

**Youth Suicide Prevention Team – Carroll County – September 21, 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

**Minutes**

Facilitator: Catalina Kirsch

Notes: Caleb Gilbert

Introductions of team: Catalina Kirsch / C3PH, Susan Ward / NAMI,

Attendance: Eryn Phelps, Brewster Academy; Anika Hastings, SAU 49; Heather Clogston, DOE Office of Social and Emotional Wellness; Chris Lalmond, WMCC; Susan Ward, NAMI NH; Lauren Orsini, Children Unlimited; Melissa Kanter, Memorial Hospital; Crystal Sawyer, Carroll County Adult Ed.; Kim Whitefeather, Way Station/Agape Volunteer; Catalina Kirsch, C3PH; Caleb Gilbert, C3PH

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
	<b>Discussion.</b>	
Strategic Planning – Identify needs, gaps & high-risk populations	<p>WMCC – onboarding resources</p> <p>C3PH worked with WMCC to put together resource packets for new students. These will be used as a part of the onboarding process for new students.</p> <p>Discuss –</p> <ul style="list-style-type: none"> <li>- Upper Elementary, Middle School</li> </ul> <p>C3PH has been working with Melissa Kanter to brainstorm outreach strategies for 5<sup>th</sup> through 7<sup>th</sup> graders. Seeing an increase in mental health issues amongst this population. Exploring ideas and strategies for earlier intervention.</p> <p>Heather at NH DOE covered resources available through the office of Social Emotional Wellness and strategies to help provide resources and trainings with Local Education Authorities (SAUs, School Districts)</p> <p>SAU 49 is finishing up 2-hour training requirements for school personnel. Next will be looking at strategic planning for staff training and education for K-12 at SAU 49.</p>	<p>Catalina and Emily (C3PH volunteer) will work to put together resource packets for: Carroll County Adult Ed. And Children Unlimited Family Connections Resource Center.</p> <p>C3Ph will work with SAUs to help inventory what types of Social and Emotional learning resources exist and where needs/gaps might exist.</p> <p>Still need some additional input and ideas on reaching young adults (18 –24) not in college/higher ed. Perhaps outreach to business community?</p>

	<ul style="list-style-type: none"> <li>- 18-24 year olds not in college</li> </ul> <p>Who are we missing?</p>	
Strategic Planning – Establish Protocols and Evidence Based Practices within/across systems	<p>Opportunities at your organization?</p> <p>SAU 49 has been conducting ongoing work related to this. SAU 45 as well.</p>	<p>Use this group as a resource for this topic. There are members of the larger group that have experience designing and implementing policies and practices.</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>National, Statewide Initiatives</p> <ul style="list-style-type: none"> <li>- Oct 29 DEA National Prescription Take Back Day 10-2</li> <li>- November 3, 2022 – Save the Date, NH Suicide Prevention Council Conference. This will be a virtual conference.</li> <li>- Catalina has joined the planning committee for the Magnify Voices Expressive Arts Contest 2023 to elevate youth art and raise awareness about mental health</li> <li>- Onward NH – FEP/ESMI site</li> </ul>	<p>Share information from C3PH when we release information regarding DEA Drug Take Back Day locations and information.</p> <p>Follow-up with Kevi Peare Memorial Skate Park skateboard deck art project and see if there can be crossover with Magnify Voices.</p> <p>Onward NH Training upcoming on Mental Health and Suicide Prevention for Black and LGBTQ+ Youth: Data, Initiatives, and Actionable Hope. Thursday, 9/29 at 12pm. See link: <a href="https://www.onwardnh.org/edu/">https://www.onwardnh.org/edu/</a></p>
Education and Training - NAMI Update – Susan Ward	<p>(9:20 – Susan Ward)</p> <p>Education and Training:</p> <p>There is a call for presenters for the Suicide Prevention Conference: (link form Susan here).</p> <p>9Notes from Susan here)</p> <p>Link to CALM opportunity here: <a href="http://www.c3ph.org/assets/pdf/CALM_-_Flyer_NH_2022_pdf.pdf">http://www.c3ph.org/assets/pdf/CALM_-_Flyer_NH_2022_pdf.pdf</a></p> <p>Events:</p> <p><b>NAMI WALKS Sunday 10/8</b></p> <p><a href="https://www.naminh.org/nami-nh-events/namiwalks-nh/">https://www.naminh.org/nami-nh-events/namiwalks-nh/</a></p> <p><b>Family to Family Virtual Class 10/3 – 11/21 6-8:30 pm</b></p> <p><a href="https://www.naminh.org/events/family-to-family-virtual-class/">https://www.naminh.org/events/family-to-family-virtual-class/</a></p> <p>flyer available</p> <p>Oct 15 It’s Your Move 1.0 Advocacy Training, NAMI NH</p> <p>Oct 15 – Nov (insert end date here) NAMI Basics – Virtual Class</p> <p>Fmi on NAMI NH events: <a href="https://www.naminh.org/events/">https://www.naminh.org/events/</a></p>	

Community Awareness	<ul style="list-style-type: none"> <li>- <a href="#">988 and iCare</a></li> <li>- Shareable Resources</li> </ul>	<a href="https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables">https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables</a>  C3PH Folder of 988 Shareables: <a href="https://drive.google.com/drive/folders/1EF4t54wpglU5akkOGKEIRu4pWmIf6BKZ?usp=sharing">https://drive.google.com/drive/folders/1EF4t54wpglU5akkOGKEIRu4pWmIf6BKZ?usp=sharing</a>
Tobacco and Nicotine Use Prevention	<p>Breathe NH – Vaping Unveiled</p> <p>Breathe NH presented at Carroll County Youth Substance Misuse Prevention Subcommittee on 9/21/22. They offer a number of resources in addition to Vaping Unveiled.</p>	<p>Use the following info to request trainings/resources: Kim Coronis  <a href="mailto:Kcoronis@breathenh.org">Kcoronis@breathenh.org</a></p> <p>Or: <a href="mailto:info@breathenh.org">info@breathenh.org</a></p> <p>Vaping Unveiled information &amp; resources (including the Quit Vaping Resource List) go to:  <a href="https://www.breathenh.org/programs/vaping-unveiled">https://www.breathenh.org/programs/vaping-unveiled</a></p>

<b>SECTOR UPDATES</b>	<b>Status Updates, news, announcements</b>	<b>Follow up Actions? – By Who?</b>
Middle/High School/Higher Ed - WMCC Updates	<p>Kingswood High School: All student IDs now have 988 resources printed on them. SAU49 is lining up NAMI CONNECT Trainers to offer training to staff and faculty.</p> <p>Brewster: New to the group, gathering information on resources.</p> <p>Carroll County Adult Ed.: Planning to offer CONNECT training for students and a CPR training.</p> <p>WMCC: Working with student wellness to offer holistic wellness resources to students.</p> <p>Kennett High School: Hired new Social Worker</p>	Crystal Sawyer and Eryn Phelps will follow-up, re: CONNECT Training for students.
Healthcare Updates – Memorial Hospital Community Health Need Assessment	Look for a Conway Daily Sun article recapping Memorial’s work with community partners, re: mental health and resilience. Melissa K. reports seeing young people for MH and suicidality as they transition back to school.	
First Responder Updates	National Prescription Take Back Day October 29	
Social Services, Other	New Futures: gearing up for upcoming legislative session.	See New Futures link here, re: legislation they are following:

	<p>Family Connections Resource Center at Children Unlimited: erve families throughout the county with young people up until age 21. Assist with many issues, including: MH/behavioral support, restricting lethal means (gun locks), custody/visitation, community health worker, connecting to resources, etc. Reduce stress, increase wellness.</p> <p>Way Station: Trying their best to handle increased housing needs. Facing some barriers to resources, but trying to work through them. Concerned about increasing utilities cost, with rate increases on the near horizon.</p>	<p><a href="https://www.new-futures.org/issues/2022-bills-were-following">https://www.new-futures.org/issues/2022-bills-were-following</a></p> <p>Community Baby Shower is happening Friday, 9/23, from 4 to 6pm at the North Conway Community Center.</p> <p>See attached utility resource provided by Crystal Sawyer.</p>
<p>Awareness Campaigns</p>	<p>October</p> <ul style="list-style-type: none"> <li>- Mental Illness Awareness Week – NAMI, Sun 2nd Oct - Sat 8th Oct 2022</li> <li>- Oct 10 – World Mental Health Day</li> <li>- Oct 13 – National Depression Screening Day</li> <li>- Oct 29 National Prescription Take Back Day</li> <li>- Healthy Lung Month (tobacco/vaping education )</li> </ul> <p>November</p> <ul style="list-style-type: none"> <li>- Nov 19 - International Survivors of Suicide Loss Day <a href="#">You can find a current list of registrations here.</a> Event registration is ongoing until October 1 so check back with us if you don't see an event nearby. If you have questions please contact your <a href="#">local AFSP chapter</a> or email <a href="mailto:survivorday@afsp.org">survivorday@afsp.org</a>.</li> <li>-</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)

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-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

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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](mailto: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>

## Carroll County NH

### Online Suicide Prevention Training –

Self-Paced Online CONNECT Suicide Prevention E-Learning Module Slots available - Approximately 200 spots for Carroll County – Be The 1 Carroll County Youth Suicide Prevention team is working to identify priority populations to access these trainings (available trainings include Gatekeeper, Healthcare, School Personnel, Mental Health Provider)



Please let community members know that there are slots available.

Please share with to other organizations, ie DHHS workers, Home Health Agencies, seasonal employers, school support staff, Peer Recovery Coaches - See flyer links below.

Please use these links to

- Share out this opportunity to your contacts in these sectors
- To encourage registration for these trainings
- We encourage organizations to contact us. For example, we would love to hear from an organization to tell us: “we would like to receive (x) training slots for our agency”

<b>Program Description by Sector</b>	<b>Program Registration by Sector</b>
<a href="#"><u>Connect Online Suicide Prevention Training for SCHOOL PERSONNEL Program Description.</u></a>	<a href="#"><u>Connect SCHOOL PERSONNEL Registration – Request e-learning slot here</u></a>
<a href="#"><u>Connect Online Suicide Prevention Training for HEALTHCARE WORKERS Program Description.</u></a>	<a href="#"><u>Connect HEALTHCARE WORKER REGISTRATION here.</u></a>
<a href="#"><u>Connect Online Suicide Prevention Training for Mental Health Providers – Program Description</u></a>	<a href="#"><u>Connect MENTAL HEALTH PROVIDERS Registration.</u></a>
<a href="#"><u>Connect Online Suicide Prevention Training for GATEKEEPERS – Program Description.</u></a>	<a href="#"><u>Connect GATEKEEPER Registration.</u></a> Audience: Community members (gatekeepers), anyone who may have contact with a person at risk of suicide, especially when associated with youth and other vulnerable populations.