## **GLS Youth Suicide Prevention – November 16, 2022**

## Implementation Team - Be the 1 Carroll County - (meeting date, time)

Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZMscumvpzsoH9fCbMtMlsm7ce7NPMn74aDy

NAMI-NH, Northern Human Services & Carroll County Coalition for Public Health Garett Lee Smith Grant — NH Nexus Project 2.0

## **Agenda**

-Introductions of team members around the table

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
	Discussion.	
Activity		
Implementation Tool	Collaboration with Key Stakeholders and Resources	
	Creating a Culture Around Hope and Help-Seeking	
Strategic Planning – Identify needs, gaps & high-risk populations	Focus on Upper Elementary & Middle School	
Strategic Planning – Establish Protocols and Evidence Based Practices within/across systems	Share what the team has done for this objective or make a plan for activities related.	
Strategic Planning - Engage in regional, state and national initiatives and information as it relates to the project including webinars, conferences, meetings, subcommittees, grand rounds, etc.	See prevention resources attached.  November 19 is International Survivors of Suicide Loss Day. New England VIRTUAL Survivors of Suicide Loss Day Event in Sunday Nov 20 10am-12pm online REGISTER: https://new-england-virtual.isosld.afsp.org/  New England VIRTUAL event for Connecticut, Massachusetts, Maine, New Hampshire, Rhode Island and Vermont  International Survivors of Suicide Loss Day is an event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience.  This online event is FREE and open to Survivors of Suicide Loss only	

Education and Training - NAMI Update – Susan Ward	<ul> <li>National Guard Young Adult Training</li> <li>Connect Postvention Train the Trainers</li> <li>Connect Youth Leader</li> <li>Connect Young Adult Leader</li> <li>In Our Own Voices / Survivor Voices training</li> <li>Connect Online Training Slots</li> <li>CALM Training</li> </ul>	
Community Awareness	<ul> <li>Media recommendations</li> <li>Broad targeted dissemination of 988/NSPL materials to reach vulnerable 18–24-year-old population</li> </ul>	https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables  C3PH Folder of 988 Shareables: https://drive.google.com/drive/folders/1EF4t54wpglU5akkOGKElRu4pWmlf6BKZ?usp=sharing
Tobacco and Nicotine Use Prevention	<ul> <li>Targeted dissemination of materials – update on progress</li> </ul>	
Community response to suicide events.	<ul> <li>List any pertinent updates or invite speakers to share info.</li> </ul>	

SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
Middle/High School/Higher Ed - WMCC Updates		
Healthcare Updates – Memorial Hospital Community Health Need Assessment		
First Responder Updates		
Social Services, Other		
Awareness Campaigns		
	November is	
	<ul> <li>Daylight Savings – Fall Back Nov 6, 2am – days get darker, See info on Seasonal Affect Disorder</li> <li>The Great American Smokeout, Nov 17</li> <li>Movember – men's health – men's suicide prevention – men grow their moustache, or anyone can pledge to "move" and run/walk 60 km or miles to raise awareness, prevent male suicide. C3PH would like to promote strength based and solution focused awareness</li> </ul>	Resources:  SAD: <a href="https://kidshealth.org/en/parents/sad.h">https://kidshealth.org/en/parents/sad.h</a> <a href="mailto:tml?ref=search">tml?ref=search</a> Great American Smokeout: <a href="https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html">https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html</a>

raising (rather than focus on 60 lives lost every hour) Movember: <a href="https://go.movember.com/">https://go.movember.com/</a> Gratitude Month – the season of thanksgiving can be very difficult for persons facing numerous personal Gratitude challenge for students challenges. For students, mid-terms and other social, academic challenges can https://www.meehanmentalhealth.com bring stress levels high. /the-playful-therapist-blog/30-day-Nov 29 is #Giving Tuesday gratitude-challenge-for-kids-andfamilies Giving Tuesday: https://www.givingtuesday.org/unitedstates/#USmap **December** is World AIDS Day World AIDS Day is Dec 1 https://www.worldaidsday.org/ Of course, the season of giving, which can be especially difficult for some students who are facing various Angels and Elves: personal challenges. https://www.mwvkiwanis.org/mwvkiwanis-home/angels-and-elves/ There are various holiday gift drives happening across the community. Governor Wentworth Regional School District area holiday giving resources: https://docs.google.com/document/d/1 ovhjuK7dWetqjxx0hRqYjrGTbsuEY6jDvo uybtfFYJY/edit?usp=sharing

Next Steps for the Implementation Team-

You are invited to a Zoom meeting.

When: Dec 21, 2022 01:00 PM Eastern Time (US and Canada) Save the dates for the third Wed of each month, 1:00-2:15pm by Zoom.

Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZMscumvpzsoH9fCbMtMlsm7ce7NPMn74aDy

After registering, you will receive a confirmation email containing information about joining the meeting.

Topic: Carroll County Youth Suicide Prevention Team

Time: Dec 15, 2021 01:00 PM Eastern Time (US and Canada)

Every month on the Third Wed, until Dec 21, 2022, 13 occurrence(s)

Nov 16, 2022 01:00 PM Dec 21, 2022 01:00 PM

Please download and import the following iCalendar (.ics) files to your calendar system.

Monthly:

https://us02web.zoom.us/meeting/tZMscumvpzsoH9fCbMtMlsm7ce7NPMn74aDy/ics?icsToken=98tyKuGvrz4qHd2VshyERpwEBY 4c-3xmGJBgvpbvx3IFw1fcQ6hNecVHIJSHo-E

Thank you!
Catalina Kirsch
catalina.kirsch@graniteuw.org