2011

Adolescent Resource Guide

School Health Advisory Committee
Manchester Health Department
1528 Elm Street
Manchester, NH 03101
Tel: (603) 624-6466 / Fax: (603) 628-6004
Website: www.manchesternh.gov

Forward:

The Manchester Health Department mission is: "to improve the health of individuals, families, and the community through disease prevention, health promotion, and protection from environmental threats". Several years ago, the Manchester Health Department, together with community leaders and youth organizations, developed the Adolescent Resource Guide. This has been used by nurses and counselors in schools, by health care providers, and by community agencies working with the youth of the greater Manchester area.

The time has come to update this directory of services available to our youth. The School Health Advisory Council has undertaken this task. Here we have provided information describing services, times, location, and any fees in the agencies available to our youth. We hope this will be used by school staff, health care providers, and community agencies seeking necessary information and supports, available in client waiting rooms and on websites. In addition we hope this guide will help parents and our youth with easily accessible and confidential information as they seek resources for themselves.

We wish to thank the School Health Advisory Council members and the Manchester Health Department staff for their work updating this resource guide.

Susan Sheehy, RD and Nancy Wells, RN, MS, CPNP
School Health Advisory Council

How to use this Guide:

The Adolescent Resource Guide is arranged by topic area, in an effort to create a user-friendly tool. Within each topic area, the agencies and services are arranged alphabetically.

Each agency or service listed contains the following information:

- Agency name
- Address
- Phone number/s
- Hours of services
- Website
- Description of services provided
- Fee structure
- Age of clients served
- Need for a referral or appointment
- Availability of translation services

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DRUG & ALCOHOL RESOURCES

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages
Alateen	PO Box 220 Concord NH 03302	1-888-425-2666 State Headquarters 645-9518	Monday - Friday 8:00 - 6:00 p.m.	www.nhal-anon.alateen.org	Support group for adolescents whose lives have been affected by someone else's alcohol use.	N	12-21 years of age	N	N	N	Varies
Alcoholic Anonymous (AA) Narcotic Anonymous (NA) Held at: Child & Family Services	99 Hanover St. Manchester, NH 03101	NA 645-4777 668-1920	Vary	www.cfsnh.org	Support group for adolescents whose lives have been affected by their own alcohol use.	N	12-21 years of age	N	N	N	Varies
Child & Family Services Adolescent Substance Abuse Treatment Program (ASAP)	99 Hanover St. Manchester NH	668-1920	9:00 - 5:00 but evening appts available	www.cfsnh.org	A high intensity outpatient program for youth experiencing problems with drugs/alcohol.	Most insurance accepted	12-21 years of age	N	Y	N	N
Dept of Helath & Human Serivces (Division of Alcohol and Drug Abuse Prevention & Recovery)	105 Pleasant St. Concord, NH 03301	Crisis Hot Line 1-800-852-3388 - Referral for homeless	8:30 - 4:30	www.dhhs.state.nh.us/dhhs/atod	State resouce for area services providing funding, training and technical assistance Crisis Line provides 24 hour counseling	N	N/A	N/A	N/A	State Wide	N
Farnum Center	235 Hanover St. Manchester, NH 03101	622-3020	Outpatient 8:30-4:30 outpatient by appt only In Patient 24 hour		Provide counseling to those suffering from substance abuse problems and their families. In-Patient program is 30 days Intensive outpatient program for those in recovery	Depends on situation	18 +	N	Y	Not necessary but sliding scale applies only to NH residents	N

DRUG & ALCOHOL RESOURCES

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages
Manchester School District Student Assistance Program (SAP) in every Middle & High School	Varies	Hillside 624-6352 McLaughlin 628-6247 Parkside 624-6356 Southside 624-6359 Central 624-6363 Memorial 624-6378 West 624-6384	7:30-2:30 Monday-Friday	www.mansd.org	Student Assistance Program in every middle & high school provides confidential support groups for those suffering from their own or others addiction.	N	Middle & High School Students	N	N	No, but must be a student	N
Mental Center of Great Manchester		603-668-4111	8:30 - 5:00 Monday 8:30 - 8:00 pm Tues, Weds. & Thurs.	www.mhcgm.org	out patient counseling	no charge	up to 18	no	Call ??	N	
NH TaskForce on woman and recovery	1492 Elm St. Manchester, NH Mailing address: 816 Elm St. #189 Manchester, NH 03101	647-4629		www.nhtwr.org	Provides resources, support, porfessional training and mentoring for girls and woman in recovery. In-Patient program is 30 days Intensive outpatient program for those in recovery.	N	14 +	N	N	N	N
Serenity Place	101 Manchester St Manchester, NH (603) 625-6980 Crisis Line (603) 625-6983	625-6980 Crisis Line 625-6983	24 Hour Crisis Line If looking for a bed call between 9-11 AM	No	Provide treatment and detoxification	$10 per day	18 +	N	No, will be put on waiting list until a bed opens up	N	N

TEEN PREGNANCY PREVENTION & OPTIONS, STD, HIV TESTING & COUNSELING

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages
Bethany Christian Services	High St. Candia, NH	483-2886	M-F 8:30 - 4:30 plus answering service	www.bethany.org	Pro-Life Pregnancy & Adoption Counseling	N	12-0lder	N	Y	Statewide	Spanish & other languages with arrangements
Birthright	307 Kelly St. Manchester, NH	668-3443 or 800-550-4900	M 11-3 PM W 11-1 PM Th 11-3PM Sat. 1-3 PM 1st & 3rd of the month	www.birthright.org	Free pregnancy testing, counseling, prenatal information, maternity & baby clothes	N	Any age	N	N	Statewide	N
CareNet	50 Bridge St. Ste #307 Manchester, NH 03104	623-1122 or 800-395-4357	24 hr. phone line Tues.10-4p.m. Weds. 10-4 p.m. & 6-8 p.m. Thurs. 10-5 p.m. M & F by appt.	www.carenetnh.org	Free Pregnancy Test, Options Counseling, Info on parenting, adoption, abortion, referrals for medical/social agencies, community resource, maternity and infant supplies, parenting instruction, ultrasounds.	N	12-Older	N	M or F only	Statewide	Spanish
Child & Family Services Teen Resource Center	404 Chestnut St. Manchester, NH	668-1920 or 800-640-6486 ext. 170	M,T,W & F, 12 - 8 p.m. Thursday 12-6 p.m.	www.cfsnh.org	Referral source for additional Services-medical/social	N	22 and younger	N	WALK-INS & APPTS	Manchester	Spanish Croatian
CMC Clinic Pregnancy Care Center	88 McGregor St., #204 Manchester, NH 03102	663-6661	M - Thu. 8 - 4:30 p.m Evening hours, based on client needs	www.cmc-nh.org	Covers individuals over 12 years of age with parental consent, statewide client base. Pediatric clinic available as well.	Accept Medicaid N	12 years with parental consent	N	N	Statewide Client	Language Line

TEEN PREGNANCY PREVENTION & OPTIONS, STD, HIV TESTING & COUNSELING

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages
Concord Feminist Health Center	38 So Main St. Concord, NH 03301	225-2739	M 8:30-8 PM Tu-F 8:30-4:30	www.feministhealth.org	STD screening and treatment, Birth control, Options Counseling	Termination - Info-free Fee for services takes following insurance plans: Cigna, BC/BS & Harvard Pilgrim	12-0lder	N	Y	Statewide	French & can arrange for Spanish
Greater Manchester AIDS Project	170 Lowell St. Manchester, NH 03101	623-0710 or 800-639-1122	Appt. or walk in hours 9:00 - 5:00	www.mvap.org	Outreach, Counseling, Case Management	N	No age limit	N	N	Manchester & Surrounding Area	Spanish
Manchester Community Health Center	1415 Elm St. Manchester, NH	626-9500 ext. 9511	Daily 8:00 - 5:00 p.m. Thursdays 8:00 - 7:00 p.m. Sat. 9 - noon	www.mchc-nh.org	Free STD, Pregnancy testing. In school preventive health visits. Pregnant & parenting team program individualized preventive health education, coordination of community resources & support services	Vary	Age 9-20	N	Y for STD & Pregnancy Services	N	Spanish & Bosnian & Language line
Manchester Health Dept.	1528 Elm St. Manchester, NH 03101	624-6466	Mondays & Wednesdays walk in clinic 5:00 -6:30 p.m. Appt. Mondays 4:00 - 5:00 Wednesdays 3:00 - 5:00 p.m.	www.ManchesterNH.gov	HIV/STD Testing and Counseling HIV: Walk-in M & W 5 - 6:30 p.m. STD: Walk-in 5 -6:30 p.m. By appt only on Mondays 4-5 p.m. & Wednesday 3-5 p.m.	$10.00 suggested fee Under 18 years no charge	14-older	N	Not for walk-in	N	Yes, Spanish

TEEN PREGNANCY PREVENTION & OPTIONS, STD, HIV TESTING & COUNSELING

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages
Our Place (Through Catholic Charities)	282 Concord Street Manchester, NH 03101	647-2244	Call first for an appointment 8:30 - 4:30 p.m.	www.catholicharitiesnh.org	Counseling, Crisis Intervention, SOME Options for Pregnant Adolescents, Educational/Vocational Guidance, Supportive Services, Prenatal, Parenting Education, Referrals for various services	N	Up to age 25 and first time parents	N	Y	N	Yes can be arranged
Parent/Baby Adventure	1000 Auburn St. Manchester, NH 03103 (Next to Elliot Hospital)	647-7090	Mon - Thurs 12:00 - 3:00 p.m. Group sessions Mon & Thurs. 5:00-7:30 p.m. group sessions Office Hours: T-W-F 8:30 - 5p.m. M & Th 8:30 - 8:00 p.m.	www.manchestervna.org Parent -baby adventure	Transportation to and from the program, GED instruction, group sessions (nutrition, cooking classes, meditation, activities with parents and kids, etc.), home visits, meals, guest speakers, home visits, interatvice music, anger management classes. Field trips on parenting issues referrals to other agencies.	N Except for anger management	Moms & Dads of newborns and toddlers	Yes Physician, SW or self-referred	Y	No - Greater Manchester Area	French
Planned Parenthood Teen Options	24 Penacook St. Manchester, NH 03104	624-1191 800-230-7526	Thursdays 2:30 - 6:00 walk-ins. Office Hours: M & F 8:30-4:30 p.m. T&W 8:30 - 7:00 p.m Thu. 8:30 - 6:30 p.m. & Sat. 8:30 - noon.	www.ppnne.org	Pregnancy testing, options, counseling, emergency contraception, birth control, annual exams, STD testing and treatment, information on Prenatal, Adoption, Abortion	Fees for services, takes most insurance, Depends on situation	13 & up	No except for insurance	Appt and walk-ins	Statewide	Spanish, Other Languages- Can be arranged

TEEN PREGNANCY PREVENTION & OPTIONS, STD, HIV TESTING & COUNSELING

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages
Teen Health Clinic	1230 Elm St., lower level Manchester, NH 03101	629-9707	Mon. - Thurs. 3:15 - 6:45		Comprehensive primary health care for the uninsured.	No fee at the present time	11 - 22 years old	N	Yes, but will accommodate walk-ins if able	Greater Manchester area	Have access to interpreters if needed

RUNAWAYS, AFTER SCHOOL PROGRAMS, AND DROP-OUT PREVENTION PROGRAMS

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages
Boys & Girls Club	555 Union St. Manchester, NH 03104	(603) 625-5982	M-TH 2:00 - 6:00 p.m. Fri 2:00 - 9:30 p.m. (Teens only until 9:30 p.m.)	www.mbgcnh.org	After school and school vacation programs offering arts & crafts, games, gym space, homework help, computers access. Before school care 6:30 a.m. with transportation to and from school.	Vary	1st - 12th graders	N	N		
Child & Family Services Runaway Youth Program (RYP)	404 Chestnut St. Manchester, NH	668-1920 ext. 281	9:00 - 5:00	www.cfsnh.org	Counseling for youth at risk of running away or becoming homeless	N	12- 18 years of age	N	Y	Manchester & Surrounding area	N
Child and Family Services Street Outreach/ Teen Resource Center	404 Chestnut St. Manchester, NH	668-1920 ext. 170 1-800-640-6486	12:00-8:00 p.m.	www.cfsnh.org	Services & referrals to programs that help meet the needs of street youth	N	13-22 yrs.	N	Walk-ins & Appt.	Manchester & Surrounding & area residents	Spanish
Child and Family Services Transitional Living Program	404 Chestnut St. Manchester, NH	1-800-640-6486 or 668-1920 ext. 208	9:00 - 5:00 p.m.	www.cfsnh.org	Safe stable housing & support service provided for homeless youth	N	18 - 21 years of age	N	N		

RUNAWAYS, AFTER SCHOOL PROGRAMS, AND DROP-OUT PREVENTION PROGRAMS

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages
Girls Inc.	340 Varney St. Manchester, NH 03102	623-1117	After School & Summer camp 7:30 - 6:00 p.m. _____ 6:30 a.m. - 6:00 p.m. during school year	www.girlsincnewhampshire.org	Research-based curriculum, Self-esteem building and prevention through informal, hands on education	Based on ability to pay	5-18 years of age	N	N/A	School year Manchester Residents Summer program, Manchester & surrounding area -- 1 Bedford School (Memorial) 1 Goffstown School (Bartlett)	N
Manchester Housing Authority	Bishop Leo E. Oneil Center 30 S. Elm St. Manchester, NH 03103	(603) 624-2167	After school, M-F to 5:30 p.m., vacation weeks, summer program 7:30 a.m. - 5:30 p.m.		After school care and vacation camps (Music activities: Creative dance, vocals, instrument; partnership with UNH gardening; arts & crafts, etc.)	Per Week - $20 for first child, $10 for each additional; summer $60 for first, $30 each add. Accept CCDF Scholarship program (formerly Title XX funding)	5 to 12 years of age	call first	Y	N	

RUNAWAYS, AFTER SCHOOL PROGRAMS, AND DROP-OUT PREVENTION PROGRAMS

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages
Ombudsman Program	1015 Elm St. Manchester, NH 03101	623-2244	School Day	www.ombudsman.com	Program providing an alternative approach to educating high school students who have difficulty being successful in a traditional school setting.	N	High School Students	Yes, and must be enrolled at Mancheste r WHS, CHS, or MHS	N/A	Students in Manchester District	N
The Place	Michael Goff 130 Conant St. Manchester, NH 03012	Cell: 774-226-0863	Tuesday 3:00 - 4:30 p.m. and Fridays 7:00 - 9:30 p.m.	mgoff@manchesterassembly.org	Life Skills, Faith skills, GED Prep, English as a 2nd Language Health & Hygiene services, Fuel before school breakfast, after school tutoring	N	18-Dec	No	No	Yes, & surrounding towns	Not at present time
Ombudsman Program	30 Mechanic St. Manchester, NH 03101	623-3558	9:30 - 1:30	www.manchesterymca.org	Program offers productive safe environment for students who are not attending school because of suspension, expulsion or truancy.	N	Middle & High School	Y	N/A	N	Varies
YMCA Youth Opportunities Unlimited	30 Mechanic St., Manchester, NH 03101	623-3558	2:30 – 5:00	www.manchesterymca.org	Program offers safe and educational environment during after school hours for students at Beech Street and Henry Wilson Schools.	Vary	5 - 12 years of age	N	N	N	Varies by school

RUNAWAYS, AFTER SCHOOL PROGRAMS, AND DROP-OUT PREVENTION PROGRAMS

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages
YMCA Stay Program	30 Mechanic St., Manchester, NH 03101	623-3558	Vary	www.manchesterymca.org	Middle school based program offered as a support system for youth in Middle School who are in jeopardy of failing classes or dropping out. Offers support to help students acquire skills necessary to reach greater academic success.	N	7th & 8th grades	Y	N	N	Varies by school

MENTAL HEALTH CONCERNS

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages
Bedford Counseling Associates	1228 Elm St., Manchester NH 03101	623-1916	Mon -Thurs. 8:00 a.m to 9:00 p.m. Fri. 8:00 a.m. - 5:00 p.m. and Sat. 8 a.m. -1:30 p.m.	www.mhcgm.org	Offers Individual & Group Counseling ranging from anxiety and behavior issues to attention deficit and post traumatic stress disorders & eating disorders	Most Insurances Accepted	Open	N	Y		
Child & Adolescent Program	1228 Elm St., Manchester NH 03101	623-1916	Mon & Fri 8:30 a.m. - 5:00 p.m. T, W,Th 8:30 a.m. - 8 :00 p.m.	www.mhcgm.org		Most Insurances Accepted	Preschool - 18 years of age	N			
Catholic Charities of NH Inc.	325 Franklin St. Carpenter Center Building	624-4717	Hours 8:30 - 4:30 M - F	www.manchester@catholiccharitiesnh.org	Counseling Services	$90.00 a session sliding scale	13 & up	N	Y	Manchester & Surrounding areas	1 Spanish Speaking Clinician
Center for Eating Disorders Management Inc.	360 Rt #101 Unit #10 Bedford, NH 03110	472-2846	8:30 a.m - 7:00 p.m., Mon. - Thurs.	www.cedm-inc.com	Intensive outpatient services around eating disorders	Depends on situation	No Specific Age	Yes, Ref needed	Y	N	Spanish Only
Elliot Behavioral Health	445 Cypress St.	668-4079	8-5 M - F & evening appointments	www.elliothospital.org	Neuro, Psychiatrist, psychologist, social workers	Depends on who you see	Ages 3 - 65	N	Y	N	Yes Language Line

MENTAL HEALTH CONCERNS

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages
Mental Health Center of Greater Manchester & Emergency Services	401 Cypress St., Manchester NH 03101	668-4111	Mon - Friday 8:00 - 5:00 p.m.	www.mhcgm.org	Full psych eval., meds., family, individual, group, eating disorders	Depends on situation	Over 18	N	Y	Mancheser, Goffstown, Hooksett, Candia, Auburn, Londonderry, Bedford, New Boston	Access to Spanish, Bosnian, French - language line and/or interpretation services
Manchester Community Health Center	1415 Elm St., Manchester, NH 03101	626-9500	8:00 - 5:00 Mon - Fri		Individual and family counseling topatients followed at MCHC. Ranges from anxiety, depression to behavior concerns, etc.	Sliding scale, Medicaid	Birth- 18 years of age	Y from Provider at MCHC	Y	Manchester & surrounding communities	Spanish, Bosnian translators; language line
Samaritans Hot Line - Keene, NH	103 Roxbury St., #304 Keene, NH 03431	1-877-583-8336 Bonnie Rill, Director 357-5510	24/7	rill@samaritansnh.org	Be-friending organization call for advice about any issue	No	all ages	No	N	Anyone in NH	None

YOUTH ACTIVITIES AND RESILIENCY BUILDING PROGRAMS

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages
21st Century					After school programming, tutoring, recreational						
Big Brothers Big Sisters (Community or Site-Based Programs)	25 Lowell St. Suite 20 Manchester, NH 03101	669-5365	Vary	www.bbbsmanchester.org	Match adult with youth in need of appropriate role model to improved self-esteem; Learning about new choices; Gain social skills and improve ability to say "no". Meet in school or community	N	5-17 years of age (at admission)	N	N	N	N
Boys & Girls Club	555 Union St., Manchester, NH 03104	625-5031	M-Th 2-8 p.m. Fri. 2-9:30 p.m. During school year	www.mbgcnh.org	Academic Support, Drug & Sexual Education, Athletic & Peer Leadership Programs	$25.00 / year financial help available	Any	N	N		
Girl Scouts Swift Water Council	1 Commerce Dr. Bedford NH 03110	627-4158	Vary	www.swgirlscouts.org	Offers programs that give young women the opportunity to build confidence, improve decision-making skills and have opportunities to talk about important issues with non-judgmental adults	Varies	5 - Adult	Varies	Varies	N	Varies
Makin' It Happen	27 Lowell St. Suite 502 Manchester, NH	622-6116	8:00-5:30	www.makinithappen.org	Community organizing around youth substance abuse prevention and other health issues.	N	Middle & High School	N	N	N	N

YOUTH ACTIVITIES AND RESILIENCY BUILDING PROGRAMS

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages
Manchester Outright	Unitarian Church 669 Union St. Manchester, NH 03104	537-7004	Tuesdays 7:00 - 9:00 p.m.	www.manchesteroutright.com	Support for gay, lesbian, bisexual, transgender and questioning youth under age 22	N	Adolescent under age 22	N	N	N	Varies
Office of Youth Services	1528 Elm St. Manchester, NH 03101	624-6470	8:00-5:00		Crisis intervention and referral, restitution, substance abuse evaluation, court diversion Educating youth about dangers and consequences; involving parents; referrals to treatment; referrals to other resources as needed	Free to Manchester residents	Middle School - 18 years of age	N	Y	N	N
The Salvation Army - Kid's Café	121 Cedar St. Manchester, NH 03101	627-7013	Vary	www.salvationarmy.org	Offers a number of programs and services (including food, clothing, etc.) for families in need of support.	N	5 to 17	Varies	N	Y	Varies
Daniel Webster Council, Inc. Outreach Program	571 Holt Ave. Manchester, NH 03109	625-6431	Vary	www.DWCBSA.org	The Adventure Program and Learning for Life	$5.00	Adventure- grades 5-8; Learning - kindergarten - 12th grade	Y	n/a	Y	N
Daniel Webster Council, Inc. Scouting	571 Holt Ave. Manchester, NH 03109	624-6431	Vary	www.DWCBSA.org	Scouting, Venturing and Exploring	$10 registration fee	boys ages 6-20; girls ages 14-20	N	N	N	N

YOUTH ACTIVITIES AND RESILIENCY BUILDING PROGRAMS

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages
Alliance for Community Supports Project Renew	250 Commercial St. Suite 4017 Manchester, NH 03101	628-7681	Vary		career and education full case management services for youth who have severe mental or behavioral challenges	N	14 to 21	yes, but one can self-refer	Y	N	no, but will hire interpreter (program literature, bi-lingual)
Alliance for Community Supports Mental Health Youth Leadership	250 Commercial St. Suite 4017 Manchester, NH 03101	628-7681	Vary		7 month leadership series program, on weekends. Train youth who are in the system of care consumers to serve on boards, advocate for themselves, take a lead role in the agencies that serve them	N	14 to 21	Y	Y	N	no, but will hire interpreter (program literature, bi-lingual)
NH Minority Health Coalition Future Leaders	25 Lowell St. Manchester, NH 03101	627-7703	Sessions are after school 5:00 -7:00 PM	www.nhhealthequity.org	Prevention education for youth to reduce their risk for HIV, pregnancy, drug use/abuse. Peer support and adult facilitation during discussions	N	11 to 19	N	n/a	Manchester and Nashua areas (as long as they have transpor-tation)	Spanish, French, Mandarin, Chinese, Swahili
MPAL Manchester	409 Beech Street Manchester NH Briggs Center Manchester Police Department 351 Chestnut St., Manchester, NH 03101 Tel: 603-622-0211	626-0211		rell@manchesternh.gov or website at www.manchesterpal.org	Scholarships, teen activi		19-Jun	N		Manchester	

YOUTH ACTIVITIES AND RESILIENCY BUILDING PROGRAMS

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages
YWCA of Manchester	72 Concord St Manchester NH 03101	625-5785	2-6 p.m. during school and early release days. Vacation camps & summer camps	YWCATeens@aol.com	Gender specific programs and enrichment programs in family services, teen services and crisis center	$25.00 annual fee	6-12 years of age	N	N	N	
YWCA of Manchester	72 Concord St Manchester NH 03101	625-5785	Vary	YWCATeens@aol.com	YWCA Teen Programs provide teens with information, skill development, and encouragement to enable them to make healthy life choices through facilitated leadership programs, discussion groups and other organized opportunities	only for summer programs	middle schools girls and high school age girls and boys	N	N	N	No, but will hire interpreter

Dental

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages	
Catholic Medical Center Poisson Dental Facility	100 McGregor St. Manchester, NH 03102	663-6226	M-F varies by day	www.Catholicmedicalcenter.org/services/dentalfacility-php	Emergency dental treatment to Manchester residents with Medicaid or no insurance	HKG $25.00	Birth-20 years	N	Y	Manchester residents with Medicaid or no insurance	Language line	
Child Health Services	1245 Elm St.	668-6629 Kim Rybczck	1 week in April & 1 week in October		Pre-school Dental Clinic	Free to registered CHS patients and billed to medicaid	Pre-School	N	Y	Surrounding area but only to CHS patients	Interpreters if needed	
Easter Seals Dental	555 Auburn St. Manchester, NH 03103	621-3482	Monday & Wednesday 9:00 - 6:00 p.m. Some Tuesdays & Thursdays	www.eastersealsnh.org	All types of services provided	Fees are set, no payment arrangements accepted. Pay at time of service. All insurances accepted and HKG	All Ages	N	Y	Yes, and Surrounding Area	Some Interpreters	
Elliot Hospital Clinic	1 Elliot Way Manchester NH 03103	625-8462	Monday , Wednesday & Thursdays 7:00 - 4:30 a.m. Tuesday 7:00 - 3:30 & Friday 7:00-11:30 a.m.	None	Extractions, facial fractures, orbital fracture	Medicaid, most insurances accepted, Health Kids Gold & NH Health Access	All ages	N	Y	Yes, and Surrounding Area	Available if needed	
Manchester Health Dept., Oral Health Program (Dentist with A Heart, Give Kids a Smile Day)	1528 Elm St., Manchester, NH 03101	624-6466 ext. 462	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	www.Manchesternh.gov School & Youth Health / oral health	Treatment services & sealents provided on our Dental Van 3 week per year in collaboration with Community dentist	None	Age 2- 19 years of age	Y	Y	Manchester residents	Bosnian, Spanish	

Dental

Name	Address	Phone	Hours	Website	Services Provided	Fee	Age Served	Referral Needed	Appt Needed	Manchester Resident	Other Languages	
NH DHHS Medicaid Office Dental Consultant	97 Pleasant St. Concord, NH 03301	1-800-852-3345- ext. 3770 or 1-603-271-8361	Mon. - Fri. 8:00 a.m. - 4:30 p.m.	www.dhhs.state.nh.us Medicaid Program. Click to NH Smiles	Referral to Dentist accepting Medicaid; transportation arrangements made as well	None		N	N	Surrounding area	Any	
NH Technical Institute	31 College Dr., Concord, NH 03301-7412	271-7160 for appt.	M, W & F- Sept. 6th - Dec.10th, Mon. -Fri. Jan. 24 - May 6th 8:00 a.m. -3:30 p.m. February Mon-Fri	www.nhti.edu.campuscommunity/dentalclinic	Cleanings, x-rays, sealants by dental hygiene students working under supervision of instructor	Cash/check only no credit cards No HKG $15 - $25.00 - $15.00 children under 12 and seniors	Children & adults	N	Y	NH residents	If needed	

WEBSITES FOR TEENS	
www.samhsa.org	Substance abuse & mental health services administration - get help for mental health & substance abuse problems
www.cancercare.org/docroot/esn	For cancer information
www.adolescence.unh.edu	Website that provides a gateway to valid, current information about adolescents that is useful to not only youth but parents and professionals
http://youth.ucsf.edu/nahic	A national resource for adolescent health information
www.ManchesterNH.gov	Go to Government, City Departments, Help to get information on services provided through the Manchester Health Department
www.healthinschools.org/students	Games, information, and activities on health topics
www.teens.drugabuse.gov	Website for teens sponsored by the National Institute on Drug Abuse
www.tcmanchester.org	Outreach program for teens
www.reachoutnh.com	NH Coalition Against Sexual and Domestic Violence website for youth. Covers dating violence, sexual assault, helping out a friend and general relationship info.
www.info-bridge.com	Website to be used to find local resources on many topics by resource name, area to search or keywords
www.mansd.org	Manchester School District website
www.nostigma.org	Help for Teens & Adults dealing with mental ilness
www.anad.org	Anorexia Nervosa and associated disorders
www.somethingfishy.org	Eating Disorders
Mgoff@manchesterassembly.org	Life skills and faith skills that promote a productive way of life and make young men and woman whole

Hotlines for Teens

Name	Telephone Numbers	
Trevor Suicide Prevention Lifeline	1-800-850-8078	
Alcohol Hotline - Adacare Hospital	1-800-252-6465	
Gay, Lesbian, Bisexual & Transgender Hotline	National - 1-888-843-4564	NH - 1-603-224-1686 No Answering Machine or Tape
Youth Talkline for:	1-800-96YOUTH	
Gay, Lesbian, Bisexual & Transgender Youth		
Child Abuse/Neglect	Manchester 1-800-894-5533	National 1-800-422-4453
Mental Health Center of Greater Manchester	668-4111	24 hours
National Domestic Violence Hotline	1-800-799-7233	
NH Try-To-Stop Tobacco Resouce Center	1-800-879-8678	Free & Confidential help to individuals trying to stop
STD Hotline, NH Dept of Health & Human Services	1-800-228-0254	
YWCA Crisis Line	603-668-2299	