

**Raymond Coalition For Youth ~ Meeting Minutes**  
**June 11, 2026 ~ 9:00 – 10:30 am**  
**In Person at Raymond Baptist Church Basement**



**Present: 28  
Members**

**School**

Sam Horrigan, SAU 33  
Nataly Medrano, RHS  
Dani Rogers, LRES PTO

**Youth Serving**

Pam Turcotte, RCFY Finance Coord  
Celeste Clark, Executive Dir. RCFY  
Ethan Cassell, Austin 17 House  
May Delaney, Evaluator, Worcester State Univ  
Lauren Larose, Worcester State Student

**Government/Municipal**

Mike Labell, RPD  
Brian Stice, RPD  
Brian O'Keefe, DEA New England  
Avery Turgeon, Gov Ayotte's Office  
Anthony Clements, Board of Selectmen  
Kera Clements, Board Member  
Tom Anderson, NEHIDTA  
Brian Nadeau, State Rep

**Substance Prevention/Health**

Ashley Stratton, Amerihealth Caritas  
Tracie Holmes, Lamprey Health Care  
Annalise Poirier, Lamprey Health Care  
Amy Pettengill, Manchester Doorway  
Carli Hughes, Seacoast PHN  
Karen Prazar, Lamprey Health Care

**Service Organizations**

Shannon Seiferth, Exeter YMCA  
Kathy McCarthy, Rotary & RCFY  
Sarah Cain, New Futures  
Iris LaMoreaux, New Futures

**Volunteers/Community Members**

Mark Hassenpflug, Raymond Baptist Church  
Lauren Rollins, Volunteer

Welcomes, Introductions, Announcements were made.

Celeste then introduced Karen Prazar, APRN from Lamprey Health Care. She spoke on Kratom and its effects. Karen works on the Prescription Drug Monitoring Program at Lamprey Health Care.

Substance use disorder is a chronic disease and dopamine is the driver of addiction. She is now seeing Kratom Use Disorder in some of her patients. Kratom leaf is used as natural medicine or sedative either chewed or in tea. Under 5 grams is used as a stimulant but higher doses show more opioid effects..

Kratom is a tropical tree native to Southeast Asia. Consumption of its leaves produces both stimulant effects (in low doses) and sedative effects (in high doses), and can lead to psychotic symptoms, and psychological and physiological dependence. Kratom leaves contain two major psychoactive ingredients (mitragynine and 7-hydroxymitragynine). These leaves are crushed and then smoked, brewed with tea, or placed into gel capsules. Kratom has a long history of use in Southeast Asia. In the U.S., the abuse of kratom has increased markedly in recent years.

Kratom is also used for treatment of opioid use disorder but a need for higher doses becomes cost prohibitive. It can be found in pills, drinks and gummies. may also be supplemented with other substances.

Kratom is showing adverse effects such as tachycardia, high blood pressure and possible cardiac arrest. 55% of leaf use can cause dependency and as the need for more & more happens the severe withdrawal (similar to opioid use) arises. There are no guidelines for treatment so the same treatment used for opioid use disorder is being used.

Some States are starting to be aware of the negative effects and have banned it. Visit the [DEA.gov](https://www.dea.gov) website for more information.

The Granite Youth Festival was held at Portsmouth Music Hall on Jun 8, 2026 where the Youth Action Students presented their films. They can be view on the RCFY YouTube site.

Visit the Town Website [Raymondnh.gov](https://www.raymondnh.gov) for information regarding the events scheduled for the 250th celebration.

#### UPDATES

- National Night Out at the Elementary School on Aug 4, 2026
- Austin 17 House will be featured on NH Chronicle.
- United Against Fentanyl walk will take place on 7/11/26 at cities nationwide. See website for details. <https://www.unitedagainstoffentanyl.org/walk-for-lives/>

**Thank you for joining us today, being an RCFY advocate, passing along the information learned today, and encouraging others to learn more and get involved.**

Next Meetings, , No July Meeting, Aug 13, 2026

#### **Mission Statement:**

The Raymond Coalition For Youth empowers the community to promote positive youth development and reduce youth substance use and suicide risk.

***Promoting Positive Healthy Choices for our Youth!***

[www.rcfy.org](https://www.rcfy.org)



