

---

## GLS Youth Suicide Prevention

### Implementation Team – Be the 1 Carroll County – November 15, 2023, 10:30am

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

## Agenda

-Introductions of team members around the table

---

Catalina Kirsch	C3PH
Emily McArdle	C3PH
Bob Thompson	Senior Program Coordinator at North Country Health Consortium (previous project facilitator moved on to WMCC)
Jillian Andrews Dubois	Community Engagement Coordinator at New Futures, <a href="mailto:jdubois@newfutures.org">jdubois@newfutures.org</a> , 603-724-4047
Susanne Smith	White Mountains Community College
Anika Hastings	School Social Worker at Kingswood Regional High School (responsible for managing suicide prevention trainings for SAU 49)

---

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
	<b>Discussion.</b>	
Planning for Jan 16 2024 – Jan 15 2025 – Year Five of the grant.	<p>Where do we want to focus our efforts in the final year of the grant?</p> <p>Anika/Kingswood School District- Would like to focus on community engagement, including sharing information about suicide prevention with parents and getting the community more involved outside of the school. (Good systems in place for responding to kids in crisis, training high school students to work with peers, trained all counselors, working on training all staff, Systems of Care grant with Northern Human Services, and building connections with Huggins Hospital and the Wolfeboro Police Department).</p> <p>Bob/North Country Health Consortium- Had success with community engagement by disseminating information about new Recovery Support Center through social media channels,</p>	<p>Focus on Community Engagement, make concrete goals.</p> <p>Kingswood did a screening of Anxious Nation for the community/parents.</p> <p>C3PH discuss doing a mental health fair at Kingswood in May (like Kennett High School does).</p> <p>Catalina can talk to Kingswood school leadership about disseminating information to parents.</p>

	<p>electronic flyers, and through the police department.</p> <p>Suzanne/WMCC- Focus on student engagement, trying to do one event a month, working on getting training for all staff, increasing resources/display on campus to draw people in.</p> <p>C3PH has access to funds from NH Charitable for community engagement (getting community involved on issues that are tied to upcoming legislation that could impact health issues including behavioral health and children’s behavioral health, substance use, etc.). Can collaborate with Jillian for New Futures Work. C3PH is still waiting on final word regarding funding.</p>	<p>Suzanne will talk to Kris at WMCC about newsletter that goes to all students about adding insert about mental health/stress management to target online student population. C3PH could work on designing the info.</p> <p>Catalina will keep Jill posted about collaborating with New Futures for community engagement. Do legislative breakfast or event to get the word out about what public health does in legislators’ areas.</p>
<p>Strategic Planning – Identify needs, gaps &amp; high-risk populations</p>	<p>Focus on Upper Elementary &amp; Middle School Grant for ages 10-24, doing well at targeting ages 14/16+ but would like to do more for ages 10+. Jen Thomas had resource tables set up at open houses in Ossipee, Moultonborough, and Kennett Middle School.</p>	<p>C3PH could set up tables at open houses and parent-teacher conferences in Kingswood school district next fall.</p> <p>Catalina can discuss adding mental health resources/information to elementary and middle school newsletters.</p> <p>C3PH can join Kingswood Parents page-talk to Heather Nelson.</p>
<p>Strategic Planning – Establish Protocols and Evidence Based Practices within/across systems</p>	<p>Update from Care Liaison – Mckenzie Webb- Works with young adults who are at risk for suicide or are returning to community from treatment and need to connect to supports and resources to be well.</p> <p>SAU 45 -</p> <p>SAU 49 -</p> <p>SAU 9 – Youth Behavioral Health Collaborative- New group, including local mental health providers. Positive step for SAU 9.</p>	<p>Care Liaison:  <a href="https://www.c3ph.org/intitiatives/youth-suicide-prevention/Care-Liaison-Program">https://www.c3ph.org/intitiatives/youth-suicide-prevention/Care-Liaison-Program</a></p>
<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>NH Suicide Prevention Conference</p> <p>Resources for everyone  <a href="https://preventsuicidenh.org/resources-for/everyone/">https://preventsuicidenh.org/resources-for/everyone/</a>  <a href="https://preventsuicidenh.org/get-materials/">https://preventsuicidenh.org/get-materials/</a></p>	<p><b>Resources</b></p> <p>Dennis Gillan, keynote speaker.  <a href="https://halfasorrow.org/">https://halfasorrow.org/</a> (Person with lived experience, could be a guest speaker).</p>

---

**PRINTABLES - 988 Partner Toolkit from SAMHSA.** Includes social media, video, print, radio, FAQs, messaging, and other marketing materials for anyone to use to promote awareness of 988. [Download the toolkit](#)

Strong as Granite Campaign

<https://www.dhhs.nh.gov/programs-services/health-care/behavioral-health/strong-granite>

Magnify Voices 2024 – more to come! Last year’s event: [MV 3 minute video](#)

For middle and high school students- submit artwork in any kind of medium to raise awareness for mental health. Looking for people to join that planning committee.

December 4-5, 2023  
Manchester, NH <https://www.nhbhs.com/>

The New Hampshire Behavioral Health Summit is the exclusive statewide event in NH for behavioral healthcare providers and organizations, including mental health and substance use disorders. There is no better opportunity for companies to gain access to many professionals.

NH Rapid Response Access Point / NH 988 – any updates from Mobile Crisis Team?

---

Education and Training -  
NAMI Update – Susan  
Ward

- Connect Online Training Slots- Online learning modules, let C3PH know if people are interested, C3PH can send code so they can do the training on their own time, get certificate from NAMI upon completion. Trainings for educators, mental health providers, healthcare providers, and general gatekeeper trainings.
- CALM Training Train the Trainer- upcoming training at the end of Nov. to train people to deliver the training to their communities.
- National Guard Young Adult Training
- Connect Postvention Train the Trainers

WMCC is interested in doing Connect Online Trainings in November/December for staff. Let Catalina or Susan Ward know how many people are interested.

Reach out to Catalina for Connect Online Training Slots or CALM Train the Trainer- [Catalina.kirsch@graniteuw.org](mailto:Catalina.kirsch@graniteuw.org)

Suzanne/WMCC- Working on identifying students to engage more and do the Connect Young Adult trainings.

	<ul style="list-style-type: none"> <li>- Connect Youth Leader</li> <li>- Connect Young Adult Leader</li> </ul>	
Community Awareness	<ul style="list-style-type: none"> <li>- Media recommendations</li> <li>- Broad targeted dissemination of 988/NSPL materials to reach vulnerable 18–24-year-old population</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	<ul style="list-style-type: none"> <li>- Targeted dissemination of materials – update on progress</li> </ul>	My Life My Quit: <a href="https://www.mylifemyquit.com/">https://www.mylifemyquit.com/</a>
Community response to suicide events.	<ul style="list-style-type: none"> <li>- List any pertinent updates or invite speakers to share info.</li> </ul>	

<b>SECTOR UPDATES</b>	<b>Status Updates, news, announcements</b>	<b>Follow up Actions? – By Who?</b>
Middle/High School/Higher Ed - WMCC Updates		
Healthcare Updates – Memorial Hospital Community Health Need Assessment		
First Responder Updates		
Social Services, Other	<p>Jillian/New Futures- There was a bill about anti-gender affirming care (New Futures opposes), and last week there was a proposed amendment to “water it down,”- amendment failed, committee split on their recommendation, so it will go to house floor without recommendation in January- had number of people who signed in and emailed members of committee. Have time to contact lawmakers to oppose the bill:  <a href="https://secure.everyaction.com/WecpJJZK8EWVgkCNIOHB8Q2">https://secure.everyaction.com/WecpJJZK8EWVgkCNIOHB8Q2</a></p> <p>Parental Bill of Rights- anti-LGBTQ+ legislation failed last year, now a proposed constitutional amendment was filed with language from the Parental Bill of Rights- keeping eye on that but it would need high support to pass, so not too concerned.</p> <p>Upcoming legislation about out of state placements for kids with intense behavioral</p>	

---

health needs- New Futures is neutral until they get more info about it.

---

Faith Community Updates

---

Awareness Campaigns      Space to share Awareness Day/Week/Month campaigns and related resources.

International Survivors of Suicide Loss Day on Saturday, November 18. AFSP Virtual Event on Sunday, November 19: <https://northeastern-virtual.isosld.afsp.org/>

Great American Smokeout on Thursday, November 16: <https://www.cancer.org/cancer/risk-prevention/tobacco/great-american-smokeout.html>

---

Other      Under 25 Network of Carroll County: Social media pages for young adults with mental health and self-care tips; tobacco, binge drinking, and substance use prevention; opportunities for young adults in Carroll County.

<https://www.facebook.com/U25CarrollCountyNH>

<https://www.instagram.com/u25carrollcountynh/>

---

Next Steps for the Implementation Team-  
C3PH Carroll County is inviting you to a scheduled Zoom meeting.

Topic: BE THE 1 CARROLL COUNTY - Youth Suicide Prevention Team

Time: Jan 18, 2023 01:00 PM Eastern Time (US and Canada)

Every month on the Third Wed, until Dec 20, 2023, 12 occurrence(s)

Jan 18, 2023 01:00 PM

May 17, 2023 01:00 PM

Sep 20, 2023 01:00 PM

Feb 15, 2023 01:00 PM

Jun 21, 2023 01:00 PM

Oct 18, 2023 cancelled

Mar 15, 2023 01:00 PM

Jul 19, 2023 01:00 PM

Nov 15, 2023 10:30am

Apr 19, 2023 01:00 PM

Aug 16, 2023 01:00 PM

Dec 20, 2023 tba

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

+13052241968,,87150790253# US

+13092053325,,87150790253# US

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 871 5079 0253

Thank you!

Jennifer Thomas

[Jennifer.thomas@graniteuw.org](mailto:Jennifer.thomas@graniteuw.org)

Catalina Kirsch

[catalina.kirsch@graniteuw.org](mailto:catalina.kirsch@graniteuw.org)