

Partnering to improve health for all.

Foundation for Healthy Communities

September 2021

Executive Director's Message

Increasing access to care by helping people find affordable insurance options is a key strategy to help patients get the care they need and deserve. Open enrollment in the Affordable Care Act Marketplace begins next Monday, November 1st and this year the Foundation will be providing an additional resource to the public and our partners. We are pleased to share that through additional federal funding to support the ACA, the Foundation has hired a Health Insurance Navigator that will be available to assist with enrollment in Marketplace products, as well as Medicaid. To [learn more about consumer options](#), we encourage you to contact our partner in this work, First Choice Services, at 1-877-NAVI. We are excited to extend this additional support to people across the state!

Yours in Health,

Peter



Peter Ames, MPH
Executive Director

September 2021: Celebrating National Recovery Month

Recovery is for Everyone: Every Person, Every Family, Every Community

September is Recovery month, an opportunity to celebrate those living and working a life of recovery while holding hope for those who are still seeking their pathway to recovery. The Substance Abuse and Mental Health Services Administration defines recovery work inclusive of the dimensions of health, home, purpose, and community to support long term change.

Recovery is a personal journey. It is a concept that means different things to different people. How recovery is defined is up to the person who is living and working their recovery. There are many paths to recovery and many steps on those paths. Most people try many ways before discovering the one that works best for them. Harm Reduction is one of these paths, which includes assisting individuals to meet their basic needs of housing, food security, and connection to both mental health and substance use programming as necessary. Individuals with a substance use disorder have a chronic health condition **and** are resilient survivors. Recognizing their strengths and autonomy when offering them the necessary medical care, connection to services and above all empathy and caring will assist them on their path to wellness. This inclusive method is needed for all who have a substance use disorder and continue to seek recovery from this chronic disease. Compassionate care and support are what any one of us would want for someone that we love who has a substance use disorder.

What recovery means to an individual is best said by a person with lived experience. Carina shares what recovery means to her below.

“Recovery is a wildly known term to describe an alcoholic who is no longer using. But what does it

really mean? I'm a big fan of the thesaurus so I checked it out and a few synonyms really stood out to me. Like return, recreate and reestablish. Recovery is not so much the ending of using, but it is the return to oneself and the recreation of what a person wants to be. I find most recovering drug users to be, contrary to popular belief, incredibly passionate, driven, and motivated. We, myself included, have been to very difficult places in life and used our own mental determination to pull ourselves out through any means necessary. This shows great resourcefulness and resiliency.

The world all of us humans live in is getting to be a more and more volatile place. Governmentally we are seeing lack of cooperation, environmentally we are seeing the planet shift into climate change and socially we are finally hearing the outspoken voices of marginalized people in many walks of life. All of these things are difficult to walk through as a person. A former chaotic drug user is someone who has already lived through chaos and survived. We are already resilient and have many skills to share with the people around us. Employers tend to shy away from hiring us, schools tend to deny us admission, when they should really be seeking us out.

While many folks are busy creating themselves, we have already been through at least one creation and have no qualms of facing things than will force us to recreate ourselves again.”

As we recognize National Recovery Month, each of us has a role to celebrate those in recovery and to reach out a hand to those who need to know that hope is possible and that they are cared for, not only if they enter recovery but now as they are seeking their path to their new creation. Ultimately, it is a journey of connection resulting in the improvement of a person's health and wellbeing.

To learn more about National Recovery Month, click the image below.



New Release: Advance Care Planning Guide & New Hampshire POLST Forms

One of the many outcomes of the 20/21 Legislative Session was the passing of SB 74 which changed the landscape regarding patient choice for medical care. On July 30th, Governor Sununu signed SB 74 into law which includes revisions to the statute governing Advance Directives, Medical Surrogacy, Portable Do Not Resuscitate (DNR) and POLST orders. To reflect these revisions, the *Advance Care Planning Guide*, produced by the Foundation for Healthy Communities for medical providers and patients statewide, was updated with the new version now available on our website for download and through the Foundation for procurement.

In addition, New Hampshire recently joined the growing number of states which have adopted a common national POLST form to replace the state form, available through an individual's provider. The passing of SB 74 changed the law and establishes POLST forms as a recognized means of expressing a 'Portable' Do Not Resuscitate Order, to be recognized across medical and emergency response systems.

Advance Care Planning Guide

How to think about, talk about and plan for serious illness or injuries which may keep you from making your own healthcare decisions.

New Hampshire Advance Directives
Durable Power of Attorney for Health Care (DPOAH)
Living Will



**Download the updated
Advance Care
Planning Guide**

For more
information on
advance directives,

From its inception, the POLST paradigm has been an evolving, learning movement. It's purpose is to engage patients with known progressive illness or fragility in actively considering care pathways and goals and expressing them in ways quickly recognizable by all points of contact in medical systems. As Physician/APRN/PA orders, the forms are actionable in healthcare settings and reflect the preference and informed consent/direction of the patient.

please visit us online
at healthynh.org
under Advance Care
Planning.



Leon D. Caldwell,
Ph.D., M.Ed. Senior
Vice President,
Health Equity
Strategy &
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Hospital Association

FHC & NHHA Annual Meeting Session Highlight

Tuesday, October 19th ~ 10:15m - 11:45am

Session: Diversity, Equity & Inclusion in Healthcare

Dr. Caldwell will be providing a national perspective relative to AHA's initiatives on diversity and equity, as well as what hospitals and health systems are doing across the country relative to DEI initiatives within their institutions. He will then lead a panel discussion among a number of public and community health leaders from across the state who will offer their challenges and solutions for successfully implementing diversity, equity and inclusion practices within their organizations and what that means for a state like New Hampshire.

In a time when we need it most, Rebecca Rule is going to provide Annual Meeting attendees with a chance to breathe, relax and laugh as she presents the Women's Executive Leadership Lunch titled "**Laughter: Leading to Resilience**" presented by New Hampshire's Women Executive Leaders.

Dr. Leon D. Caldwell, Ph.D., M.Ed, is the senior director of health equity strategy and innovation at the American Hospital Association and has 25 years' experience in the diversity, equity, inclusion and social justice fields. Dr. Caldwell directs the Institute for Diversity and Health Equity (IFDHE), a team of committed public health champions developing equity innovations and disseminating resources to support AHA members. His current work includes directing the development of the AHA's Equity Roadmap, the Health Equity Transformation Model and the Health Equity Transformation Assessment. These signature products will benefit hospitals and health care systems in their journey to transform health care and communities into places where optimal health outcomes are standard.

Dr. Caldwell has facilitated consulting and design engagements for Fortune 500 companies, not-for-profit organizations, foundations, K to higher education, and government organizations. His positions in academia have included tenured associate professor of educational psychology and senior associate of research, among others.

REMINDER - NOMINATIONS NOW OPEN

New Hampshire Hospital Association & Foundation for Healthy Communities
Annual Awards of Excellence

The call for nominations for the NHA & FHC Annual Awards of Excellence is now open for the awards listed below:

New Hampshire Hospital Association Awards

- James A. Hamilton Founder's Award
- President's Award
- Medical Staff of the Year Award
- Outstanding Trustee of the Year Award

Foundation for Healthy Communities Awards

- Patient Safety & Quality Improvement Award
- Noah Lord Patient & Family Engagement Award

Nomination materials can be found [here](#) and can be emailed to info@nhha.org (NHA Awards) and info@healthynh.org (FHC Awards) and **are due by Friday, September 17, 2021.**

Our 2021 Award Winners will be announced and celebrated during the awards ceremony on the evening of Monday, October 18th at this year's New Hampshire Hospital Association & Foundation for Healthy Communities Annual Meeting. More information about our annual meeting can be found [here](#), and should you have any questions about the event, registration or the awards please don't hesitate to contact us.



*Submit Your Nomination
Today!*

Foundation for Healthy Communities | (603) 225-0900 | www.healthynh.org

STAY CONNECTED

