

**Youth Suicide Prevention Team – Carroll County – Feb. 16, 2022, 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  
 Garrett Lee Smith Grant – NH Nexus Project 2.0

**Notes**

Attendance: Susan Ward, NAMI NH; Anika Hastings, SAU 49; Katelyn Dion, NHS; Tamara Roberge, White Mountains Community College; Sarah Fenton, NHS; Crystal Sawyer, Carroll County Adult Education; Chris Perley, Jackson PD

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
	<b>Discussion.</b>	
Strategic Planning – Identify needs, gaps & high-risk populations	<p>Who are we missing?</p> <p>We have now entered into year 3 of the NH Nexus 2.0 (GLS) Grant.</p> <p>There may be a need to take a look at SAU policy and protocols related to suicide – this seems to have paused. Student populations are struggling – issues with “low distress tolerance.” Some students are proactively reaching out for help, but have been impacted by waitlists and lack of capacity. There is a culture developing of self-harming related statements and need for education in expressing distress in safe language.</p> <p>NHS Liaison reports an influx of referrals, but also seeing more consistent communication with SAU9. Continuing to see a trend of LGBTQ+ identifying youth. Katelyn Dion will be undergoing “Safe Zone” training – will report back to group. Seeking ways to support youth during the wait list before services and then during 90 day service period with liaison.</p> <p>Parents are also struggling with issues among their youth. They are a special population seeking support.</p>	<ul style="list-style-type: none"> <li>• Reach out to the policy group – originally representatives from SAU 49, SAU9, &amp; Moultonborough.</li> <li>• Explore ways to increase resources specifically for LGBTQ+ student population.</li> <li>• Susan Ward will send information from NAMI NH on resources for Parents. (<a href="https://www.naminh.org/education/family-education/nami-basics/">https://www.naminh.org/education/family-education/nami-basics/</a>)</li> </ul>
Strategic Planning – Postvention Planning	<p>Completed in October.</p> <p>Mobile Crisis / Rapid Response Update. Link to recorded training: <a href="https://www.onwardnh.org/edu/">https://www.onwardnh.org/edu/</a> 7,000 calls in NH since January to RRAP. Region 1 has had 160-170 calls (estimate?).</p>	<ul style="list-style-type: none"> <li>• Share NH Rapid Access Response webinar with interested parties.</li> <li>• Suggestion from Chief Perley: RRAP/MCU contact dispatch when MCU is sent out (for safety)</li> </ul>
Strategic Planning – Protocols & EVP across systems.	<p>Review of Planning Session Key considerations. What we said we needed. What action have we taken? What action can we take in 2022? Subcommittees?</p>	<ul style="list-style-type: none"> <li>• There is a desire to look-back at the lists of priorities that were developed in the initial</li> </ul>

	Can we check-in on the work that has been done within each sector that was identified during initial training in Fall of 2020 (School, Community Health Providers, First Responders, Social Services).	training. What is the best way to make this happen?
Education, Training – eLearning Slots	Priorities for outreach? Discussion. (N/A)	
Education & Training – deliver CONNECT Train the Trainer. Deliver CONNECT Training	Plan for 2022. Discussion about best time of year.  There will be a “Training of the Trainer” (TOT) course being offered by NAMI NH. Both for prevention and postvention. What is the best time to offer these trainings? This can be based on a case-by-case basis (different times for different schools).  SAU49 is working on a plan moving forward for Suicide Prevention Training – attend TOT and deliver to their colleagues.	
Education and Training – Lived Experience.	Upcoming Trainings with Joanne Harpel, MPhil, CT, JD. President, Coping After Suicide  Day 1. March 12, 10-12, virtual. Survivors of Suicide Loss  Day 2. March 26, 10-2, Concord. Bereavement Support Group Facilitators.  To Register for the FREE event, please visit: <a href="https://tinyurl.com/SOSLWorkshop2022">https://tinyurl.com/SOSLWorkshop2022</a>  Susan Ward, NAMI NH: Survivor Voices Training opportunities: 4/21, 5/1, & 5/5. All five participants have been identified.	<ul style="list-style-type: none"> <li>• Susan Ward will send details for both the prevention and postvention (TOT).</li> <li>• Need to conduct outreach to schools to identify best timelines for each.</li> <li>• Q to NAMI NH: Can we combine TOTs for multiple schools/regions? What is Capacity?</li> <li>• Susan and Catalina follow-up w/ SAU9 (Pam Stimpson?)</li> <li>• If you know of anybody interested in Survivor Voices Training, contact Susan or Steve (?)</li> </ul>
Community Awareness – Media Recommendations & Safe Messaging	Plan for 2022. Discussion.	
Community Awareness – Social Media Volunteer	<a href="#">988 and iCare</a>  -Marketing Campaign Update.  C3PH is currently conducting a marketing campaign to spread awareness of iCare Resources (social media, streaming radio, local media).	<ul style="list-style-type: none"> <li>- Let committee know if you see ads in local papers, hear ads on Spotify or see social media posts related to iCareNH</li> </ul>

Community Awareness – Tobacco Report	<p>State of Tobacco Control 2022</p> <p><a href="https://www.lung.org/research/sotc">https://www.lung.org/research/sotc</a></p> <p><a href="https://www.lung.org/research/sotc/state-grades/highlights/new-hampshire">https://www.lung.org/research/sotc/state-grades/highlights/new-hampshire</a></p> <p>Please promote: <a href="https://mylifemyquit.com/">https://mylifemyquit.com/</a></p> <p>Katelyn D. shared some resources for helping to quit use of nicotine: “Stop Smoking, Easy Quit” App and the “Stop Breathe Think” App.</p>	<ul style="list-style-type: none"> <li>Will reach out to Bureau of Drug and Alcohol Services for Tobacco Compliance numbers for Carroll County.</li> </ul>
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SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
Middle/High School/Higher Ed Updates	<p>See notes above from Anika H.</p> <p>Tamara R.: White Mountains Community College has pulled together a team for GLS/Suicide Prevention Activities. Team will be comprised of: 3 Human Services Students, interested staff, and working to recruit counselors.</p>	<ul style="list-style-type: none"> <li>Tamara will update as the Suicide Prevention Team is formed.</li> </ul>
Healthcare Updates – Memorial Hospital Community Health Need Assessment	Not in Attendance	
First Responder Updates	<p>Chief Perley met with Ashley Rawson from SOS Peer Strength Program. This program is for justice system involved individuals to receive peer recovery support.</p> <p>Connect and CCSR-S training was held in October. Well received training – Good LE turnout: Conway, Sheriff’s Office, Tamworth, and Dispatch.</p>	<ul style="list-style-type: none"> <li>Need feedback from NAMI NH in order to hold additional Connect/CCSR-S training in Carroll County.</li> <li>National DEA Drug Take Back Day is Saturday 4/30/22 (info will be shared).</li> </ul>
Social Services, Other	Update from Sarah Fenton, NHS: seeing large numbers of youth in need. Parents also struggling. NHS is short-staffed, so experiencing wait-times, need staff!	<ul style="list-style-type: none"> <li></li> </ul>
Awareness Campaigns	<p>March</p> <ul style="list-style-type: none"> <li>National Traumatic Brain Injury Awareness Month</li> <li>2-26 National Poison Prevention Week</li> </ul> <p>April</p> <ul style="list-style-type: none"> <li>1-7 National Public Health Week</li> <li>National Minority Health Month</li> </ul> <p>May</p> <ul style="list-style-type: none"> <li>3-9 Children’s Mental Health Awareness Week.</li> <li>Mental Health Awareness Month</li> </ul> <p>June</p> <ul style="list-style-type: none"> <li>Pride Month (opportunity for outreach to LGBTQ youth, young adults)</li> <li>National Safety Month</li> </ul>	

2:15 Next Steps for the Implementation Team-

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

Topic: Carroll County Youth Suicide Prevention Team

Time: Mar 16, 2022 01:00 PM Eastern Time (US and Canada)

Every month on the Third Wed, until Dec 21, 2022, 12 occurrence(s)

Mar 16, 2022 01:00 PM

Aug 17, 2022 01:00 PM

Apr 20, 2022 01:00 PM

Sep 21, 2022 01:00 PM

May 18, 2022 01:00 PM

Oct 19, 2022 01:00 PM

Jun 15, 2022 01:00 PM

Nov 16, 2022 01:00 PM

Jul 20, 2022 01:00 PM

Dec 21, 2022 01:00 PM

Please download and import the following iCalendar (.ics) files to your calendar system.

Monthly:

[https://us02web.zoom.us/meeting/tZMscumvpzsoH9fCbMtMlsm7ce7NPMn74aDy/ics?icsToken=98tyKuGvrz4qHd2VshyERpwEBY\\_4c-3xmGJBgvpbvx3IFw1fcQ6hNecVHIJSHo-E](https://us02web.zoom.us/meeting/tZMscumvpzsoH9fCbMtMlsm7ce7NPMn74aDy/ics?icsToken=98tyKuGvrz4qHd2VshyERpwEBY_4c-3xmGJBgvpbvx3IFw1fcQ6hNecVHIJSHo-E)

Join Zoom Meeting

<https://us02web.zoom.us/j/87150790253>

Meeting ID: 871 5079 0253

One tap mobile

+16465588656,,87150790253# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

Meeting ID: 871 5079 0253

Thank you! Additional resources below!

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

From the Office of Senator Hassan:

- [Bipartisan Bill Introduced by Senators Hassan & Ernst to Help Prevent Youth Suicide Heads to President's Desk](#)

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](#).

From NH DHHS – iCare NH:

Please also see resources available at the [iCare NH Website](#). You will find information about mental health and substance use support services, treatment and recovery resources, and crisis services. I Care NH is a mental health and wellness initiative of the New Hampshire Department of Health and Human Services and the NH Suicide Prevention Council.: <https://www.dhhs.nh.gov/icare/index.htm>

From NAMI NH:

#### Upcoming events by NAMI NH:

[Survivor of Suicide Loss Coffee Chat – Every 2nd Friday of the month at 9 am.](#)



[Survivor of Suicide Loss Tea Time – Every 4th Tuesday of the month at 6 pm.](#)



From NAMI NH Youth Suicide Prevention Alliance :

- [10-Year Mental Health Plan](#)
- [Loss Survivor Newsletter](#)
- [Mayo Clinic Teen Suicide Prevention Video](#)
- [US DHHS Letter to the Nation Regarding HIPAA](#)
- [Safe Messaging Guidelines](#)
- [Media Recommendations](#)
- [The NH Suicide Prevention Council \(SPC\)](#)
- [The NH State Suicide Prevention Plan](#)
- [Survivor of suicide loss packet materials](#)
- [Witness survivor information](#)
- [Listing of SPC meetings and subcommittee meetings](#)
- [The Annual Suicide Prevention Report](#)
- [2015-2016 NH Child Fatality Review Committee Report](#)