

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

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: Kim Perkinson/C3PH, Catalina Kirsch/C3PH, Susan Ward/NAMI NH, Katelyn Dion/ NHS, Anika Hastings/ GWRSD, Damian Santana/C3PH, Melissa Kanter/Memorial Hospital

<b>Grant Objectives – Current Focus</b>	<b>Status Updates, Discussion</b>	<b>Follow up Action – By Who?</b>
Strategic Planning – Postvention Planning	Completed in October. Follow up items.	None. We can review the planning objectives the group drew up in 2022.
Strategic Planning – Young Adults Training. Partnership with NHTI	Completed Dec 2. Report out from Kim Perkinson, Crystal Sawyer. (x) Carroll county young adults participated in the training in partnership with NHTI and NAMI NH. They came from the greater Tamworth and Lakes Region area.	Carroll County young are now eligible to deliver training to their community with support from our team and NAMI NH.
Education, Training – eLearning Slots	<p>One month left in Year Two! Training slots distribution update.</p> <p>School Personnel – slots have been offered to Kennett, Kingswood and Moultonborough (up to 125 each)</p> <p>Mental Health Providers – 28 slots given out across the region</p> <p>Healthcare – Memorial and Huggins will request a number of spots</p>	<p>Huggins Hospital will request a number of slots they need before Jan 14. – Kera Favorite</p> <p>Memorial Hospital will request a number of slots before Jan 14, for example enough for the Primary Care team. – Melissa Kanter</p>

	Gatekeepers – 18 spots have been delivered. More available for youth workers, youth group leaders, other.	Contact Kim or Catalina before Jan 14 for more information
Education & Training – deliver CONNECT Training	Plan for 2022 – This Prevention team can identify opportunities to deliver CONNECT trainings in the community. We have 6 trainers available.	Revisit this in 2022. Send ideas to Kim and Catalina. – All members
Community Awareness – Media Recommendations & Safe Messaging	Plan for 2022 – Prevention team will be asked to explore opportunities to deliver a training on messaging to our Carroll County print, radio and other news media representatives.	Revisit this in 2022. Send ideas to Kim and Catalina – All members
Community Awareness – Social Media Volunteer	<p><a href="#">988 and iCare -</a> Click on the link to learn more about DHHS initiative. C3PH will receive \$8K to promote the 988 roll out and to raise awareness by social media, print, radio. C3PH will draw up a workplan for the use of the funds to submit to the state. We welcome input from the team. Watch this video: <a href="https://www.youtube.com/watch?v=M6BPxH09tqU">https://www.youtube.com/watch?v=M6BPxH09tqU</a></p> <p>Melissa Kanter: Beacon Health Options will manage crisis hotline and 988 services in NH. Fmi <a href="https://www.beaconhealthoptions.com/beacon-health-options-will-manage-crisis-hotline-and-988-services-in-new-hampshire/">https://www.beaconhealthoptions.com/beacon-health-options-will-manage-crisis-hotline-and-988-services-in-new-hampshire/</a></p> <p>Info on 988 and the difference between 988, 911 and 211 and 1-800-273-TALK from Mental Health America: see link below: <a href="https://mhanational.org/sites/default/files/FAQ%20with%20vibrant%20FINAL%20COPY.pdf">https://mhanational.org/sites/default/files/FAQ%20with%20vibrant%20FINAL%20COPY.pdf</a></p> <p>988 Listening Session tonight Dec 15 Your voice needed (Wed. 12/15, 6 PM)! 9-8-8 in New Hampshire Individuals &amp; Families with Lived Experience Listening Session. Register today: <a href="https://zoom.us/j/1234567890">https://zoom.us/j/1234567890</a></p>	C3PH will develop a workplan for 988 awareness activities \$8k grant from DHHS.

SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
School Updates	<p><b>Annika Hastings, GWRSD:</b> Working with Sarah Skoglund, new Student Wellness Coordinator and Dave Poland from Northern Human Services on systems of care development. Sent in from Valeda Cerasale, NHS: “Dave Poland is the <i>new School Liaison for Gov. Wentworth School District</i>. He will be working with the school district on various things such as staff trainings regarding MH issues, helping them set up their mulit-TIER programs, streamlining referrals to NHS, and offering them clinical support and guidance. He has been working with them to develop and set up processes to again streamline services with NHS.” GWRSD is developing their overall plan for personnel to meet 2-hour suicide prevention training requirement through a possible menu of vetted options that can be completed over a several year period, for example. May be interested in having GWRSD staff trained as trainers who can then train their school district staff.</p> <p><b>Kim Perkinson:</b> Now trained to deliver <i>Teen Mental Health First Aid</i> to students and <i>Youth Mental Health First Aid</i> for adults who serve youth. Implementation comes with some challenges. For example, to deliver Teen MHFA with fidelity, they ask that an entire grade level be trained. This is a difficult ask for schools.</p> <p>Also, Kim worked with Michaela Thomas, SAP to provide sponsorship from our grant to purchase supplies to create Quit Kits for student to promote quitting of nicotine, tobacco and vaping products. Tobacco/Nicotine prevention and cessation is a goal of our Suicide Prevention Grant.</p>	
Healthcare Updates – Memorial Hospital Community Health Need Assessment	<p><b>Catalina Kirsch</b> – C3PH and many familiar partners participated in the November 9 <i>Memorial Hospital Community Health Needs Assessment</i>. Mental Health continues to be identified as one of the top priorities among the needs identified in the community for focused attention.</p> <p><b>Melissa Kanter:</b> Memorial Hospital has a <i>new Psych NP</i>. Making arrangements for her to see patients soon. This will increase access to behavioral health support for existing Primary Care Patients but will not be taking new patients.</p>	

<p>NH NEXUS 2.0 Update (this is the name of our Suicide Prevention Grant)</p>	<p><b>Susan Ward:</b> <i>Year three</i> of our five-year grant begins January 15, 2022. Stay tuned for more information about focus areas and goals for year three at an upcoming grant partner meeting.</p> <p><b>Katelyn Dion,</b> Care Liaison, Northern Human Services: <i>very busy. Seeing increase in anxiety among school age youth.</i> Has been attending IEP and 505 plan meetings more. Seeking a positive change in that there is more help-seeking behavior.</p>	<p>Convene Partner meeting in early 2022 – Susan Ward</p>
<p>Education and Training - Other</p>	<p><b>Damian Santana,</b> SUD Expansion Grant, C3PH: Working to connect Law Enforcement and other first responders, School SROs in Carroll Count to <i>Crisis Intervention training (CIT)</i> in early 2022. Working with NAMI NH.</p>	<p>Send referrals to <a href="mailto:damian.santana@graniteuw.org">damian.santana@graniteuw.org</a> if you know first responders, other related, who may want to access crisis intervention training (CIT). The SUD expansion grant offers tuition assistance.</p>

-Community Awareness and Support: Holiday & COVID19 SP Resources

<https://afsp.org/story/taking-care-of-yourself-this-holiday-season>

<https://seizetheawkward.org/coronavirus>

<https://mhanational.org/holidays>

<https://www.mentalhealthfirstaid.org/category/healthy-holidays/>

A message to share from NH DHHS – BDAS:

The current COVID-19 public health crisis is stressful for all. **You are not alone.** Everyone is feeling some level of anxiety and discomfort right now. It is normal to feel this way. If you or a loved one have struggled with anxiety, other mental health concerns or substance use disorder, this may be an even more difficult time for you.

Mental Health and Substance Use support services and treatment are available to you even during the state of emergency.

You can call 2-1-1 to be directed to help.

If you are already connected to a treatment or recovery support provider, stay in touch with them. All Doorways are open and available to connect you to substance use disorder resources. To find your local Doorway, go to [thedoorway.nh.gov](http://thedoorway.nh.gov), or call 211.

- Call 211 to be connected to help
- National Suicide Prevention Lifeline 800-273-8255
- Disaster Distress Helpline 800-985-5990

For more behavioral health resources during COVID-19, go to the [NH COVID-19 web site](#).

2:15 Next Steps for the Implementation Team-

- **Meeting schedule for 2022**

You are invited to a Zoom meeting.

When: Jan 19, 2022 01:00 PM Eastern Time (US and Canada) recurring on the third Wednesday of each month.

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.

- Other?

A Quote for the season:

“The joy of brightening other lives, bearing each other’s’ burdens, easing other’s loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of Christmas.” – W. C. Jones

Thank you!

Kim Perkinson, [prevention@c3ph.org](mailto:prevention@c3ph.org)

Catalina Kirsch, [continuum@c3ph.org](mailto:continuum@c3ph.org)