

April 2026

## Welcome to the Behavioral Health Services Newsletter!

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You may remember the Farnum Center—that's us! **Behavioral Health Services by Easterseals NH** is our restructured program for substance use treatment and mental health counseling. It features a new name, expanded services, and the same commitment to high-quality, compassionate care across the state.

With outpatient locations in Manchester and Franklin, Behavioral Health Services by Easterseals NH provides comprehensive mental health counseling and substance use treatment for adults, including Veterans, first responders, their families, and the broader community.

This newsletter is here to keep you connected and informed, sharing program news and updates, staff spotlights, and what's ahead as our services continue to expand.

From substance use treatment to mental health counseling, our team is here to support individuals and families at every stage of their journey.

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### Our Services at a Glance

Did you know? Behavioral Health Services by Easterseals NH offers a wide range of outpatient programs at our Lake Ave. office in Manchester, designed to meet people where they are:

- **Substance Use Treatment:** Outpatient one-on-one therapy, or Intensive Outpatient Programming (IOP), which includes nine hours per week of group therapy.
- **Mental Health Counseling:** Individual therapy for Veterans and the general public, addressing trauma, daily life adjustments, stressors, and other challenges.
- **Specialized Evaluations:** Licensed Alcohol and Drug Counselor (LADC) evaluations, as well as Impaired Driver Service Provider



[Learn More About Our Services](#)

(IDSP) services to support recovery and license reinstatement.

Whether someone is taking the first step or continuing their journey, our team is here to help.

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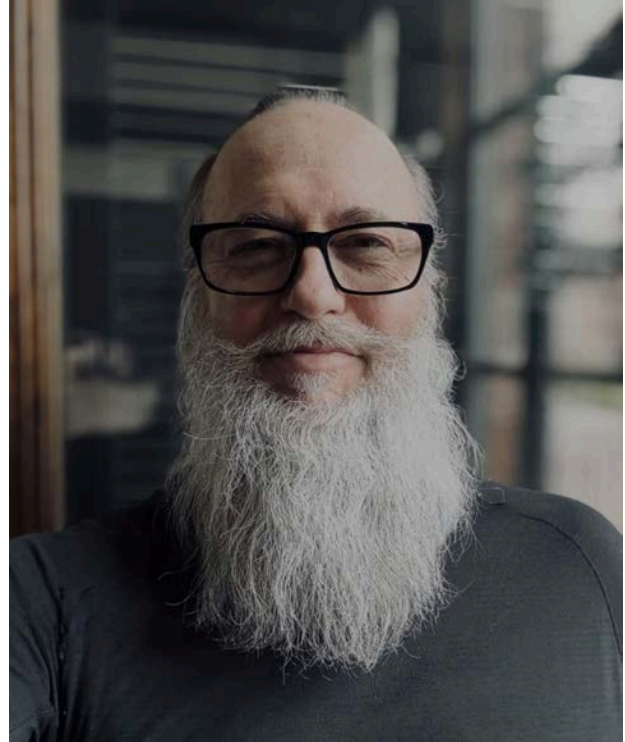
## Expanding Access: New Services in Franklin

We're excited to share that we are expanding outpatient substance use treatment services to the Easterseals NH Military & Veterans Campus in Franklin this month!

As part of this expansion, we're pleased to welcome **Edi Sauerwald**, our new clinician based in Franklin.

Edi, a U.S. Army Veteran, brings extensive experience in substance use treatment and mental health counseling, utilizing evidence-based approaches including Motivational Interviewing, Rational Emotive Behavior Therapy (REBT), and Dialectical Behavior Therapy (DBT).

He provides compassionate, individualized care that supports recovery and resilience-building.



[Read Edi's full bio](#)

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## Staff Spotlight: Emily's Perspective on a Career in Behavioral Health

Emily Holmes joined Easterseals NH more than a decade ago, motivated by a desire to support and advocate for people whose voices often go unheard. That commitment to mission—and to growth—has guided her ever since.

Today, Emily serves as our **Senior Director of Outpatient Clinical Services**, overseeing our Community-Based Services (CBS) outpatient programming within Behavioral Health Services



[Read More About Emily's Role](#)

and supporting the clinicians who deliver care in homes and community settings.

From providing therapy to collaborating with multidisciplinary teams, Emily values the ability to bring everyone together to deliver truly person-centered, trauma-informed care. “We’re really focused on having wrap-around support,” she says. “There’s a lot of room for collaboration and opportunity for growth.”

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## About Easterseals NH

Since 1936, Easterseals NH has delivered exceptional services to ensure that people of all abilities and their families have equal opportunities to live, learn, work, and play in their communities. Serving approximately 14,500 individuals annually, Easterseals NH provides essential programs in early intervention, autism, intellectual and developmental disabilities, adult day and in-home care, behavioral health, and housing.

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## Get in Touch!

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