FIRST EDITION

FALL 2026

PREVENTION PRESS

PROVIDED BY THE RAYMOND COALITION FOR YOUTH



Empowering Youth Voice

Featuring RCFY Youth!
2026 Granite Youth Alliance Film Festival,
Features films created and produced by youth. Each film is designed by young people, to raise awareness to issues that impact young people.
The Raymond Coalition For Youth - Youth Action middle and high school groups debuted their videos, BRAIN ROTTED and DANGERS IN DISGUISE.
You may visit our RCFY Youtube/RaymondCoalition site to see this year's features, along with videos produced in previous years.
To learn more about our RCFY Youth Action program look inside to see more of their amazing work!
We are very proud of them all!

INSIDE LEARN MORE ABOUT

Engaging Youth and Sharing Resources



Building Relationships



Harmful & Intoxicating Substances



THE RAYMOND COALITION FOR YOUTH EMPOWERS THE COMMUNITY TO PROMOTE POSITIVE YOUTH DEVELOPMENT AND REDUCE YOUTH SUBSTANCE MISUSE AND SUICIDE RISK

Non-profit
U.S. Postage
Paid
Raymond
NH
Permit No. 4

Local Postal Customer

WELCOME TO THE PREVENTION PRESS

BROUGHT TO YOU BY THE RAYMOND COALITION FOR YOUTH (RCFY)

Welcome to our first edition of the Prevention Press. If the community likes it, we will look into publishing a spring edition too.

First, why are we sending this out? The Raymond Coalition For Youth has been working to Promote Positive Healthy Choices for Youth since 2002. We started in response to teen reported substance misuse data. At the time the biggest concern was alcohol and tobacco. Over the years great progress has been made at reducing use of both of these substances due to a coordinated effort at a local, regional and federal level.

Our primary goal is to reduce youth substance misuse and suicide risk and we know this work takes everyone in our community working together to make it a success. We know that when we work together and collaborate on efforts to create community change, share our resources and build community trust, great things can happen.

We know because we have seen it happen for over twenty years.

Checking in with our community is very important as we are a data driven, nonprofit organization. We need to know what concerns our community, what needs attention and are things are working well.

What do you think of the paper?

Let us know.

info@rcfy.org

PURPLE - NOT POLITICS

RCFY is a bipartisan nonprofit organization.

What does that mean? RCFY is made up of our community members and partners. We are not a Republican or Democratic organization. In simple terms, we are not red or blue; we are purple.

The issues that RCFY's mission focuses on, substance misuse and suicide risk, impact everyone who lives, works, plays and prays in our communities. These issues do not care where you live, what your home looks like, who your family is, who you know, or how much money you make and they certainly do not care who you vote for.

However, it is important that the people who volunteer to serve our communities as elected officials understand the importance of these issues and the role prevention work plays in providing a clear understanding of the issues affecting the communities they have been elected to serve.

Our 2026 Community Check-in Survey highlighted a need to better reach the community. RCFY was referred to as "the best kept secret." Some shared that not all parents knew about the issues we address, or the services we are connected to for help and support.

Our responses to this data, and these comments, are reflected throughout the following pages. Our goal is to highlight the many people and organizations that make up RCFY, give voice to our work and most importantly, raise awareness and understanding to the issue and supports available to help keep youth, parents, families and the community as a whole safe and informed.

We hope you enjoy the first edition of this paper. RCFY is a community organization and we are strengthened when our community is involved and a part of our work. Please share your thoughts, ideas and comments with us. Good, constructive or indifferent, it is how we grow.

If at any time you have a question, please reach out. It is why we are here. We encourage you to learn more about RCFY, get involved and help us make a difference.





Our elected officials face hundreds of situations that require them to vote on, making laws and policies that impact us all. They cannot possibly know everything about every issue they deal with. That is why it is our job, you and RCFY together, to know the facts, share the information, and help our elected officials make clear, thoughtful decisions based on the needs of their communities. This helps them understand the impact of their votes on public health at a local level.

When important topics come up and you reach out with information via a phone call, email or direct conversation with your elected official, you are providing information and awareness. This is very helpful when it comes time for them to vote on important issues. It is important to know that personal stories are especially helpful when people are trying to express the importance on an issue.

If you have questions or want to learn more, please reach out to our office.

The Raymond Coalition For Youth (RCFY) **www.rcfy.org**
Prevention Press Newspaper **1-603-895-0600**
info@rcfy.org

We are located at
66 Main St, Raymond NH
Office Hours by appointment as we are out in the community.

Connect with us on social media
@facebook.com/RCFYOUTH
@instagram.com/rcfy
@youtube.com/raymondcoalition

Join our mailing list to stay in the loop and never miss out!

#RCFY

OUR RCFY WHY

Mental Health and Substance Misuse is an "Everyone'" issue.
Celeste Clark, RCFY Director

We can all help make our communities healthier and more connected. When we talk openly about substance misuse and mental health it creates an environment where people will feel safer asking for help.
Substance misuse can include alcohol, marijuana, street drugs such as heroin, methamphetamine (Meth) and cocaine, and the misuse of prescription drugs. It can hurt people, families and communities. When we learn the signs, share resources and support prevention, we can reduce harm and give people the support they need.
Substance misuse can cause pain, family stress, problems for law enforcement and health care, and loss of life through death from the harms of these substances. Caring talks, early help and treatment can support recovery. Everyone can help by listening, learning, connecting people to help and supporting prevention efforts early in life.
The opioid crisis hit New Hampshire hard in 2016. The problem had been growing through the pharmaceutical industry for more than a decade and prevention coalitions shared important information about medication misuse and the risk of addiction but people didn't think it was their issue, until it was.
Today, awareness, education and community partnerships can help people see risks and find support sooner.

GETTING TO "Y"

If you want to make a difference and prevent youth substance misuse, you need to involve youth in the process and Youth have been a part of RCFY since we started. We involve them in the data collection, review and discussion. They are thoughtful, share ideas and help design the programs, outreach and activities of RCFY.
The important information to share is that the overwhelming majority of students choose not to use drugs and alcohol, this is a good thing. We need to highlight this as it empowers students to know that the majority of their peers are making healthy choices. This lessens peer pressure.

As we begin the 2026 - 2027 school year our students will be working with the following data.

The majority of high school students:
- **80% do not to drink Alcohol**
- **74% do not to Vape**
- **74% do not to use Marijuana**

The majority of middle school students:
- **94% do not to drink Alcohol**
- **90% do not to Vape**
- **94% do not to use Marijuana**

Through student leadership groups and training we explore why a percentage of students do use. What contributes to this use and how can we help create community awareness and support to make those numbers go even higher.
This is where prevention comes in. We know that when we reduce access to a substance and increase awareness to the dangers of a substance that we can decrease use.

When we share the dangers and effects of substance misuse, we make room for prevention and support and can be a support for people facing these challenges who live in our communities. Mental health struggles and substance misuse often happen together. Some people try to cope by using illegal drugs or misusing legal drugs, including alcohol and marijuana.
When communities invest in prevention, connection and recovery, we can reduce harm to people, families and public services, such as health care and emergency services. Prevention costs much less than responding after harm happens and an emergency call is needed.
Over 40.3 million people in the USA have a substance misuse disorder. One in four people who use illegal drugs will develop an addiction. More than 70% of people who try an illegal drug before age 13 will develop an addiction to alcohol or drugs.
People who struggle live in our communities. They drive on our roads, work with our children, and may be a coworker, spouse, child or neighbor. We all share responsibility for safer, healthier communities. News reports often show how substance misuse or mental health struggles can affect the public. The people involved may be connected to us. These events remind us that compassion, early help, prevention and recovery resources matter. By working together, listening without judgment and connecting people to help, we can make a positive difference.
The RCFY stands as a shining example of what practical, grass-roots, and hands-on engagement looks like from adults in a community. Many people talk big about change for youth, but RCFY is an organization that I have witnessed go beyond the talk and take decisive action for the betterment of Raymond and beyond. All these things are impressive and important to me, especially because I know that if RCFY wasn't up and running, there would be nobody to fill the gap in what they do for organizing substance prevention, mental health, and general youth wellbeing.

You are invited to join us!

RCFY **Monthly Community Meeting**

DATE: **2nd Thursday of the month**
TIME: **9:00 - 10:30 AM**
PLACE: **Raymond Baptist Church, lower level**



HOW DO WE 'DO' RCFY

Twenty years and going strong. The mission of the Raymond Coalition For Youth (RCFY) is to empower the community to promote positive youth development and reduce youth substance misuse and suicide risk. RCFY was established in 2002 in response to the Youth Risk Behavior Survey, a completely anonymous survey given every two years to students in grades six through twelve. We use its findings to guide our programs, identify areas for improvement, and track what is working and where more focus is needed.

RCFY's vision is to build a strong, youth-empowered community. We do this by listening to and engaging young people. We host weekly Youth Action groups at both the middle and high schools after school, offer youth leadership training, and support students as they identify concerns and bring them to adult leaders who can help create positive change.

From prevention education and community events to youth leadership development and information sharing, every initiative this year supported our shared goal of creating a safer, healthier, and more connected community. Thank you to everyone who supports our mission. These partnerships make this work possible.

HOW TO SUPPORT RCFY

There are many ways to support the work that the Raymond Coalition For Youth does each day and we have something for everyone who may want to share the Time, Talent or Treasure.

- **Sign up to volunteer** - we have take home projects, in the office work and event planning opportunities.
- **Join us at our monthly meetings** to learn more about the issues RCFY works on. They are the 2nd Thursday of the month, 9:00 - 10:30 am at the Raymond Baptist Church.
- **Be a RCFY cheerleader** to help raise awareness to our work.
- **Be a RCFY prevention advocate** and share the information you learn within your network (friends, neighbors, family, coworkers)
- **Make a financial donation** to go towards our programming.
- **Attend our Annual Fundraising Gala** on March 6, 2027.
- **Sponsor a RCFY event** and promote your business
- Purchase a RCFY Discount Card.

We invite you to help us keep RCFY progressing forward.

YES, I WANT TO SUPPORTTHE GREAT WORK RCFY IS DOING

$25 $50 $100 $250 $500 OTHER $___

NAME_____

ADDRESS_____

TOWN_____ **ZIP**___

EMAIL_____

PHONE_____

venmo

MAIL DONATION TO

66 MAIN ST, RAYMOND NH, 03077

OR VISIT OUR WEBSITE FOR OTHER GIVING OPTIONS

Our RCFY friends and members are our RCFY cheerleaders who help keep the passion of RCFY moving forward. We hope this paper inspires continued engagement and pride in the amazing coalition we have built together to support our youth and communities for years to come.



IN THEIR WORDS - A NOTE FROM OUR YOUTH

"Being part of RCFY has helped me a lot mentally and how I think about the world and how my actions impact it. When I was a freshman and sophomore in high school, I had very little self-esteem. I was depressed and had crippling social anxiety.

When I would go to RCFY, I would slowly become more comfortable in that environment and would eventually feel safe enough to speak my mind. If you were to talk to anyone in RCFY right now they would find me not speaking my mind very hard to believe but it was because of RCFY where I was able to develop that skill, especially with the encouragement from Ms. Baker and Celeste. Being able to speak my mind and fight for what I believe in eventually made me believe that I could run for student school board representative. And then I actually won."

"The impact that the coalition has had on my life is something that is so profound, it simply cannot be described to its fullest potential in a reasonable number of words. No matter what kind of person you are,

you can find community and learn to grow while in the coalition.

Everyone that I know has taken something different out of RCFY, and that just goes to show how lucrative the experience of being a youth action member can be."

MEET OUR BOARD OF DIRECTORS AND STAFF

THE PEOPLE DRIVING THE MISSION FORWARD

A Note from the Chair - Debora Intonti, Giving a Voice to our Mission, One Story at a time:

Our greatest strength as a community comes from our willingness to come together.
Our coalition, RCFY, is committed to supporting mental health, addressing substance misuse, promoting awareness, and bringing community members and organizations together around a common purpose. We recognize that meaningful changes happen through partnership, compassion, education, and connection.
Every person and organization involved brings something valuable to this effort. By sharing ideas, resources, and experiences, we strengthen not only our coalition but also the community we serve.
I am grateful to everyone who contributes to this important work. Together, we can continue reducing stigma, encouraging people to seek support, strengthening connections, and creating positive change
for the greater good..

Additional RCFY Board of Directors, not pictured below

- Kathy McCarthy
- Terry Leatherman
- Carrie Chooljian
- John Gagliardi



Meet Deb, our Chair - I became a Board member in 2019 with a heartfelt desire to connect with and give back to my community, alongside a caring group of individuals and students committed to making a difference. The relationships we build working together give me the opportunity to listen, advocate, and offer support to those navigating substance misuse, mental health challenges, and the many struggles facing our youth and families today. My greatest hope is that, through compassion, kindness, and connection, I can help someone find the resources and encouragement they need to take a positive step forward. I am truly grateful for the opportunity to serve and to be surrounded by dedicated colleagues who share this meaningful mission.



Meet Timothy Carta, Our Vice Chair - I joined RCFY my freshman year of high school. Youth Action gave me opportunities to teach other kids about substance misuse and how to improve mental health specifically for students. Being on the RCFY board of directors allows me to help shape the organization that heavily contributed to my work ethic and opinions on the importance of community service. Even though I've moved away from Raymond, it is also rewarding to be able to continue to impact the town I grew up in.



Meet Dustin - I serve on the board because I recognize how fortunate I was to grow up surrounded by a strong support system, including parents, coaches, teachers, and mentors who helped guide me along the way. Not every young person has access to that same network of support, which is why I believe it's so important to be involved with an organization that helps provide encouragement, resources, and opportunities to those who need them most.



Meet Sue - I serve as a board member of the Raymond Coalition for Youth because I believe deeply in the power of prevention, education, and community collaboration to support young people. RCFY's mission aligns closely with my values and professional commitment to promoting health and well-being. Being part of this board allows me to contribute my experience and help strengthen programs that give youth the resources and support they need to make positive choices and thrive.



Meet Alissa - I serve on the RCFY Board because I believe that our community has a responsibility to invest in and support its young people.
I understand firsthand how important prevention, education, and having the resources available truly is. I have always believed that something as simple as knowing that someone in the community believes in you, can make a meaningful difference. I am honored to contribute my time to RCFY and help strengthen a community where every young person has the opportunity to feel valued.



Meet Celeste, Our RCFY Executive Director - I became involved in RCFY over twenty years ago as a mom of four children growing up in Raymond, with a family history of addiction. I was concerned about the high rates of reported youth drug use and wanted to be a part of the solution. I discovered a passion for prevention work and loved the difference we made with partners who worked together. What I love most being a part of RCFY is engaging our youth and allowing them to guide the work. I have met the most amazing young people who care and understand that mental health, substance misuse and addiction are horrible diseases that can rip a family apart. If we can prevent that pain and heartache from ever happening then we have done a our job.



Meet Pam, Our RCFY Program Coordinator - I grew up in Raymond and worked in the school system for many years, supporting RCFY and witnessing the positive impact it had for youth and families. I am proud to now be on the team and working with our community partners, and trusted adults to help young people feel seen, valued and heard. My commitment to this work is deeply personal as I lost my son in 2013 to addiction and fentanyl poisoning, so I know the value of prevention work and positively engaging and supporting youth. Every life saved is someone's child, family member or friend. I am grateful to be able to give young people a voice and the support, education and resources they need to help support their happiness and future wellness.



Meet Pam, Our RCFY Finance Coordinator I come from a family of volunteers. Both my father and my brother were volunteers in the Rotary, Lions Club and Riverside Park here in Raymond. When I was asked to volunteer on a committee looking for locations for a Community Center I happily joined. The Community Center never came to fruition, but I stayed to help RCFY in the capacity of Bookkeeper. 21 Years ago, when the Coalition received their first Drug Free Communities Grant I became a part time employee and have been ever since. Working to educated the community on the dangers of substance misuse and suicide awareness is an important message to share.

SUICIDE PREVENTION

Prevention tips – because Everyone can help save a life.

First, it is important to know that **TALKING ABOUT SUICIDE DOES NOT CAUSE SUICIDE**. In fact, if we talk more about it we reduce stigma, which can help encourage someone to access help.

Where to get help - If you recognize the warning signs in friends and family, connect them to the 24/7 help at the 988 Lifeline or a mental health provider if they are in crisis.

Warning signs of suicide can vary, but may include talking about wanting to die, talking about feeling hopeless, talking about feeling unbearable pain, talking about being a burden to others, increasing the use of alcohol or drugs, or withdrawing or isolating themselves.

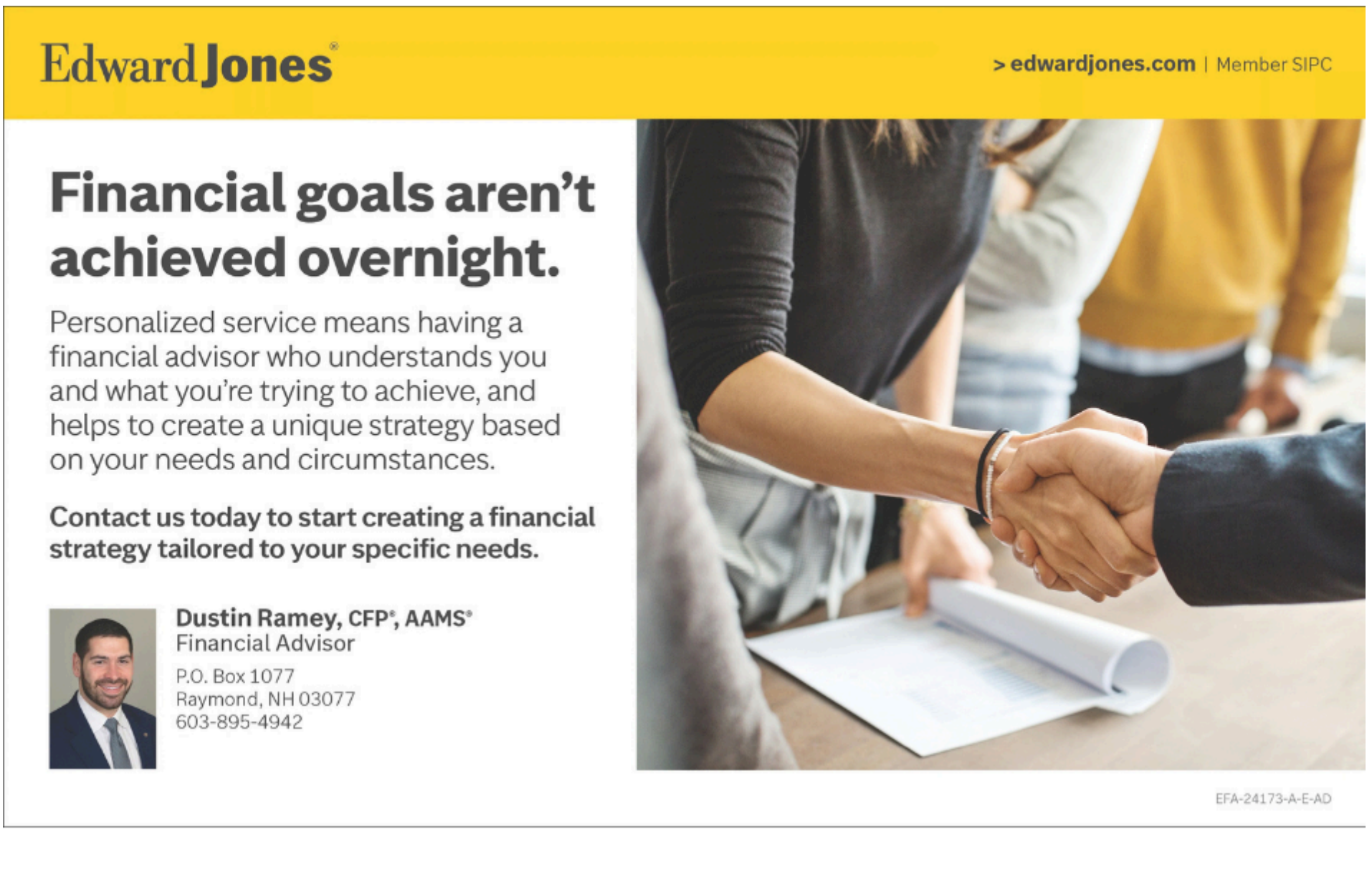
Everyone can engage their communities in shared activities that reduce feelings of isolation such as community clean ups, tree planting, or group exercise. These activities provide opportunities for people to become more involved in the community and connect with others.

Businesses can prevent suicide by creating a supportive environment that reduces job strain, actively promotes mental health, and makes crisis resources readily accessible. Businesses can also train gatekeepers and managers to recognize the signs of suicide and safely intervene. Contact our office for information.



> ***I work with youth who stutter, who are at increased risk of developing anxiety, depression, and substance use in the teen years. I consider RCFY an essential partner in supporting awareness, prevention, and treatment of mental health disorders in our community. Together we make a brighter future for everyone!***
>
> ***Thank you RCFY!***





A True Raymond Community Resource

Care, connection and support- right here in Raymond!



SUPPORT THAT GOES BEYOND THE EXAM ROOM

Gather's Gus the Bus

Gather's Mobile Market visits the Raymond Center every other Tuesday from 12–1 p.m., offering free fruits and vegetables, pantry staples and seasonal items. Walk-ins are welcome; bring a photo ID or proof of address.

Medications for Addiction Treatment

Medications for Addiction Treatment, or MAT, supports people recovering from opioid or alcohol use disorders. Lamprey offers seven medication options along with behavioral health care and an experienced dedicated care team.

Same-Day Registration & Care

Beginning this fall, Lamprey Health Care will offer a new Same-Day Registration & Care Program, allowing eligible new patients to walk into participating locations, register as a patient, and be seen by a healthcare provider on the same day during designated walk-in hours.

Community Events and Groups

Community Matters offers free speakers and conversations about topics affecting health and well-being. The Raymond New Moms Support Group meets Wednesdays from 11 a.m.–noon for moms with infants and toddlers up to age three. See lampreyhealth.org/events for full schedule.

CHWs and Care Coordinators

Our Community Health Workers and Care Coordinators help patients understand insurance, apply for financial assistance and connect with resources for food, transportation, housing, wellness and other needs.

Mobile Health Services

Lamprey's Mobile Health Unit provides walk-in health services at community partner locations. The closest public stop to Raymond is St. Vincent de Paul in Exeter, Fridays from 9 a.m.–noon. No appointment is needed.





REAL STORIES. REAL IMPACT.

Liam: Recovery and Second Chances

After seven years in Lamprey Health Care's Medication-Assisted Treatment (MAT) program, Liam M. has reclaimed control of his life. Having struggled with addiction and experienced treatment programs he found impersonal and overwhelming, Liam found something different at Lamprey: compassionate care tailored to his needs. The MAT program helped him break the cycle of withdrawal, relapse, and street drug use while continuing to work and manage everyday responsibilities. Supported by a care team that met him where he was, Liam built a sustainable path to recovery. Today, he maintains a healthy exercise routine, enjoys greater stability, and continues moving forward with confidence and renewed hope.

Karen: Building Health Beyond the Exam Room

For more than 15 years, Karen L. has trusted Lamprey Health Care for her medical care. After undergoing two knee replacements, her care team connected her to Lamprey's Healthy Lives Program, introducing her to local yoga classes she never imagined herself attending. What began as hesitation quickly became a source of strength, mobility, and community. Today, Karen attends yoga several times a week and feels stronger and more confident about reaching goals like hiking and playing pickleball again. She credits Lamprey's whole-person approach for helping her focus on wellness, not just recovery, and for connecting her with resources that have transformed her health and outlook.

Tina: From Homelessness to Hope

When Tina S. moved to New Hampshire in 2021 after years of homelessness and trauma, she was connected to Lamprey Health Care through state services. What she found was more than medical care. Tina's team helped address both her physical and emotional needs, providing support, guidance, and connections to essential community resources. Through trusted relationships with her providers and care coordinators, she regained stability, confidence, and a sense of belonging. Today, Tina is safely housed, feels more balanced and hopeful, and credits Lamprey with helping her rebuild her life. Her story demonstrates how compassionate, whole-person care can restore not only health, but dignity and hope.

RAYMOND CENTER

128 Route 27 Raymond, NH

(603) 895-3351 lampreyhealth.org

Welcoming New Patients!

THE VALUE OF A TRUSTED ADULT FOR A CHILD

By: Alvin Caldwell, Jr., Ph.D., ABSNP
NH Licensed School Psychologist-Doctoral

As trusted adults, we must understand that we are the bridges that transition our children from childhood through adolescence into adulthood. We must understand that our children not only listen to what we say, they take notice of what we do and seek consistency of our words with our actions. At times, we are quick to say "Do as I say and not as I do." Frequently, this discrepancy births confusion, distrust, and resentment. Our words carry more weight when our lives are aligned with them (talking your walk). We cannot raise our children in an atmosphere of criticism, shame, silence, or constant correction. We are not just saying something nice but speak life, truth, identity, and purpose into their lives.

When a parent, guardian, teacher, or coach looks them in the eye and says I see character, creativity, kindness, intellect, and patience...that matters. When we say that you are not defined by your mistakes and you are loved and filled with purpose...that matters. Those words can shape your children's identity. The world is loud and tells our kids who they are every single day. Social media, culture, failure, and comparison tells them every day who they are.

What if despite our traumas and dramas, we spoke our walks not in performance but in our love, identity, and purpose...one carefully spoken word at just the right time can echo for the rest of their lives. Look them in the eye, see their heart, and tell them what you see in them and remind them of who they are.

Many children, students, athletes, and even adults are starving for words that they are seen, known, valued, and hold purpose. Correction and discipline are essential but cannot be louder than encouragement and reminders of your love and intentional discussion of their interests. Without intentional love, discipline and correction widen the cracks in their lives and set the belief that they are only noticed when they fail. Your love and attention become a refuge when the world becomes loud and widen the cracks in their sense of self. Your love and instruction must not be assumed but spoken and intentional to seal the cracks of their lives, shape identity, and steady self-love that overflows through their words and actions...teaching them to talk their walk.

THERE IS A STRANGER OUT THERE WHO STILL THINKS OF YOU BECAUSE YOU WERE KIND TO THEM WHEN THEY REALLY NEEDED IT. NEVER STOP BEING THAT PERSON.

"RCFY is important to me because I know people who have struggled with addiction and I want to help them and others. They need to know they are not alone and RCFY is a good way for people to know that and get help- Ava"





THE ROOTED SOUL
Holistic Healing Sanctuary LLC
HEAL ♥ NOURISH ♥ RECONNECT
Healing Services ♥ Healthy Food & Drinks ♥ Unique Gifts
56 & 58 Main Street, Raymond NH
603-506-5585

YOUTH PROGRAM
6:30pm-8:30pm Fridays
6th - 12th Grade
KIDS PROGRAM
11am Sundays
Infant - 6th Grade
Grow in faith, build friendships, and discover God's amazing plan for your life!
NLCNH.ORG
603-895-6041

#1 PIZZA IN TOWN!
Supreme House of Pizza
PIZZA AND SUBS
603- 895-9500

WELLNESS & PREVENTION

Supporting the well-being of Raymond's youth goes beyond the classroom.
Submitted by: Samantha Horrigan, Director of Health and Wellness

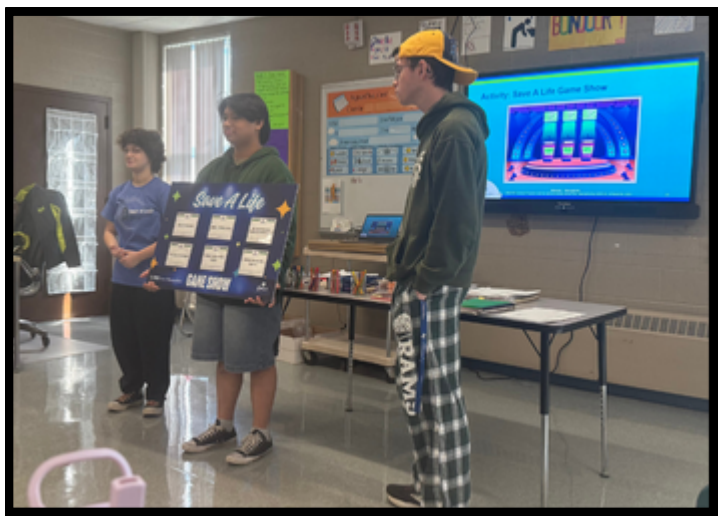
Raymond School District, in partnership with Raymond Coalition for Youth (RCFY), works throughout the year to promote mental health, prevent substance use, build student leadership, and strengthen connections across our community.

Did You Know?

- Raymond School District staff are trained in suicide prevention. School staff receive annual suicide prevention training, while middle and high school students also receive age-appropriate education on recognizing concerns, starting conversations, and connecting peers with support.
- Students are helping lead the way. Through One Trusted Adult - Be Bold Youth Leadership Training, and Youth Action Groups, students build leadership skills and help shape prevention and wellness efforts.
- We listen to what students tell us. The Youth Risk Behavior Survey (YRBS) gives middle and high school students a chance to share their experiences. The district uses this information to help guide mental health, prevention, and wellness efforts.
- Wellness and prevention happen all year long. Wellness Fairs, Mental Health Prevention Month, Red Ribbon Week, and Project Safeguard provide opportunities for students and families to learn about healthy choices, mental health, substance use prevention, and available resources.
- Students are giving back to their community. Community service opportunities, such as Operation Raymond Clean Up, help students build responsibility, connection, and pride in their community.

Throughout the year, school staff, students, families, and community partners come together through district and community teams to look at what our young people need and determine how we can work together to meet those needs. From elementary school through high school, we are building a culture where students know they matter, their voices matter, and they have people they can turn to.
Supporting the well-being of Raymond's youth is a community effort.





Together, we make a difference.

The Carpentier Family thanks the Raymond Coalition For Youth for all their efforts in helping our Raymond youth build for the future.

RCFY SCHOLARSHIPS



Congratulations to our 2026 RCFY Scholarship Recipients: Ethan and Xavier
These young men have contributed countless hours to RCFY and our community creating and implementing countless outreach efforts. We are very proud and grateful to them for being a part of RCFY and look forward to the amazing things they will accomplish in their future.

WHERE DO YOU FIND HOPE

Faith based community partners play an important role in preventing substance misuse and supporting recovery. They offer welcoming spaces where people can find connection, purpose, hope, spiritual support, and practical ways to cope with the challenges of life.
Some young adults are curious about faith and interested in learning more about religion and belonging to a community larger than themselves. Research suggests that meaningful spiritual engagement and supportive faith communities can strengthen protective factors for mental health and well-being, including connection, purpose, resilience, and hope.
New Hampshire has among the lowest rates of church attendance in the country, alongside Vermont and Maine. We warmly invite faith-based partners and the broader public to help make these sources of support visible, welcoming, and accessible—especially for people who are seeking prevention, recovery, or a deeper sense of connection. (pewresearch.org - church attendance)

ENGAGING WITH OUR FAITH COMMUNITY

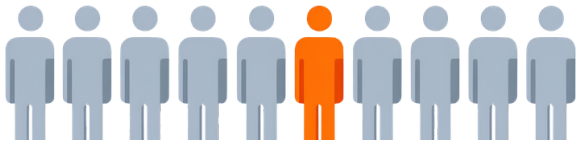
Bethany Church, Raymond	603-431-3646
New Life Church, Raymond	603-895-6041
Baptist Church, Raymond	603-895-2859
United Methodist, Raymond	603-895-2265
St. Joseph Catholic Parish, Epping	603-679-8805
Congregational Church, Raymond	603-895-2362
Providence Baptist, Epping	603-679-8918
Pure Springs Church, Candia	puresprings.org
Congregational Church, Candia	603-483-0506
Cross Roads Bible Church, Candia	603-289-2907

MEDICATION SAFETY

NOT ALL PILLS ARE **REAL**
Spot the fake at **DEA.gov/OnePill**







One out of ten students report using a prescription drug to get high.

Saturday
October 24th
10:00 – 2:00

We accept all medications, for humans and pets, as well as unused needles.

Thank you for properly disposing of these medications to help keep our environment, pets and community safe.

Two convenient locations to safely dispose of your no longer needed medications.

Raymond | **Candia**

CANDIA
FIRST STOPPE
COUNTRY STORE
CANDIA, NH
EST. 2011

Contact RCFY for more information or if you have any questions info@rcfy.org 603.895.0600 www.rcfy.org

If you have medication at home, please practice medication safety:

- **Know which prescriptions you have and how many, so you can tell if any are missing.**
- **Keep medications out of sight and, if possible, locked up so children and others cannot access them.**
- **Talk about the dangers of taking medication prescribed for someone else.**
- **NEVER take a pill unless it comes from a pharmacy. Fake pills bought online or through social media a may look real but can contain fentanyl.**
- **Properly dispose of expired or unneeded medications, including pet medications at the DEA Medication Take Back event, held twice a year, or drop them off any day at the Raymond or Candia Police Station.**
- **RCFY has FREE life saving Narcan kits Contact our office if you would like one.**

IN MEMORY OF JAMES "JIM" TUTTLE GONE BUT NOT FORGOTTEN



Jim was a longtime RCFY volunteer and received a Spirit of NH, Volunteer of New Hampshire Award for the many hours he dedicated to RCFY. He helped around our office as a "Mr. Fix-It," scooped ice cream at youth events, and reminded people to ask our youth, "How are you doing?" He would always say, "when they know you care, it makes a difference." And Jim made a difference!

He requested that memorial donations be made in his name to RCFY to continue his legacy of support for years to come.
To honor a loved one's memory with a donation to RCFY, please contact our office for details, or simply designate the Raymond Coalition for Youth as the charity of choice in the obituary.

The RCFY stands as a shining example of what practical, grass-roots, and hands-on engagement looks like from adults in a community. Many people talk big about change for youth, but RCFY is an organization that I have witnessed go beyond the talk and take decisive action for the betterment of Raymond and beyond. All these things are impressive and important to me, especially because I know that if RCFY wasn't up and running, there would be nobody to fill the gap in what they do for organizing substance prevention, mental health, and general youth wellbeing.
~ RCFY Partner

KNOW THE LAW - PROTECT YOUR TEEN, YOURSELF & YOUR HOME

Underage drinking needs to be addressed as a public safety concern. When a young person tries a mind-altering substances it change how they see the world, impacts their judgement and their ability to make good choices. This puts them at risk and can lead to car accidents, fights, unwanted sexual encounters and more. Youth and adults need to remember that the laws below exist to keep everyone safe.

New Hampshire Communities Need to Know...

- **It is unlawful to provide, in any way, alcohol to someone under the age of 21 in New Hampshire.** Penalty: Class B Misdemeanor; Fines up to $1200 per offence. (RSA 179:5)
- It should also be noted that there is no law which allows a parent to provide alcohol to their child so long as they are under the age of 21, the same penalty above applies.
- Furthermore, anyone who knowingly allows an underage alcohol house party to be hosted on property under their control can also be charged with a Class B Misdemeanor (RSA 644:18).

"Underage alcohol house party" means a gathering of 5 or more people under the age of 21 at any occupied structure, dwelling, or curtilage, who are unrelated to the person who owns such occupied structure, dwelling, or curtilage or has control thereof, where at least one person under the age of 21 unlawfully possesses or consumes an alcoholic beverage or controlled drug."

Nearly 1 in 4 New Hampshire high school students consume alcohol; nearly half of them receive it from someone they know who is over the age of 21. Do your part to help reduce underage alcohol use and protect the youth in our communities. Think Twice.

New Hampshire Liquor Commission
Division of Enforcement
50 Storrs Street
Concord, NH 03301
www.enforcement.liquor.nh.gov



RESOURCES AND SUPPORT

- **ALANON.COM - IF YOU CARE ABOUT SOMEONE WHO STRUGGLES WITH ALCOHOL**
- **AA.ORG - ALCOHOLICS ANONYMOUS**
- **NA.ORG - NARCOTICS ANONYMOUSE**
- **1-800-QUIT-NOW - TO STOP SMOKING**
- **MY LIFE MY QUIT - TEEN VAPING**

EVERYTHING WE KNOW ABOUT MARIJUANA NEEDS AN UPDATE

by Susan Homola
Co-author, The Blunt Truth: Ten Things Every Parent Needs to Know About Marijuana

Many parents think they understand today's marijuana, but most don't. At the time of Woodstock in 1969, THC potency was 1 to 2%. Today, the average marijuana plant is around 22% THC, with some strains reporting 35% and higher. Concentrated products, like waxes and dabs are up to 99% THC.

Why is this so concerning?

The human brain does not fully develop until at least the mid-twenties. The choices that our young adults make in regards to high potency marijuana THC products could influence their behaviors far into the future.

Reports show that users of high-potency THC products have a four to five times greater risk of addiction.

Adolescents aged 12 to 17 who used marijuana were twice as likely to experience depression and suicidality. For those with cannabis use disorder, the risk rose three to nine times.

Approximately half of those who experience cannabis-induced psychosis go on to develop schizophrenia or bipolar disorder. Emergency rooms are also impacted.

Up to 30% of marijuana-related emergency room visits involve a mental health crisis or a psychotic episode.

The perceived risk of the harms of marijuana use has fallen substantially as the legalization movement gains media coverage and more states sign on to increase access to this drug. Studies show a lower perception of risk leads to increased use among adolescents.

The heartbreaking reality is that many adolescents and adults of all ages, believe marijuana to be a harmless drug, and they are being misled.

MARIJUANA IS THE MOST COMMONLY MISUSED ILLICIT SUBSTANCE AMONG TEENS SURPASSING ALCOHOL AND UNDERAGE DRINKING.

Marijuana is the most commonly misused illicit substance among teens surpassing alcohol and underage drinking. Speaking to your child about the harms of high-potency marijuana is the most important thing you can do to help. Start the conversation and let them know:

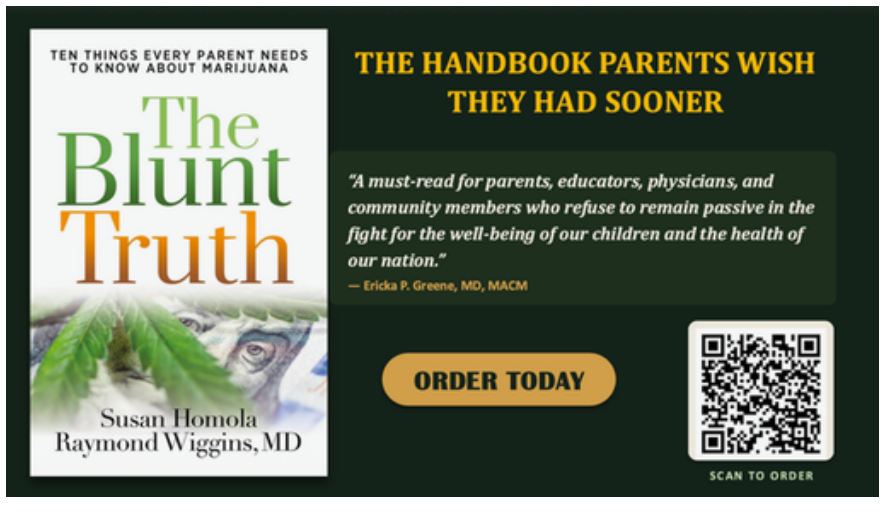
Today's marijuana is being pushed by for-profit corporations

Using marijuana products can have a severe impact on their mental health

Physical harms associated with heavy use of this drug includes hyperemesis system (uncontrollable vomiting.)

Marijuana is addictive.

To learn more about today's high potency marijuana (cannabis) products you can visit rcfy.org and click on the parent tool kit or resources tab. You may also borrow from the RCFY office, or buy your own copy of, **The Blunt Truth: Ten Things Every Parent Needs to Know About Marijuana**.



WHAT YOU NEED TO KNOW

Prevention can be simple: increase awareness, decrease access, and reduce use. It sounds easy, but why is it so hard? Our goal is to reduce youth substance misuse, and one way to do that is by sharing awareness and information about prevention at the local, state, and federal levels.

By raising awareness and reducing access to harmful substances, we help prevent substance misuse and support young people as they flourish and thrive into adulthood.

One way to do this is by keeping youth, parents, and the general public informed about current drug trends and dangers. These dangers often affect not only young people, but people of all ages. This page contains information on current trend and drugs availalbe in communities across the State of New Hampshire.

UNREGULATED INTOXICATING SUBSTANCES

What you need to know about this products:

- **They are widely available in smoke and vape and convenience stores in NH.**
- **They are packaged and promoted to appeal to children but also make false claim about what they can potentially help with.**
- **They are NOT approved by the FDA (U.S. Food and Drug Administration.)**
- **Children can and DO purchase these products because there is no age restriction on them**

This is a snap shot of information on the products below but you can find out more information by visiting our website, rcfy.org and looking at the Prevention and Resources pages.



Kratom

Kratom has addictive properties and can cause confusion, tremors, seizures, heart and lung problems, vomiting, liver problems, and death. The FDA has issued repeated warnings about the dangers of kratom; the DEA made it a "drug of concern" in 2025. Six states have outright bans on the sale of kratom, and Vermont regulates it heavily. Franklin, NH has banned kratom sales, but it remains legal to sell in the rest of the state with no age restrictions. **Most kratom products are enhanced with powerful opioids that are nearly as potent as fentanyl,** which has earned kratom the nickname "gas station heroin." **Hundreds of people in the U.S. die from kratom-involved overdose each year.**

Kratom is sold as gummies, tablets, or shots to increase focus and relaxation. It first acts as a mild stimulant before strong opioid-like effects kick in. Kratom use is more prevalent among adults than teenagers, with people using it to manage chronic pain, alleviate depression and other mental illness, or withdraw from opioid addiction.

It gets very confusing and hard to follow, which is why many people do not know what the difference is between marijuana, cannabis and high potency THC products?

- Cannabis is a plant
- Marijuana is the part that has psychoactive properties.
- High potency THC products are concentrated extracts or strains of the plant that are **engineered** to deliver significantly higher concentrations of the cannabinoid than what occurs naturally.

High THC comes with much higher risks.







THC (Marijuana plant)

Hemp-derived cannabis products stronger than 0.3% THC are **illegal in NH**. Some products labeled delta-8, delta-9, and THC-0 fall below that 0.3% threshold but have synthetic THC added to them to make them much more potent. These are marketed as stress relievers and sleep aids and are often sold as gummies, candies, and drinks packaged to appeal to youth. **Sedation, hallucinations, respiratory issues, seizures, and psychosis, can result from ingesting hemp- derived products. Hundreds of children each year are poisoned after accidentally ingesting these THC products,** including children in NH.

Mushroom products





Mushroom products are legally sold as gummies, chocolates, and other candies. There are many reports of hospitalization because of rapid heartbeat, vomiting, confusion, and seizures after ingesting mushroom products. If marketed as food products (sometimes called functional mushrooms), there are no age restrictions. **You must be 21 to purchase psychoactive mushroom products in NH.** These are marketed with names like Shrumfuzed and Alice Brainstorm to improve cognitive performance, boost energy, and relieve stress. The active ingredient (*A. muscaria*) in most mushroom products rarely causes hallucinations, but **many of these products also include psilocybin and psilocin, which are powerful hallucinogens and illegal Schedule I drugs.**

Nitrous Oxide





Recreational nitrous use has increased since the pandemic. According to national data, **12- to 17-year-olds use nitrous more than those 18 and older.** Nitrous can cause loss of consciousness, blood clots, psychiatric disturbances, addiction, brain damage, and death. Nitrous provides a brief high, has been promoted in videos on TikTok and YouTube, and is sold in flavors like mango smoothie or vanilla cupcake. **There are no age restrictions on purchasing nitrous in NH.**

THE TALK - KEEPING KIDS SAFE STARTS AT HOME

Talking to your child about drugs and alcohol can feel uncomfortable, and maybe even a little scary. Your child may feel the same way, but they are also curious. Kids want the facts and the truth, and the best facts come from you, not from the internet, friends who are guessing, movies, or social media.

There is no one right way to talk about this, but here are some helpful tips to make the conversation easier and to keep the young people in your life safe:

- **Set a calm, honest tone**. Tell them this is an important topic because you care about them.

- **Learn about substance misuse during the teen year**s and how it affects the developing teen brain.

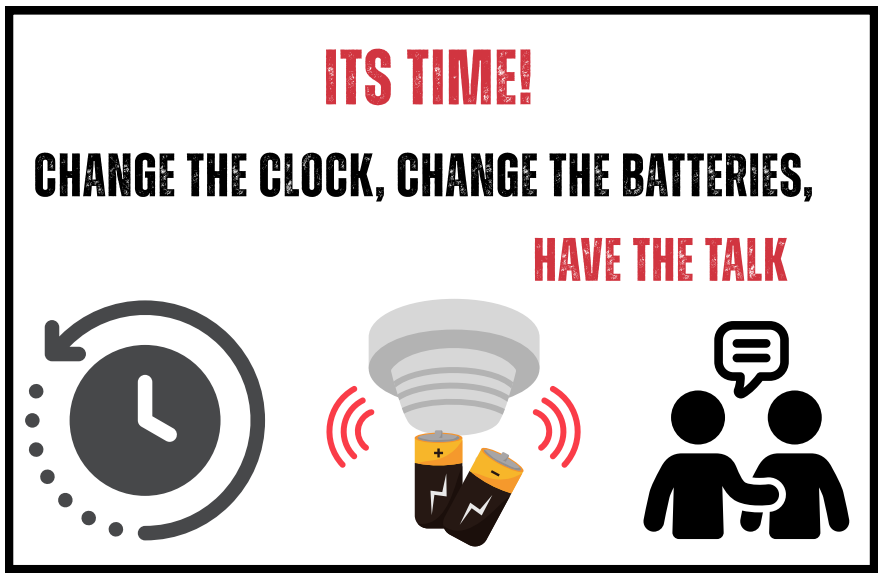
- **Learn about the dangers of underage drinking and today's drugs,** especially high-potency marijuana products and counterfeit prescription drugs.

- **Pick a good time to talk.** It helps when the topic comes up on TV, in a movie, or in the news.

- **Share your values.** Your child should know where you stand on drugs and alcohol, including waiting until age 21 to drink. Be clear about your reasons.

- **Talk about family history**. It is important for teens to know if a family member struggles with addiction.

- **Share stories**. If you know someone who has been negatively impacted by alcohol or drugs, talk about it.



- **Know your child's friends.** Invite them to your house. Take an interest in their lives, listen without judging, and build trust with the kids your child trusts.

- **Know the parents of your child's friends**. If your child is at their house, do they have the same rules? Do they know that you do not want your child exposed to, or given, alcohol or marijuana?

- **Give your teen an out. Role**-play excuses they can use with friends who offer them alcohol or other drugs: "My parent has strict rules about this." "I don't want to lose any of my privileges." "My parent has a drug test I could have to take when I get home. I can't risk it." (These are available at the dollar store to put on your fridge.)

- **It is okay to ask another trusted adult for help.** The teenage years can be hard, and sometimes kids listen better to other adults. It does not matter who teaches them to be safe and smart about this.

- **The longer a teen waits** to try substances, the better their chances of never having a problem with substance misuse disorder or addiction later in life.

47%

of high school students have talked with at least one parent about the dangers of tobacco, alcohol, or drug use.

"RCFY is important because its teaches children and more about drugs, what they do, and how they are bad."

THE BROOK
LIVE FREE & PLAY

NH Charity Gaming Days at The Brook Casino in Seabrook, NH

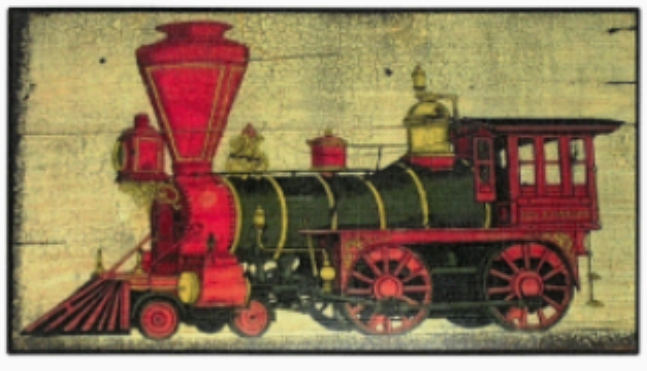
Support

RAYMOND COALITION FOR YOUTH

OCTOBER 28 - Nov 1, 2026

Please play responsibly
If you know someone who struggles with gambling please share 1-800 GAMBLER

LONGBRANCH
RESTAURANT
FARM FRESH EGGS $4.00 A DOZEN
WHILE THEY LAST



Home Style Cooking at its best!

BRING THIS COUPONE IN FOR
20% OFF
YOUR ORDER.
65 MAIN ST, RAYMOND NH

THANK YOU TO OUR PARTNERS & SUPPORTERS

Seacoast Public Health Network

Edward Jones
Dustin Ramey, CFP®, AAMS™
Financial Advisor
603-895-4942

PALMER Gas & Oil

Beth Israel Lahey Health
Exeter Hospital

LIONS INTERNATIONAL

THE TOWN CABIN
RESTAURANT
DELI • BAKERY
CANDIA, NEW HAMPSHIRE

SINCE 1971
LAMPREY HEALTH CARE

PIZZA BY GEORGE
Where Food is Art!

Spindel Eye ASSOCIATES

RIDGE

DEA
DRUG ENFORCEMENT ADMINISTRATION
SPECIAL AGENT

RAYMOND
INCORPORATED 1764
TOWN OF RAYMOND
POLICE

Rotary
RAYMOND AREA

SAMHSA

TOWN FAIR TIRE

AAA

NEW HAMPSHIRE
LIQUOR COMMISSION
BUREAU OF ENFORCEMENT

Deerfield Family Dentistry

CANDIA
INCORPORATED
1763
POLICE

AmeriHealth Caritas
New Hampshire

Kennebunk Savings

THE BROOK
LIVE FREE & PLAY

Raymond Reads!
Dudley-Tucker Library

TOWN OF RAYMOND, N.H.
BEAN TAVERN
SITE OF FIRST TOWN MEETINGS
1764

NEW HAMPSHIRE
DHHS
Department of
HEALTH & HUMAN SERVICES

CADCA

NEW HAMPSHIRE
UNION LEADER

ICAC
INTERNET CRIMES AGAINST CHILDREN TASK FORCE
New Hampshire
EST. 1998

TOWN OF RAYMOND, N.H.
SITE OF FIRST TOWN MEETINGS
1764
RCTV
Raymond Community Television

your
NEW HAMPSHIRE
Electric Co-op
A Touchstone Energy® Cooperative

VETERANS OF FOREIGN WARS OF THE UNITED STATES

inspired...
yoga and health
Come as you are, leave inspired!

THE TUCKAWAY
-TAVERN AND BUTCHERY-

nh healthy families

Raymond Recreation

Hannaford
helps

NEW HAMPSHIRE
CHARITABLE FOUNDATION

newfutures
advocate • educate • collaborate

CDC

WellSense
HEALTH PLAN

Walmart

The McCarthy Team
kwMETROPOLITAN

CADY
Communities for Alcohol- and Drug-Free Youth

ti
NEW HAMPSHIRE
TEEN INSTITUTE

media power youth

Granite State credit union

SAM
Smart Approaches to Marijuana
preventing another big tobacco

GRANITE UNITED WAY

PEPSI

NH
Tobacco Prevention & Cessation Program

HILLSIDE
FAMILY DENTAL CARE

MAKIN' IT Happen

CANDIA LANCERS

RAYMOND
BAPTIST CHURCH
...where the SON always shines!

reality check

New Life Church

603-432-2974
EAST COAST OUTDOORS
Outdoor Services & Materials
135 ROUTE 27

GOODHEART
MEDIA SERVICES

RAY-FRE
Senior Citizen's Club
55+
RAY-FRE SENIOR CENTER, INC.

I.C. Reed & Sons, Inc.
ICR
Utility Construction and Maintenance

J&C Optical
Quality Family Eyecare with the Latest in Fashionable Eyewear

RCFY YOUTH ACTION

RCFY Youth Action is a youth led, adult supported group that meets weekly to address issues that youth feel are an issue in their community and impacting their peers and family. Students in grades 6 - 12 are welcome to join ando learn important life and leadership skills, while making a difference as a team.
If you are a teen, or know a teen, that wants to get involved meetings are after school Mondays at the Iber Holmes Middle School for grades 6 - 8 and Tuesdays after school at the High School.

What do we do?

- Spread awareness, educate and provide resources.
- Plan and promote fun, safe activities for youth.
- Provide Awareness about issues impacting teens.
- Learn important leadership skills while making a positive impact in our school and community.

RCFY Youth Activities, events, and awareness campaigns include:

- Suicide Prevention Awareness - 988
- Take Down Tobacco - #MyLifeMyQuit
- Alcohol Awareness month
- Operation Raymond Cleanup
- Mental Health awareness and support
- Sticker Shock - underage drinking
- Granite Youth Alliance Film Festival
- RCFY Summer Series - Youth designed for younger children
- Town Fair Open House and Bake Sale
- School Wellness Fair and community service day
- Red Ribbon Week Campaign, education and resources
- Prevention Summit Planning and Presentation
- Great American Smoke-educating and providing resources, 1-800-QUIT-NOW
- Youth Empowerment Leadership Conference

> **RCFY IS IMPORTANT TO ME BECAUSE IT HELPS EDUCATE KIDS. WE HELP KEEP THEM SAFE AND OFFER RESOURCES!**
> **~ BRANSON**





Additional benefits of being a part of RCFY Youth

- Surround yourself with a community of like-minded students and adults who care about young people.
- Make important connections in your school and community
- An opportunity to attend important leadership trainings for free
- Opportunity to apply for RCFY scholarship
- RCFY and RHS work together to offer Extended Learning Opportunities (ELO credit)
- An opportunity to Support other school and community events and activities such as"
- National Night Out
- Fatal Reality

Fall Family Festival

Raymond Coalition For Youth - Other opportunities

- RCFY Getting to "Y" - Digging into the Data to learn more about what youth are experiencing and how to help.
- Connect Nami Suicide Prevention - Students learn to present important suicide warning signs and resources to their peers.
- RCFY Middle School Prevention Leaders: Join RCFY, NJHS and Student Council as we work together to promote important prevention messaging.

CALLING ALL YOUTH WHO WANT TO GET INVOLVED AND MAKE A DIFFERENCE
Join our RCFY Youth Action Groups

- **Youth Action, Middle School,**
  - **Mondays, 2:35 PM**
- **Youth Action, High School,**
  - **Tuesdays, 2:15 pm**



PROTECTIVE FACTORS WORD SEARCH

FIND THESE WORDS HIDDEN ACROSS, DOWN, AND DIAGONALLY:

- **BELONGING**
- **CONNECTION**
- **COPING**
- **EMPATHY**
- **FAMILY**
- **FRIENDSHIP**
- **HOPE**
- **RESILIENCE**
- **SAFETY**
- **SUPPORT**
- **TRUST**
- **WELLNESS**
- **SELFCARE**
- **PURPOSE**
- **MENTOR**
- **COMMUNITY**

C	O	N	N	E	C	T	I	O	N	H	P	R	T
A	M	Q	W	E	R	T	Y	U	I	O	P	U	A
F	R	I	E	N	D	S	H	I	P	L	P	P	F
E	X	C	O	P	I	N	G	B	V	M	P	O	E
T	R	U	S	T	A	Q	W	E	R	T	O	R	T
Y	H	O	P	E	L	K	J	H	G	F	S	T	Y
S	A	F	E	T	Y	N	B	V	C	X	E	U	L
U	W	E	L	L	N	E	S	S	Q	A	R	N	E
P	U	R	P	O	S	E	D	F	G	H	V	I	A
P	M	E	N	T	O	R	K	L	Z	X	I	T	D
O	E	M	P	A	T	H	Y	Q	W	E	C	Y	R
R	S	E	L	F	C	A	R	E	T	Y	E	U	G
T	R	E	S	I	L	I	E	N	C	E	A	P	H
B	E	L	O	N	G	I	N	G	M	N	O	Q	W
C	O	M	M	U	N	I	T	Y	R	S	T	V	X

Raymond Coalition For Youth

Gala FUNDRAISER

March 6, 2027

6:00 pm - 10:00 pm

Atkinson Country Club

Featuring



SCAN FOR TICKETS

or visit rcfy.org to learn more

Dinner, Raffles, Auction and Comedy

All Proceeds support the *amazing* work of the

RAYMOND COALITION FOR YOUTH

Questions? Contact

info@rcfy.org 603.895.0600