

Carroll County Youth SMP Subcommittee

(Substance Misuse Prevention)

November 15, 2022, 2:00-3:30pm

Agenda

	Follow-up Action. By Whom?
<p>1. Introductions</p> <p><b>Attendance:</b></p>	
2. Goals for Quarter 2 & 3 – Oct-Dec 2022; Jan-Mar 2023	
3. Discussion – Planning for 2022-2023 – Challenges and Opportunities and wish list	
<ul style="list-style-type: none"> <li>• Goal: Addressing substance misuse across the lifespan</li> </ul>	
<ul style="list-style-type: none"> <li>• Strategy 1:1 Regional Network Facilitation. Prevention Leadership Team, work with SAUs, Work with Law Enforcement, local officials, youth subcommittee, ACEs trainings.</li> </ul>	SAU 9 Wellness, GWRSD Systems of Care Leadership Team.
<ul style="list-style-type: none"> <li>• Strategy 1:2 Information Dissemination. Brochures, social media, special populations/LGBTQ: <b>Center for Adolescent Studies</b> is launching a new series on their <a href="https://www.youtube.com/channel/UCiWSw9BYoJpCMvHoUdyafSA">YouTube Channel</a>, called <b>2-breath shorts</b>, which will include meditations, affirmations, and other brief thoughts all in 15 seconds or less (i.e., just about two breaths!). Check out our <a href="#">first video</a> by clicking the link.</li> </ul>	<a href="https://www.youtube.com/channel/UCiWSw9BYoJpCMvHoUdyafSA">https://www.youtube.com/channel/UCiWSw9BYoJpCMvHoUdyafSA</a>
<ul style="list-style-type: none"> <li>• Strategy 1:3 Community Education. Advocacy? Legislative forum? Suicide Prevention?</li> </ul>	Meeting with New Futures Nov 17
<ul style="list-style-type: none"> <li>• Goal: Reduce CC Youth self-reported use of tobacco, alcohol, marijuana, prescription drugs as measured by YRBS</li> </ul>	
<ul style="list-style-type: none"> <li>• Strategy 2.1 Community Education / information dissemination. Brochures, social media, special populations (LGBTQ): Mind Matters</li> </ul>	<a href="https://nida.nih.gov/research-topics/parents-educators/lesson-plans/mind-matters/teachers-guide">https://nida.nih.gov/research-topics/parents-educators/lesson-plans/mind-matters/teachers-guide</a>
<ul style="list-style-type: none"> <li>• Strategy 2.2 Youth Empowerment – TA to student groups, student group presentations, promote Life of an Athlete</li> </ul>	
<ul style="list-style-type: none"> <li>• Goal: Respond to emerging threats</li> </ul>	
<ul style="list-style-type: none"> <li>• Strategy. Compile and share data - <a href="#">HHS Releases New National Guidelines for Improving Youth Mental Health Crisis Care</a> The U.S. Department of Health and Human Services (HHS), through the Substance Abuse</li> </ul>	

<p>and Mental Health Services Administration (SAMHSA), on Nov 14 released a new report, <a href="#">National Guidelines for Child and Youth Behavioral Health Crisis Care</a>, which describes the urgent need to improve crisis response services for children, youth, and families and provides guidance on how communities can address the existing gaps in care for youth.</p>	
<p>4. Roundtable Updates</p>	
<p>5. Next meetings: Youth Prevention subcommittee update: This subcommittee will continue to meet while we work at C3PH to fill the SMP position opening. Meetings will be held on the third Tuesday of Sept, Nov, Jan, Mar, May (summer off) 2-3:30pm, by zoom, <a href="https://us02web.zoom.us/j/89220970878">https://us02web.zoom.us/j/89220970878</a> or join by phone at One tap mobile +13017158592,,89220970878# or dial +1 301 715 8592 , meeting id 892 2097 0878</p>	
<p><b>November is</b></p> <ul style="list-style-type: none"> <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 raising (rather than focus on 60 lives lost every hour)</li> <li>- Gratitude Month – the season of thanksgiving can be very difficult for persons facing numerous personal challenges. For students, mid-terms and other social, academic challenges can bring stress levels high.</li> <li>- Nov 29 is #Giving Tuesday</li> </ul>	<p>Resources: SAD: <a href="https://kidshealth.org/en/parents/sad.html?ref=search">https://kidshealth.org/en/parents/sad.html?ref=search</a></p> <p>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></p> <p>MOvember: <a href="https://go.movember.com/">https://go.movember.com/</a></p> <p>Gratitude challenge for students <a href="https://www.meehanmentalhealth.com/the-playful-therapist-blog/30-day-gratitude-challenge-for-kids-and-families">https://www.meehanmentalhealth.com/the-playful-therapist-blog/30-day-gratitude-challenge-for-kids-and-families</a></p> <p>Giving Tuesday: <a href="https://www.givingtuesday.org/united-states/#USmap">https://www.givingtuesday.org/united-states/#USmap</a></p>
<p><b>December is</b></p> <ul style="list-style-type: none"> <li>- World AIDS Day is Dec 1</li> </ul>	<p>World AIDS Day <a href="https://www.worldaidsday.org/">https://www.worldaidsday.org/</a></p>

<ul style="list-style-type: none"> <li>- Of course, the season of giving, which can be especially difficult for some students who are facing various personal challenges.</li> <li>- There are various holiday gift drives happening across the community.</li> </ul>	<p>Angels and Elves:  <a href="https://www.mwvkiwanis.org/mwv-kiwanis-home/angels-and-elves/">https://www.mwvkiwanis.org/mwv-kiwanis-home/angels-and-elves/</a></p> <p>Governor Wentworth Regional School District area holiday giving resources:  <a href="https://docs.google.com/document/d/1ovhjuK7dWetqjxx0hRqYjrGTbsuEY6jDvouybtFYJY/edit?usp=sharing">https://docs.google.com/document/d/1ovhjuK7dWetqjxx0hRqYjrGTbsuEY6jDvouybtFYJY/edit?usp=sharing</a></p>
<p><b>Carroll County CONNECT eLearning Slots</b></p> <p>ONLINE TRAINING SPOTS ARE AVAILABLE FOR CARROLL COUNTY</p> <p>MODULES AVAILABLE FOR “GATEKEEPER”, “HEALTHCARE”, “SCHOOL PERSONNEL”, “MENTAL HEALTH PROVIDER”</p> <p><a href="http://www.c3ph.org/initiatives/youth-suicide-prevention/online-training-modules">http://www.c3ph.org/initiatives/youth-suicide-prevention/online-training-modules</a></p> <p>-----</p>	
<p>See attached resource: Prevention Resources Update 11-7-22 from NH BDAS</p>	<p><a href="http://www.c3ph.org/assets/pdf/Prevention_Resources_Update_11-07-22.pdf">http://www.c3ph.org/assets/pdf/Prevention_Resources_Update_11-07-22.pdf</a></p>

C3PH Carroll County is inviting you to a scheduled Zoom meeting.

Topic: Carroll County Youth Substance Misuse Prevention

Time: 2:00-3:30pm

third Tuesday of Sept, Nov, Jan, Mar, May, (summer off)

Join Zoom Meeting

<https://us02web.zoom.us/j/89220970878>

#### Agenda

- Prevention Updates by Goals and Activities
- Coordination, Data, Health Disparities
- Roundtable Updates, Announcements, Collaborations

Meeting ID: 892 2097 0878

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