

## Be the 1 Carroll County NH - Youth Suicide Prevention Team –

May 18, 2022, 1:00-2:30 pm

Register in advance for this meeting:

<https://us02web.zoom.us/join/zoom-join?meeting/register/tZMscumvpzsoH9fCbMtMlsm7ce7NPMn74aDy>



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

### Minutes

-Introductions of team in attendance: Lauren Orsini/Children Unlimited, Chris Lalmond/WMCC North Conway, Anika Hastings/GWRSD, Katelyn Dion/Northern Human Services, Kera Favorite/Huggins Hospital

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
	<b>Discussion.</b>	
Looking Back and Looking Forward	<p>Break Out Rooms</p> <ul style="list-style-type: none"><li>- Reviewing identified needs from planning session 2020.</li><li>- Identify Roses – where we have made progress</li><li>- Identify Thorns – ongoing challenges</li><li>- Identify Buds – next opportunities where we can impact change</li></ul> <p>For this meeting the Document, Key Considerations for Schools &amp; Colleges, developed at the 2020 Training and Planning Sessions.</p> <p>Roses: Where we have made progress locally or in NH.</p> <p>Comments –</p> <ol style="list-style-type: none"><li>1. Members of our team have taken training with Disaster Behavioral Health Response Team</li><li>2. We completed a Postvention Training and planning session</li><li>3. The NH Rapid Response Access Point is operational</li><li>4. Documentation for referrals to Katelyn Dion, Care Liaison has been developed.</li><li>5. A Law Enforcement Training in the use of C-SSRS rating tool adapted for use by police has been developed and delivered in partnership with NAMI NH. (highlight)</li></ol>	



	<ol style="list-style-type: none"> <li>6. Hampstead Hospital is under new ownership and represents expanded access dedicated to youth and adolescents</li> <li>7. Northern Human Services is collaborating with all regional hospitals within the grant service area. Patients connected to NHS/Care Liaison are given priority for emergency assessment and referral to hospital.</li> <li>8. NH DCYF has made strides in strengthening early supports and interventions to prevent crisis for families in need , including the new <a href="#">Family Support Warm Line</a> and <a href="#">gained national recognition</a>.</li> <li>9. Protocols related to early ID and intervention were updated at GWRSD</li> <li>10. Risk Evaluations. NHS developed and updated protocols in the event of a refusal of service</li> <li>11. Confidentiality. GWRSD now operates a MTSS-B System of Care Grant, partners with a School Liaison at NHS and has partnered with our team to deliver CONNECT Train the Trainer to staff.</li> <li>12. Lethal Means Reduction education. A CALM training was delivered in Year two and Carroll County team will pursue another in year three.</li> <li>13. Collaborative, inclusive approach. This team aims for that approach.</li> <li>14. Re-entry safety plan. Katelyn regularly completes a safety plan for youth upon discharge from hospital.</li> </ol> <p>Buds. Next opportunities where we can further impact change</p> <ol style="list-style-type: none"> <li>1. Risk Referrals. At GWRSD risk referrals are taken seriously. There is more opportunity for community education on safe language. Helping students, community understand, “when you say (words about harm to self and/or others), we are obligated to (protocols for response)”. To encourage school community in careful use of language.</li> <li>2. Confidentiality, consideration. Opportunities exist for further student education, health education, safe messaging education. Importance of giving students healthy parameters and safe spaces for sharing lived</li> </ol>	
--	--	--



	<p>experience. For example, appropriate time and place to share lived experience rather than hallway conversations about hospital experience or trauma experience.</p> <p>3. WMCC. Access to information. At North Conway Academic Center, pamphlets are made available in welcoming semi-discreet public locations for individuals to pick up. The center is set up for quick transit to and from classes. Staff state that creativity is needed to promote community engagement and connection with students who come and go through their lobby.</p>	
Strategic Planning – Identify needs, gaps & high-risk populations	<p>LGBTQ youth, young adults – White Mountains Pride Festival – June 25 -10-5 <a href="https://www.whitemountainspride.com/">https://www.whitemountainspride.com/</a></p> <ul style="list-style-type: none"> <li>- C3PH/Granite United Way will have a table. Katelyn Dion will also attend.</li> </ul>	<b>Catalina will follow up with Katelyn to arrange details.</b>
NAMI Update – trainings	<p>(9:20 – Susan Ward)</p> <ol style="list-style-type: none"> <li>1. TBA for Fall 2022.             <ol style="list-style-type: none"> <li>a. Counseling for Access to Lethal Means (CALM Training)</li> <li>b. Postvention Train The Trainer</li> </ol> </li> <li>2. Media Recommendations Training. Carroll County would like to offer this training in year three and do outreach to ensure participation from Carroll County media outlet personnel</li> <li>3. eLearning Slots. Typically, the GLS grant has 1750 slots per year to distribute between the three grant regions, Capital Region, North Country and Carroll County. NAMI NH is awaiting word from auditor to verify remaining count available for year three. Stay tuned. Only 30 have been used so far this year.</li> </ol>	<ol style="list-style-type: none"> <li>1. Set dates for Fall CALM training (Catalina &amp; Susan)</li> <li>2. Set dates for Postvention TTT (Catalina and Susan)</li> <li>3. Susan will update us on status of eLearning slots</li> </ol>
Education, Training – eLearning Slots	<p>Priorities for outreach? Discussion.</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>Education &amp; Training – deliver CONNECT Train the Trainer. Deliver CONNECT Training</p>	<p>Plan for 2022. Governor Wentworth Regional School District update</p> <ol style="list-style-type: none"> <li>1. GWRSD is currently hosting a Train the Trainer event so that key staff will be able to train other staff. Six staff from Kingswood, two staff from Moultonborough Academy and two from North Country are attending, which helps meet our team goal of increasing training capacity in our regions.</li> <li>2. GWRSD is developing a three-year plan whereby educators/school personnel can meet the two-hour yearly suicide prevention training requirement in such a way that expands learning and does not result in yearly repetition of the same information.</li> </ol>	
<p>Education and Training – Lived Experience.</p>	<p>Upcoming Trainings</p> <p>Life Interrupted Family Speaker training starts June 8 Date(s) - 06/08/2022 - 06/15/2022, 5:30 pm - 8:30 pm</p> <p><a href="https://www.naminh.org/events/life-interrupted-family-speakers-training-4/">https://www.naminh.org/events/life-interrupted-family-speakers-training-4/</a></p>	
<p>Community Awareness – Social Media Volunteer</p>	<p><a href="#">988 and iCare</a></p> <p>Mental Health Awareness Month updates.</p> <ul style="list-style-type: none"> <li>- Kennett High School Mental Health Fair was a big success on May 6 to launch Mental Health Awareness Month. C3PH and Granite United Way had a table there and represented this group. Special thanks to Michaela Thomas, Alana Scannell and the Kennett HS leadership team.</li> <li>- Follow our social media sites:  <a href="https://www.instagram.com/u25carrollcountynh/">https://www.instagram.com/u25carrollcountynh/</a>  <a href="https://www.facebook.com/U25CarrollCountyNH">https://www.facebook.com/U25CarrollCountyNH</a>  <a href="https://www.dhhs.nh.gov/programs-services/health-care/mental-health/i-care-mental-health-wellness-initiative">https://www.dhhs.nh.gov/programs-services/health-care/mental-health/i-care-mental-health-wellness-initiative</a> </li> </ul>	



--	--	--

<b>SECTOR UPDATES</b>	<b>Status Updates, news, announcements</b>	<b>Follow up Actions? – By Whom?</b>
Middle/High School/Higher Ed -WMCC Updates	<p>Welcome Chris Lalmond of WMCC North Conway Academic Center. There is a new Suicide Prevention Team at WMCC formed. Two personnel and a student leader have completed CONNECT training. Flyers and cards are available and on display to the student populations at Berlin and Conway.</p> <p>Summer semester is starting soon.</p> <p>Crystal Sawyer, CC Adult Ed, Carroll Academy. They are interested in hosting a Youth Leader Train the Trainer this year, perhaps in Fall 2022 and again in Spring 2023</p>	<p>WMCC is seeking to set up a Young Adult Train the Trainer. Stay tuned.</p>
Healthcare Updates – Memorial Hospital Community Health Need Assessment	<p>Kera Favorite, Huggins Hospital. Forty hospital personnel have accessed the CONNECT for Healthcare eLearning modules. The hospital continues to see youth population coming through emergency department. Primary Care uses the PHQ Tool for screening and intervention. They are working to standardize and optimize protocols for use of screening tools. The Rapid Response Access Point has been active and is available for hospital personnel to call upon them.</p>	
First Responder Updates	<p>Take Back Day was April 30. Thirteen Carroll County Police Departments, including CC Sheriff’s Dept. participated. New participant was Freedom Police Dept. Police Departments collected over 665 lbs. of unneeded medication for safe disposal. This helps reduce access to and prevents lethal misuse of medications, helps prevent addiction and</p>	<p>Next Take Back Day will be in October 2022. Stay tuned.</p>



	<p>overdose and helps prevent suicide. Thanks to all who participated.</p> <p>If you missed the event, there are drop boxes available at many police departments. Year round collection occurs at Conway PD, Moultonborough PD, Carroll County Sheriff's Office.</p>	
<p>Social Services, Other</p>	<p>Lauren Orsini, Children Unlimited, Family Resource Center. They have hired additional staff for family support group. They use a social emotional health screen for children up to age 5 as part of their child screen services. They offer financial assistance to families of children under age 12.</p> <p>Katelyn Dion, Northern Human Services, Care Liaison for GLS grant. Still accepting referrals.</p>	<p>FMI Contact Lauren for more information  <a href="mailto:lorsini@childrenunlimitedinc.org">lorsini@childrenunlimitedinc.org</a></p> <p>If you work with a youth, young adult ages 10-24 at risk for suicide, you can refer them for support to Katelyn. Contact  <a href="mailto:kdion@northernhs.org">kdion@northernhs.org</a></p>
<p>Awareness Campaigns</p>	<p><i>Gun Violence. Due the recent tragic events involving gun violence and mass casualties in our nation, our team wants to connect you to evidence based information and resources to be informed, to respond and to participate in community conversations on the topic. Below please find a statement and resources from National Alliance on Mental Illness</i></p> <p><a href="https://www.nami.org/Advocacy/Policy-Priorities/Stopping-Harmful-Practices/Gun-Violence-Research">https://www.nami.org/Advocacy/Policy-Priorities/Stopping-Harmful-Practices/Gun-Violence-Research</a></p> <p>NH State Fact Sheet  <a href="https://www.nami.org/NAMI/media/NAMI-Media/StateFactSheets/NewHampshireStateFactSheet.pdf">https://www.nami.org/NAMI/media/NAMI-Media/StateFactSheets/NewHampshireStateFactSheet.pdf</a></p> <p>Key points:</p> <p>How We Talk About It</p> <ul style="list-style-type: none"> <li>• Suicide and gun violence are public health crises in America.</li> </ul>	



	<ul style="list-style-type: none"> <li>• When acts of gun violence occur, people with mental illness are often unfairly drawn into the conversation.</li> <li>• Mental health conditions are common around the globe, yet no other country comes close to the level of gun violence our country experiences.</li> <li>• The mistaken belief that people with mental illness are violent unfairly contributes to stigma. It also distracts from the fact that the majority of firearm deaths each year are suicides, and that firearms are the most common method used for suicide.</li> <li>• Self-directed gun violence is fueling our nation’s suicide epidemic, with suicide being the second leading cause of death for people ages 10-34.</li> <li>• Nearly half of people who die by suicide have a diagnosed mental health condition. And 90% of people who die by suicide have experienced symptoms of a mental health condition.</li> <li>• Suicide doesn’t just affect the person who dies; it shatters families and devastates communities.</li> <li>• We need to stop the misguided conversation that people with mental illness are violent and focus on preventing more deaths by suicide.</li> <li>• Our leaders should invest in research that guides policymaking and helps us understand and prevent all types of gun violence in America, including self-directed violence.</li> </ul> <p>May</p> <ul style="list-style-type: none"> <li>- Mental Health Awareness Month</li> </ul> <p>June</p> <ul style="list-style-type: none"> <li>- LGBTQ Pride Month</li> <li>- National Safety Month – promote safe celebrations for graduation</li> <li>- June 13-20 Int’l Men’s Health Week</li> <li>- Juneteenth – BIPOC awareness</li> </ul> <p>July</p> <ul style="list-style-type: none"> <li>- Social Wellness 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)

Jun 15, 2022 01:00 PM  
Jul 20, 2022 01:00 PM  
Aug 17, 2022 01:00 PM  
Sep 21, 2022 01:00 PM  
Oct 19, 2022 01:00 PM  
Nov 16, 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-3xmGJBgvpbv3IFw1fcQ6hNecVHIJSHo-E](https://us02web.zoom.us/meeting/tZMscumvpzsoH9fCbMtMlsm7ce7NPMn74aDy/ics?icsToken=98tyKuGvrz4qHd2VshyERpwEBY_4c-3xmGJBgvpbv3IFw1fcQ6hNecVHIJSHo-E)

Join Zoom Meeting

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

Meeting ID: 871 5079 0253

One tap mobile

+13126266799,,87150790253# US (Chicago)

+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)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 871 5079 0253

Thank you!

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

A message to share from NH DHHS – BDAS:

The ongoing impact of the 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 [thedoortway.nh.gov](http://thedoortway.nh.gov), or call 211.

- Call 211 to be connected to help
- NH Rapid Response Access Point. Call/Text/Chat to 1-833-710-6477 or chat at [www.nh988.com](http://www.nh988.com)
- National Suicide Prevention Lifeline 800-273-8255
- Disaster Distress Helpline 800-985-5990

