

Youth Suicide Prevention Team – Carroll County – September 15, 2021, 1:00-2:30 pm

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

Notes

Attendees: Heather Nelson, SAU 45; Kera Favorite, Huggins Hospital; Suzanne Kelly-Scott, Conway PD; Robin Scott, WMCC; Marti Bolduc, Moultonborough School District; Anika Hastings, SAU 49; Patricia Aliventi, Community Member; Susan Ward, NAMI NH; Kim Perkinson, C3PH; Catalina Kirsch, C3PH; Damian Santana, C3PH; Caleb Gilbert, C3PH; Katelyn Dion, Northern Human Services

Welcome new GLS Grant Manager with NAMI NH – Susan Ward. Susan fills the role vacated by Kelley Caravona.

- One Year Later – Lessons Learned – Achievements –

January of 2021 marked the start of year 2 for our project.

Achievements in Year One, 2020: (We got all this done in the midst of a pandemic)

- Identifying need and gaps
 - See documents below if you would like to view the lists of needs/gaps by sector (from initial 2-day training in October 2020).
 - [Key Considerations: Schools/Colleges Summary](#)
 - [Key Considerations: Mental Health/Physical Health/SUD Providers](#)
 - [Key Considerations: First Responders](#)
 - [Key Considerations: Social Services](#)
- Delivering Trainings
 - Prevention & Planning two-day training was completed Oct 2020
 - CONNECT Train the Trainer: Trained 4 individuals as Connect trainers. In addition, Katelyn Dion is a trained CONNECT trainer.
 - CALM: Counseling on Access to Lethal Means Training was held on August 4, 2021.
 - E-Learning: Many slots offered in year 1 and more will be offered in year 2 (recruitment is ongoing, contact Kim FMI).
- Raise awareness: C3PH has been utilizing national media sources to spread awareness and information about suicide prevention. Also hosted a FB Live event.
- In Our Own Voices Training - Offered by NAMI NH in December 2020
- Media recommendations: Media training was held in year 1 on January 13, 2021. There still seems to be a need to recruit Carroll County media sources. To our knowledge no representatives of Carroll County media outlets participated in January, 2021.
- Tobacco cessation awareness: C3PH has utilized social media messaging addressing vaping, cigarette, and nicotine use.
- Katelyn Dion hired on as the Care Liaison. Katelyn provides transitional care, safety planning, connecting with youth (ages 10-24) reintegrating into community setting,

finding their “why” (facilitating care transitions and connections to positive social connections, activities)

- A group of “school-based” partners within the leadership team began to meet regarding ways to integrate known best practices for suicide prevention into school settings in the county.
- Highlight: Law Enforcement. Jackson PD worked with us and NAMI to create a protocol and training so that LE officers could use the Columbia- Suicide Severity Rating Scale (C-SSRS) tool during a call and interaction with persons at risk and respond in a way that connects persons with help. Training coming up Sept 24
- Goals for this year
 - Reach and engage 18-24 year olds – Young Adult Leader Training - WMCC & NHTI collaboration – business outreach? WMCC is looking into hosting a virtual young adult Connect training, offered virtually to both campuses (North Country and North Conway). Also exploring “bring a friend” theme to increase comfort and participation. Also open to young adults outside the CC system. Susan W. will gather info about capacity. Stay tuned.
 - Youth Leader Training, NH National Guard Training – begin preparing for trainings targeting this population.
 - Youth Connect Training for High School Age students. Catalina and Kim will follow-up with Susan W. from NAMI regarding this. Year One training Youth Training was completed in the North Country.

Follow-Up Needed:

- A subset of this leadership team will meet to explore ways to better communicate with State Mental Health Hospitals regarding discharge, safety, and reintegration planning, and create stronger connections with Katelyn Dion to facilitate care transitions.
- Explore ways to address the stigma felt by young people who are/have experienced mental health crises or other life events (such as SUD) that can cause stigma.

- Training updates:

-Jackson PD will be working with Conway PD in regards CSSR pilot training. Sept 24th.

GRANT GOAL: CONNECT Two-Day Postvention Training and Planning Sessions: Catalina and Kim

- Upcoming Dates
 - a) Community Survey – Sep 15-30,2021. Participants to take a Community Survey about two weeks prior to the training (to be completed at least one week prior to the Day One training). These participants can include those attending the training or others who can represent their sector of the community. Identify approximately 4-5 people per sector to complete the survey. The survey takes 20-30 minutes to complete. Stay tuned for link.
 - b) Thursday October 7, 2021. 9:00am-2:30pm. Virtual Day 1 Action Item: recruit up to 35 participants. They will be asked to complete a pre-training-survey (different than the ‘community survey’)

- c) Thursday October 14, 9:00am-1:00pm. Virtual. Day 2: Planning Session for Postvention, including select Day One participants plus additional up to 20 max. Action Item: create an outreach/recruitment list. [See Draft List](#). Please recommend & refer participants.
- d) Target Audience – Persons who would be in a position to assist families experiencing a loss of a young adult to suicide to connect them to support resources (physical and mental healthcare, social work, school support specialists, funeral home directors; Persons who are responsible for public communications after a suicide loss who need familiarity with safe messaging (media, school leadership, more)

- GRANT GOAL: E-learning Updates. CONNECT Online Suicide Prevention Trainings

Update from Kim Perkinson - Approximately 580 spots for Carroll County – Action Item: Identify priority populations to access these trainings (available trainings include Gatekeeper, Healthcare, School Personnel, Mental Health Provider) Current status update. Please let community members know that there are slots available. Katelyn suggested possibly veterinarians. We can look into this, however, this grant is focused on youth.

-Outreach to other organizations, ie DHHS workers, Home Health Agencies, seasonal employers, school support staff, Peer Recovery Coaches - Assign members for targeted outreach. See flyers

Follow up item: Please use these links to

- Share out this opportunity to your contacts in these sectors
 - To encourage registration for these trainings
 - We encourage organizations to contact us. For example we would love to hear from an organization to tell us “we would like to receive (x) training slots for our agency”
1. [Connect Online Suicide Prevention Training for SCHOOL PERSONNEL Program Description.](#)
[Connect SCHOOL PERSONNEL Registration – Request e-learning slot here](#)
 2. [Connect Online Suicide Prevention Training for HEALTHCARE WORKERS Program Description.](#)
[Connect HEALTHCARE WORKER REGISTRATION here.](#)
 3. [Connect Online Suicide Prevention Training for Mental Health Providers – Program Description](#)
[Connect MENTAL HEALTH PROVIDERS Registration.](#)
 4. [Connect Online Suicide Prevention Training for GATEKEEPERS – Program Description.](#)
[Connect GATEKEEPER Registration.](#) Audience: Community members (gatekeepers), anyone who may have contact with a person at risk of suicide, especially when associated with youth and other vulnerable populations.

- YRBS Technical Assistance Project – Data Analysis of Carroll County YRBS Data

- We took what Carroll County youth said in 2019 YRBS and pulled out some salient data points and turned them into these cool infographics! Take a look!
- Infographic – [The Intersection of Youth Mental Health and Substance Use](#)
- Infographic – [Setting Expectations and Limiting Access – Prevent Youth Substance Use](#)

-School Updates -Moultonborough has given out most of their slots. Working on Teen MHFA and Elementary is working on Choose Love; All staff will read One Trusted Adult
<https://www.onetrustedadult.com/>

Kingswood- No updates at this time. Welcome Anika Hastings, longtime Guidance Counselor for GWRSD, now serving in new role as Social Worker previously held by Sheryl Power, member of this team, now retired. Ahastings@sau49.org

-Healthcare Updates no

-Social Services Updates-Katelyn will be part of the Conway PD training.

-Community Awareness and Support-Susan Ward-BHII (our grant evaluator) is collecting information and data for SAMSHA from the grant. **Looking for impact statements** from trainings or other work related to this grant project. Please let Susan know.

Elaine DeMello of NAMI NH, also an instructor in community college, as part of Mental Illness Awareness Week, is presenting an IOOV(In Our Own Voices) virtual event Oct 5, 7-8:30(pm?)- please let Susan Ward know if you are interested.

Jennifer Sabin, NH Suicide Prevention Coordinator is organizing a Screening of film “Each and Every Day”, a documentary about suicide attempt survivors. A committee is working on how best to present this opportunity to communities across NH. There is an October meeting to plan. Contact Susan Ward for more information. sward@naminh.org

RESOURCES TO SHARE

- [Survivors of Suicide Loss\(SOSL\) Support Group Flyer](#)

[Download Flyer here and please share](#) Group meets 2nd Thursday Each Month, 6-7:30pm. At Reverence for Life Building, Vaughan Learning Center. 2503 White Mtn Hwy, North Conway. FMI call Ruthann Fabrizio 603-374-2434

- [Under 25 Network of Carroll County – Wellness Chats – Copy, Paste, Share:](#)

TIME SENSITIVE . SHARE WITH 18-24 YEAR OLDS YOU KNOW

U25 Carroll County / C3PH Presents Thrive Under 25 Wellness Chats

For Young Adults 18-24ish in Carroll County, NH FREE virtual chats with a Wellness Coach. Learn tips on managing stress, coping, resilience and thriving; staying healthy in mind and body & achieving goals. Receive a gift card and a book!

Tuesdays Sept 14, 21, 28, 2021, 8:00-9:00pm EST by Zoom

Email continuum@c3ph.org to register or register at this link You are invited to a Zoom meeting. Thrive Under 25 Wellness Chats

When: Sep 14, 21 & 28, 2021 08:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZErfu-gqz8tGdMI7IIXAgtNRjiNcibw-0i1>

Feel free to join, to invite or bring a friend to also join virtually. This program is made possible with funding from the NH Bureau of Drug and Alcohol Services Partnership for Success Young Adult Strategies Grant

- **GRANT GOAL: Dissemination of National Suicide Prevention Lifeline and other prevention materials.** Online toolkit: <https://suicidepreventionlifeline.org/help-someone-else/safety-and-support-on-social-media/>

September is Suicide Prevention Month



Online resources:

<https://suicidepreventionlifeline.org/promote-national-suicide-prevention-month/>

<https://www.nami.org/get-involved/awareness-events/suicide-prevention-awareness-month>

[Social Media graphics from NAMI – Suicide Prevention](#)

Strengthening the Community's Safety Net: Suicide Prevention Best Practice

09/16/2021, 5:00 pm - 7:00 pm (virtual workshop for individuals/families with lived experience.

<https://www.naminh.org/events/strengthening-the-communitys-safety-net-suicide-prevention-best-practice/>

Mental Health America Back to School Resources <https://www.mhanational.org/back-school>

NH Dept of Education – Suicide Prevention Resources

<https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-wellness/office-of-social-and-emotional-wellness/suicide-prevention>

NH Department of Education – Choose Love Enrichment Curriculum

<https://www.education.nh.gov/partners/chooselove>

September is Recovery Month



Online resources:

National Recovery Month 2021

<https://www.samhsa.gov/recovery-month>

NH Recovery Hub

<https://nhrecoveryhub.org/>

The Doorway NH – Find help near you

<https://www.thedoorway.nh.gov/home>

Family Support Groups

<https://nhrecoveryhub.org/family-groups>

MWV Supports Recovery

<https://nhrecoveryhub.org/find-help/mwv-supports-recovery>

White Horse Recovery

<https://nhrecoveryhub.org/find-help/white-horse-addiction-recovery-center>

Recovery Friendly Workplace – Maybe your workplace can be designated?

<https://www.recoveryfriendlyworkplace.com/>

October Happenings

NAMI Walks Oct 9 <https://www.naminh.org/nami-nh-events/namiwalks-nh/>

NAMI Basics Virtual Class for Parents/Caregivers

<https://www.naminh.org/events/nami-basics-virtual-class-for-parents-caregivers/>

November Happenings

Please see attached [Save the Date for the NH Suicide Prevention Conference](#) on November 3rd and 4th. Please distribute widely. Or <https://www.naminh.org/events/18th-annual-nh-suicide-prevention-conference/>

GRANT GOAL: Dissemination of tobacco cessation / nicotine use prevention materials to reach high risk groups, attention 18-24yo

- Recent journal article, JAMA
[June 7, 2021; The Decline in e-Cigarette Use Among Youth in the United States—An Encouraging Trend but an Ongoing Public Health Challenge](#)
“It is an encouraging sign that e-cigarette use among youth declined from 2019 to 2020. As the perception of the risk of e-cigarette use and accessibility to e-cigarettes were key drivers of this decline, public health programs that increase the awareness of e-cigarettes’ harmful effects and ensure the enforcement of age restrictions on e-cigarette sales are crucial. With the COVID-19 pandemic having discouraged e-cigarette use among youth, this is a great opportunity to further decrease e-cigarette use among middle and high school students, extend this into the young adult population, and emphasize it in the general adult population.”
- Please share with your communities:
 - <https://quitnownh.org/my-life-my-quit/>
 - <https://quitnownh.org/>
 - <https://saveyourbreathnh.org/>
 - <https://www.lung.org/quit-smoking/helping-teens-quit>
 - <https://www.tobaccofreekids.org/>
 - <https://truthinitiative.org/>

2:15 Next Steps for the Implementation Team-

Next meetings

Oct 20, Nov 17, Dec 15, Jan 19

You are invited to a Zoom meeting.

When: Oct 20, 2021 01:00 PM Eastern Time (US and Canada)

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.

Thank you!

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