

# UNITED is the way FORWARD



## WE HELP PEOPLE IN MERRIMACK COUNTY

### Resilience in the Next Generation

Building stronger community is the foundation of United Way. Working collaboratively with community partners, we recognize that in addition to the pandemic, many of our local children are dealing with barriers in their lives. Adverse Childhood Experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years) for example: experiencing violence, abuse, or neglect, witnessing violence in the home or community or having a family member attempt or die by suicide.

ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. ACEs can also negatively impact education and job opportunities. However, ACEs can be prevented. Reducing the impacts of childhood trauma and improving community systems to identify, respond to, and ultimately prevent adverse childhood experiences is a key prevention strategy championed by the Capital Area Public Health Network, an initiative of Granite United Way.

With the help of supporters throughout Merrimack County, Granite United Way has invested in initiatives that provide HOPE: Healthy Outcomes from Positive Experiences. We support community-based, family-friendly events that nurture Positive Childhood Experiences, such as Back to School Celebrations where families can get free school supplies, ice cream, and authentic relationships with local program providers.

In partnership with Concord Police Department, Merrimack County Advocacy Center, and Riverbend Mental Health Community Center, families who have experienced recent police contact following a stressful event, are having an "Adverse Childhood Experiences Response Team" (ACERT) reach back out to them to offer supportive and voluntary connections to programs and resources that can help strengthen families and build their resilience.

We help the helpers, and work with local schools, early childcare providers, and community partners to expand evidence-based programs, such as home visiting, play-based learning, and screening to support healthy child development.

### A GIFT TO GRANITE UNITED WAY HELPS OUR MERRIMACK COUNTY NEIGHBORS



Scan the QR code here  
or visit [www.graniteuw.org](http://www.graniteuw.org)  
to give today.

### LOCAL IMPACT STARTS HERE

**12,495 CALLS TO 211 NH**  
were made by residents of  
Merrimack County seeking  
information and resources.

### MERRIMACK COUNTY GRANTS

Local volunteers awarded grant funding to more than 25 Merrimack County nonprofits, including Equity Grants to local nonprofits that address complex community needs.

### RECOVERY FRIENDLY WORKPLACES

There are 26 Recovery Friendly Workplaces in Merrimack County that are businesses dedicated to fostering a supportive environment that encourages the success of their employees in recovery.

### FREE TAX PREPARATION

Merrimack County volunteers prepared a combined 689 returns resulting in refunds of \$1,172,323. This included \$243,392 in the Earned Income Tax Credit, claimed by 158 filers.

*For a list of the ever-evolving partners we work with visit [graniteuw.org](http://graniteuw.org)*