

Capital Area Public Health Network

Welcome to the CAPHN Monthly Newsletter!

This month we are highlighting the Opioid Community Grants Program. We are also sharing a bit of what our team has been up to in December, spotlighting resources for Dry January, and previewing some of the events we are looking forward to in the new year.

Opioid Abatement Community Grants Program

The **Opioid Abatement Community Grants Program** (OACGP), administered by Granite United Way (GUW), leverages funds from national opioid settlement agreements to support New Hampshire communities in addressing the ongoing opioid crisis.

The OACGP invests in both short-term projects that address immediate needs and multiyear initiatives that drive systemic change. By focusing on prevention, treatment, recovery, harm reduction, and community capacity building, it aims to reduce stigma, expand access to evidence-informed services, and create pathways to a healthier future for all New Hampshire residents. GUW is committed to ensuring equitable and effective resource distribution, prioritizing high-impact investments, collaboration, and transparency.

The short-term responsive community grants offer 1 year of funding up to \$15,000, and are designed to support projects targeting prevention, treatment, recovery, or harm reduction. Organizations can apply for this funding to make equipment purchases, invest in training or professional development opportunities, provide community education, and more!

The second cycle of responsive community grant applications open on January 2nd.

You can review the program guide [here](#) for more information on the responsive grant application process and answers to frequently asked questions.

You can check out the GUW landing page for the Community Grants Program [here](#) to review the application timeline, find contact information for more questions, and access the link to submit your application.



Advancing School Mental Health Conference

This December, Cailynn had the opportunity to attend the 2025 Advancing School Mental Health Conference in Orlando, Florida with a team from Concord School District, NAMI NH, and Riverbend.

This annual conference is hosted by the [National Center for School Mental Health](#) and emphasizes a shared family-school-community agenda to promote health and well-being.

Throughout the week, Cailynn attended sessions on strengthening families, building up protective factors in our communities, youth advocacy, mental health program implementation, and strategies for supporting educators and direct service providers. The team from Concord is excited to bring all that they learned back to our region to help strengthen and promote mental health for our students and schools.

Behavioral Health Summit

Cailynn and Ashley attended the New Hampshire Behavioral Health Summit on December 8–9. This annual summit brings together professionals from across the state to learn about mental health, substance use, and community wellness. This year's sessions included a strong focus on prevention, early supports for families, and strategies communities can use to improve overall behavioral health.



Throughout the event, Cailynn and Ashley joined sessions on prevention, early intervention, and community-based programs. They gained helpful insights and new ideas that will strengthen CAPHN's prevention work in the region. They look forward to bringing this knowledge back to support partners and promote a healthier, more connected community.

Resource Spotlight: Dry January

What is Dry January?

Dry January is a movement spanning New Hampshire, the United States, and beyond, designed to inspire individuals to take a break from alcohol consumption. The campaign, created in 2013 by **AlcoholChange.org**, encourages participants to abstain from drinking for the entire month as an opportunity to take a break, reflect on your drinking habits and discover benefits like mental clarity and physical well-being.

Benefits of Participating in Dry January

- **Better Health:** Improved sleep quality, more energy, clearer skin, and an increase in overall health. A month-long break from alcohol has been shown to decrease blood pressure, help with weight loss, and lower the risk of developing fatty liver disease.
- **Mental Clarity:** Clearer thinking, improved short-term memory, better focus, and improved mood
- **Financial Savings:** Save money by not purchasing alcohol and other related expenses.
- **New Perspectives:** Dry January can be a great opportunity to gain insights into your habits, evaluate your relationship with alcohol, and establish healthier routines for the new year.

Tips and Tricks for a Successful Dry January

- **Remove alcohol from your house and stock up on alcohol-free drinks**
 - Looking for a cozy evening drink? Sip on a caffeine-free tea or hot chocolate, or try one of these cold-weather drink [recipes](#)
- **Stock up on some good books, games, or pick up a new hobby to fill your downtime**
- **Use the buddy system!**
 - Find a friend to do Dry January with you, set regular check-ins to hold each other accountable, and plan something to celebrate your accomplishment on February 1st!

Resources

- [AlcoholChange.org](https://www.alcoholchange.org)
- [Sober Curious New Hampshire](https://www.sobercurious.com)
- [Partnership at Drug Free NH](https://www.drugfree.org)

Upcoming Events

Date	Event	Details
1	Happy New Year!	
2	Opioid Abatement Responsive Grants: Applications Open for Round 2	Learn more here: https://www.graniteuw.org/our-work/oacgp
14	Beginning of Neighbors Helping Neighbors ECHO with Dartmouth Health	Learn more and register here: https://iecho.org/public/program/PRGM17628916762798NLNHMIW8Q
14	New Futures Advocacy 101 Webinar	Learn more and register here: https://new-futures.org/Events/details/145/Advocacy-101-Webinar
19	Martin Luther King Jr. Day	
20	New Futures Lobbying vs. Advocacy Webinar	Learn more and register here: https://new-futures.org/Events/details/150/Lobbying-vs-Advocacy-Webinar
30	Understanding School Refusal Behaviors (Sponsored by Concord School District)	Learn more and register here: https://forms.office.com/Pages/ResponsePage.aspx?id=NjMqAtnfh02n-HFJV5hYB6Kphk_IOX1DuCG-Ui2I33NUM0NRMzFaMIE3VDRUWlo1VDc0SkoyUzI2WC4u