



## LEGISLATORS NEWSLETTER - NOVEMBER 2019

Higher Education provides **cultural** as well as **economic** value to the State of New Hampshire. Graduates are flexible life-long learners who volunteer more and are more engaged with neighbors and community.



### On the Frontline of Combating Teen E-Cigarette Use

To help address the growing e-cigarette/vaping problem, Plymouth State University's Health and Physical Education Teacher Certification Program received a [\\$48,000 CVS Health Foundation grant](#) to implement "[CATCH My Breath](#)," an educational program that provides middle and high school students with skills to resist peer pressure and other influences. "This [grant](#) gives us an opportunity to educate and inform thousands of students across the state on the risks associated with e-cigarette use to help them make better decisions," said Timothy Losee, Ph.D., Assistant Professor of Health and Human Performance. Dr. Irene Cucina and Dr. Losee will oversee the grant management and implementation and will be conducting research related to this program over the next eight months in collaboration with four other universities in the northeast.



### Recovery Coach Academy at PSU

The Counselor Education and School Psychology (CESP) programs hosted a 5-day intensive Recovery Coach Academy Oct. 28 – Nov. 1 at PSU in partnerships with Mid-State Health and Plymouth Area Recovery Community. The training is a major goal of the two Health Resources Services Administration (HRSA) [grants](#) awarded to the CESP programs to support people seeking or sustaining recovery from substance use and opioid use [disorders](#). The 39 participants (students from the CESP programs, behavioral health professionals, and community members throughout NH) said the training enhanced and broadened their understanding of addiction and recovery. It also underscored that everyone should be met with kindness and support as they navigate their unique recovery journey.