



ANNUAL REPORT 2025

LATEST INFORMATION AND UPDATES
ABOUT FFNE



A WORD FROM LEADERSHIP

Dear Friends and Supporters,

2025 marked a pivotal year for Families Flourish Northeast. What began as a vision, to support mothers in recovery while keeping families together, is now becoming a reality.

This year, we secured a long-term site in partnership with Dartmouth Health, received Planning Board approval, and raised more than half of the funding needed to begin construction. These milestones bring us one step closer to creating a safe, family-centered place for healing.

Across the New Hampshire and Vermont region, too many mothers must choose between treatment and staying with their children. FFNE exists to change that, because recovery is stronger when families stay together.

We are deeply grateful for your support in helping us reach this moment. With your continued partnership, we look forward to bringing this vision to life.



Bethany Cottrell

BETHANY COTTRELL
EXECUTIVE DIRECTOR

BACKGROUND

FFNE grew from a dedicated group of addiction psychiatrists, women's health clinicians, and other community members. They identified an urgent need for an intensified residential treatment program that serves pregnant and parenting women with severe substance use disorder and co-occurring mental illness. Using a holistic trauma-informed approach, the intent is to welcome women to stay with their children. The organization became a New Hampshire nonprofit in 2020 and has secured a diverse Board of Directors (including statewide and regional leaders), multidisciplinary committees, and a project team to support business development and evidence-based program development. The group is currently seeking funding to support renovation/construction of its future home in the Upper Valley of New Hampshire, with a goal of providing services by late 2026. Families Flourish is preparing to provide residential services to women throughout New Hampshire and neighboring Vermont communities.

MISSION & VISION

Our mission is to fill a critical gap by providing trauma-informed residential substance use disorder treatment for pregnant and parenting women in a warm, safe, and supportive community. Our vision is to support lifelong health, healing, and recovery for women, children, families, and communities by interrupting the intergenerational cycle of addiction.



PROBLEM



Opioid overdose is the **leading cause** of death for NH women during pregnancy & postpartum.¹ Substance use often occurs alongside maternal mental health conditions, increasing risks for both the mother and child.²

100%

of perinatal deaths reviewed in Vermont from 2021-2023 were linked to substance use³

50%

of pregnancy-related deaths in NH are due to overdose¹

2X

higher rates of substance use and PMHC in Sullivan and Coos counties compared to other counties²

GAP IN THE REGION

Access to family-centered residential treatment in New Hampshire remains extremely limited. Currently, only two programs in the state:

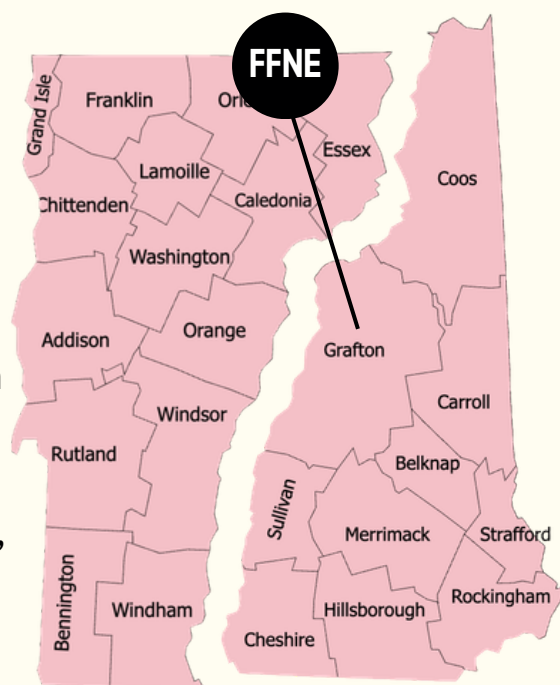
- Allow women to stay with their children
- Offer a combined total of just 26 beds
- Are both located in southern New Hampshire

As a result, women in regions such as the Upper Valley and North Country often must travel **90 to 200 miles** to access care, creating significant barriers to treatment. Waitlists can **extend up to six months**, delaying critical support during vulnerable periods. The closure of Friendship House in 2020 further reduced access in northern regions, eliminating a closer option for care—even though it did not allow children to stay with their mothers.

FFNE'S SOLUTION

A trauma-informed, family-centered residential treatment model:

- ASAM Level **3.5 high-intensity residential care**
- Up to **12 women and their children (ages 0-12)**
- **6-9 month** length of stay with up to 12 months of case management services and community reintegration services upon graduation
- Allows mothers to recover **without family separation**
- Integrates maternal health, therapeutic communities, parenting & life skills, supportive employment, comprehensive case management, recovery supports, and community reintegration.



IMPORTANCE



Evidence shows mothers recover more successfully when children remain with them:

- Increased treatment engagement and retention
- Reduced relapse risk
- Improved maternal mental health
- Stronger parent-child attachment
- Higher rates of family reunification
- Greater likelihood of sustained employment and housing stability

Recovery + parenting + stability = healthier futures for children & families for generations to come.



CHERI'S STORY

As a recovery support specialist working for Dartmouth Health, Cheri Bryer brings deep compassion and understanding to her clients—because she has been in their shoes. Raised in Hanover, NH, Cheri was exposed to addiction early on and began experimenting with substances in high school. What started as occasional use escalated over time, and by her early thirties, she was struggling with severe addiction, the breakdown of her marriage, and loss of access to her children.

Cheri recalls the lack of support available to mothers seeking treatment. “There were no child-friendly options for me when I entered rehab. I couldn’t keep my kids with me, so I didn’t stay in the program. I believe I would have been successful much earlier if I could have kept my kids with me.”

Without access to a comprehensive program, the years that followed were marked by cycles of sobriety and relapse. It wasn’t until the birth of her first grandchild in 2013 that Cheri made a lasting commitment to recovery. “I wanted to have a different life and to know my grandchild.” Since then, she has maintained long-term recovery and now works as a recovery coach, motivational speaker, and advocate for mothers in recovery.

Cheri knows firsthand how critical it is for mothers to stay with their children during treatment. That is why she is a passionate advocate for FFNE’s Homestead Campaign. “If we can keep a family together, it gives moms the motivation to turn their lives around and teach them that no one can replace them. It’s important for women so that they can sustain their recovery.”



KEY ACCOMPLISHMENTS

QUARTER 2 ACTIVITIES

- Transitioned from planning to implementation with the appointment of FFNE's first Executive Director, establishing strong leadership to guide long-term growth and sustainability.
- Secured a long-term site for the residential program through a 30-year ground lease with Dartmouth Health, ensuring a stable foundation for future services.
- Achieved full Planning Board approval, confirming community support and clearing a major regulatory hurdle needed to move into construction.
- Completed all major pre-construction milestones, positioning the project to move forward on schedule into the build phase.
- Advanced facility design to align with trauma-informed care, ensuring the space will better support recovery for both mothers and children.

QUARTER 3 PROGRESS

- Strengthened partnerships with federal, state, and local stakeholders, increasing credibility and support for FFNE's model of care.
- Successfully navigated complex environmental and regulatory requirements, keeping the project on track while protecting local ecosystems.
- Maintained project momentum despite operational challenges, including changes in architectural teams and evolving compliance requirements.
- Increased regional visibility and awareness, with media coverage highlighting FFNE as a critical solution to maternal substance use and family separation.
- Positioned FFNE to begin construction, with finalized designs, approved permits, and prepared bid packages ready for contractor engagement.

LOOKING AHEAD

BUILDING MOMENTUM TOWARD OPENING OUR FAMILY-CENTERED RECOVERY PROGRAM



Campaign Growth

Advancing fundraising and expanding donor support



Shovels in the Ground!

Moving forward with early phases of development



Team Expansion

Hiring staff to support program launch



Partnerships

Strengthening regional collaborations

In 2026, Families Flourish Northeast will continue building momentum toward opening our doors for mothers and their children. Through ongoing fundraising, construction progress, and program development, FFNE is laying the foundation for long-term impact across the New Hampshire and Vermont region. Together, these efforts will bring us closer to opening our doors and supporting families in recovery.

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BETHANY COTTRELL
EXECUTIVE DIRECTOR



KAILENE JONES, MPH
PROJECT SPECIALIST

WITH GRATITUDE

Families Flourish Northeast extends our deepest gratitude to the donors, partners, and community members who have supported this work. Your generosity and commitment have been essential in advancing our mission and have made it possible for us to begin construction on our residential substance use treatment program for mothers and their children.

Because of your support, we are building more than a facility, we are creating a place where families can heal together, strengthening outcomes for generations to come. We are truly grateful to have you as part of this effort.



IN THE NEWS

The Valley News

“Nonprofit hires executive director for Lebanon treatment center”

November 19, 2025

U.S. Senator Jeanne Shaheen Announcement

“Shaheen secures federal funding for New Hampshire projects”

November 17, 2025

The Valley News

“Lebanon Planning Board approves treatment center for moms and children”

June 3, 2025

The Valley News

“We’ve got momentum – residential treatment center advances to Planning Board”

May 22, 2025

STAY CONNECTED

Follow our progress, upcoming milestones, and ways to get involved:

Newsletter Coming Soon!



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