



# NH PIP NEWSLETTER

The latest news from the New Hampshire Pediatric Improvement Partnership

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## Welcome!



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Welcome to our first edition of the New Hampshire Pediatric Improvement Partnership newsletter. This publication will highlight NH PIP projects, partners, and data sources.

**Through learning, connection, and collaboration, NH PIP supports resilient pediatric care for children, families, and the workforce statewide.**

## Promoting Resilience Across Pediatric Care

Across New Hampshire, pediatric care plays a central role in supporting the health and well-being of children and families. Through the New Hampshire Pediatric Improvement Partnership (NH PIP), this work is guided by a commitment to strengthening resilience across pediatric care systems. We recognize that resilience is not a trait, but a process shaped by relationships, environments, and opportunities to build skills. Research from the Center on the Developing Child at Harvard University (2015) shows that children who thrive despite significant adversity almost always have at least one stable, supportive relationship with a committed adult. These relationships buffer the impacts of stress and lay the groundwork for developing adaptive skills that help children respond to challenges over time.

NH PIP's efforts to promote resiliency incorporates consultation, shared data and improvement activities, and practice-centered learning, all designed to support high-quality, responsive care. This also includes leveraging resources such as the Mental Healthcare Access in Pediatrics Consultation Lines to strengthen real-time clinical decision-support and relational guidance for providers. Additionally, we offer asynchronous learning modules, Resilient by Design: Trauma-Informed Care for the Healthcare Workforce. This online course is aimed at building workforce skills in recognizing and responding to adversity across diverse care settings and has already trained more than 50 individuals. These strategies align with evidence that resilience emerges from the interaction between protective social environments and responsive biological systems.



As this work continues, NH PIP advances approaches that promote trauma-responsive care and strengthen connections between healthcare and community-based resources. These approaches reflect Harvard University's report findings that building resilience requires both supportive relationships and opportunities for active skill-building, enabling children to develop the cognitive, emotional, and social capacities needed to thrive.

By prioritizing accessible, asynchronous learning and cross-sector partnerships, NH PIP supports the pediatric workforce in gaining the competencies necessary to recognize adversity, respond effectively, and promote protective factors within clinical and community settings. These strategies mirror the Harvard Council's recommendation that resilience-building is most effective when systems create environments that reduce sources of stress, strengthen supports, and improve children's ability to develop core skills.

The NH PIP's commitment to this work is rooted in a strong and growing body of scientific evidence demonstrating that resilience develops through stable, supportive relationships and environments that foster the skills children need to adapt and thrive. Building on this foundation, and in partnership with clinicians, staff, and community collaborators across New Hampshire, NH PIP remains dedicated to strengthening pediatric care systems so that children and families statewide receive the resilient, responsive support they deserve.

## Learn More

*For more information about how you can sign up for our free asynchronous learning modules designed to aid healthcare professionals with building resilience in children and families, visit the NH PIP website here:*

- **Resilient by Design: Trauma-Informed Care for the Healthcare Workforce**

<https://www.nhpip.org/trauma-informed-care-pediatrics-project>

*Explore these resources on trauma-responsive care and the conditions that support child and family resilience:*

- **Harvard University, Center on the Developing Child.**

<https://developingchild.harvard.edu/resources/supportive-relationships-and-active-skill-building-strengthen-the-foundations-of-resilience/>

- **CDC – Preventing Adverse Childhood Experiences <https://www.cdc.gov/aces/prevention/index.html>**

## NH MCAP Teleconsultation Updates

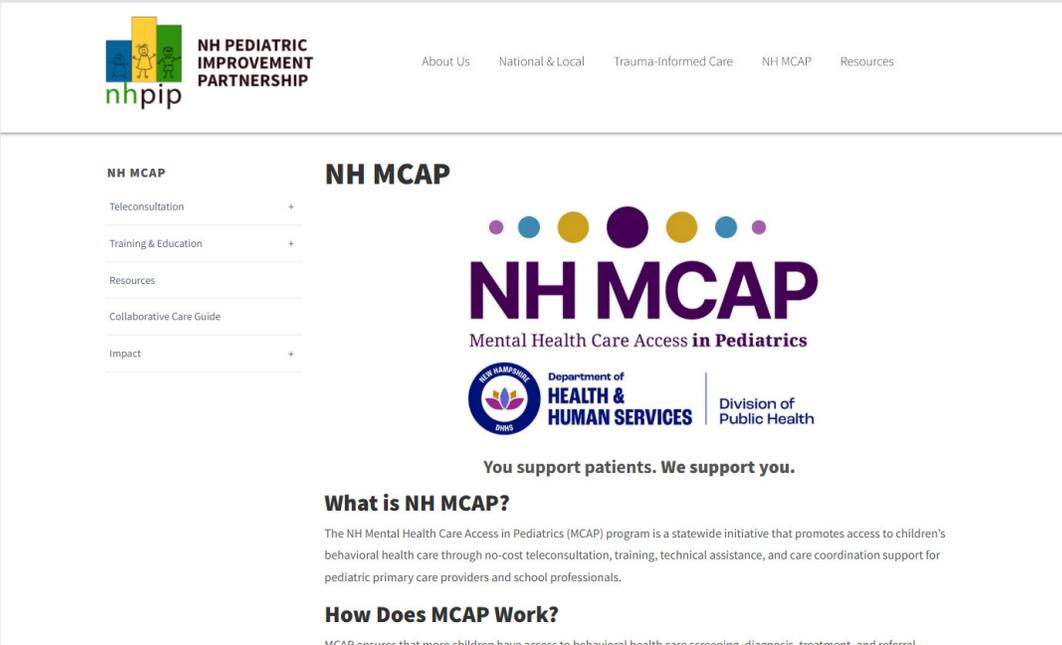


The NH MCAP Access Line program provides real-time consultation and support to help clinicians navigate behavioral health needs quickly and confidently. Through this service, providers can speak directly with our on-call child and adolescent behavioral health specialists for guidance on assessment, treatment planning, resources, and next steps—helping ensure that youth and families receive timely, appropriate care. In addition, our [Teleconsults to Schools](#) program extends this expertise directly into school settings by offering virtual consultations for school staff who are supporting students with behavioral health concerns. These teleconsults help educators and school teams identify effective strategies, access resources, and strengthen coordinated care between schools and community providers.

**Together, both programs are designed to empower professionals with the tools, guidance, and partnership needed to support the mental health of children and adolescents.**

We'd love the opportunity to visit your practice or school and share more about how these resources can support you and the children you care for. Our team is happy to walk through the service, answer questions, and discuss how you can best implement this resource into your daily workflows. If you have used our consultation programs, we would love to hear your feedback.

We also invite you to explore our newly updated [website](#), where you'll find helpful resources, quick guides, and testimonials from provider champions who have successfully integrated the Access Line into their workflow. We look forward to connecting with you and supporting your practice needs.



The screenshot shows the NH PIP website. The top navigation bar includes 'About Us', 'National & Local', 'Trauma-Informed Care', 'NH MCAP', and 'Resources'. The left sidebar menu lists 'NH MCAP' with sub-items: 'Teleconsultation', 'Training & Education', 'Resources', 'Collaborative Care Guide', and 'Impact'. The main content area features the NH MCAP logo and the text: 'Mental Health Care Access in Pediatrics', 'Department of HEALTH & HUMAN SERVICES', 'Division of Public Health', and the slogan 'You support patients. We support you.' Below this, there are sections for 'What is NH MCAP?' and 'How Does MCAP Work?'.

Please see below for a flyer highlighting an upcoming Project ECHO training opportunity for New Hampshire professionals in primary care who work with children and teens. This series will be the 6th cohort of the Mental Health Care Access in Pediatrics ECHO and will focus on Initiating and Monitoring Anxiety Treatment. Please feel free to share this information with your network!

## Project ECHO: Initiating and Monitoring Anxiety Treatment



### NH MCAP

Mental Health Care Access in Pediatrics



**When:**  
Every other Tuesday  
March 10<sup>th</sup> - May 19<sup>th</sup>  
12:00 - 1:00 pm

**Audience:**  
Primary care  
providers and teams  
who serve NH kids  
and teens

### LEARN ABOUT

- Assessment
- Differential diagnosis and co-morbid conditions
- Monitoring treatment
- Stepping up and stepping down treatment

**Click HERE or**  
**Scan to**  
**Register!**



Questions?  
Contact Cait McAllister at [Cait.McAllister@unh.edu](mailto:Cait.McAllister@unh.edu)



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Please see below for a flyer highlighting a NEW training opportunity for NH professionals working in primary care and taking care of children and teens. This asynchronous course allows professionals to learn at their own pace while improving capacity to treat pediatric behavioral health issues. Please feel free to share this information with your network!

## ONLINE COURSE

Beyond the Clinic:  
Navigating Community  
Supports for Behavioral  
Health



## NH MCAP

Mental Health Care Access in Pediatrics



### PURPOSE

Equip your primary care team with the knowledge, skills, and strategies to collaboratively address pediatric behavioral health issues, strengthen team-based care, and effectively connect children and families with community resources.

### AUDIENCE

Primary care providers and healthcare support staff who treat kids and teens in NH.

### OVERVIEW

- Self-paced, asynchronous learning
- 10 modules

### Modules

- Understanding Pediatric Behavioral Health
- Relationships with Community Resources
- Barriers to Behavioral Health Access
- Responding to Needs
- Supporting Families
- Creating a Resilient Culture
- Trauma-Informed Communication
- Integrated Behavioral Health
- Meeting Rural Needs
- Sustainability

### REGISTER

Scan to register!



Questions?

Email [Corina.Park@unh.edu](mailto:Corina.Park@unh.edu)



Institute for Health  
Policy and Practice

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## NH AAP Corner **New Hampshire Chapter**

American Academy of Pediatrics   
DEDICATED TO THE HEALTH OF ALL CHILDREN®



### Welcome New NH AAP President, Christine Arsnow

Christine Arsnow, MD, FAAP, DABOM is a pediatrician with over 10 years of experience caring for children and adolescents. She is a partner at Concord Pediatrics, a community pediatric practice that has served families in the region for more than 60 years. Dr. Arsnow is board-certified in pediatrics and obesity medicine and has special interests in vaccine access, gun violence prevention, and food insecurity. She is excited to continue her advocacy work in New Hampshire as President of the New Hampshire Chapter of the American Academy of Pediatrics, where she works to promote policies that support children’s health and well-being.

### Pediatric Advocacy in 2026

As we look ahead to the new year, 2026 brings many opportunities to strengthen pediatric advocacy in New Hampshire. The New Hampshire Chapter of the American Academy of Pediatrics (NHAAP) looks forward to working alongside public health partners to protect and promote the health and well-being of children across our state.

#### 2026 Legislative Priorities

NHAAP’s top advocacy priorities for the year include:

- Vaccine access
- Support for LGBTQ+ youth
- Medicaid access
- Youth mental health
- Food insecurity

Reproductive rights and gun violence prevention will also remain key areas of focus, in coordination with partner organizations.



#### Take Action

Public health professionals and pediatricians play a critical role in informing policy. Legislators need to hear directly how proposed bills affect children and families.

Find your New Hampshire House representatives and your state senator here:

<https://gc.nh.gov/house/members/>

<https://gc.nh.gov/senate/members/wml.aspx>

Thank you for your continued partnership and advocacy on behalf of New Hampshire’s children.

— New Hampshire Chapter, American Academy of Pediatrics

## Data Spotlight- NH Children's Health Dashboard

The purpose of the Children’s Health Dashboard, developed by the New Hampshire Children's Health Foundation, is to help people gain an understanding of the top conditions that drive children’s health in New Hampshire. The Dashboard looks behind statistics to understand how external factors – like neighborhood safety or socioeconomic status – affect children’s health and well-being. The Dashboard is not just for subject-matter experts and has been designed to be accessible and easily understood by a wide audience.

To access this resource please visit: <https://dashboard.nhchildrenshealthfoundation.org/>

### From Newborns to Teens - What Shapes Children's Lives?

The health of children from birth to age 17 depends on external factors affecting their physical, mental, and social well-being. These factors include socioeconomic status, access to quality education, family dynamics, neighborhood safety, and community resources. All significantly influence a child's overall health and development.



### Geography

The indicators and results are organized and presented regionally. We have chosen to use the state's Public Health Regions rather than counties as is frequently done. Presenting data organized by the Public Health Regions allows us to coordinate data collected and reported through the national, state, and local sources.

- Capital Area (Greater Concord)
- Carroll County (Ossipee/Conway)
- Central New Hampshire (Plymouth/Lincoln)
- Greater Manchester
- Greater Monadnock (Keene/Peterborough)
- Greater Nashua
- Greater Sullivan County (Newport/Claremont)
- North Country (Coös/Northern Grafton County)
- Seacoast (Greater Portsmouth)
- South Central (Greater Salem)
- Strafford County (Dover/Rochester/Somersworth)
- Upper Valley (Hanover/Lebanon)
- Winnepesaukee (Greater Laconia)

Hover over the map to see the Public Health Region names and list of towns

