

# #RECOVERYISPOSSIBLE

SOUTHEASTERN NH  
DRUG & ALCOHOL SERVICES



senhs.org

603.516.8160



October 4, 2021

Dear Supporter,

Fall is in full swing. The leaves are changing colors and it is time to say farewell to warmer weather.

The coming of the cold weather season causes an increase in the number of people seeking treatment for addiction—often due to housing instability and the detrimental effects of seasonal gloom on co-occurring mental health conditions. In addition to challenges presented by the onset of colder temperatures, the effects of the pandemic are still causing complications for those struggling with substance misuse.

According to the National Institute on Drug Abuse, the isolation and stress caused by COVID-19 has led to the proliferation of substance abuse. Those in any stage of recovery from substance use disorder are also at elevated risk for reoccurrence during these troubled times. It is therefore an especially important time to reflect on how important it is to have a community of support. Counselors, treatment centers, peers, peer groups, and friends and family members are all essential components of the recovery community—as are *SENHS supporters such as you!*

Your support allowed us to provide treatment to 500 people in the last year. Your contributions to our cause also send the critical message to our communities that **recovery is possible**; that alcoholism and drug addiction and their frequently co-occurring mental illnesses are *treatable* diseases. Please see the attached **FY20-21 Fact Sheet** highlighting our accomplishments. With a *lot* of help from our friends, we finished the fiscal year in a stable position. Moreover, we are thrilled to see that those struggling are again seeking help from us at levels before the pandemic started.

We are very excited to announce that Ryan Brander has joined SENHS as our Development Coordinator. Ryan has over 6 years of experience in nonprofit relations, and more than 8 years of experience in public relations.

To get the latest news and learn about SENHS events, please sign up for our newsletter on our website at <https://senhs.org/newsletter>. Please consider following us on Facebook, LinkedIn and Instagram. We want to share our clients' recovery success stories with you!

As always, the SENHS Family is grateful for your partnership. We want to acknowledge the vital importance of your support and say a tremendous **thank you** for helping to foster recovery in the lives of those who need it.

We wish you and yours an enjoyable and healthy Fall.

Gratefully,

Denise M. Elwart  
Executive Director

Ryan S. Brander  
Development Coordinator

