

Be the 1 Youth Suicide Prevention

Agenda

September 20, 2023

12:00 – 1:30 PM

1. Please sign in with your name, organization and contact information

Jennifer Thomas	C3PH
Catalina Kirsch	C3PH
Suzanne Smith	WMCC
McKenzie Webb	NHS
Corina Chao	Institute for Health Policy & Practice
Emily McArdle	C3PH
Lisa Paulding	Starting Point
Ellery Hunt	Children Unlimited
Susan Ward	NAMI NH
Janet Thomas	UNH IHPP
Christine Hemmings	WMCC
Jillian Dubois	New Futures
Brodie Deshaies	NH Hunger Solutions
Heather Clogston	DOE
Anika Hastings	Kingswood Reg MS/HS
Crystal Sawyer	CC Adult Ed
Kim Whitefeather	Way Station
Chris Lalmond	Apprenticeship NH

2. Welcome back!
3. Welcome guest speakers. Presentation: Adverse Childhood Experiences

See recording here: (insert link here)

- a. From UNH Pediatric Improvement Partnership [New Hampshire Pediatric Improvement Partnership | University of New Hampshire \(nhpip.org\)](https://www.unh.edu/ehp/pip)
 - Corina Chao - corina.chao@unh.edu
 1. Corina Chao, MPH is a Project Director within the Delivery Systems and Payment Reform focal area at the Institute for Health Policy and Practice. Before joining UNH she worked as a Community Health Advisor with Peace Corps Madagascar. She has been a part of the NH Mental Health Care Access in Pediatrics Project, Trauma-Informed Care Project, and Connecting Mental

Health, Climate Justice, and Nature ECHO. Her interests include social determinants of health, trauma-informed care, health inequity, and community development.

- Janet Thomas - Janet.Thomas@unh.edu

1. Janet Thomas MA, BS, RN is a Project Director at New Hampshire Citizens Health Initiative with over 30 years of primary care nursing, practice management and staff development experience. She led a NH team in a 4-year tri-state CMMI Practice Transformation grant reaching over 1100 primary, specialty and mental health providers across New Hampshire to improve quality outcomes, measurement, and readiness for alternative payment models. She is a collaborator dedicated to enhancing clinical knowledge and person-centered care skills of practitioners, staff and students via targeted learning programs on varied topics including mental health, substance use disorders, and Covid impact in rural areas. She utilizes ambulatory clinical experience and adult learning models to enhance integration of telehealth, chronic disease management and implementation of clinical precepting models across health practice settings. She is a member of UNH ECHO hub team facilitating interprofessional learning communities regionally and nationally.

b. Discuss Adverse Childhood Experiences

Presentation slides here

Background

- Research basis for ACEs education
- Pandemic has increased family stress
- Promoting family resilience

National Crisis

- Surgeon General recommendations 2021 – recommendations to support child behavioral health and support families
- 3 realms of ACEs. Household, Community and Environment. See ACEs Connection. Building Community Resilience Collaborative and Network. See graphic. All areas have seen increased challenges through pandemic years.
- The 10 original ACEs – about 61% adults report at least one ACE. Graded dose response. The more ACEs, the greater risk of negative health outcomes (chronic health, mental health, health risk behaviors, social outcomes)
- Leading causes of death, heart disease: someone w/ 4+ACEs has 2.1x risk of developing heart diseases. Persons with 4+ ACEs are 37.5x at risk for suicide
- Symptoms in Children – Intrusive Symptoms, Hypervigilance, Avoidance, Negative Thinking, etc
- As #, Frequency, Duration of ACEs increase, resilience decreases

- ACEs can accumulate and effects last beyond childhood. Toxic stress. Repeated stress or danger, more
 - Physical impact of Trauma. Brain Architecture. Baseline for behavior, Brain waves, Neural Pathways, Neurotransmitters, Hormones, Toxin Elimination, Cellular change, Nervous System, Immune system, all impacted. Allostatic Load (Chronic Stress) see echotraining.org
 - Intergenerational Transmission – Epigenetic modifications in stress response genes associated with childhood trauma, Jiang, et al 2019
 - Population Considerations – Groups more likely to experience ACEs, BIPOC, low education, LGBTQ, more
 - Individual and Family Risk Factors. Special Needs, caregiver relationship, early sexual activity, few friends, limited child development understanding, abuse/neglect, young caregivers, more
 - Resilience – a good outcome in the face of adversity. The risk of ACEs can be mitigated. See video Harvard Ctr on the Developing Child on resilience. www.developingchild.harvard.edu
 - Positive Childhood Experiences (PACES) Family (able to talk to family about feelings, felt family stood by you, feel safe by adult at home), Community, The more PACES, the better health outcomes
 - Protective Factors – positive relationships and friendships, role models, employment, social support, parental supervision, peaceful conflict resolution, caregivers help kids sort problems, fund positive activities, more
 - Safe Secure Nurturing Relationships (SSNR) are associated with dysregulation and/or health outcomes
 - 5 Tips for providing SSN Support to a child: Talk, Be Consistent, Show Up, Avoid Shaming, Don't aim for perfection.
 - Screening alone is not sufficient. Also important is understanding own bias, interprofessional collaboration, understanding health effects of trauma, patient-centered communication and care (see pyramid, Raja, et al 2015) Local partners like WMCHC are actively involved in developing trauma informed care.NH PIP works in 10 primary care sites.
 - Building Resilience in Action. Recognize. Educate. Promote. Respond. Build.
 - What is in your Community? Resource Guides <https://www.c3ph.org/resource-center/resource-guides>
- c. Question and Answers
- Discussion of importance of trauma informed community
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4. Updates

- a. Goal 1 - Any identified needs, gaps or information on high-risk populations
 - Jen
 1. Young adult veterans, women especially

2. 15 or younger, females who have considered suicide or made plans for suicide in 2021.
 - a. Double that of males
3. Young Adults 18-24. WMCC – Christine Hemmings. NAMI Walk Sep 27. Connect Train the Trainer for faculty coming up. Also working with Student Senate. Mark Desmarais connected with Welding Faculty to engage with Senate. More engagement is the goal. Emily, U25 Carroll County, posting for Suicide Prevention Month and Recovery Month.
4. Kingswood. Numbers of adolescents facing challenges are alarming. Last spring students were trained as CONNECT trainers. Some went in to health classes. This year again. Want to embed those students into other wellness activities. Will be training 10 school counselors will be trained as CONNECT trainers in order to train staff. Importance for staff to know how to identify concern and connect students to support. NH Rapid Response Access Point is helpful.
5. Kim Whitefeather – Way Station and Agape Food Pantry – seeing depression and anxiety related to homelessness. Trying to give hope. Lack of housing makes it difficult. Several are working, raising children. Help with applications for services. Influx of homeless in the area. Veterans, seeing an increase. Suicide is an ongoing risk for the homeless population. Seeking camping gear as cold weather approaches. Hotel donated blankets. Don't need blankets donation.

Nashua out of darkness walk

09/23/2023, Event Details.Date: 09/23/2023.

Location: Greeley Park Bandshell, Nashua, NH.

Check-in Time: 9:00 am.

Walk Start Time: 10:00 am.

Contact Information.

Walk Chair: Doris Horvath, 603-321-5274,

dorish7858@gmail.com .

The Out of the Darkness Community Walk is a journey of remembrance, hope, and support.

- b. Goal 2 – Establish protocols and evidence-based practices within and across systems
 - 988
 - Rapid Response – Rich Melillo – full team for Carroll County, Peer Specialists 5 days a week, 5pm to midnight. Peers stabilization appointment follow up contacts are happening to check in on people after their initial 988 RRAP contact.

- Review of YRBS work group – who is interested in joining a small group to analyze data? Let Jennifer and Catalina know
 - Involve young adults and youth in our meetings
 1. Make it part of a curriculum?
 - Update from School Districts (SAU 49, SAU 45, SAU 9)
 - Update from Northern Human Services, McKenzie Webb
 1. Referrals have slowed a little. School is in session so now time to outreach to schools again.
 2. C3PH will connect McKenzie to new Deans of Students at Kennett HS
- c. Goal 3 – Engage in regional, state, and national initiative and information as it relates to the project, including webinars, conferences, meetings, subcommittees, etc.
- www.boston.com/news/health/2023/09/10/new-hampshire-announces-suicide-prevention-week-and-new-website
 - <https://preventsuicidenh.org>
 - Strong as Granite campaign
 1. www.dhhs.nh.gov/programs-services/health-care/behavioral-health/strong-granite
 - NH Hunger Solutions
 1. Breakfast Challenge
 - a. [What do we know about school meals in New Hampshire? \(nhhungersolutions.org\)](http://nhhungersolutions.org)
 - b. NHHS website: <https://nhhungersolutions.org/>
 NHHS Advocacy webpage: <https://nhhungersolutions.org/take-action/become-an-advocate/#/>
 Join our email list(s): <https://www.congressweb.com/signup/?id=DB19A1DE-5056-8653-C3E7AE4E82A09AE8>
- Join the NHFAC Policy & Advocacy Team: Email bdeshaies@nhhungersolutions.org
They help local advocates reach legislators.
- Join the School Breakfast Challenger 2023: Email rcorr@nhhungersolutions.org
- d. Goal 4 Reach 18-24 year olds
- -Update from WMCC, Apprenticeship NH, other
- e. Goal 5- Education and Trainings
- Susan Ward Connect Train the Trainer at NHTI in Oct

- Nov 29-30 CALM Train the Trainer. Reaching Doorway Staff, DCYF. Want those trainers to train others who would contact with individuals and families at risk. If you want to become a CALM trainer, contact Jennifer, Catalina or Susan Ward.
 - NAMI Walks Sunday Oct 21. See link
 - EConnect still available: Please share and contact us with requests <https://www.c3ph.org/initiatives/youth-suicide-prevention/online-training-modules>
 - ASIST Suicide intervention
 - Increasing Access to Behavioral Health Services for Underrepresented Communities
 1. [Webinar Registration - Zoom](#)
 - Family Engagement in School Mental Health
 1. [Family Engagement in School Mental Health Tickets, Wed, Sep 20, 2023 at 2:00 PM | Eventbrite](#)
 - Mental Health First Aid update
 1. <https://extension.unh.edu/health-well-being/programs/mental-health-first-aidr>
 - NH Suicide Prevention Conference in November see <https://preventsuicidenh.org/2023-conference/>
- f. Goal 6 – Community awareness activities
- Jen
 1. Tabling at open houses – Moultonborough Academy and Kennett Middle School
 - Jillian Dubois, New Futures. Working on ensuring funding for 988. Funding for MTSS B. Plymouth is screening Anxious Nation, <https://www.etix.com/ticket/p/40650032/special-screeninganxious-nation-plymouth-the-flying-monkey-movie-house-performance-center> includes childcare <https://www.eventbrite.com/e/childcare-registration-for-october-5-2023-anxious-nation-screening-tickets-694253018467> Also Moultonborough Academy will hold a screening. Moultonborough School District will be screening Anxious Nation on Nov. 8 at 6pm. More info to come: <https://www.facebook.com/moultonboroughacademy/posts/pfbid02XfP4byh378tWWeqwaH8dBz77cqV1YFTseTRvXmVvTJhYKwH6hRmfBgY73BDZyukxl>
 - NH Suicide Prevention Council new website see <https://preventsuicidenh.org/>
5. Restorative Practices in schools presentation
- a. At our next CC Youth Substance Misuse Subcommittee meeting
 - November
 - Email Save the date and invite will be sent!

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6. Poll Question on Week/Day/Time change
 - a. By Zoom
 - b. Will keep Third Wed of each month at 12 noon by zoom.

7. Next meeting

You are invited to a Zoom meeting.

When: Oct 18, 2023 12:00 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.