### **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/meeting/register/tZMscumvpzsoH9fCbMtMlsm7ce7NPMn74aDy

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 –	Status Updates, Discussion	Follow up Action (By Who?)
Current Focus		
	Discussion.	
Strategic Planning – Identify needs, gaps &	Focus on Upper Elementary & Middle School:	
high-risk populations	Update on CDC Mental Health Action Guide and CDC Health Ed Curriculum (Heather?)	
	Carroll County Veterans Coalition – Veterans and Military Families: Jen/C3PH- QPR Training in March and more updates	
	Other high-risk populations: Point in Time Homelessness Count fmi Erik Becker TCCAP	
	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 whitemountainspride@gmail.com	
Strategic Planning – Establish Protocols and Evidence Based Practices within/across systems	SAU49- SAU 9- Youth Behavioral Health Collaborative- working on identifying needs of students and how to connect them to resources. SAU 45- SAU 101- SAU 13- Other Systems, Organizations?	
Strategic Planning - Engage in regional, state, and national initiatives and information as it	NH YRBS Workgroup:  NH Behavioral Health Planning & Advisory	
and iniormation as it	Committee. Subcommittees. 1. C-Occurring. 2.	

relates to the project including webinars, conferences, meetings, subcommittees, grand rounds, etc.	Housing/Homelessness. 3. Workforce Development. 4.Children's BH update https://childrensbehavioralhealthresources.nh .gov/ 5. Transitional Care. 6 Reversing Stigma fmi Michelle Wagner, mwagner@naminh.org  Magnify Voices Expressive Art Contest- Now Open - Students ages 5-12 can submit their creative pieces with mental health in NH. https://nhcsoc.org/magnify-voices/  Art & 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, https://racialunityteam.com/art- and-poetry-challenge. Ken Mendis, Racial Unity Team, 603-395-1242	
Education and Training - NAMI Update – Susan Ward	Paul School, Wakefield Jan 22  Grant Funded Trainings for GLS Year 5:	
Community Awareness	<ul> <li>Strong as Granite Campaign         <ul> <li>https://www.dhhs.nh.gov/programs-services/health-care/behavioral-health/strong-granite</li> <li>Media recommendations</li> <li>Broad targeted dissemination of 988/NSPL materials to reach vulnerable 18–24-year-old population.</li> </ul> </li> </ul>	Strong As Granite Toolkit Go to the Strong As Granite Toolkit 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.

		https://www.samhsa.gov/find- help/988/partner-toolkit/social-media- shareables C3PH Folder of 988 Shareables: https://drive.google.com/drive/folders/1EF4t
		54wpglU5akkOGKElRu4pWmlf6BKZ?usp=shar ing
		Reach out to Catalina/Emily for Stronger Than
		You Think campaign materials.
Tobacco and Nicotine Use	<ul> <li>Targeted dissemination of materials –</li> </ul>	
Prevention	update on progress . See	
	https://www.dhhs.nh.gov/programs-	
	services/population-health/tobacco-	
	<u>prevention-cessation</u>	
Community response to	<ul> <li>List any pertinent updates or invite</li> </ul>	
suicide events.	speakers to share info.	

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	
	https://www.loveisrespect.org/get-	
	involved/tdvam/	
	March	
	National Nutrition Month	
	https://www.hud.gov/program_offices/public	
	indian_housing/programs/ph/nnw/Nutrition	
	National Poison Prevention Week 3 <sup>rd</sup> week of	
	March https://poisonhelp.hrsa.gov/what-you-	
	can-do/poison-prevention-week	
	Gair do, poison prevention week	
	National Drug and Alcohol Facts Week Mar 18-	
	24	
	https://nida.nih.gov/research-topics/national-	
	drug-alcohol-facts-week	
Other		

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

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

Thank you!
Jennifer Thomas
Jennifer.thomas@graniteuw.org

Catalina Kirsch <a href="mailto:catalina.kirsch@graniteuw.org">catalina.kirsch@graniteuw.org</a>



# Carroll County Veterans Coalition



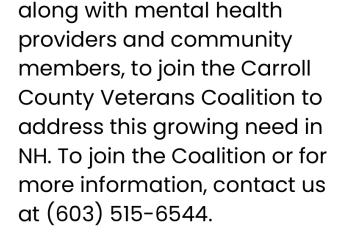
Carroll County Coalition for Public Health has launched the Carroll County Veterans Coalition to increase mental health supports and decrease social isolation of veterans in the community. This Coalition aims to prevent veteran suicide in NH, in partnership with The NH Department of Military Affairs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

**MORE INFO** 



jennifer.thomas@
graniteuw.org





We invite Service Members,

Veterans, and their families,

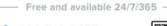
### **MEETINGS**

4th Tuesday of every month



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











## After School Horsemanship and Life Skills Program



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 or email us at 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

