

THE RECOVERY SPOTLIGHT



April 2024 Newsletter

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[Hope For NH Board of Directors selected Randy Stevens as Executive Director.](#)



Stevens comes to Hope Recovery from The Recovery Friendly Workplace Initiative led by the Governor's Office, administered through Granite United Way, where he most recently worked as a Recovery Friendly Advisor. Stevens' qualifications for leading Hope are built out of his personal experience in recovery along with extensive work in the mental health field. These elements have shaped Stevens to be a leader who centers each person's whole experience of life in their recovery.

 **Harbor Care**

Harbor Homes Healthy at Home Keystone Hall HIV/AIDS Harbor Care

[New Hampshire voters who've lost children to opioids say crisis being neglected](#)



PLAISTOW, N.H. -- Jim and Anne Marie Zanfagna are Democrats, and Doug Griffin is a Republican, all living in southeastern New Hampshire.

There's one issue they agree on: Candidates need to pay more attention to the opioid crisis wrecking hundreds of lives. They want to hear more about treatment and recovery programs, because, for them, it hits close to home.

Anne Marie and Jim Zanfagna hold a poster about their organization, Angels of Addictions.

"Life is very interesting...in the end, some of your greatest pains become your greatest strengths."



Drew Barrymore
Actress & Tv Talk Show Host

It's your outlook on life that counts. If you take yourself lightly and don't take yourself too seriously, pretty soon you can find the humor in our everyday lives. And sometimes it can be a lifesaver.

Betty White

BrainyQuote®

Homelessness is on the rise in New Hampshire



New Hampshire has seen one of the largest increases in homelessness nationwide.

Why is that?

New Hampshire has been experiencing a housing crisis for many years actually, since before pre-COVID, but it's just worsened over time.

And so New Hampshire right now is at a 0.5% [vacancy rate]. So [that's] one-tenth of what a healthy vacancy rate should be, which means that it's very difficult, even for people who have the means, to be able to find an apartment [or] a rental unit.

We have treatments for opioid addiction that work. So why is the problem getting worse?



Opioid addiction doesn't get as many headlines as it used to, but the crisis is as bad as ever. It doesn't have to be. The opioid crisis doesn't get as many headlines as it used to before Covid-19, but the news remains stubbornly, shockingly bad.

Decades into the deadliest drug overdose epidemic in American history, people are dying at higher rates than ever. Between 2017 and 2021, the number of overdose deaths involving opioids jumped from 47,600 to 80,411 – many more Americans than are killed each year by guns or cars. The surge has been largely driven by powerful synthetics like fentanyl, an opioid 50 times more potent than heroin.

April is Alcohol Awareness Month



April is Alcohol Awareness Month, a time to raise awareness and understanding of alcohol abuse. Over time, excessive alcohol consumption can lead to the development of chronic diseases and other serious issues that affect your quality of life, physical and mental health.

Did you know more than 140,000 deaths occur every year in the United States due to excessive alcohol use? If you or someone you know is struggling with alcohol misuse or abuse, there are ways to help.