's behavioral health.

Learn more by visiting <https://nhmtscenr.org/>

## Postpartum and New Parent Support Resources

Postpartum Support International's NH Chapter has connections to local providers, hotlines, training and resources at [psichapters.com/nh/](https://psichapters.com/nh/)

Perinatal & Women's Mental Health Counseling blends a deep understanding of the postpartum experience with powerful, proven methods for addressing postpartum mood disorders, fertility challenges, and loss. Services are designed specifically for mothers navigating these emotional upheavals. Learn more at [postpartumnh.com/](https://postpartumnh.com/)

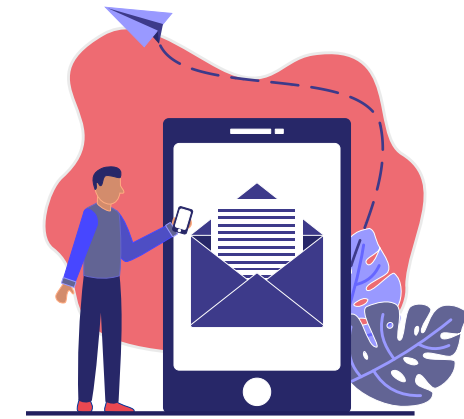
Elliot Hospital offers a Moms support group and a Pregnancy and Infant Loss Support Group. To view times and locations visit [elliotohospital.org/about-us/events-programs-and-classes/support-groups](https://elliotohospital.org/about-us/events-programs-and-classes/support-groups)

Holistic Birth and Beyond in Manchester, NH offers a Postpartum Support Group where members can build community, hear from occasional guest speakers and grow alongside other parents. Learn more at [holisticbirthandbeyond.com/classesandgroups.html](https://holisticbirthandbeyond.com/classesandgroups.html)

TLC Family Resource Center in Claremont, NH offers a new mom support group and a positive parenting cafe. Explore the programs at [tlcfamilyrc.org/cafes.html](https://tlcfamilyrc.org/cafes.html)

Wentworth Douglas in Dover, NH offers a new parent support group. For more information, go to [eventbrite.com/o/wentworth-douglass-hospital-childbirth-education-9829665352](https://eventbrite.com/o/wentworth-douglass-hospital-childbirth-education-9829665352)

## Subscribe to the Pass it On newsletter



NH Family Voices and The Parent Information Center are committed to delivering valuable information and resources to families of children with disabilities and the professionals that work with them.

The *Pass It On* newsletter is among our most valued resources and appears in many doctors' offices, schools, and public libraries across New Hampshire. If you would like hard copies for your place of work or community space, please email [rda@nhfv.org](mailto:rda@nhfv.org).

If you are interested in receiving the electronic version of our newsletter, follow these steps:

1. Go to [www.nhfv.org](http://www.nhfv.org) and click on Membership.
2. Fill out the form as if you were a new member (please include address information).
3. Add [nhfamilyvoices@nhfv.org](mailto:nhfamilyvoices@nhfv.org) and [info@picnh.org](mailto:info@picnh.org) to your email safe senders list, address book, or contact list so email newsletters are not blocked or filtered into your spam folder.

**This FREE resource is intended for sharing, so please continue to "Pass It On" to friends, family, and professionals you think might find it helpful.**

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## Youth for Education, Advocacy, and Healthcare (YEAH)

Did you know there's a council led by and for youth with chronic/complex health conditions and disabilities in NH? It's free to join and only requires 3-5 hours of your time each month.

Youth voice can influence policies and how health and education professionals engage with young people while also empowering other young adults!

Visit [nhfv.org/get-involved/youth-involvement/](https://nhfv.org/get-involved/youth-involvement/) to learn more about the YEAH Council mission and check out our podcast while you are there.

Whether you're a young adult seeking community, a parent eager to support your youth, or a professional interested in collaborating with youth voices, we would love to talk with you.

The YEAH Council is supported by The Parent Information Center and NH Family Voices if you would like to chat with us, e-mail [yeahcouncil@nhfv.org](mailto:yeahcouncil@nhfv.org)





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I am a  Parent/Family member of a child/teen/adult (circle) with a:  chronic health condition

physical disability  learning disability  developmental disability  behavioral challenges

I am interested in materials relating to: \_\_\_\_\_

I am a Professional working in  Education (circle one), EI, Head-Start, Pre-School, Elementary, Middle, High-School, Residential setting.  Healthcare (circle one), Community Clinic, Hospital, VNA, Physician, Family Practitioner, Nurse. Human Services (explain) \_\_\_\_\_ Other: \_\_\_\_\_

How did you hear about our newsletter? \_\_\_\_\_