

## GLS Youth Suicide Prevention

Implementation Team – Be the 1 Carroll County – Jan 17, 2024. 12:00pm

Register in advance for this meeting:

<https://us02web.zoom.us/join/zoom-join?join=join&meeting=74aDy7NPM7ce7NPMn74aDy>

NAMI-NH, Northern Human Services & Carroll County Coalition for Public Health

Garett Lee Smith Grant – NH Nexus Project 2.0

### Agenda

- Welcome to Year 5.
- Introductions of team members around the table

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
Strategic Planning – Identify needs, gaps & high-risk populations	<p><b>Discussion.</b></p> <p>Focus on Upper Elementary &amp; Middle School:</p> <p>Update on CDC Mental Health Action Guide and CDC Health Ed Curriculum (Heather?)</p> <p>Carroll County Veterans Coalition – Veterans and Military Families: Jen/C3PH- QPR Training in March and more updates</p> <p>Other high-risk populations: Point in Time Homelessness Count fmi Erik Becker TCCAP</p> <p>LGBTQ: White Mountains Pride seeking volunteers to join planning committee for 2024 event. Volunteer Night on January 28, 2024 at 6pm at the Cranmore Inn (80 Kearsarge Road, North Conway) to help plan and prepare for the White Mountains Pride Festival on June 29, 2024! Fmi <a href="mailto:whitemountainspride@gmail.com">whitemountainspride@gmail.com</a></p>	
Strategic Planning – Establish Protocols and Evidence Based Practices within/across systems	<p>SAU49- SAU 9- Youth Behavioral Health Collaborative- working on identifying needs of students and how to connect them to resources.</p> <p>SAU 45- SAU 101- SAU 13- Other Systems, Organizations?</p>	
Strategic Planning - Engage in regional, state, and national initiatives and information as it	<p>NH YRBS Workgroup:</p> <p>NH Behavioral Health Planning &amp; Advisory Committee. Subcommittees. 1. C-Occurring. 2.</p>	

<p>relates to the project including webinars, conferences, meetings, subcommittees, grand rounds, etc.</p>	<p>Housing/Homelessness. 3. Workforce Development. 4.Children’s BH update <a href="https://childrensbehavioralhealthresources.nh.gov/">https://childrensbehavioralhealthresources.nh.gov/</a> 5. Transitional Care. 6 Reversing Stigma fmi Michelle Wagner, <a href="mailto:mwagner@naminh.org">mwagner@naminh.org</a></p> <p>Magnify Voices Expressive Art Contest- Now Open - Students ages 5-12 can submit their creative pieces with mental health in NH. <a href="https://nhcsoc.org/magnify-voices/">https://nhcsoc.org/magnify-voices/</a></p> <p>Art &amp; Poetry Contest: Belonging. Accepting submissions from K-12 students and to be inclusive, the adults. Website full of information about the challenge for parents, teachers, students and adults. For more information, <a href="https://racialunityteam.com/art-and-poetry-challenge">https://racialunityteam.com/art-and-poetry-challenge</a>. Ken Mendis, Racial Unity Team, 603-395-1242</p>	
<p>Education and Training - NAMI Update – Susan Ward</p>	<p>Paul School, Wakefield Jan 22</p> <p>Grant Funded Trainings for GLS Year 5:</p> <ul style="list-style-type: none"> <li>• Connect Prevention Train-the-Trainer</li> <li>• Connect Youth Leader Training</li> <li>• Connect Young Adult Training (Community College)</li> <li>• Connect Young Adult National Guard Training</li> <li>• Survivor Voices (3-5 young adult loss survivors from around the state)</li> <li>• Connect eLearning Seats</li> <li>• Connect Prevention and Postvention Training and Planning sessions</li> </ul>	
<p>Community Awareness</p>	<ul style="list-style-type: none"> <li>• Strong as Granite Campaign <a href="https://www.dhhs.nh.gov/programs-services/health-care/behavioral-health/strong-granite">https://www.dhhs.nh.gov/programs-services/health-care/behavioral-health/strong-granite</a></li> <li>• Media recommendations</li> <li>• Broad targeted dissemination of 988/NSPL materials to reach vulnerable 18–24-year-old population.</li> </ul>	<p><b>Strong As Granite Toolkit</b> Go to the <a href="#">Strong As Granite Toolkit</a> for social media resources, flyers, posters and wallet cards. Help spread the word! This toolkit contains assets you can use in your organization’s social media channels, as well as downloadable wallet cards, posters and flyers. You’ll be doing a great thing for your fellow Granite Staters as we work together to make New Hampshire a national leader in behavioral health support. C3PH HAS COPIES OF MATERIALS FOR YOUR ORG.</p>

		<a href="https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables">https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables</a> C3PH Folder of 988 Shareables: <a href="https://drive.google.com/drive/folders/1EF4t54wpglU5akkOGKEIRu4pWmIf6BKZ?usp=sharing">https://drive.google.com/drive/folders/1EF4t54wpglU5akkOGKEIRu4pWmIf6BKZ?usp=sharing</a> Reach out to Catalina/Emily for Stronger Than You Think campaign materials.
Tobacco and Nicotine Use Prevention	<ul style="list-style-type: none"> <li>Targeted dissemination of materials – update on progress . See <a href="https://www.dhhs.nh.gov/programs-services/population-health/tobacco-prevention-cessation">https://www.dhhs.nh.gov/programs-services/population-health/tobacco-prevention-cessation</a></li> </ul>	
Community response to suicide events.	<ul style="list-style-type: none"> <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		
Faith Community Updates		
Awareness Campaigns	February Teen Dating Violence Awareness Month <a href="https://www.loveisrespect.org/get-involved/tdvam/">https://www.loveisrespect.org/get-involved/tdvam/</a>  March National Nutrition Month <a href="https://www.hud.gov/program_offices/public_indian_housing/programs/ph/nnw/Nutrition">https://www.hud.gov/program_offices/public_indian_housing/programs/ph/nnw/Nutrition</a>  National Poison Prevention Week 3 <sup>rd</sup> week of March <a href="https://poisonhelp.hrsa.gov/what-you-can-do/poison-prevention-week">https://poisonhelp.hrsa.gov/what-you-can-do/poison-prevention-week</a>  National Drug and Alcohol Facts Week Mar 18-24 <a href="https://nida.nih.gov/research-topics/national-drug-alcohol-facts-week">https://nida.nih.gov/research-topics/national-drug-alcohol-facts-week</a>	
Other		

Next Steps for the Implementation Team-  
C3PH Carroll County is inviting you to a scheduled Zoom meeting.

Third Wednesday each month, 12:00pm-1:00pm

<https://us02web.zoom.us/meeting/register/tZMscumvpzsoH9fCbMtMlsm7ce7NPMn74aDy#/registration>


Thank you!

Jennifer Thomas

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# Carroll County Veterans Coalition



Carroll County Coalition for Public Health has launched the Carroll County Veterans Coalition to increase mental health supports and decrease social isolation of veterans in the community. This Coalition aims to prevent veteran suicide in NH, in partnership with The NH Department of Military Affairs and Veteran Services and The Partnership for Public Health.

## MORE INFO



**(603) 515-6544**



**jennifer.thomas@  
graniteuw.org**





**Veterans  
Crisis Line**  
DIAL 988 then **PRESS 1**



**New Hampshire**  
Rapid Response Access Point

— Free and available 24/7/365 —

 **833-710-6477**  
 **NH988.com**



We invite Service Members, Veterans, and their families, along with mental health providers and community members, to join the Carroll County Veterans Coalition to address this growing need in NH. To join the Coalition or for more information, contact us at (603) 515-6544.


## MEETINGS



**4th Tuesday of  
every month**



**10 AM**



**TriCounty CAP Building**  
**448 White Mountain Highway**  
**Tamworth, NH 03886 or by Zoom**

**CARROLL COUNTY COALITION**  
**FOR PUBLIC HEALTH**  
An Initiative of Granite United Way

# After School Horsemanship and Life Skills Program



281 Odell Hill Rd, Center Conway, NH

Equine  
Therapy  
Center

Mon-Fri  
3:30-5:30

Ages 8+  
\$50/day

**Flexible scheduling** – easy online signup by the day or by the week.  
Early/late drop off available.

**Convenient Transportation** – located on Kennet High/ Kennet Middle/  
Pine Tree School afternoon bus routes (as available).

**Max 8 participants per day** – sign up early to ensure your spot!

**Join us to explore values, learn about horses, and practice life skills through riding, horsemanship education, games, projects, and activities with peers and horses**

- *Riding and unmounted activities*
- *Leadership opportunities for high school participants*
- *Spring Session 3/25/24 – 6/14/23 upcoming*

#### WEEKLY THEMES:

1/8 - 1/12	Leadership
1/15 - 1/19	Courage
1/22 - 1/26	Trust
1/29 - 2/2	Creativity
2/5 - 2/9	Communication
2/12 - 2/16	Problem Solving
2/19 - 2/23	Gratitude
2/26 - 3/1	Relationships
3/4 - 3/8	Respect
3/11 - 3/15	Teamwork
3/18 - 3/22	Responsibility

To sign up, go to [www.terraetc.org](http://www.terraetc.org) or email us at [info@terraetc.org](mailto:info@terraetc.org)

#### ABOUT US:

TERRA Equine Therapy Center is a 501(c)(3) nonprofit organization that provides high-quality equine-assisted services to our community. As a PATH International Member Center, we adhere to the highest standards of safety and quality in our industry. Our riding and horsemanship programs are overseen by Certified Therapeutic Riding Instructors and our equine assisted learning programs are designed and supervised by a medical doctor and a clinical psychologist. For more information, visit us at [www.terraetc.org](http://www.terraetc.org)

