

**Youth Suicide Prevention Team – Carroll County – June 15, 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

Note-taker: Caleb Gilbert

**Minutes -**

-Introductions of team

Attendance: Emily McArdle, Young Adult Volunteer; Lauren Orsini, Children Unlimited; Susan Ward, NAMI NH; Chris Lalmond, White Mountains Community College; Melissa Kanter, Memorial Hospital; Sarah Fenton; Heather Nelson, SAU 45; Anika Hastings, SAU 49, Catalina Kirsch, C3PH; Caleb Gilbert, C3PH

<b>Grant Objectives – Current Focus</b>	<b>Status Updates, Discussion</b>	<b>Follow up Action (By Who?)</b>
	<b>Discussion.</b>	
Looking Back and Looking Forward	<p>Break Out Rooms or whole group discuss. Last month we reviewed Education sector. This month, we can review Social Services or Healthcare or First Responders</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>The group decided to review the Physical Health/Mental Health/SUD Sector. Also decided to review as the collective group, instead of breakouts.</p> <p>Do we screen for suicidal ideation routinely at PCP visits? Per Melissa Kanter, Memorial: Initial Questions of brief depression screening can trigger suicide risk assessments, but there is a push to get the question included at PCP and other hospital visits.</p> <p>PHQ 2 vs PHQ 9 – 9 includes further questions regarding suicide risks. Wolfeboro Peds uses PHQ 9.</p> <p>Evaluating severity of risk regarding when a young person references suicide – schools are</p>	<p>-Melissa Kanter will bring the question of adding suicide risk screening at PCP visits since evidence shows 60% of persons (who attempt suicide?) have seen a PCP within months of their attempt. Melissa will keep the group updated. Discussion of PHQ 2 v PHQ 9 as screening tools for early identification of risk.</p> <p>-Leadership Team will strategize on how to reach younger populations (10 to 13yoa). Special area of focus, learning th language you need to express frustration, and understanding when certain language requires adults to follow protocols and take risks seriously. Schools also report that peers are reaching out when they have concerns for a friend.</p>

	taking this very seriously and following up on protocol.	
Strategic Planning – Identify needs, gaps & high-risk populations	<p>LGBTQ youth, young adults – White Mountains Pride Festival - <a href="https://www.whitemountainspride.com/">https://www.whitemountainspride.com/</a></p> <p>We'll be there June 25</p> <p>Resources from NAMI NH: <a href="https://www.naminh.org/resources-2/lgbtq/">https://www.naminh.org/resources-2/lgbtq/</a></p>	Idea for focus high risk population for next school year: middle school and upper elementary school students, educators, service providers, families
Strategic Planning – Protocols and Evidence-Informed Practices	<p>GWRSD protocols review</p> <p>Anika H. Reported that GWRSD is reviewing suicide protocols utilized by counseling staff.</p> <p>WMCC has formed a team.</p> <p>From Chris L.: WMCC is working to make a presence in the community by partnering with the MWV Rec. Path and the Peer Memorial Skate Park Efforts. Utilizing NAMI NH materials to reach students/public. Trying to increase the presence of their suicide prevention efforts.</p>	<p>-Anika will keep the group apprised of any protocol or other items SAU 49 would like to share with the group.</p> <p>Catalina will follow up with Chris. She has some personal contacts at Kevin Peare Memorial Skate Park board.</p>
NAMI Update – trainings	<p>(9:20 – Susan Ward)</p> <p>June 29th at 12:30pm – hosting a panel discussion about being an LGBTQ+ ally and talk about how to talk about issues that affect this population.</p> <p>CALM Training – will plan to offer this in the fall. Recruiting trainers.</p> <p>Young Adult Training. Has made outreach efforts to National Guard contacts with little response. The goal is to reach 18-24 year olds not in college. Carroll County may explore ways to do this through employers.</p>	<p>-See the flyer regarding June 29<sup>th</sup> LGBTQ+ event at 12:30pm. Please register if interested and share with any interested partners.</p> <p>Be an Ally Panel Discussion June 29, 12:30 zoom: <a href="https://www.naminh.org/events/an-open-panel-discussion-on-how-to-be-a-supportive-and-effective-lgbtqia-ally/">https://www.naminh.org/events/an-open-panel-discussion-on-how-to-be-a-supportive-and-effective-lgbtqia-ally/</a></p>
Education, Training – eLearning Slots	<p>eLearning update – Susan Ward</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>NAMI NH is still working to create a plan for eLearning Slots – some changes in the number of the eSlots</p>	<p>-C3PH and NAMI will work to allocate eLearning Slots per region and will be contacting partners. There are 658 slots to be shared by three regions (Carroll, North Country, Capital). This should give Carroll at least 220+ for distribution across our region.</p>
Education & Training – deliver CONNECT Train the	<p>Plan for 2022. Governor Wentworth Regional School District update</p> <p>SAU 49 is working to implement a district-wide suicide training program, with on-staff suicide</p>	<p>-SAU 49 will keep the group updated about how their training plan is developed and implemented.</p>

Trainer. Deliver CONNECT Training	prevention trainers. Aiming to unroll this in fall 2022. This will help save slots for those that absolutely need them.	
Education and Training – CALM Training	<p>Fall 2022 potential</p> <p>See NAMI 60 Organization statement on gun violence, mental health and recent national events.  <a href="https://www.nami.org/getattachment/ecb43948-e9ac-4fd1-af05-4156880b3f15/Statement-on-Criminal-Justice">https://www.nami.org/getattachment/ecb43948-e9ac-4fd1-af05-4156880b3f15/Statement-on-Criminal-Justice</a></p> <p>Exploring a CALM Training date sometime in the fall (early fall, September-ish). SAU 49 indicates that they would be interested in this training and a September date. (CALM = Counseling Access to Lethal Means).</p>	<p>-C3PH and Susan from NAMI NH will work to recruit CALM trainers and secure a date for CALM. Catalina has identified one trainer so far and is working on a second.</p> <p>See Statement from NAMI National CEO  <a href="https://www.nami.org/Blogs/From-the-CEO/June-2022/Gun-Violence-Mental-Health?s=09">https://www.nami.org/Blogs/From-the-CEO/June-2022/Gun-Violence-Mental-Health?s=09</a></p> <p>Here's another great statement I found from NAMI national See NAMI 60 Organization statement on gun violence, mental health and recent national events.  <a href="https://www.nami.org/getattachment/ecb43948-e9ac-4fd1-af05-4156880b3f15/Statement-on-Criminal-Justice">https://www.nami.org/getattachment/ecb43948-e9ac-4fd1-af05-4156880b3f15/Statement-on-Criminal-Justice</a></p>
Community Awareness – Social Media Volunteer	<p><a href="#">988 and iCare</a></p> <ul style="list-style-type: none"> <li>- Update from Beacon Health – See first responder update below.</li> <li>- Look for an ad/article by C3PH in late June in Granite State News/Carroll County Independent and Conway Daily Sun.</li> <li>- Kennett HS Mental Health Fair. Was successful upbeat event. Catalina, Emily and Laura from C3PH/Granite United Way had an info and stress management technique table. Positive interactions with students.</li> <li>- C3PH also tabled at the Choose Love Event that was held in June in Ossipee – hoping to make this an annual event.</li> </ul>	<p>-Follow C3PH and U25 Carroll County NH social media on Facebook and Instagram to see activity under these initiatives.</p>

SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
Middle/High School/Higher Ed - WMCC Updates	<p>-Anika reported on a follow-up meeting that was held between Huggins Hospital, Northern Human Services, and SAU 49. Helping to work through early identification, intervention, referrals, handoffs, communication protocols, etc. between and across organizations.</p> <p>SAU 45 now has 2 trained Connect Trainers and hoping to get 2 more staff trained. Will be hosting a CONNECT Youth</p>	<p>- GWRSD let C3PH how they can support that collaboration</p>

	<p>Leader training in the fall. Making some tweaks to their Suicide Prevention/response protocols to help align with NH RRAP/Mobile Crisis Services. Younger grades are utilizing the Choose Love Program and utilizing SEL practices – One Trusted Adult and Character Strong programs, coping skills are being highlighted. This is also being used to help students respond to lack of resiliency, to learn emotional regulation and to manage social anxiety. Students need help post-remote schooling to re-learn teamwork, public speaking and other social problem solving. Also continuing the “Getting to ‘Y” work. Peer counseling will connect HS students to MS students as they transition. There will be summer internships for peer counseling. Getting to ‘Y’ student leaders also presented to SAU45 admistration.</p>	<p>- SAU 45 let C3PH how they can support the student leadership activities</p> <p>-C3PH will research resources to support middle school and upper elementary Social Emotional Learning and safe language around suicide prevention.</p>
Healthcare Updates – Memorial Hospital Community Health Need Assessment	<p>Comment from Melissa, Memorial Hospital: The NH RR Access Point has been a massive help to serve individuals with mental health/mental health crisis needs.</p>	
First Responder Updates	<p>None present – did discuss Mobile Crisis and NH RRAP data.</p> <p>In the first quarter of 2022:</p> <p>-The access point received 6,267 unique contacts from individuals requesting support via phone, text or chat; 70% of those interactions were resolved by phone without the need to deploy additional assistance.</p> <p>-There were 1,466 mobile deployments.</p> <p>-23% of the individuals were under the age of 18 and 77% were over 18 years of age.</p> <p>An additional reminder for residents is to call or text 833-710-6477 to ensure they are receiving information about resources in their local community.</p> <p>Source: Leslie Porras, Anthem</p>	
Social Services, Other	<p>Children Unlimited has resources available to serve families throughout the county. They hired another Family Support Provider. Conducting outreach to county SAUs to reintroduce the Family Connections Resource Center. Still have some funds to serve families (children under 12) with basic needs. Please refer families for funds which need to be spent by June 30. They are also doing outreach to preschools</p>	<p>-Lauren will bring Children Unlimited rack cards to Memorial Primary care</p> <p>-Please refer any families with children under 12 for financial assistance before June 30.</p>
Awareness Campaigns	<p>June</p> <ul style="list-style-type: none"> <li>- Pride Month</li> <li>- National Safety Month – promote gun safety</li> <li>- June 13-20 Int’l Men’s Health Week</li> <li>- Juneteenth – BIPOC awareness</li> </ul> <p>July</p>	

	- Social Wellness Month	
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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: July 20, 2022 01:00 PM Eastern Time (US and Canada)

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

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-3xmGJBgvpbx3IFw1fcQ6hNecVHIJSHo-E](https://us02web.zoom.us/meeting/tZMscumvpzsoH9fCbMtMlsm7ce7NPMn74aDy/ics?icsToken=98tyKuGvrz4qHd2VshyERpwEBY_4c-3xmGJBgvpbx3IFw1fcQ6hNecVHIJSHo-E)

Join Zoom Meeting

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

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+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)

Follow the work of this team here: <http://www.c3ph.org/initiatives/youth-suicide-prevention>