

LIVE FREE ADOLESCENT RECOVERY

School Based Peer Recovery Model™

Clinically Supported Adolescent Peer Recovery

School Services Catalog | 2026 Edition



Every service is available independently. There is no required entry point and no minimum commitment. Schools start where it makes sense for them — and build from there.

Currently implemented in New Hampshire

| | | |
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| Dover School District Southern NH SAU 11 | Somersworth School District Seacoast NH SAU 56 | Moultonborough School District Lakes Region NH SAU 45 |
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Who this catalog is for

| | |
|---|--|
| School Counselors & SAP Coordinators | Clinical backup, compliance guidance, and peer program support |
| Student Services Directors | Full program implementation and district capacity building |
| Superintendents & Administrators | Sustainable, policy-aligned prevention infrastructure |
| Prevention & Behavioral Health Staff | MTSS-B aligned peer recovery and early identification model |
| Teachers & School Nurses | Early identification training and substance use consultation |

Promising Futures for NH — Your District May Already Have Funding for This Program

Before exploring services and costs, it is worth knowing that the Promising Futures for NH grant program — funded jointly by the NH Department of Education and NH DHHS Bureau of Drug and Alcohol Services — provides up to \$25,000 per district annually to implement substance misuse prevention strategies aligned with NH MTSS-B. The Live Free program is exactly what this grant is designed to fund.

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| <p>About the grant</p> <ul style="list-style-type: none"> • Up to \$25,000 per district per year • Funded by NH DOE + NH DHHS BDAS • RFA released annually in late summer • Applicant is your district / LEA — not outside providers • Grant is issued directly to Local Education Agencies <p><i>The grant is issued to Local Education Agencies — not to outside providers. Your district applies. Live Free is the program your application describes.</i></p> | Grant timeline | |
| | Step | When |
| | Connect with Live Free Adolescent Recovery | Spring (now) |
| | NH DOE releases the Promising Futures RFA | Late summer |
| | District submits application naming Live Free | Late summer / early fall |
| | Award notification | Fall |
| | Trainer certification and implementation begin | Fall / Winter |

Why this grant funds exactly what Live Free delivers

| What the grant requires | What Live Free provides |
|---|---|
| Substance misuse prevention strategies, grades K–12 | Structured 6-module peer leader curriculum with substance use risk identification and escalation protocols throughout |
| Universal prevention strategies and interventions | Tier 1 school-wide peer leadership program strengthening protective factors across the full student population |
| MTSS-B exploration or expansion | Program designed to operate within NH MTSS-B across all three tiers; Trainer Certification builds district MTSS-B capacity |
| District-level team mobilization and capacity building | Trainer Certification creates a sustainable internal team — districts deliver the program independently after certification |
| Community partnerships and data-informed implementation | MLADC clinical oversight, incident documentation standards, fidelity monitoring, and referral tracking built in |

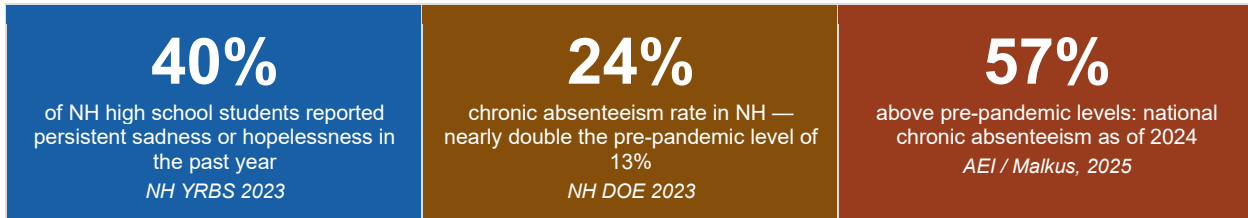
Grant application language you can use

| Application section | Language your district can use |
|-----------------------|---|
| Prevention strategy | Implementation of the Live Free Adolescent Recovery School Based Peer Recovery Model™, a structured, evidence-informed, school-based peer leadership and prevention program aligned with NH MTSS-B. |
| MTSS-B alignment | The program strengthens Tier 1 universal prevention through a certified student peer leader program and Tier 2 early identification through structured adult-supervised referral protocols. |
| Community partnership | Live Free Adolescent Recovery provides program delivery, Staff Trainer Certification, and ongoing clinical consultation through a licensed MLADC, serving as the district’s prevention and clinical implementation partner. |
| Expected outcomes | Improved school connectedness, reduction in chronic absenteeism, early identification of at-risk students, strengthened MTSS-B implementation, and reduced substance-related behavioral incidents. |

The RFA is typically announced mid-to-late summer. Districts that connect with Live Free before the announcement are ready to write their application the day it drops. Reach out now — the conversation is free and the grant can cover the program.

Why New Hampshire Schools Need This Now

New Hampshire schools are navigating a significant and well-documented convergence of adolescent behavioral health challenges. These are not background concerns — they are active barriers to student engagement, academic success, and well-being.



Traditional school responses are largely adult-led and reactive. They respond after a student has already disengaged, escalated, or come to clinical attention. The gap between when a student begins struggling and when an adult becomes aware is precisely where this program intervenes.

A 2024 RAND Corporation study of school districts nationwide found that the most effective approach to reducing chronic absenteeism was increasing students’ social connectedness at school. That is the mechanism at the center of the Live Free Adolescent Recovery School Based Peer Recovery Model™.

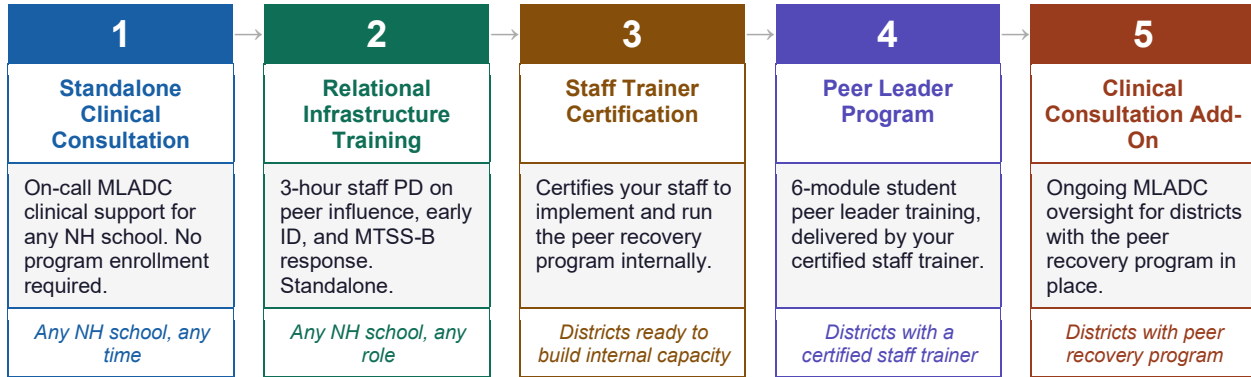
The core insight

Research consistently demonstrates that peer influence is the single most powerful driver of adolescent behavior. Adolescents are significantly more likely to seek help, disclose concerns, and modify behavior when encouraged by peers they trust. School connectedness — a student’s sense of belonging and connection to trusted adults — is one of the strongest known protective factors against substance use, mental health crisis, and dropout.

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| <p>Without structured peer leadership:</p> <ul style="list-style-type: none"> • Peer influence operates unchecked, often reinforcing risk • Students in distress disengage before adults notice • Staff handle complex disclosures without clinical backup • Prevention is reactive rather than proactive | <p>With the Live Free model:</p> <ul style="list-style-type: none"> • Peer influence is structured and redirected positively • At-risk students are identified earlier, before crisis • MLADC clinical oversight protects staff and district • Prevention is proactive, sustained, and district-owned |
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All Services at a Glance

Every service below is available independently. Schools with no current program can start anywhere. Schools ready to build a full peer recovery infrastructure follow the natural sequence.



Pricing

All services are priced to reflect the size, budget, and needs of your district. Contact Live Free Adolescent Recovery to discuss what works for your situation — including bundled rates for districts implementing the full program, and guidance on Promising Futures grant funding that may cover program costs.

| Service | Options available | Best starting point |
|---|---|---|
| Standalone Clinical Consultation | Monthly retainer (three tiers) or as-needed hourly | As-needed hourly for low volume; retainer for consistent access |
| Relational Infrastructure Training | Single building or SAU / multi-building | Single session to introduce the framework across staff |
| Staff Trainer Certification | Single building cohort or SAU package; annual recertification | One cohort per building; certify 2–6 staff together |
| Student Peer Leader Program | Included in program licensing | Requires certified staff trainer in place first |
| Clinical Consultation Add-On | Basic or Comprehensive tier; annual or monthly | Basic tier for first-year and single-building programs |

Districts enrolling in the Promising Futures grant process and the full Live Free program receive bundled pricing. Contact Live Free to discuss.

1

Standalone Clinical Consultation

School-Based Adolescent Substance Use Clinical Consultation — available to any NH school, no program enrollment required

Every school in New Hampshire will encounter students with substance use concerns. The counselors responding are skilled professionals — but adolescent substance use assessment, level-of-care determination, and 42 CFR Part 2 confidentiality compliance require specialized clinical training that most school staff have not received. This service fills that gap — providing on-call, credentialed MLADC consultation directly to schools, with no enrollment required.

What this service provides

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| Adolescent Substance Use Assessment | Clinically informed review of student referrals with documented level-of-care recommendations |
| 42 CFR Part 2 Compliance Guidance | Expert guidance on what staff can and cannot share about student substance use records |
| Staff Clinical Coaching | Scheduled consultation for counselors, SAP coordinators, and staff handling substance-related concerns |
| Incident Response Consultation | Real-time or same-day consultation when a student incident requires immediate clinical guidance |
| Documentation Review | Review of referral records and incident reports for clinical accuracy and legal compliance |

Pricing structure

Two options: a monthly retainer (Essential, Standard, or Comprehensive tier) for schools wanting consistent, scheduled access throughout the school year; or as-needed hourly for schools with lower or unpredictable volume. No minimum commitment required for as-needed services. Contact Live Free Adolescent Recovery to discuss which option fits your school's needs and budget.

| Option | Structure | Best for |
|------------------------------------|---|---|
| Option A — Monthly Retainer | Three tiers: Essential / Standard / Comprehensive. Includes coaching sessions, student assessments, incident response, and documentation review at increasing levels. | Schools wanting reliable, scheduled clinical access throughout the year |
| Option B — As-Needed Hourly | Individual service rates for intake, assessment, coaching, documentation review, incident response, compliance review, site visits, and in-service presentations. | Schools with lower volume or those wanting to try the service before committing |

Districts enrolling in the Live Free Peer Recovery Model™ receive a discounted consultation rate. Contact Live Free for current pricing.

2

Relational Infrastructure Training

A 3-hour professional development training for school staff on peer influence, early identification, and MTSS-B aligned student support

Most school staff interact with students every day but have no shared framework for recognizing peer-driven behavioral health concerns or responding in a way that aligns with school support structures. This training changes that. It builds a common language and a coordinated response culture across roles in a single three-hour session.

Learning outcomes

By the end of this training, participants will be able to:

- Recognize how peer influence operates within their school environment
- Identify early indicators of student behavioral health concerns
- Assess appropriate response levels in real-time situations
- Apply a shared framework for connecting peer-surfaced concerns to existing MTSS, SEL, and student assistance structures

Training format — single 3-hour session

| Block | Time | Content |
|-------|-------------|--|
| 1 | 0:00 – 0:45 | The peer influence landscape: how students support each other, why it matters, what schools miss |
| 2 | 0:45 – 1:30 | Early identification: behavioral health indicators, peer dynamics, and role-based response |
| 3 | 1:30 – 2:15 | Scenario practice: calibrating response, documentation basics, escalation pathways |
| 4 | 2:15 – 3:00 | MTSS-B and SEL alignment: integrating peer-surfaced concerns into existing school structures |

MTSS-B alignment

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|---------------------------------------|--|
| Tier 1 — Universal Prevention | Builds shared staff language and early identification capacity across all roles |
| Tier 2 — Targeted Intervention | Equips staff to recognize when peer-surfaced concerns require structured support |
| Tier 3 — Intensive Support | Provides escalation clarity so staff know when and how to involve clinical support |

Pricing structure

Available as a single building session (up to 30 participants) or as an SAU / multi-building package for cross-district staff alignment. In-person, virtual, or hybrid. All materials included. Contact Live Free for current pricing.

Districts that complete this training report stronger readiness to implement the full Live Free Adolescent Recovery School Based Peer Recovery Model™. It can serve as a natural first step toward the full program.

3

Staff Trainer Certification

Certifies designated school staff to implement, supervise, and sustain the peer recovery program within their district

The Staff Trainer Certification is the gateway to the full Live Free Adolescent Recovery School Based Peer Recovery Model™. Once certified, your staff trainer owns the program internally — delivering peer leader training, supervising certified peer leaders, maintaining fidelity, and managing escalation protocols. No ongoing external delivery is required after certification.

Who should be certified

Any designated school professional can become a certified trainer: school counselors, SAP coordinators, social workers, administrators, prevention specialists. Trainer Certification must be completed before student peer leader training can be delivered.

The six certification modules

| Module | Title | Focus |
|--------|---------------------------------------|---|
| 1 | Foundations of the Model | Clinical and developmental foundations; peer influence and protective factors; MTSS-B alignment |
| 2 | Trainer Role, Scope & Safety Protocol | Trainer responsibilities, peer leader boundaries, safety escalation, mandated reporting |
| 3 | Peer Leader Training & Supervision | Delivering the curriculum, facilitating sessions, monitoring readiness, correcting unsafe behavior |
| 4 | Risk Identification & Escalation | Behavioral and emotional risk indicators, responding to disclosures, escalating to school personnel |
| 5 | Program Fidelity & Implementation | Curriculum consistency, supervision standards, documentation, monitoring effectiveness |
| 6 | Legal, Ethical & Documentation | 42 CFR Part 2, FERPA, mandated reporting, incident documentation, confidentiality compliance |

Certification requirements

To earn the Live Free Staff Trainer Certification, participants must complete all six modules, demonstrate safety protocol competency, pass the Trainer Certification Assessment, and sign the Trainer Certification Agreement. Annual recertification is required to maintain program fidelity.

Pricing structure

Available as a single building cohort (up to 6 staff) or as an SAU / multi-building package. Annual recertification is a streamlined process required to keep certification current. Contact Live Free for current pricing and to discuss CEU availability for your licensure board.

4

Student Peer Leader Program

Six-module certification training for selected student peer leaders, delivered by your Live Free certified staff trainer

Once a staff trainer is certified, they deliver the Peer Leader Training and Certification Program to selected students. Peer leaders are trained student connectors — not counselors, not therapists. They model positive norms, strengthen school connectedness, promote help-seeking, and recognize when peers need adult support. They always operate under certified staff supervision.

The six peer leader modules

| Module | Title | Content |
|--------|---|--|
| 1 | Program Overview | Role and responsibilities, program goals, why peer leadership works, protective factors |
| 2 | Boundaries, Ethics & Confidentiality | Role clarity, confidentiality limits, appropriate self-disclosure, avoiding hero complex |
| 3 | Identifying Risk & Responding Appropriately | Warning signs, self-harm risk, abuse indicators, correct referral response, scenarios |
| 4 | Communication & Helping Skills | Active listening, supportive statements, reflective responses, open-ended questions |
| 5 | Group Co-Facilitation | Group norms, inclusion, modeling behavior, co-facilitator teamwork, scenario practice |
| 6 | Review, Quiz & Completion | Comprehensive review, certification quiz, Peer Leader Certification Agreement |

What peer leaders are — and are not

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| <p>Peer leaders DO:</p> <ul style="list-style-type: none"> • Serve as positive role models • Support peers through respectful conversation • Encourage connection to trusted adults • Promote school engagement and help-seeking • Refer concerns to supervising staff immediately | <p>Peer leaders do NOT:</p> <ul style="list-style-type: none"> • Provide counseling or therapy • Promise confidentiality to peers • Handle crisis situations independently • Assess or diagnose risk • Operate without certified trainer supervision |
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What schools can expect

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|-------------------------|--|
| For the school | Strengthened early identification, improved school climate, reduced absenteeism over time, fewer behavioral escalations through early referral |
| For students | Leadership skill development, stronger pro-social identity, communication and active listening skills, sense of belonging |
| For the district | Sustainable, district-owned prevention infrastructure — no ongoing external delivery required after initial certification |

Pricing structure

Program licensing includes all student training materials, certification documentation, quiz bank, and readiness assessments. Contact Live Free Adolescent Recovery for current licensing and bundled pricing options.

5

Clinical Consultation Add-On

Ongoing MLADC clinical oversight for districts implementing the Live Free Adolescent Recovery School Based Peer Recovery Model™

The peer recovery program requires structured adult supervision, safety escalation, and proper documentation — all of which carry real clinical and legal accountability. Many districts have skilled counselors who are generalists, but may lack specialized training in adolescent substance use assessment, 42 CFR Part 2 compliance, or level-of-care determination. This add-on closes that clinical gap.

Services included

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|--|--|
| Student Assessment Consultation | Clinically informed review of student referrals from certified peer leaders or school staff, with documented level-of-care recommendations |
| 42 CFR Part 2 Compliance Guidance | Expert guidance on confidentiality obligations specific to substance use records, protecting students and the district |
| Trainer Clinical Coaching | Ongoing coaching for certified trainers on complex disclosures, risk escalation, and role boundary maintenance |
| Documentation Review | Review of incident reports and referral documentation for clinical accuracy and compliance |
| Crisis Consultation | Immediate phone or virtual consultation for trainers managing complex or high-risk student situations in real time |

Pricing structure

Two tiers: Basic (designed for single-building or first-year programs) and Comprehensive (designed for multi-building or higher-volume programs). Both available as annual contracts or monthly arrangements. Custom proposals available for SAU-wide or multi-building implementation. Contact Live Free for current pricing.

| | Basic Tier | Comprehensive Tier |
|-------------------------------------|---|--|
| Monthly trainer coaching | 1 virtual session (60 min) | 2 virtual sessions (60 min each) |
| Student assessments | Up to 2 per month (virtual) | Up to 5 per month (virtual or in-person) |
| Crisis consultation response | Next business day | Same day (school hours) |
| In-person site visits | Add-on available | 2 per year included |
| Best for | Single-building, smaller districts, first-year implementation | Multi-building, larger districts, higher referral volume |

Annual contracts invoiced quarterly. This add-on is separate from program licensing and trainer certification fees.

Get in Touch

Whether your district is ready to implement a full peer recovery program, looking for clinical consultation support, or simply wants to understand whether the Promising Futures grant could fund this work — the best next step is a conversation. There is no commitment required and no minimum engagement.

If your district is thinking about peer leadership, prevention programming, or MTSS-B capacity building — even just as an idea — reach out. The conversation is free. The Promising Futures grant RFA typically drops in late summer, and districts that connect with Live Free before the announcement are ready to apply the day it opens.

Currently implemented in

| | | |
|---|---|--|
| Dover School District <i>Southern NH SAU 11</i> | Somersworth School District <i>Seacoast NH SAU 56</i> | Moultonborough School District <i>Lakes Region NH SAU 45</i> |
|---|---|--|

Program recognition

The Live Free Adolescent Recovery School Based Peer Recovery Model™ is currently designated as a Level I Innovative Program through the NH Service to Science process, administered by the NH Center for Excellence on Addiction and NH DHHS Bureau of Drug and Alcohol Services. Live Free is actively working toward Level II (Promising Practice) designation.

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