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## Crystal Lake Improvement Association

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While the Covid concerns of 2020 and 2021 continued to influence our daily lives, those concerns were lessened somewhat and there was greater interaction between residents, friends, and families in 2022. While public gatherings were still diminished in size there were opportunities for interactions between residents allowing more opportunities for the enjoyment of our neighbors.

We continued our annual efforts in conjunction with NH LAKES to protect Crystal Lake from the introduction of invasive species as well as our work with the UNH Lakes Lay Monitoring Program to monitor the Crystal Lake water quality as we have done for many years. The reports on these efforts are available on the UNH website and cover every year since we began in 1988. Residents of Crystal Lake provided extensive financial and volunteer support for these efforts. In addition, thanks to the support of a local environmentally concerned individual we expanded our efforts to include evaluations to detect other contaminants. Little of concern was detected but we will continue to review in the coming season.

We also continued our work with the Loon Preservation Committee in support of our resident loons. To the joy and excitement of our residents, 2022 was the second consecutive year with successful nesting efforts resulting in the birth of a loon chick.

Glyn Green  
President  
Crystal Lake, Enfield, Improvement Association

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## Enfield Village Association

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*The mission of the Enfield Village Association (EVA) is to enhance the town's cultural, historical, recreational and natural resources while promoting economic development.*

“KEEP THE GOOD THINGS HAPPENING!”

### A Note from the President

I want to share a perspective formed by two decades as an EVA board member.

In hindsight, COVID, and the shutdown, hit EVA harder than I realized at the time. All of our programs were impacted to varying degrees, some canceled completely. Board meetings switched to Zoom. In a word, we were in “Maintenance” Mode.

Now, I have a new word – “Exciting!” This past year our board has doubled in size with the addition of four new members! These folks bring fresh perspective, 21<sup>st</sup> century media savvy, and new energy! They are taking leadership roles as we restart and reimagine the many EVA programs.

In 2022 we resumed the Shaker 7 Race, and expanded partnerships with other community organizations for Hometown Holidays, which included Santa’s Mailbox, Christmas Coloring Contest, Gingerbread House Decorating Contest and the Business Passport Contest, all sponsored by EVA. Green-up Days, Main St. Flower Gardens, Harvest Fest Scarecrows, Main St. Holiday Decorations, and monthly Business Coffees continued to build momentum.

On a personal level, it has been a great encouragement to see the EVA board reenergized and starting to pass to the next generation of leadership. It is heartening to realize there are so many folks who value our community and see EVA as a way for them to participate in “Keeping the Good Things Happening!”

The EVA Board cordially invites your ideas and participation in our activities. To get involved, please contact an EVA board member, or leave a message at the EVA office.

Submitted by,  
C. Harrison Trumbull, President  
([charrison616@me.com](mailto:charrison616@me.com))

Office: 603-632-7197  
email: [eva@enfieldmainstreet.org](mailto:eva@enfieldmainstreet.org)  
New Website: [www.enfieldvillageassociation.org](http://www.enfieldvillageassociation.org)

Board Members:  
Harrison Trumbull, President  
Julie Eckert, Vice President  
Maynard Southard, Treasurer  
Linda Meltzer, Secretary  
Dawn Archambeault  
Alice Kennedy  
Misty Tuttle  
Erik Russell-Selectboard Rep

Committees-Chaired by:  
Beautification-Linda Zoller-McKibbin  
Development-Harrison Trumbull  
Economic Development-Julie Eckert  
Events-Dawn Archambeault  
Finance-Maynard Southard  
EVA Office Volunteer-Nancy Charbono

Special Thanks and Appreciation to Terri Lynch, “retiring” after many years of service as an office volunteer, and as the leader and developer of the Main St Hanging Flower Basket Project and the Main St Holiday Garland Decoration Project. Terri also served as a board member and helped out in many other activities too numerous to mention.

Thanks also to Bud Lynch, faithful “sidekick” to Terri in her EVA projects!

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## Report of Forest Fire Warden & State Forest Ranger

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This year was another year where we observed wet weather in early spring followed by rapid drying and drought conditions which extended through the summer for much of the state. Drying conditions in early May led to large fire growth on numerous fires which required multiple days to extinguish and firefighter response from local, state, and federal agencies. Wildfire activity continued through the summer months where dry conditions led to more multi-day fires. Fires burned deep into the ground, requiring firefighters to establish water supplies and to spend days digging out all the hot spots.

This fall we had multiple fires started by the careless disposal of woodstove ashes. Before dumping your woodstove ashes, you should place them in a covered metal container until they are out cold. Many homes in New Hampshire are located in the wildland urban interface, which is the area where homes and flammable wildland fuels intermix. Every year New Hampshire sees fires which threaten or destroy structures, a constant reminder that wildfires burn more than just trees. Homeowners should take measures to prevent a wildfire from spreading to their home. Precautions include keeping your roof and gutters clear of leaves and pine needles and maintaining adequate green space around your home free of flammable materials. Additional information and homeowner recommendations are available at [www.firewise.org](http://www.firewise.org). Please help Smokey Bear, your local fire department, and the state's Forest Rangers by being fire wise and fire safe!

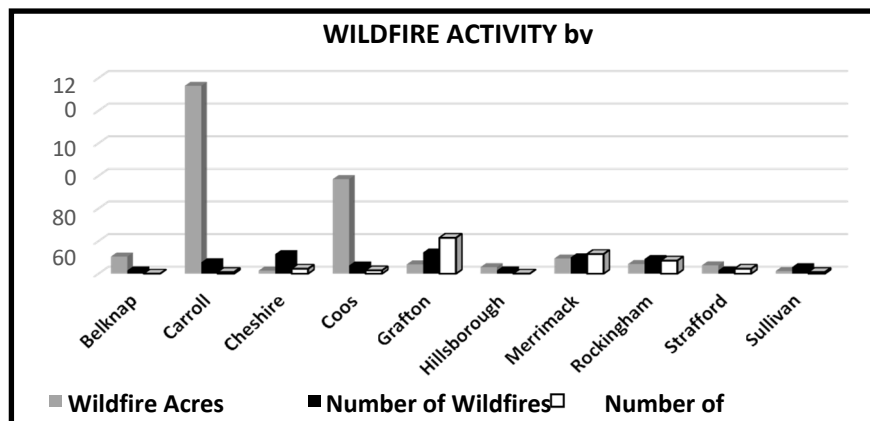
The long-lasting drought effects in Rockingham County are showing some minor signs of improvement but a good portion of Rockingham County remains in moderate drought and much of the state is still in the abnormally dry category. While the drought conditions have improved, we expect some areas of the state may still be experiencing abnormally dry or drought conditions this spring. For this reason, we ask everyone to remember Smokey's message about personal responsibility and follow his ABC's: Always **Be Careful** with fire. If you start a fire, put it out when you are done.

**"Remember, Only You Can Prevent Wildfires!"**

As we prepare for the 2023 fire season, please remember to contact your local Forest Fire Warden or Fire Department to determine if a fire permit is required before doing ANY outside burning. Under State law (RSA 227-L:17) a fire permit is required for all outside burning unless the ground is completely covered with snow. Fire permits are also available online in most towns and may be obtained by visiting [www.NHfirepermit.com](http://www.NHfirepermit.com). The burning of household waste is prohibited by the Air Resources Division of the Department of Environmental Services. You are encouraged to contact the local fire department for more information. Safe open burning requires your diligence and responsibility. Thank you for helping us to protect New Hampshire's forest resources. For more information, please contact the Division of Forests & Lands at (603) 271-2214, or online at [www.nh.gov/nhdf/](http://www.nh.gov/nhdf/). For up-to-date information, follow us on Twitter and Instagram: **@NHForestRangers**



## 2022 WILDLAND FIRE STATISTICS



(All fires reported as of December 1, 2022)

Year	Number of Wildfires	Wildfire Acres Burned	Number of Unpermitted Fires*
2022	66	217	52
2021	66	86	96
2020	113	89	165
2019	15	23.5	92
2018	53	46	91

\*Unpermitted fires which escape control are considered Wildfires.

CAUSES of FIRES REPORTED											
Railroad operations & maintenance	Firearm & explosives use	Undetermined	Recreation & ceremony	Debris & open burning	Natural	Other causes	Power generation, transmission, distribution	Smoking	Arson	Misuse of fire by a minor	Equipment & vehicle use
1	3	21	4	60	7	5	7	1	2	1	3



Friends of Mascoma is a grassroots, 501(c)(3) charitable organization dedicated to fostering educational advancements and nutritional well-being for students and their families within the Mascoma Valley Regional School District. We pride ourselves on being agile and responding to the evolving needs of the community. Like many small nonprofit organizations, Friends of Mascoma, has met several challenges both large and small in 2021. Throughout the last two years our team came up with creative solutions

and remained dedicated to our work and mission. Friends of Mascoma is committed to supporting our community now more than ever!

### Scholarships

We launched our scholarship program in 2016 for both traditional four-year post-secondary, as well as trade school and certificate program applicants.

Our application period runs from January 15<sup>th</sup> to the deadline on April 1<sup>st</sup>. To learn more visit [friendsofmascoma.org/scholarship](https://friendsofmascoma.org/scholarship). We look forward to awarding scholarships to the Class of 2023 in June.

#### Awarded to Date:

- \$6,500 to the Class of 2016
- \$14,500 to the Class of 2017
- \$16,000 to the Class of 2018
- \$16,000 to the Class of 2019
- \$16,000 to the Class of 2020
- \$20,500 to the Class of 2021
- \$22,500 to the Class of 2022

### Mini-Grants

Mini-grants are modest awards that help educators make a positive difference in the learning experience of their students. Mini-grants support, encourage, and facilitate great teaching ideas that would not be possible within the existing school budget. Any member of the MVRSD's instructional or professional staff (i.e., teachers, counselors, librarians, paraprofessionals, or nurses) is eligible to apply. Grants are awarded based on the quality of the idea and the projected impact of the project. The number of grants awarded depends on available funds. We encourage out of the box thinking and are happy to help staff and educators brainstorm submission ideas. For more information visit: [friendsofmascoma.org/mini-grants](https://friendsofmascoma.org/mini-grants).

### Friends Feeding Friends

We are committed to combatting food insecurity in our district through our Friends Feeding Friends program, registered agents of the New Hampshire Food Bank. This program provides food to our district residents of Canaan, Dorchester, Enfield, Grafton and Orange. Our FFF program also provides support to the food pantry located at MVRHS and snacks to the elementary and middle schools. Boxes of food are also made available to school families during school breaks. Since inception, we have received and distributed over 600,000 lbs of food and have over 260 active shoppers registered. We are currently operating our public food pantries two days a week using a walk up/take out system at of our Canaan location. In the warmer months, we will offer a weekly outdoor mobile pantry at Huse Memorial Park in Enfield. Our pantry events and closures due to weather are posted on [facebook.com/friendsofmascoma](https://facebook.com/friendsofmascoma) and the Enfield and Mascoma ListSrvs. For more information visit: [friendsofmascoma.org/friends-feeding-friends](https://friendsofmascoma.org/friends-feeding-friends).

#### Contact Information

9 On the Common, Canaan, NH 03741  
[info@friendsofmascoma.org](mailto:info@friendsofmascoma.org)  
603.632.4542

Have a question or want to be involved? We are always looking for new people to join our team! Contact us!

Thank you to the wonderful Enfield residents for your continued support and willingness to volunteer.

*the Friends of Mascoma Team*

*Bridget Mae Snail Chph  
Theresa Holly Ly Kate Lane Carol*



## **Grafton County Senior Citizens Council**

10 Campbell Street, P.O. Box 433, Lebanon, NH 03766

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Grafton County Senior Citizens Council, Inc. (GCSCC) is a private nonprofit organization that provides programs and services to support the health and well-being of our communities' older citizens as well as adults with disabilities. GCSCC's programs enable community members to remain independent in their own homes and communities for as long as possible.

GCSCC operates eight senior centers (located in Plymouth, Littleton, Canaan, Lebanon, Bristol, Orford, Haverhill and Lincoln) and sponsors the Grafton County ServiceLink Resource Center and RSVP's Volunteer Center. Through GCSCC's network, older adults and their families take part in a range of community-based long-term services including home-delivered meals, community dining programs, transportation, outreach and counseling, chore/home repair services, recreational and educational programs, and volunteer opportunities.

From July 1, 2021 through June 30, 2022, 157 older residents of Enfield were served by one or more of GCSCC's programs offered through the Mascoma Area Senior Center. In addition, 142 residents were served through ServiceLink.

- Older adults from Enfield enjoyed 4,090 meals prepared by GCSCC.
- GCSCC employees completed 237 wellness calls with homebound Enfield residents.
- Enfield residents received assistance with problems, crises, or issues of long-term care through 37 visits with a trained outreach worker and 406 contacts with ServiceLink.
- Enfield residents participated in 320 health, education, or social activities.
- 66 door-to-door, on-demand bus rides were provided for Enfield residents.

The cost for GCSCC to provide services for Enfield residents in 2021-2022 was \$79,575.34.

Such services can be critical to older adults and adults with disabilities who want to remain in their own homes and out of institutional care in spite of chronic health problems and increasing physical frailty, saving tax dollars that would otherwise be expended for nursing home care. GCSCC's programs also contribute to a higher quality of life for older friends and neighbors. As our population ages, supportive services such as those offered by GCSCC are becoming even more critical. Enfield's population over age 60 has increased by 57.6% over the past 20 years, according to U.S. Census data from 1990 to 2010.

GCSCC would very much appreciate Enfield's support for our programs that enhance the independence and dignity of older adults and adults with disabilities. GCSCC enables our community members to meet the challenges of aging, while remaining in the security and comfort of their own communities and homes.

Respectfully submitted,

Kathleen Vasconcelos  
Executive Director



### **Mission**

**To create recreational skating opportunities on Mascoma Lake  
in synchrony with other winter lake activities.**

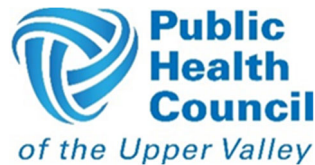
Mascoma Lake Skating Association (MLSA) was founded in November 2020 to develop winter recreational skating opportunities on Mascoma Lake. Our funding comes through local donations and grants. MLSA recognizes the need to collaborate with other groups using the lake in the winter, including ice fishermen, ice boaters, para-sailors, snowmobilers, walkers and cross-country skiers as well as the community groups with vested interests in the lake, including the town management, the Department of Public Works, the Police and Fire Departments, Enfield Recreation, the Enfield Village Association, the Lakeside Park Committee, the Mascoma Lake Sailing Association, and the Mascoma Lake Association.

We continue to work closely with an experienced Nordic Skating trail plower to design loops and trails that would weave around various parts of the lake, providing a network of skateable trails. Ben Prime added additional equipment to help create better trails and to maintain them. Our second Ice Day event ended up being a bit warmer than we would have liked but we were able to collaborate with some of the other groups and have a treasure hunt, a fire pit and an e-bike demonstration thanks to Hanover Adventure Tours. We are hoping to find a space and set up a collaboration to have skate rentals for the 2023 season as well.

Ice Safety and education are a top concern from the start of our project and we have recorded ice rescues with the Enfield FD and shared those along with information on our site for others. We provide resources on our website about testing ice, ice safety tips, and self-rescue techniques. In addition, we provide safety equipment and rescue boxes by both lake access points. We see education around issues of ice safety as an important community need which we can help to meet.

We collaborated with the town management to develop a resolution to the additional parking needs created by the influx of skaters and to arrange for access to the north side of the bridge via the beach area to allow for additional trails during our seasons going forward.

We are very grateful to town management, and the public works department, as well as our wonderful community for their support of this venture. To see updates, be added to our newsletter, find safety information, or donate, please visit our website at: <https://mascomalakeskatingassociation.com>, follow us on Facebook or email the board at [MascomaLakeSkating@gmail.com](mailto:MascomaLakeSkating@gmail.com).



The PHC is the largest and broadest coalition of advocates on public health issues in the greater Upper Valley region. Our mission is to improve the health of Upper Valley residents through shared public health initiatives. We have become a trusted and solution-oriented convener that makes a positive difference in the lives of everyone in our region. The PHC is a force multiplier for the organizations, professionals, and citizens, who together make our communities healthier places to live, work, and play.

In 2022, PHC staff and partners worked together to increase collaboration, promote greater health equity, and address priority public health issues for the region. The greatest of these priorities was COVID-19 and its ongoing impact on our region. Our work this year has included:

- Hosted regular meetings for PHC partners to share information about pandemic resources and provide opportunities for sharing and problem solving.
- Ensured cross-border communication about COVID vaccination efforts and helped coordinate vaccine clinics as needed, primarily in New Hampshire given the two states different approaches to vaccine distribution.
- Provided staff support to Upper Valley emergency response efforts and committees within Upper Valley Strong.
- Hosted five flu clinics in rural communities, providing about 1,450 free vaccines, with support from Dartmouth Hitchcock, Geisel School of Medicine and many local partners.
- Continued health equity work by facilitating a committee to explore racism and health as well as consulted on several student projects exploring health equity issues. We are also serving as host for the Upper Valley Community Health Equity Partnership, a program funded by the State of Vermont through a grant from the US Centers for Disease Control and Prevention.
- Collaborated with local school districts and the Hartford Community Coalition to ensure availability of summer meals for children in the region.

PHC appreciates the opportunity to serve the residents of Enfield and will continue to work hard to meet your needs in 2023. For more information about PHC, visit us at [www.uvpublichealth.org](http://www.uvpublichealth.org).





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Tri County CAP is a Family of Programs, serving families in Coos, Carroll, and Grafton Counties. We are dedicated to improving the lives and well-being of New Hampshire's individuals, families, and communities. We provide opportunities and supports for people to learn and grow in self-sufficiency and to get involved in helping their neighbors and improving the conditions in their communities. We seek to eliminate the root causes of poverty through the development of programs that allow low-income individuals the opportunity to meaningfully participate in the State and National economy and the social fabric of their communities through programs that address: Education; Emergency Support; Economic Development; Food Self Sufficiency; Marshalling of Local Resources; and Transportation.

Tri County Community Action Program provides opportunities to strengthen communities by improving the lives of low to moderate income families and individuals. Annually we serve more than 20,000 individuals that reside over 4,455 sq. miles of Northern New Hampshire. TCCAP and our 15 service programs provide services to all residents of Coos, Carroll, and Grafton County's requesting and needing support. During our Fiscal Year 2022 we served a Total of 138 Enfield Clients valuing \$116,638 in services provide.

Tri County Community Action Program thanks all communities and counties that we serve for their financial support of the programs, so that we may be able to continue to provide services to our community families in need.

Respectfully,  
Amy A. Goyette, NCRI  
Strategic Initiatives and Projects Director  
Tri County Community Action Program, Inc.

30 Exchange Street, Berlin NH 03570 | P: 603-752-7001 | [www.tccap.org](http://www.tccap.org)

*Tri-County Community Action Program provides opportunities to strengthen communities by improving the lives of low to moderate income families and individuals.*



The mission of **UNH Cooperative Extension** is to strengthen people and communities in New Hampshire by providing trusted knowledge, practical education and cooperative solutions, working in collaboration with county, state and federal government. Some examples of how Extension has been working towards this mission in Grafton County are summarized below in a few highlights of the past year.

Through the Nutrition Connections program, guidance on building raised garden beds, seeds, and nutrition lessons were provided to residents at a housing location who built raised beds for its tenants. In addition, recipe cards, and vegetables grown by Master Gardeners were provided so participants could apply lessons they learned in class. Master Gardeners were also involved in several community gardens that resulted in donations to food pantries.

Food and Agriculture staff conducted the second year of its cucumber variety trial in the high tunnel at the county complex. The trial looks to find marketable varieties while also monitoring yields and pest and disease resistance. Over 800 pounds of cucumbers from the trial were donated.

The Jumpstart to Farm Food Safety program continues to assist farmers in Maine and New Hampshire. This joint initiative aids fruit and vegetable farmers with farm food safety planning and offers them the chance to work individually with an Extension educator, trained in produce safety.

As part of a Building Community Resilience grant, Community and Economic Development staff worked with Mascoma and Greater Haverhill communities, providing technical support and training to build partnerships, identify needs, and develop a more resilient future.

Members of our Natural Resources team secured a Wildfire Risk Reduction grant for a fire management plan and prescribed fire projects at the Grafton County property. This will include education and training for local fire departments, forest rangers, DOC residents, natural resource professionals, and the public.

4-H youth from several counties took part in the Bunny Basics workshop in March, learning about the care of rabbits and how to exhibit them at a show. Many participants went on to demonstrate their knowledge at the Pint-size Pet Showcase at the North Haverhill Fair.

Please visit our website, [extension.unh.edu](https://extension.unh.edu) for more information on programs and upcoming events.

Respectfully submitted,

Donna Lee  
UNH Extension  
Grafton County Office Administrator



## Upper Valley Lake Sunapee REGIONAL PLANNING COMMISSION

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### HIGHLIGHTS

- Local to communities: UVLSRPC staff have worked with several municipalities in planning circuit rider work, GIS support, and provided technical assistance on transportation-related projects. Staff have assisted municipalities with successful grant writing and completed plans such as hazard mitigation plans, natural resource inventories, and master plans.
- Regional Housing: UVLSRPC continued to fight the housing challenges of our region by teaming up with the State of New Hampshire and the other 8 Regional Planning Commissions to update the Regional Housing Needs Assessment. Our team gathered data, provided outreach, and worked with consultants to draft methodology and an analysis of the NH workforce housing statute.  
[www.Keystothevalley.com](http://www.Keystothevalley.com)
- Regional Transportation: UVLSRPC has the knowledge and expertise in the areas of Regional Transportation. Our team wrapped up our corridor planning effort with a guided Action Plan to further assist communities in developing transportation projects that are shovel-ready for funding. Staff have assisted on several technical requests, developed many projects to 'application ready' and supported engineering on 7 projects. Our overall goal is to bring more transportation funds to the Upper Valley Region through project development and technical assistance.  
<https://www.uvlsrpc.org/projects/transportation/regional-corridor-transportation-plan/>
- Regional Economic Development: UVLSRPC provided various regional and local technical assistance to our communities including grant administration support on economic development projects. Our team also completed a Comprehensive Economic Development Strategy Plan for Sullivan County and worked with the State to convene the Southwest Comprehensive Economic Development Region to promote collaboration on funding opportunities.

Connect with us at [info@uvlsrpc.org](mailto:info@uvlsrpc.org) or 603-448-1680

Meghan Butts  
Executive Director  
[mbutts@uvlsrpc.org](mailto:mbutts@uvlsrpc.org)



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## **Annual Report to the Town of Enfield – Fiscal Year 2022 (7/1/2021-6/30/2022)**

In fiscal year 2022 (July 1, 2021 - June 30, 2022), West Central Behavioral Health (West Central) served 1,440 children and adults providing behavioral health services at outpatient clinics across the region, residential care for adults, community-based programs, substance use treatment, and 24-hour mobile crisis response. Over 54,000 services were delivered, 18,492 of which were to children ages 3 -17. Additionally, as of January 1, 2022 24/7 Mobile Crisis Response (MCR) services were made available via the NH Regional Response Access Point (NHRRAP).

As the only provider of comprehensive, community-based mental health treatment and support services in the area, West Central was pleased to provide mental and behavioral health services for those in Enfield during the last fiscal year. With your support, a total of 2,387 services were provided to 76 Enfield residents, including 36 children. We were grateful to receive \$2,500 in funding from the Town of Enfield, which was crucial in providing services for adults, families, and children in need. By supporting access to mental health care, the Town of Enfield is investing in the health and safety of the town and its residents. Mental health affects every facet of a community's welfare, and is more important than ever in these difficult times. We are grateful to be able to support the residents of Enfield, and the larger community, as they educate their children and provide for their families.

In FY2022, West Central launched the Integrated Care Program, implemented 24/7 Mobile Crisis Response via NHRRAP and continued to serve many of our clients through teletherapy. The economic and emotional stresses coming out of the pandemic are apparent and will require enhanced services for some time to come. The transition to Mobile Crisis Response made a notable impact in the community in addressing the increased need for services. From January 1, 2022 - June 30, 2022, West Central MCR conducted 113 outreaches with 85 outreaches happening in client's homes, 17 in schools, 10 in the community and 1 in jail. In addition:

- 92% of 113 mobile crisis outreaches were diverted from Emergency Rooms;
- 88% of 113 mobile crisis outreaches did not require police involvement;
- 99% of 123 crisis alerts were diverted from Emergency Rooms; and,
- 96% of 234 crisis hospital evaluations at Valley Regional Hospital were diverted from in-patient care.

West Central is one of ten community mental health centers (CMHCs) delivering behavioral health services to individuals and families throughout New Hampshire. West Central provides services for individuals of all ages including:

- Adult Outpatient Programs, which provide services to treat a full range of mental health disorders. Services include individualized therapy, case management, substance use disorder treatment (including medication-assisted treatment, or "MAT"), psychiatric care, Integrated Care, supported employment, and wellness programs.

- 
- Child and Family Services, to assist children and families in navigating the challenges of childhood and relationships, and help clients cope with divorce, trauma, addiction, and other problems. For children who suffer from symptoms of depression, anxiety, and ADHD, West Central provides individualized care, depending on the needs of each child and caregiver. Early childhood services are available for children ages 0-5.
  - Arbor View, a licensed community residence in Newport for adults diagnosed with severe and persistent mental illness. The residence provides up to 16 clients with round-the-clock supervision, therapeutic services, and case management.
  - Mobile Crisis Response teams are available 24/7 through New Hampshire's Rapid Response Access Point (NHRRAP) crisis helpline. Licensed clinicians answer calls, evaluate the need and dispatch mobile crisis teams to provide critical interventions to people in their own communities. This evidence based program is designed to relieve the strain on emergency departments, law enforcement and first responders, and to provide immediate community-based clinical support for those in crisis. 24/7 crisis services are also available through the National Suicide & Crisis Lifeline by dialing 988.
  - Employee Assistance Programs, available to area businesses to provide confidential mental health services for employees. Through these programs, West Central provides assistance with a wide range of mental health issues, from stress and substance abuse to depression.
  - Community-based services, provided year 'round in schools, nursing homes, workplaces, and correctional facilities. West Central helped establish the state's first school-based mental health clinic and led the integration of mental health into local primary health care settings. In addition, West Central's community-based services include:
    - Mental Health First Aid training programs throughout the Lebanon/Upper Valley area, providing workshops that enable community residents to recognize and respond to those experiencing mental health crises or addiction challenges. We are currently offering Youth Mental Health First Aid through a blended model which includes a self-paced online course followed by an instructor-led video class.
    - InSHAPE, helping individuals with chronic and severe mental health problems to improve both their life expectancy and their quality of life through this evidence-based fitness and nutrition education program.
    - Supportive Employment Program, assisting clients living with mental health illness to identify career paths, attain training or credentials, prepare resumes, practice interview skills, job hunt and maintain employment. Participating individuals gain income and self-esteem, and are reliable, enthusiastic employees.





## WISE FY22 Municipal Annual Report

### Mission Statement:

WISE leads the Upper Valley to end gender-based violence through survivor-centered advocacy, prevention, education and mobilization for social change.

Since 1971, WISE has been the only organization dedicated to providing crisis advocacy and support for victims of gender-based violence within 23 communities in Windsor and Orange Counties, VT and Grafton County, NH. WISE offers a confidential and free 24-hour crisis line, support groups and workshops, emergency shelter, safety planning and accompaniment to hospitals, police stations, court houses and other social service agencies. In FY22 (7/1/21-6/30/22), WISE provided advocacy and other critical support services to a total of 1434 people, 69% accessed WISE services for the first time. Among the advocacy responses sought from WISE, safety planning, legal advocacy, and crisis counseling were the most common.

WISE advocates are available every hour, every day at 866-348-WISE, or chat online at [wiseuv.org](http://wiseuv.org).

Program Center · 38 Bank Street · Lebanon, NH 03766  
every hour, every day · 866-348-WISE  
tel: 603-448-5922 · fax: 603-448-2799 · [www.wiseuv.org](http://www.wiseuv.org)