

September 2024

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Partner Highlights >>>

Charlie Mental Health

Charlie Health is a virtual evidence-based mental health Intensive Outpatient Program (IOP) that includes programs for Maternal Mental Health. We serve a broad range of patients, including individuals who are discharging directly from the ED or in-patient care, as well as those who require a step up from outpatient therapy. It is a short-term program (average of 10 weeks) and involves 11-12 hours of therapy per week including medication management. Some highlights:

- **Immediate availability:** Clients can start immediately. After a referral, initial phone calls typically occur within 3 hours. Intake assessments can be scheduled the same day or within the same week.
- **Flexible scheduling:** Morning, afternoon, evening, and weekend Saturday options for treatment.
- **Groups:** Patients have personalized treatment plans and are placed in curated groups of peers.
- **Family engagement:** We offer individual, family therapy, and family support groups.
- **Insurance:** We accept commercial insurance and private pay in NH. If Charlie Health is out of network for any reason, we do have the option for (and are familiar with) single case agreements (SCAs). We are working on getting Medicaid coverage and hope to have this by Fall.

Charlie Health Referrals - Include name, DOB, contact info, address, and insurance via:

- Email: admissions@charliehealth.com
- [Refer online](#)
- Fax: 406.720.7793, Phone: 866.491.5196
- Call or email Maggie: (603) 451 - 8445 or maggie.disbrow@charliehealth.com



Source: Sergui Valena on Unsplash

Coalition “Elevator Speech” Template

Use this template to discuss coalition participation in your community! Our goal is to get representation from a broad range of perinatal perspectives and experiences.

“I am ___(name)___ with ___(organization)____. I am a ___(explain your role/passion for perinatal healthcare -Mom, OBGYN, nurse, community navigator, doula, etc.)_____. I am on a local maternal care coalition that is collaboratively working to improve perinatal care and outcomes by addressing issues specific to our community. We are looking for passionate champions to join our coalition, especially NH moms and members of local community organizations. We would ask you to share your experience and perspective as an advocate for maternal care in this action-oriented maternal care coalition. We operate as local coalitions within the statewide NH Perinatal Quality Collaborative. If you are interested, I can pass along your information to their coordinator, Stephanie, who will reach out to add you to our contact list. The hope is that these local coalitions can give voice to all people with a stake in perinatal healthcare who may not be traditionally represented in spaces where these change efforts occur.”

a. (If the coalition is already running)

Share details of the meeting and get their contact information for Stephanie

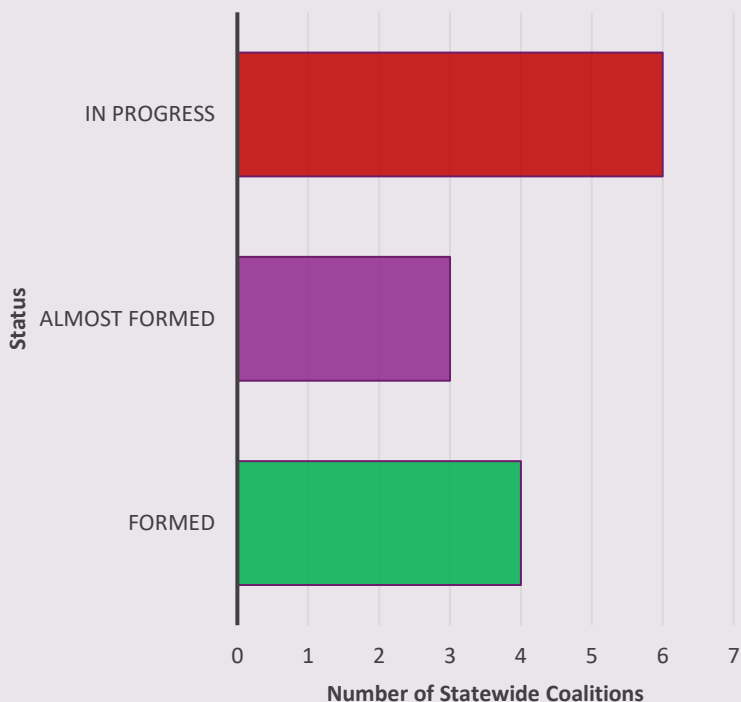
b. (If the coalition is still finding members before their first meeting)

“We are hoping to schedule our first meeting soon. Stephanie and I will keep you in the loop until then. Thanks for your interest in these efforts!”

Status of NH Regional Perinatal Coalitions

We have reached out to each region of NH to begin building local perinatal coalitions. Below is the status of each region's coalition.

Coalition Formation Status



Formed: Coalition has had at least one meeting

- Claremont, Littleton, Manchester, Plymouth

Almost Formed: Has some partners, maybe pursuing champions and first meeting date.

- Monadnock, Lebanon, Concord/Lakes

In Progress: Seeking partners to form coalition

- Cheshire, Dover, Exeter, Conway, Nashua, Portsmouth

*Please reach out to NHPQC@hitchcock.org with questions about your local coalition and how to get involved.

Lebanon "TOXIC" Movie Screening 9/24

The New Hampshire Perinatal Quality Collaborative (NHPQC) invites local community members to join us for a movie screening and facilitated discussion of the movie, **TOXIC: A Black Woman's Story**, on **September 24 from 6-7:30pm in Auditorium H at Dartmouth Hitchcock Lebanon** (One Medical Center Drive Lebanon NH 03766). The short film explores racism, toxic stress, and birth outcomes in the form of a day-in-the-life drama. We will discuss how this affects our NH community, and the path forward.

View the trailer [here](#).

Visit the TOXIC website [here](#).

View the event flyer [here](#). (Distribution welcomed)

For questions or concerns contact:

Stephanie.E.Langlois@hitchcock.org



Upcoming Maternal Health Educational Opportunities>>>

-Self paced online: National Maternal Nutrition Intensive Course. \$35 Sign up [here](#) through Nov 30th.

- September 12th 12-1pm: AIM/ERASE MM Webinar: The legal requirements and approaches for providing linguistically appropriate care. [Register](#)

- September 19th 12-1pm: RMOMs Maternal Mental Health ECHO. [Register.](#)

-September 25th 3-4: Recognizing and Combatting PMHC Stigma. [Register.](#)

-September 30th 9-3: Workshop: Pregnant and Early Parenting Treatment ASAM 3.1 & 3.5 [Register.](#)

Visit the NHPQC website at:

<https://www.nnepqin.org/home/new-hampshire-perinatal-quality-collaborative-nhpqc/>

Contact us at:

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Visit the NHPQC website [here](#).

