

# Be the 1 Youth Suicide Prevention Committee

## Minutes for May 17<sup>th</sup>, 2023

1. Attendance: Jennifer Thomas/C3PH, Catalina Kirsch/C3PH, Mckenzie Webb/NAMI Care Liaison, Ariel Hayes/Youth Success Project, Lauren Orsini/Family Support, Children Unlimited, Chris Lalmond/Apprenticeship NH, Jillian Dubois/New Futures, Anika Hastings/Kingswood Social Worker, Ashley Sullivan/Capital Area Public Health Network, Brianna / Youth Success Project, Madison Lemay/Youth Success Project, Katherine Cox/NH Suicide Prevention Coordinator, Brittini Cusson/ Social Worker, Kennett HS, Kera Favorite/Huggins Hospital, Suzanne Smith/Welcome Ctr Assistant WMCC Berlin, Melanie Robbins/Dir of Academic Ctrs WMCC, Gail Doktor/Way Station and Jackson Community Church (15 participants)
  
2. Youth Success Project; Ariel Hayes, <https://www.nhyouthsuccess.com/>
  - "The Youth Success Project is a board of young people who have experienced unaccompanied homelessness (without a parent or guardian). They bring lived experience and youth voice to the work of ending youth homelessness in New Hampshire." <https://www.nhyouthsuccess.com/>
  - Presentation by Maddie and Brie of Youth Success Project. Overview of program. Board of Young People with lived experience with unaccompanied homelessness. Work to bring youth voice to meet the needs of youth experiencing homelessness and create an equitable platform for change in NH. They have members, leaders and directors. They work toward diverse membership in culture and experience. They want to connect with young people in underrepresented regions of the state. They work on various projects, including youth count 2022, youth summit, higher ed homelessness, art book publication, youth homelessness demonstration project, awareness raising, outreach in central NH and work with McKinney Vento Homelessness Liaisons in schools. Have met with legislators like Chris Pappas, Senators Shaheen and Hassan. They do tabling events to raise awareness about what youth homelessness looks like in NH. They designed a tshirt with Chaos & Kindness in Laconia. They are creating an art book with artwork from youth with lived experience with homelessness.  
Madison Lemay: was involved in the Coordinated Plan for youth homelessness, involved in planning for solutions, with grants and continuous quality improvement, with learning about how the legislature works and advocacy.
  - Discussion – they want to know how they can partner with organizations in our region. Follow online and on social media [nhyouthsuccess.com](https://www.nhyouthsuccess.com/), Instagram: [@nhyouthsuccess](#), Facebook: [@YouthSuccessProject](#) TikTok [@nhyouthsuccess](#) Accepting new members if you know young people with lived experience. There are stipends for participation. They answered questions about youth homelessness

count. One-pager is available for more information. We have high rates of survival sex. Mental Health struggles are documented. First experience of unaccompanied homelessness often happens at age 16. They got some questions added to the YRBS survey in NH with aim to collect data connected to human trafficking.

- Questions

Anika, Kingswood – Welcoming them to Kingswood 5/18/23. Meeting at 12:30. They are presenting to youth at Kingswood.

They are presenting in near future to Plymouth Regional HS

Melanie Robbins/WMCC – can verify that homelessness does occur among the community college student population

Chris Lalmond – working to build apprenticeships – will connect with youth success project more

3. Jen Thomas to introduce as new facilitator of the meeting.

- Goals

- Broaden scope and depth of the meeting with the increased capacity
- Would like to increase actionable items
- Would like to increase attendance

- Changes

- Trying some new things
- To see what will allow me to reach goals and record easier
- Can always adjust/alter later
- Redesigned the agenda and minutes but same core content
- Would like input from participants on:
  - Any format changes desired
  - Any time changes desired
  - Any topic or guest speaker ideas
  - If they know of any other potential participants
  - Feedback on all aspects of the meeting
  - Need for materials/meeting in alternative ways (hardcopy, language etc.)
  - Send input to [jennifer.thomas@graniteuw.org](mailto:jennifer.thomas@graniteuw.org)

4. Goal 1 – Any identified needs, gaps or information on high-risk populations

- The 18-24 year olds difficult to find and engage – Suzanne Smith – Melanie Robbins, WMCC, they certainly have about 25% of student population is in this age range.
- Elementary aged students reporting self harm

5. Goal 2 – Establish protocols and evidence-based practices within and across systems

- Susan-Mckenzie Webb is now seeing clients as the Care Liaison for NHS
  - Referral information/forms? Mckenzie would like to meet with WMCC team to discuss referral process for students in need. Mckenzie will send

out referral forms and description of her services and how to connect young people to her. She works with Northern Human Services.

6. Goal 3 – Engage in regional, state, and national initiative and information as it relates to the project including webinars, conferences, meeting, subcommittees, etc. See attached list of resources.
7. Goal 4 – Education and trainings
  - Jen and Mckenzie completed Youth Mental Health First Aid for those working with youth Friday, May 12.
  - eConnect trainings are still available <https://www.c3ph.org/initiatives/youth-suicide-prevention/online-training-modules>
  - In Our Own Voices Training May 20<sup>th</sup>-almost full contact Rebecca Bennett, NAMI, [rbennett@naminh.org](mailto:rbennett@naminh.org) Volunteer at NAMI: <https://www.naminh.org/volunteer/>,
8. Goal 5 – Community awareness activities
  - Mental Health fair at Kennett HS – Brittini Cusson, successful. Good engagement. 13 tables, everything from yoga, smoothies, mental health, relationship safety/domestic violence, and more.
  - Catalina and Jen hosted a Lunch Info Table at Kennett MS for Mental Health Month
  - Memorial Hospital Training: see attached information about  
**CONWAY / Carroll County. Tuesday, May 23. 10am – 12pm.**  
  
Location: Memorial Hospital conference room  
Address: 3073 White Mountain Hwy, North Conway, NH 03860  
Parking: Please park across the street in the lot next to May Kelly's Cottage  
*Host: Chief Chris Mattei*
  - Anxious Nation Documentary Screening May 23 Flyer:  
[https://www.c3ph.org/assets/pdf/Anxious\\_Nation\\_Kingswood.pdf](https://www.c3ph.org/assets/pdf/Anxious_Nation_Kingswood.pdf) register at <https://bit.ly/AnxiousNationKingswood>
9. Goal 6 – Tobacco/nicotine/vaping prevention activities
  - Jen delivered Materials, posters, rack cards, MyLifeMyQuit resources to Moultonborough
10. Goal 7 – Postvention activities – no updates
11. Updates-round table style

- Susan Ward, NAMI -Riverbend is looking to hire a new Care Liaison
  - <https://pm.healthcaresource.com/CS/riverbend#/job/2424>
- Jillian Dubois SB85 appendix
- McKenzie Webb – reached out to Northern Human Services, Conway/Wolfeboro
- Anika: Took 18 youth through CONNECT training and they are presenting to psychology classes and to health classes. 4 classes 5/18 and 5/19
- Gail Doktor – families served by Way Station include youth 10-24. 25 % are in the 18-24 age group. We can connect Mckenzie with Dan Lavigne to discuss opportunities for connection.
- Catalina –
  - we will be at White Mountains Pride Jun 24.  
<https://www.whitemountainspride.com/>
  - Kevin Peare Memorial Skate Park would like to share Mental Health resources at a June 24 Car Show fundraiser. Follow up: Catalina can make materials available to Chris Lalmond to display at the event.
- Melanie Robbins – recent graduation celebrated. Congrats to the grads.
- Chris Lalmond, [clalmond@ccsnh.edu](mailto:clalmond@ccsnh.edu) – Apprenticeship NH Equity Advisory Committee – seeking new members. Identifying barriers to individuals seeking apprenticeships. Hoping to break into subcommittees, Behavioral Health, LGBTQ, English Language Learners, BIPOC, Youth, more. Youth subcommittee needs more membership. Next meeting in June. Contact Chris Lalmond

## 12. Close

Next meeting June 21<sup>st</sup> at 1:00pm

You are invited to a Zoom meeting.

When: Jun 21, 2023 01:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZMscumvpzsoH9fCbMtMlsm7ce7NP Mn74aDy>

After registering, you will receive a confirmation email containing information about joining the meeting.

## Additional resources and news:

- Mindspring Mental Health Alliance Self harm resources
  - [https://www.dropbox.com/s/7p8xearxcqrh8gk/Self%20Harm\\_Resources%20for%20Support%20%26%20Recommended%20Reading.pdf?dl=0](https://www.dropbox.com/s/7p8xearxcqrh8gk/Self%20Harm_Resources%20for%20Support%20%26%20Recommended%20Reading.pdf?dl=0)
  - <https://store.samhsa.gov/sites/default/files/pep20-06-01-002.pdf>
  - <https://www.choc.org/programs-services/mental-health/teen-and-child-selfharm-prevention/>
  - [https://www.rcpsych.ac.uk/docs/default-source/improving-care/nccmh/suicide-prevention/wave-1-resources/young-people-who-self-harm-a-guide-for-school-staff.pdf?sfvrsn=e6ebf7ca\\_2](https://www.rcpsych.ac.uk/docs/default-source/improving-care/nccmh/suicide-prevention/wave-1-resources/young-people-who-self-harm-a-guide-for-school-staff.pdf?sfvrsn=e6ebf7ca_2)
- Mindspring Mental Health Alliance Crisis Resource guide
  - <https://www.dropbox.com/s/j9mt98hhv4cxf9/2022%20Crisis%20Resource%20Guide.pdf?dl=0>
- Mindspring Mental Health Alliance Trauma Resource guide
  - <https://www.dropbox.com/scl/fi/i1671aeh58h7vzzi90lge/2022-Trauma-Resource-Guide.docx?dl=0&rlkey=r6gmlztok39gzxuswe1ra2dw9>
- Find a therapist
  - <https://www.psychologytoday.com/intl/counsellors?domain=www&cc=us&cl=en>
- Low or no cost therapy
  - <https://www.dropbox.com/s/vt5lnkvkerjo9r/2022%20Low%20Cost%20No%20Cost%20Therapy%20Resources.pdf?dl=0>
- Minutes will be emailed to everyone
- Thank you all
  - Please reach out with any questions, ideas or resources you would like to add to the minutes

## Advocacy opportunities

### NH SB 85

A critical bill for children's behavioral health in New Hampshire heads to the House floor for a vote tomorrow **5/18/23**. There's still time to get in touch with your representatives to ensure they cast a vote that supports behavioral health for youth in New Hampshire.

Late last month, the House Health, Human Services and Elderly Affairs Committee narrowly voted along party lines to recommend defeating [SB 85, a bill that would eliminate preauthorization requirements in mental health emergencies](#). Currently, children and adults who go to emergency departments for behavioral health crises may have to wait for preauthorization from their insurance carrier before they are transferred to a more appropriate setting for treatment.

The bill also supports permanent funding for the state's 988 mobile crisis team - without passage, the state's 988 program may not have a sustainable funding source that can meet the needs of Granite Staters.

[\*\*Will you email or call your representatives to ask them to overturn the Committee recommendation and PASS SB 85\*\*](#) using our easy action email form?

Thank you for your continued advocacy on this critical issue!

Sincerely,

**Emma Sevigny**

Children's Behavioral Health Policy Coordinator  
New Futures



Community Partners,

I am reaching out today to encourage you to take action in support of the reauthorization of Medicaid expansion. As you may know, Granite Advantage, New Hampshire's Medicaid expansion, is set to expire at the end of the year, leaving thousands of individuals and families without access to vital health care services.

**SB 263**, which reauthorizes Granite Advantage without a sunset, heads to the House floor for a vote next **Thursday, May 18**, without a committee recommendation. We need your help to make sure that State Representatives hear from Granite Staters to understand just how crucially important it is to extend this program long into the future.

**[Will you take a moment to send an email to your State Representatives urging them to reauthorize Granite Advantage using our easy action form?](#)**

You can also [call your Representatives](#) to urge them to pass SB 263 without changes to the bill. Remember, the numbers listed are their personal numbers, so it's important to call at a reasonable time.

Medicaid expansion is a critical care program that provides health insurance coverage for individuals and families in need. Since its inception in 2014, the program has helped more than 219,000 people access vital health care services, including preventative and primary care, mental health and substance use treatment, among other services.

[Email Your State Reps](#)

Thank you for your support!  
Sincerely,



**Jake Berry**  
Vice President of Policy  
New Futures

# NH Crisis Systems in the North Country

*Please share this invitation with your networks!*

*What is NH Rapid Response? What is the 988 number? We can still use the Doorways for substance use crises, right? What is a mobile crisis team? (And what does this have to do with me?)*

Please join other first responders, staff from NH's Lifeline call centers, community partners, and your local mobile crisis teams to make connections across systems and learn more about NH's crisis response system.

**CONWAY / Carroll County. Tuesday, May 23. 10am – 12pm.**

Location: Memorial Hospital conference room

Address: 3073 White Mountain Hwy, North Conway, NH 03860

Parking: Please park across the street in the lot next to May Kelly's Cottage

Host: *Chief Chris Mattei*

**LANCASTER / Coos County. Wednesday, May 31. 10am – 12pm.**

Location: Weeks Medical Center, LPCC lower level conference room

Address: 173 Middle St, Lancaster, NH, 03584

Host: *Chief Timothy Charbonneau*

**LITTLETON / Grafton County. Thursday, June 1. 10am – 12pm.**

Location: Littleton Regional Healthcare Medical Office Building (MOB)

Room location: Board meeting room, second floor directly across from elevators

Address: 580 St Johnsbury Rd, Littleton, NH 03561

Parking: Please park in lots C + D

Host: *Chief Paul Smith*

**Register here:** [https://unh.az1.qualtrics.com/jfe/form/SV\\_emKsEf5X1BJ1Sev](https://unh.az1.qualtrics.com/jfe/form/SV_emKsEf5X1BJ1Sev)

Registration is NOT required, but would help with planning and sending follow-up materials.

More about event: In July 2022, New Hampshire launched 988, the three-digit number for people experiencing a suicidal, mental health, or substance-related crisis to call, text, or chat. 988 is now a part of NH's crisis landscape. Its strength and success require collaboration and relationships across systems, feedback from all involved, and constant refinement. Please join us for coffee, networking, and an informational panel about NH's crisis response system and first responders role. This event is intended to support relationship building and problem solving at the local level.\* We encourage departments to send one or two members who respond to mental health crises and who can bring the information back to the full team.

*\*This event is aimed at those working in and around the North Country and will focus on rural implementation. Fmi [Katherine.M.Cox@dhhs.nh.gov](mailto:Katherine.M.Cox@dhhs.nh.gov)*



**NH Teen Institute**  
**SUMMER LEADERSHIP PROGRAM**  
**A Week-Long Retreat for High  
School Students**

**2023 Summer Leadership Program**

is happening

**Sunday, July 9th - Friday, July 14th**

at Lions Camp Pride in New Durham, NH!

**Scholarships Available!**

Have questions? Join an Online Info Sessions!

<https://www.nhteeninstitute.org/slp>

## **Kevin Peare Memorial Skate Park 2023 Events**

Bowling Night! May 4th 5-8pm Star Wars Theme!  
Saco Valley Sports Center Fryeburg ME

Punks 4 a Cause: May 27th 5-9pm Theater  
in the Wood Intervale NH 4 bands!

**Wicked Rides Car Show: June 24th 9am- 2pm**  
**Tuckermans Brewery Conway NH**

Battle of the Bands 4 August 13th Theater  
in the Wood Intervale NH Bands Wanted  
Flatbread Company Dine to Donate  
September 19th North Conway NH

**Golf Fundraiser October 7&8th Indian**  
**Mound Golf Club Center Ossipee NH**

Zombie Prom October 31st 4-8pm North  
Conway Community Center North Conway NH

Contact [gskate4kev@aol.com](mailto:gskate4kev@aol.com)  
More info to come! Save the Dates!

THE KEVIN PEARE MEMORIAL SKATE PARK  
**WICKED RIDES CAR SHOW**

**Tuckerman**  
BREWING COMPANY

HOBBS STREET CONWAY NH

SAVE THE DATE!

June 24th

9 to 2



<https://goskate4kev.com/>

MAGNIFY  
**VOICES**



**2023**  
FIFTH ANNUAL

**EXPRESSIVE ARTS CONTEST**

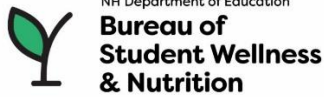
**Join us for our Celebration Event!**  
**Wednesday, May 24, 2023**  
**Silver Center for the Arts,**  
**Plymouth State University!**



- 5:30-6:30 Gallery Opens to All Patrons, Meal is Served
- 6:30-7:30 Award Ceremony
- REGISTRATION IS OPEN until May 18, 2023

[VISIT US AT: NHCSOC.ORG/MAGNIFY-VOICES](https://nhcsoc.org/magnify-voices)

FOR QUESTIONS AND INQUIRIES, CONTACT [MAGNIFYVOICES@GMAIL.COM](mailto:magnifyvoices@gmail.com)



**From NH Dept of Ed:**

**SAVE THE DATES: 2023 Wellness and Learning Conference**

The Office of Nutrition Programs and Services will present the 2023 Wellness and Learning Conference this summer. Stay tuned for more information on session titles and times. <https://files.constantcontact.com/d9f4f29a701/d8163d07-932b-48b2-aa08-453491520a43.pdf>

**SAVE THE DATES: Summer 2023 Professional Development**

Take a peek at what's to come for the Summer 2023 Professional Development Series hosted by the Office of Social and Emotional Wellness. Register for our **FREE** in-person and virtual trainings.

<https://nhdoe.instructure.com/courses/37/pages/2023-summer-professional-development-series>

**Granite State 90 Day Summer Challenge**

**[Granite State 90-Day Summer Challenge](#)**

The Granite State 90 Day Summer Challenge begins June 1st. The challenge is to be physically active for 30 minutes or more every day in the months of June, July and August. Hike, bike, swim, jump-rope, walk, dance or garden – move however you like for 30 minutes.

**FREE Monthly Youth Mental Health First Aid Trainings**

Virtual courses offered the first Wednesday every other month.

**Wednesday, June 7, from 9am to 3:30pm**

**[Register here](#) before May 24**

## May 2023

### Mental Health Awareness Month

- Activities/events from NAMI
  - NAMICon • YANA Book • NAMIWalks • National Anxiety Month • BPD Awareness Month • AAPI Awareness Month • National Maternal Awareness Month • Women's Health Month
- May 18: Mental Health Action Day
- May 20: NAMIWalks
- May 21: National EMS Week
- May 24: World Schizophrenia Awareness Day
- May 24–27: NAMICon
- May 31: Memorial Day

### Self-Harm Resources:

[https://www.dropbox.com/s/7p8xearxcqrh8gk/Self%20Harm\\_Resources%20for%20Support%20%26%20Recommended%20Reading.pdf?dl=0](https://www.dropbox.com/s/7p8xearxcqrh8gk/Self%20Harm_Resources%20for%20Support%20%26%20Recommended%20Reading.pdf?dl=0)

<https://www.dropbox.com/s/j9mt98hhv4cxfg9/2022%20Crisis%20Resource%20Guide.pdf?dl=0>

### Youth Risk Behavior Survey

[Youth Risk Behavior Survey | Department of Education \(nh.gov\): https://www.education.nh.gov/who-we-are/division-of-educator-and-analytic-resources/bureau-of-education-statistics/youth-risk-behavior-survey](https://www.education.nh.gov/who-we-are/division-of-educator-and-analytic-resources/bureau-of-education-statistics/youth-risk-behavior-survey)

[Demographic Data](#): This report gives the background information about the NH Youth Risk Behavior Survey (YRBS), the number of schools and students that participated, and the weighted demographic description of the sample.

[Weighted Data](#): YRBS Results presented in graph format. This report contains the overall results as well as data broken down by grade level, gender, and ethnicity/race ([ppt version](#)).

[Results - Detail Tables](#): YRBS results presented in table format. This report gives the breakdown of responses for each question by age, grade, race/ethnicity, and gender.

[Survey Questionnaire](#): YRBS survey given to the New Hampshire high school students.

[Trend Analysis Report](#): Trend Analysis Report describes whether behaviors have increased, decreased, or stayed the same over time.

[10 Year Trend Analysis](#): YRBS results presented in table format. This report gives the trend analysis from 2011 to 2021.

[National Youth Risk Behavior Survey Results](#): The CDC website has fact sheets, national Youth Risk Behavior Survey (YRBS) results reports and national trends reports.

[Academic Achievement Report](#): Risk behaviors displayed by academic achievement.

[NH vs US YRBS Results Comparison](#): Comparison of NH YRBS data with US YRBS data. This information can also be obtained by visiting the [CDC Youth Risk Behavior Surveillance System website](#) and clicking on New Hampshire under Compare State and National Results.

## PUBLIC HEALTH

[Youth Risk Behavior Survey | New Hampshire Department of Health and Human Services \(nh.gov\)](#):  
<https://www.dhhs.nh.gov/programs-services/population-health/health-statistics-informatics/youth-risk-behavior-survey>

[2021 NH Youth Risk Behavior Survey - List of Participating Schools](#)

[2021 New Hampshire Youth Risk Behavior \(YRBS\) Questionnaire](#)

[Carroll County Survey Results-2021](#)

2021 Youth Risk Behavior Survey (YRBS) Regional Results are presented in table format. This report gives the breakdown of responses for each question by sex, race/ethnicity, grade, academic performance and sexual identity. Please note: 2021 YRBS Data for Greater Nashua, Seacoast, and South Central regions are not available due to low participation rate.

County Health Rankings 2023 data is in: <https://www.countyhealthrankings.org/>

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Lived Experience:

**Survivor Stories; SURVIVOR STORIES STORIES OF LOSS, HEALING & HOPE  
Portsmouth NH – Tues May 23, 2023 6:30-8:30PM**

Register here or paste this link into your browser <https://afsp.wufoo.com/forms/survivor-stories-portsmouth/> Holiday Inn - Wentworth Room, 300 Woodbury Ave. QUESTIONS? Contact Debbie Baird, [dbaird@afsp.org](mailto:dbaird@afsp.org) or Steve Boczenowski, [boczeno@gmail.com](mailto:boczeno@gmail.com) Please join us for an evening of storytelling, hope and healing. Hosted by the Survivors of Suicide Loss Subcommittee of the New Hampshire Suicide Prevention Council Registration is required. Refreshments will be served. Flyer: <https://files.constantcontact.com/46cb78d6001/010769d5-86ee-4c3a-aeff-890cbb33f92e.pdf>

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