

Be the 1 Carroll County  
Youth Suicide Prevention Team  
Minutes  
August 18, 2023



- 1) 1:00 Attendance: Please sign in to chat with your name and organization

Danna Torney (guest speaker), McKenzie Webb, NHS; Emily McArdle, C3PH Young Adult Consultant; Eric Eason, Carelon BH/NH Rapid Access Point; Susan Ward, NAMI NH; Ellery Hunt, Children Unlimited; Chris Lalmond, Apprenticeship NH; Eric Moran, White Horse; Heather Clogston, NH DOE, Office of Social & Emotional Wellness

Catalina Kirsch, C3PH – Meeting Facilitator

Caleb Gilbert, C3PH – Meeting Notes

- 2) 1:05 Guest Presentation and Q&A. Seasonal Affect Disorder – Donna Torney LCMHC

Recording here: [Seasonal Affective Disorder, Donna Torney Aug 16, 2023](#)

Slides here: [Seasonal Affective Disorder: Donna Torney Aug 16 2023 slides](#)

- 3) 1:35 Goal 1 - Any identified needs, gaps or information on high-risk populations  
Veterans

- a) Young adult veterans and female veterans have been identified as having a different set of needs and more specific behavioral health and medical supports.
- b) County Veterans Coalition is up and running
  - Main objective is to prevent veteran suicide and decrease isolation
  - All ages
  - Establishing the needs of the population
  - Prioritizing the needs
  - Assessing the capacity to deal with the needs.
  - For more information contact [jennifer.thomas@graniteuw.org](mailto:jennifer.thomas@graniteuw.org)

Young Adults

- a) Would like to work more with WMCC for the upcoming school year
  - i) On raising awareness
    - (1) School portal PSAs or similar idea
  - ii) Community engagement activities
    - (1) Online or in person

Chris Lalmond reports he is seeing some success in connecting young adults to Apprenticeship Opportunities. Also, currently working on prospective Apprenticeship Opportunities in the MWV. He will report more on these when they are more developed.

Susan Ward reports that she is still actively working with WMCC to coordinate opportunities to work together on suicide prevention opportunities. WMCC is interested in working with NAMI NH to hold a walk, perhaps in September (separate from the larger NAMI walk in October).

- b) Reviewing 2021 YRBS trends as they pertain to behavioral health and risk factors for mental health illness to determine other high-risk populations and behaviors.

C3PH will be pulling together a group of school partners to take a deeper look at the 2021 YRBS data when it is released (likely this coming fall 2023).

In the meantime, C3PH is working with Growth Partners to review 2019 data and identify areas of higher need expressed in the data. Will create and release resources related to this data.

#### Upper Elementary

- a) Would like to pursue activities in year 4 & 5 to reach families of upper elementary age students 10-12

All Public SAUs are currently engaged in BH and suicide related initiatives – SAU49 has trained staff on suicide prevention and are still operating an MTSS-B model. SAU9 is starting the MTSS-B journey and is beginning to implement BH related interventions for students (also hosting school/community workgroup). SAU45 continues to engage students, faculty, and staff in BH and suicide related initiatives (Getting to Y YRBS work, etc.).

- 2) Goal 2 - – Establish protocols and evidence-based practices within and across systems
  - a) School district interest in restorative practices led to seeking out an authority on implementing restorative practices in schools.
    - Should there be an information session or more technical assistance regarding steps to implement restorative practices?
    - DOE Grant opportunity? Is there a local entity who is pursuing this?

Heather Clogston has transitioned from MTSS-B consultant to Prevention Coordinator for the NH DOE Office of Social and Emotional Wellness. Working to update resources and grow opportunities to work with school partners on initiatives related to promoting emotional wellness and preventing youth suicide.

Some resources from Heather:

Email address: [heather.m.clogston@doe.nh.gov](mailto:heather.m.clogston@doe.nh.gov)

Resources / Training Opportunities: Search Institute Trainings and other PD opportunities...(this will bring you to the general link to connect you with all PD opportunities)

<https://nhdoe.instructure.com/courses/37/pages/professional-development-and-community-education>

Promising Futures Grant Opportunity <https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-wellness/osew/grants>

[Grants and Funding Opportunities | Department of Education \(nh.gov\)](#) *The Office of Social and Emotional Wellness at the New Hampshire Department of Education is excited to announce a new funding opportunity for the 2023-24 school year. The Promising Futures for New Hampshire grant is accepting applications from Local Education Agencies (LEAs) to support universal prevention strategies in schools. See the attached funding opportunity announcement for more information on eligibility and how to apply.*

- b) Continued research for prevention programming that is easy to implement to fidelity
  - c) Interested in finding out more about virtual behavioral health options
    - Accessibility, Costs, FERPA, HIPPA
- 3) Goal 4 – Education and Trainings
- a) ASIST Suicide Prevention training coming up September 11 and 12<sup>th</sup> at Tri-County CAP 0830-1530 both days
    - More info: [ASIST Suicide Prevention Training Program | LivingWorks](#)
    - 4 More spots available. Contact [jennifer.thomas@graniteuw.org](mailto:jennifer.thomas@graniteuw.org) asap
  - b) Offered eConnect to veteran’s coalition partners and also to Chiefs of Police Meeting.
  - c) Please see flyer or webpage for CONNECT eLearning Training Spots - <https://www.c3ph.org/initiatives/youth-suicide-prevention/online-training-modules>  
Flyer: [https://www.c3ph.org/assets/pdf/Suicide\\_Prevention\\_Training\\_available\\_2023\\_2024.pdf](https://www.c3ph.org/assets/pdf/Suicide_Prevention_Training_available_2023_2024.pdf)
  - d) Dept of Ed Offerings, Office of Soc Emotional Wellness
    - [Search Institute Trainings- 2023 NEW](#)
    - [OSEW Professional Development- Summer 2023 NEW](#)

NAMI NH is working to identify opportunities for CONNECT Train-the-Trainer

Also, NAMI NH will be hosting a CALM (Counseling Access to Lethal Means) Train-the-Trainer this Fall 2023. Be on the lookout for dates and details – looking at targeting NHS, DCYF, Doorway NH staff.

- 4) Goal 5 – Community Awareness Activities
- a) Would like to start planning now for a *Survivors of Suicide Loss awareness event* for November. International Survivors of Suicide Loss Day is an event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience. This year, International Survivors of Suicide Loss Day is Saturday, November 18, 2023. Local sites have until October 1 to register. [You can find a current list of registrations here.](#) If you have questions please contact your [local AFSP chapter](#) or [email survivorday@afsp.org](mailto:survivorday@afsp.org).
  - b) NH DHHS is working with NH RRAP marketing vendor to create a largescale marketing campaign that will rolled-out this Fall 2023.

c) NAMI Walk Opportunities: <https://www.naminh.org/events/namiwalks-new-hampshire-2023/>

- 5) Meeting schedule – determine set day and time for future meetings –exploring a change to Noon to accommodate partners who can only access during lunch breaks.
- 6) Update from Eric Eason, NH Rapid Access Point: Renegotiated contract has resulted in loss of 2 community liaisons. This is mostly due to the number of calls that NH RRAP handles monthly (much higher than originally projected and that has sustained) and having to prioritize crisis line responder resources over community outreach. NH RRAP materials will also be handled by a different marketing vendor. Eric still has some materials to give out (only has Spanish materials right now).

60% of calls are resolved by crisis line responders; 27.4% result in Mobile Crisis Team dispatch; 11% result in emergency outpatient appointments/outpatient referrals; < 2% result in Emergency Dispatch (911).

Carelon (NH Rapid Response Access Point 833-710-6477) took

24k calls in first 6 months; 629 chat conversations; >1000 text conversations

6500 incidents of mobile crisis dispatch

Social Awareness campaign by NH DHHS to roll-out this Fall 2023. NH DHHS will be rolling out a public awareness campaign this fall that will direct the public to 211, 988, and the RRAP for all concerns related to mental health and/or substance use.

- 7) Recovery Community Organizations: Eric from White Horse – WH is standing up another RCO in Berlin.
  - a) [Freedom Dinner Event Fundraiser Sept 15, 5-8pm First Congregational Church of Ossipee](#)
  - b) [Rev for Recovery Car Show. Sept 12, 5-7pm, First Congregational Church of Ossipee.](#)
- 8) Community Care Liaison Update: McKenzie Working toward 50/50 split with North Country and Carroll County. Also ensuring that fax numbers are included for partners that cannot send referrals via email. FMI on The Regional Care Liaison Program at Northern Human Services see <https://www.c3ph.org/intitatives/youth-suicide-prevention/Care-Liaison-Program> This service is made possible through our Garrett Lee Smith Grant for youth suicide prevention.
- 9) Adjourn

Next meeting:

You are invited to a Zoom meeting.

When: Sep 20, 2023 12:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

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

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