

Youth Suicide Prevention Team – Carroll County – August 17, 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
Garett Lee Smith Grant – NH Nexus Project 2.0

Minutes

Notes: Catalina Kirsch

-Introductions of team: Catalina Kirsch / C3PH, Susan Ward / NAMI, Chris Lalmond / WMCC, Lauren Orsini / Children Unlimited, Chief Chris Perley / Jackson PD, Sarah Skoglund / GWRSD , Dave Poulin / NHS, Jillian Dubois / New Futures, Sarah Fenton / NHS

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
	Discussion.	
Strategic Planning – Identify needs, gaps & high-risk populations	WMCC – possible partnership activity Discuss – <ul style="list-style-type: none"> - Upper Elementary, Middle School - 18-24 year olds not in college Who are we missing?	<ul style="list-style-type: none"> - Chris Lalmond and Catalina will continue to communicate with KP Memorial Skate Park Board. - Upper Elementary, Middle School and Youth Services providers will be targeted for outreach, collaboration and Connect elearning training spots. See resources from DOE Office of Soc Emotional Wellness (OSEW). There is a webinar for learning about multi-tier systems of support for behavior (MTSS-B). Kingswood Middle School has hired two new counselors, which increases capacity for programming like for example, small group counseling. - 18-24 year olds in workforce. Catalina has reached out to Valley Originals restaurant association and will follow up. They are still in busy tourist season and perhaps later in the fall there will be an opportunity for collaboration. Susan Ward asked if Crystal Sawyer / CC Adult Ed might also host future trainings in their space as in the past. Susan can follow up with Crystal Sawyer. - Who are we missing? The topic of senior citizens at risk did come up. This GLS grant is designed to address youth suicide prevention. Catalina and Susan Ward can investigate other potential resources to address suicide prevention for older adults. This information would be valuable to Carroll County which has a significant population of older adults and a high median average age of residents. Here’s one link:

<p>Strategic Planning - Engage in regional, state and national initiatives and information as it relates to the project including webinars, conferences, meetings, subcommittees, grand rounds, etc.</p>	<p>National, Statewide Initiatives</p> <ul style="list-style-type: none"> - August 19-21 Online Free Suicide Prevention Conference, Mental Health Academy - August 22, 2022 – NH Suicide Prevention Council Meeting, 12:00pm, remote link available upon request - August 31 is International Overdose Prevention Day - September 4-10, 2022 is National Suicide Prevention Week. - September is Suicide Prevention Awareness Month - Thursday August 18 – Onward NH, 988 vs NH Rapid Response vs 911: Exploring Mental Health Crisis Response in Options in NH - Sept 15, 2022, 7-8:30pm Webinar: Preventing Suicide. Supporting the Teens in Your Life. By Family Aware, Waltham MA - November 3, 2022 – Save the Date, NH Suicide Prevention Council Conference - Catalina has joined the planning committee for the Magnify Voices Expressive Arts Contest 2023 to elevate youth art and raise awareness about mental health 	<p>- https://ncoa.org/article/suicide-and-older-adults-what-you-should-know</p> <p>Resources: Lots of links!</p> <p>https://www.mentalhealthacademy.net/suicideprevention/aas</p> <p>https://www.overdoseday.com/</p> <p>Catalina has Overdose Prevention Kits to give out to persons at risk. Contact continuum@c3ph.org</p> <p>https://nspw.afsp.org/</p> <p>https://www.nami.org/get-involved/awareness-events/suicide-prevention-awareness-month</p> <p>https://www.naminh.org/events/988-vs-nh-rapid-response-vs-911-exploring-mental-health-crisis-response-options/ If you missed the webinar, watch it at this link:</p> <p>https://www.onwardnh.org/edu/</p> <p>https://www.familyaware.org/webinar/preventing-suicides-supporting-the-teens-in-your-life/</p> <p>https://www.dhhs.nh.gov/about-dhhs/advisory-organizations/suicide-prevention-council</p>
<p>Education and Training - NAMI Update – Susan Ward</p>	<p>(9:20 – Susan Ward)</p> <ul style="list-style-type: none"> · Connect Suicide Prevention Train the Trainer- Completed in May for GLS (<i>Training in Capital Region in Oct. This training is FULL.</i>) · Survivor Voices- Completed in May · Connect Youth Leader- Scheduled: 9/29 Moultonborough Academy 	

	<p>·CALM Training- 9/28 (Flyer to be completed after template in zoom is chosen)</p> <p>·Connect Young Adult- Completed: 8/16 – New England College – WMCC sometime in the fall</p> <p>·Connect Postvention Train the Trainer- In Process of Scheduling: Nov/Dec</p> <p>·Connect NH National Guard Training- (will work with WMCC and NHTI students in National Guard)</p> <p>·620 eLearning Seats: Total for all 3 GLS regions</p> <p>NAMI WALKS Sunday 10/8</p> <p>https://www.naminh.org/nami-nh-events/namiwalks-nh/</p> <p>Crisis Text Line Back to School Toolkit (there are versions for teens and college students). The page also includes content intended for social media messaging. https://www.crisistextline.org/school/</p> <p>NAMI NH Suicide Prevention Page for warning signs, resources, information about stories of lived experience, NAMI NH’s social media channels that will have daily messages, and facts about individual and community impacts from suicide: https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month-</p> <p>NAMI NH Calendar: Anyone can submit an event, activity, webinar, training, etc. for suicide prevention month. For anyone that may want to share community events for suicide prevention! https://airtable.com/shrpxBzamyRAG5ug6</p> <p>Department of Education – Office of Social Emotional Wellness</p> <p>OSEW Toolkits: https://nhdoe.instructure.com/courses/37/pages/osew-toolkits</p> <p>SAMHSA Shareables: https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables</p>	
Community Awareness – 988	<ul style="list-style-type: none"> - 988 and iCare - Shareable Resources 	<p>https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables</p> <p>C3PH Folder of 988 Shareables: https://drive.google.com/drive/folders/1EF4t54wpgIU5akkOGKEIRu4pWmlf6BKZ?usp=sharing</p>
Tobacco and Nicotine Use Prevention	<p>In conversation with GWRSD about nicotine use related school protocols and restorative discipline</p> <p>Huggins CHNA report is in development and will have data to share related to</p>	<ul style="list-style-type: none"> - Sarah Skoglund – GWRSD will examine health curriculum to determine what currently is covered for tobacco/nicotine education and prevention.

	tobacco/nicotine use in the community Juul products pulled by FDA.	
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SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
Middle/High School/Higher Ed - WMCC Updates	<p>Catalina: The Revolving Closet / North Country Cares held a Backpack School Supplies, Clothes and toiletries giveaway Aug 12th. Much lower turnout than usual and unsure why.</p> <p>Chris Lalmond, WMCC – They are currently onboarding students for the coming semester. Open to sharing resources as part of onboarding process</p> <p>Dave Poulin / GWRSD Liaison / Northern Human Services – He is meeting with new school staff, offering training, working to offer some clinical supports at the schools based on needs for Tier 1, Tier 2, Tier 3. More info about MTSS-B at https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-wellness/office-of-social-and-emotional-wellness/mtssb</p>	<p>Limited number of backpacks still available to organizations serving families in need. Contact Emily Smith-Mossman at 603-662-3443</p> <p>Catalina will work with Chris to provide a packet of resources to hand to new students.</p>
Healthcare Updates – Memorial Hospital Community Health Need Assessment	<p>There is a new Therapist coming on board at MWV Psychological Services . Fmi https://www.mwvps.com/</p> <p>Lauren - There are free mental health education opportunities available to the public at https://www.mindspringhealth.org/get-involved/webinars-and-events Webinars are hosted every Tuesday, Wednesday, and Thursday from 12:00pm-1:00pm CST.</p> <p>Melissa Kanter, Behavioral Health, Memorial Hospital – They have a new Nurse Practitioner, still working on credentialing for various insurance payers. Seeing patients as young as 12. Melissa sees children as young as 3. Maine Health continues to work to expand access to behavioral health services.</p>	
First Responder Updates	Chief Perley – Jackson PD – There is a CONNECT + C-SSRS training available for law enforcement. A spring training in Wakefield was cancelled. The model of using C-SSRS on a law enforcement response call has been used a	Catalina will connect Jackson PD with Doorway Berlin/North Country

	couple of times. Chief Perley asked for a contact to obtain Narcan for police officers.	
Social Services, Other	<p>Lauren Orsini / Children Unlimited Family Resource Center: Completed a training from NH DOE and Homeland Security on Prevention of Targeted Violence. They shared information on the importance of noticing changes in youth behavior.</p> <p>Youth Mental Health project – Morgan’s Message is for HS and College Athletes. Fmi https://morgansmessage.org/ Might be a good resource for local athletic programs, maybe in connection with Life of an Athlete at the local high schools.</p> <p>Family Resource Center Parent Support has added a playgroup for parents of small children 5 and under, at Schouler Park, North Conway, Mondays 11-12. Fmi Ariel Callanan, Family Support Provider, 603-901-3052</p> <p>Jillian Andrew-Dubois – New Futures – Works on issues related to early childhood and interested in our group’s work. There is a Choose Love Conference the weekend of Aug 20. There are Opioid Abatement Funds available, and requests for proposals are being accepted.</p>	<p>https://nhfv.org/resources/family-connections-resource-center-conway/</p> <p>https://morgansmessage.org/</p> <p>Fmi Ariel Callanan, Family Support Provider, 603-901-3052</p> <p>https://new-futures.org/issues/2022-bills-were-following</p> <p>https://www.dhhs.nh.gov/about-dhhs/advisory-organizations/nh-opioid-abatement-trust-fund-advisory-commission</p>
Awareness Campaigns	<p>August</p> <ul style="list-style-type: none"> - National Immunization Awareness Month - Overdose Awareness Month <p>September</p> <ul style="list-style-type: none"> - Sep 7-12, National Suicide Prevention Week - Suicide Prevention Month - Recovery Awareness Month 	

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)

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

Join Zoom Meeting

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

Meeting ID: 871 5079 0253

One tap mobile

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+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

Find our meeting minutes and information about our

Be The One Carroll County Youth Suicide Prevention Team at

<http://www.c3ph.org/initiatives/youth-suicide-prevention>



**The National 988 Suicide & Crisis Lifeline is here,
adding to NH's robust crisis landscape**

July, 2022

The National 988 Suicide & Crisis Lifeline is here, adding to NH's robust crisis landscape

- New Hampshire is announcing the launch of 988, the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (NSPL). People can call 988 to be connected with trained counselors that are part of the existing NSPL network.
- 988 is a national system. The 988 call center routes calls by area code, which means that someone calling from an area code outside of New Hampshire will reach a call center in the area code's corresponding state.
- For a response from a New Hampshire provider, regardless of your area code, call or text NH Rapid Response at 833-710-6477.

New Hampshire's current crisis response landscape will remain in place.

For a local response every time, contact NH Rapid Response at 1-833-710-6477.

- 988 adds to New Hampshire's robust crisis response landscape. New Hampshire Rapid Response continues to provide mental health crisis services via phone, text and chat for children, youth and adults who may be experiencing a mental health or co-occurring substance misuse crisis. Rapid Response is available 24/7 365 days/year.
- In addition to the Rapid Response crisis line, mobile crisis teams staffed by New Hampshire's ten Community Mental Health Centers across the state are ready to meet people where they are if they have more intensive needs. As of May, 2022, mobile crisis teams have been deployed 2,840 times.
- **For a response from a New Hampshire provider, call or text NH Rapid Response at 833-710-6477.**
- Over the past several years, the Department has made critical investments in strengthening the mental health system across the state. We remain focused on implementing New Hampshire's 10-Year Mental Health Plan and Children's System of Care, increasing capacity for inpatient treatment, building more community-based services, and ensuring that children, youth and adults have access to the behavioral health supports they need.

Consider 988 an addition to other 3-digit responses such as 911 and 211

- 988 is one more option for people experiencing a mental health crisis, and does not replace New Hampshire's Rapid Response.
- Law enforcement is typically the first responder activated by a 911 call, which may not always be appropriate for mental health situations. 911 will remain in place for deployment of police, fire and EMS services.
- 211 will remain a non-emergency number to connect with community resources and The Doorway, New Hampshire's substance misuse access point.

