

**GLS Youth Suicide Prevention**

**Implementation Team – Be the 1 Carroll County – Jan 17, 2024. 12:00pm**

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**

- Welcome to Year 5.
- Introductions of team members around the table

Catalina Kirsch	Continuum of Care Facilitator at C3PH
Emily McArdle	Young Adult Outreach at C3PH
Jennifer Thomas	Substance Misuse Prevention Coordinator at C3PH
Mckenzie Webb	Care Liaison at Northern Human Services, <a href="mailto:mwebb@northernhs.org">mwebb@northernhs.org</a>
Matteo Lentini	Local trainer and volunteer
Jillian Andrews Dubois	Early Childhood and Childhood/Youth Behavioral Health Community Engagement Coordinator at New Futures, <a href="mailto:jdubois@new-futures.org">jdubois@new-futures.org</a>
Kacie Snyder	Prevention and Public Health Community Engagement Coordinator New Futures, <a href="mailto:ksnyder@new-futures.org">ksnyder@new-futures.org</a>
Ellery Hunt	Family Support Provider at Children Unlimited
Brianna Valdepena	Family Support Liaison at Paul School, SAU 101's Suicide Prevention Coordinator
Susan Ward	GLS Grant Manager, NAMI NH
Donald Olsen	Clinical Director at TERRA Equine Therapy Center
Suzanne Smith	White Mountains Community College
Melissa Kanter	Psychiatric Nurse Practitioner and Behavioral Health Director at Memorial Hospital
Crystal Sawyer	Director at Carroll County Adult Education

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
	<b>Discussion.</b>	
Strategic Planning – Identify needs, gaps & high-risk populations	<p>Focus on Upper Elementary &amp; Middle School</p> <p>Update on CDC Mental Health Action Guide and CDC Health Ed Curriculum (Heather?)</p> <p>Carroll County Veterans Coalition – Veterans and Military Families: Jen/C3PH- QPR Training in March, working on a summit in the spring to raise awareness.</p>	<p>C3PH will work on doing events at schools before the end of the school year- Tabling at schools, some type of education for parents, and/or an activity for youth. C3PH will follow up with Donald/TERRA about an activity for youth.</p> <p>-----</p> <p>C3PH will follow up with Heather re CDC Mental Health Action Guide and CDC Health Ed Curriculum</p> <p>-----</p> <p>See end of minutes for Carroll County Veterans Coalition and QPR flyers and contact Jen if interested in QPR training and/or if your organization would like to partner, have resources available, or present at the Carroll County Veterans Coalition summit in the spring (<a href="mailto:Jennifer.thomas@graniteuw.org">Jennifer.thomas@graniteuw.org</a>)</p> <p>-----</p>

	<p>Other high-risk populations: Point in Time Homelessness Count FMI Erik Becker TCCAP. Important to capture info for funding.</p> <p>LGBTQ: White Mountains Pride seeking volunteers to join planning committee for 2024 event. Volunteer Night on January 28, 2024, at 6pm at the Cranmore Inn (80 Kearsarge Road, North Conway) to help plan and prepare for the White Mountains Pride Festival on June 29, 2024! FMI <a href="mailto:whitemountainspride@gmail.com">whitemountainspride@gmail.com</a></p>	<p>If you have clientele that are experiencing homelessness, housing insecurity, are couch surfing, or staying at a friend's house due to housing insecurity, reach out to Erik Becker at TCCAP. <a href="mailto:ebecker@tccap.org">ebecker@tccap.org</a></p> <p>-----</p> <p>C3PH will plan on having a table at White Mountains Pride. FMI <a href="mailto:whitemountainspride@gmail.com">whitemountainspride@gmail.com</a></p>
<p>Strategic Planning – Establish Protocols and Evidence Based Practices within/across systems</p>	<p>SAU49- SAU 9- Youth Behavioral Health Collaborative- working on identifying needs of students and how to connect them to resources. SAU 45- SAU 101/Brianna- SAU 101 will have all staff training on Monday for suicide prevention training. Working on talking about what they're using for their mental health curriculum, will look at info from Heather and the CDC guides. Paul School only does 2 parent nights at beginning of year but are working with End 68 Hours of Hunger for a vendor event in April- Carroll County Food Access Network may be interested in joining as well. SAU 13-  Other Systems, Organizations: Memorial Hospital/Melissa- Maine Health is working on a Zero Suicide initiative. May have potential changes to screening, etc.</p>	<p>C3PH will reach out about having a table at the Paul School End 68 Hours of Hunger vendor event and will reach out to the Carroll County Food Access Network about this event. FMI <a href="mailto:joy.gagnon@unh.edu">joy.gagnon@unh.edu</a></p> <p>Memorial Hospital/Melissa reach out to C3PH if C3PH can offer any help/support for Maine Health's Zero Suicide initiative. C3PH will put together some resources from Strong as Granite campaign for waiting room/patient handouts.</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 YRBS Workgroup: Jen- Working with DHHS and BDAS to raise awareness and advocate for the YRBS, working to reduce barriers and produce materials to help schools participate, especially middle schools. The Department of Education will also help with reaching out to schools. Catalina- Carroll County has participation in the YRBS from Kennett, Kingswood, and Moultonborough. C3PH has a technical assistance contract with an organization to create a 2-sided page infographic with info/results from Carroll County 2023 YRBS.</p>	<p>C3PH will share out Carroll County YRBS infographic when it is completed, in the spring.</p> <p>See end of minutes for flyers for Magnify Voices Expressive Art Contest and the Art &amp; Poetry Contest- Help us spread the word for these great events!</p>

	<p>NH Behavioral Health Planning &amp; Advisory Committee. Subcommittees. 1. Co-Occurring. 2. Housing/Homelessness. 3. Workforce Development. 4.Children’s BH update <a href="https://childrensbehavioralhealthresources.nh.gov/">https://childrensbehavioralhealthresources.nh.gov/</a> 5. Transitional Care. 6 Reversing Stigma. FMI Michelle Wagner, <a href="mailto:mwagner@naminh.org">mwagner@naminh.org</a></p> <p><a href="#">NH 10-Year Mental Health Plan</a></p> <p>Magnify Voices Expressive Art Contest- Now Open - Students ages 5-12 can submit their creative pieces with mental health in NH. <a href="https://nhcsoc.org/magnify-voices/">https://nhcsoc.org/magnify-voices/</a></p> <p>Art &amp; Poetry Contest: Belonging. Accepting submissions from K-12 students and to be inclusive, the adults. Website full of information about the challenge for parents, teachers, students, and adults. For more information, <a href="https://racialunityteam.com/art-and-poetry-challenge">https://racialunityteam.com/art-and-poetry-challenge</a>. Ken Mendis, Racial Unity Team, 603-395-1242.</p>	
<p>Education and Training - NAMI Update – Susan Ward</p>	<p>Paul School- Suicide prevention training in Wakefield on Jan. 22.</p> <p>NAMI/Susan- Grant Funded Trainings for GLS Year 5:</p> <ul style="list-style-type: none"> <li>• Connect Prevention Train-the-Trainer.</li> <li>• Connect Youth Leader Training</li> <li>• Connect Young Adult Training (Community College) (NHTI trains their RA’s)</li> <li>• Connect Young Adult National Guard Training (following up if they need another training this year)</li> <li>• Survivor Voices (3-5 young adult loss survivors from around the state- teaches them to share their story safely and effectively)</li> <li>• Connect eLearning Seats (gatekeeper and specific trainings for mental health providers and schools)</li> <li>• Connect Prevention and Postvention Training and Planning sessions.</li> </ul>	<p>Susan/NAMI NH will provide dates for upcoming Connect training when they are available, will provide more info about the upcoming planning sessions, and will share more info about a tool they’re working on for sustainability.</p> <p>Reach out to Catalina if you or your organization is interested in taking a Connect eLearning training or sign up here: <a href="https://www.c3ph.org/initiatives/youth-suicide-prevention/online-training-modules">https://www.c3ph.org/initiatives/youth-suicide-prevention/online-training-modules</a></p>
<p>Community Awareness</p>	<ul style="list-style-type: none"> <li>• Strong as Granite Campaign <a href="https://www.dhhs.nh.gov/programs-services/health-care/behavioral-health/strong-granite">https://www.dhhs.nh.gov/programs-services/health-care/behavioral-health/strong-granite</a></li> <li>• Media recommendations</li> </ul>	<p><b>Strong As Granite Toolkit</b> Go to the <a href="#">Strong As Granite Toolkit</a> for social media resources, flyers, posters and wallet cards. Help spread the word! This toolkit contains assets you can use in your</p>

	<ul style="list-style-type: none"> <li>Broad targeted dissemination of 988/NSPL materials to reach vulnerable 18–24-year-old population.</li> </ul>	<p>organization’s social media channels, as well as downloadable wallet cards, posters and flyers. You’ll be doing a great thing for your fellow Granite Staters as we work together to make New Hampshire a national leader in behavioral health support. C3PH HAS COPIES OF MATERIALS FOR YOUR ORG.</p> <p>C3PH will give Strong as Granite materials to Melissa Kanter/Memorial, Suzanne/WMCC, Ellery/Children Unlimited, Donald/TERRA, Crystal/Carroll County Adult Education, and Mckenzie Webb/Care Liaison.</p> <p><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></p> <p>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></p> <p>Reach out to Catalina/Emily for Stronger Than You Think campaign materials.</p>
Tobacco and Nicotine Use Prevention	<ul style="list-style-type: none"> <li>Targeted dissemination of materials – update on progress. See <a href="https://www.dhhs.nh.gov/programs-services/population-health/tobacco-prevention-cessation">https://www.dhhs.nh.gov/programs-services/population-health/tobacco-prevention-cessation</a></li> <li><a href="#">My Life My Quit</a> is a free service to help teens quit smoking or vaping. Teens can chat/text to a Quit Coach for non-judgmental support, 1:1 help to quit, and easy-to-follow tips.</li> <li><a href="#">Quit Now</a> is a free service to help adults quit smoking. Adults can call to speak with a Quit Coach for help with ways to stop cravings, avoid triggers, and help with choosing nicotine replacement medicines.</li> </ul>	
Community response to suicide events.	<ul style="list-style-type: none"> <li>List any pertinent updates or invite speakers to share info.</li> </ul>	

SECTOR UPDATES	Status Updates, news, announcements	Follow up Action? (By Who?)
Middle/High School/Higher Ed -WMCC Updates	WMMC/Suzanne- WMCC will be hosting a mental health movie marathon with different movies with mental health themes. WMCC recently did a Connect training with staff and faculty. Will be doing a Winter Carnival in February with mental health activities and	C3PH will send WMCC Strong as Granite materials.

	<p>yoga sessions in March. Also, working on mobile resource board for students.</p> <p>Crystal/Carroll County Adult Ed- Did a Connect Youth Suicide Prevention Training with Susan in December- went great. Will do another training in the spring. Interested in continuing to offer the training even when the grant ends (offers the trainings as credits for students).</p>	<p>C3PH and Crystal will discuss sustainability for continuing to offer Connect Suicide Prevention training- possibly use C3PH/Carroll County's own Connect trainers.</p>
<p>Healthcare Updates – Memorial Hospital Community Health Need Assessment</p>	<p>Memorial Hospital/Melissa- Maine Health is working on a Zero Suicide initiative. May have potential changes to screening, etc.</p> <p>Mckenzie Webb, Care Liaison, Northern Human Services- Under our 5 year GLS Youth Suicide Prevention grant, McKenzie serves high-risk children and young adults ages 10-24 who have experienced a recent suicidal incident. Works with them and their support system for 90 days to create a safety plan, connect them to services, and discuss triggers and coping mechanisms to keep them safe. Has been reaching out to schools, would like to talk to Suzanne about getting into the college environment. Has been doing trainings and webinars about suicide prevention and trauma-informed care. Caseload is semi-picking up, mostly in Coos region. Melissa Kanter has been giving referrals- Melissa says having McKenzie has made a huge difference for her and patients, and having the immediate availability has helped kids stay out of the hospital, hopes this position continues.</p>	<p>Fmi  <a href="https://www.mainehealth.org/news/2023/10/maine-behavioral-healthcare-awarded-2m-grant-prevent-suicide">https://www.mainehealth.org/news/2023/10/maine-behavioral-healthcare-awarded-2m-grant-prevent-suicide</a></p> <p>-----</p> <p>Discuss sustainability and how to keep this care liaison position.</p> <p>Contact McKenzie:  <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>  Phone: 603-444-8526  Email: <a href="mailto:mwebb@northernhs.org">mwebb@northernhs.org</a></p>
<p>First Responder Updates</p>		
<p>Social Services, Other</p>	<p>Ellery/Children Unlimited- Providing two kinship support groups- one at the Conway Public Library (third Tuesday of the month, 9:15-10:15am) and one the First Congregational Church in Ossipee (third Wednesday of the month, 1:30-2:30pm). See end of minutes for flyer.</p> <p>Donald/TERRA- Youth programs have started and the winter session for the after-school program is open. Therapy programs have started- Bridge program is a drop-in group and also starting 6-week rotating closed groups based on treatment goals. Groups serve youth ages 8-13 and 13-18 and adults. Working on specializing groups for veterans, first</p>	

	responders, and caregivers. Currently services and groups are primarily on the weekends with individual sessions on weekdays (but focusing on group sessions). FMI and to sign up: <a href="https://www.terraetc.org/">https://www.terraetc.org/</a> and see end of minutes for flyers.	
Faith Community Updates		
Awareness Campaigns	<p>February Teen Dating Violence Awareness Month <a href="https://www.loveisrespect.org/get-involved/tdvam/">https://www.loveisrespect.org/get-involved/tdvam/</a></p> <p>March National Nutrition Month <a href="https://www.hud.gov/program_offices/public_indian_housing/programs/ph/nnw/Nutrition">https://www.hud.gov/program_offices/public_indian_housing/programs/ph/nnw/Nutrition</a></p> <p>National Poison Prevention Week 3<sup>rd</sup> week of March <a href="https://poisonhelp.hrsa.gov/what-you-can-do/poison-prevention-week">https://poisonhelp.hrsa.gov/what-you-can-do/poison-prevention-week</a></p> <p>National Drug and Alcohol Facts Week Mar 18-24 <a href="https://nida.nih.gov/research-topics/national-drug-alcohol-facts-week">https://nida.nih.gov/research-topics/national-drug-alcohol-facts-week</a></p>	
Other		
	<p>C3PH is a non-partisan federally funded and privately funded non profit initiative of Granite United Way. We do engage is community engagement related to public health priorities. As such we invite New Futures to share legislative happenings that potentially impact public health. We invite partners to be informed by best practice and engage with their legislators by choice.</p> <p>New Futures: 1. Senate Bill 411 would ensure that child and youth behavioral health wraparound services would be covered by private health insurance. It will be voted on soon in the NH State Senate Committee.</p> <p>Action opportunities: -Learn more and email the Senate Committee to ask for their support with our easy action form (scroll down for the form): <a href="https://new-futures.org/issues/childrens-behavioral-health/mental-health-services-youth">https://new-futures.org/issues/childrens-behavioral-health/mental-health-services-youth</a></p> <p>-Follow the bill’s progress through the State House by clicking on “Subscribe To SB411-FN” on the bill’s State House webpage: <a href="https://www.gencourt.state.nh.us/bill_Status/">https://www.gencourt.state.nh.us/bill_Status/</a></p>	<p>New Futures links and information: Issues overview &amp; campaign priorities: <a href="https://new-futures.org/issues/overview">https://new-futures.org/issues/overview</a> Upcoming hearings: <a href="https://new-futures.org/news/resources/upcoming-hearings-and-votes-week-1824">https://new-futures.org/news/resources/upcoming-hearings-and-votes-week-1824</a> Sign up for action alerts: <a href="https://new-futures.org/take-action/sign-our-emails">https://new-futures.org/take-action/sign-our-emails</a> Sign up to become an advocate: <a href="https://new-futures.org/take-action/become-advocate">https://new-futures.org/take-action/become-advocate</a> Share your story: <a href="https://new-futures.org/take-action/share-your-story">https://new-futures.org/take-action/share-your-story</a> Training calendar: <a href="https://new-futures.org/trainings/calendar">https://new-futures.org/trainings/calendar</a> Request a training: <a href="https://new-futures.org/training/request">https://new-futures.org/training/request</a> Lobbying vs. advocacy: <a href="https://new-futures.org/advocacy/lobbying-vs-advocacy">https://new-futures.org/advocacy/lobbying-vs-advocacy</a></p>

[billinfo.aspx?id=2140&inflect=2&version-id=22743](https://billinfo.aspx?id=2140&inflect=2&version-id=22743)

2. HB 1011 criminalizes medically necessary care for transgender youth. It also adds this type of care to the Child Protection Act, making it child abuse for parents to simply get medical care for their children. This harmful bill discriminates against transgender youth and undermines their autonomy to make medical decisions.

The House Criminal Justice and Public Safety Committee is holding a public hearing on HB 1011 on Thursday, January 18, at 9:30 am at the Legislative Office Building in Room 202.

- SIGN IN to OPPOSE HB 1011 (any time between now and midnight on Jan. 18):

<https://www.gencourt.state.nh.us/house/committees/remotetestimony/default.aspx>

- Attend the hearing in person - let us know if you're interested:

<https://secure.everyaction.com/p7o-CuIWdEC8ekxVnkf8Mw2>

3. HB 1633: relative to the legalization and regulation of cannabis and making appropriations therefor

(<https://fastdemocracy.com/bill-search/nh/2024/bills/NHB00011877/>).

Hearing: January 17, 2024 @ 2:45pm, Legislative Office Building (LOB), Room 302-304, House Commerce and Consumer Affairs Committee

Please consider emailing the Committee to urge them to amend HB 1633 using our easy action form

(<https://secure.everyaction.com/d0HDQ0jRPE SR8wHVSomciA2?emci=5a7f870e-afb4-ee11-bea1-0022482237da&emdi=417f21f9-46b5-ee11-bea1-0022482237da&ceid=11820127>).

4. SB 335: relative to alcohol packaging.

Call the Senate Commerce Committee to urge them to support SB 335!

([https://gencourt.state.nh.us/senate/committees/committee\\_details.aspx?cc=40](https://gencourt.state.nh.us/senate/committees/committee_details.aspx?cc=40)).

5. Hunger Free NH Act: SB 499 has several parts that address hunger in New Hampshire children. It aims to:

- Improve participation in school breakfast
- Ensure children can access school meals

	<p>- Help children access summer meals New Futures webpage: <a href="https://new-futures.org/issues/healthy-aging">https://new-futures.org/issues/healthy-aging</a> New Futures Fact Sheet: <a href="https://drive.google.com/file/d/12-feD5-0XclhTezCYViwFr6aCbsLZvY8/">https://drive.google.com/file/d/12-feD5-0XclhTezCYViwFr6aCbsLZvY8/</a> Link to NH Hunger Solutions info and action page: <a href="https://nhhungersolutions.org/take-action/become-an-advocate/#/31">https://nhhungersolutions.org/take-action/become-an-advocate/#/31</a></p>	
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Next Steps for the Implementation Team-  
C3PH Carroll County is inviting you to a scheduled Zoom meeting.  
Third Wednesday each month, 12:00pm-1:00pm

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

Thank you!  
Jennifer Thomas  
[Jennifer.thomas@graniteuw.org](mailto:Jennifer.thomas@graniteuw.org)

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



# Carroll County Veterans Coalition



Carroll County Coalition for Public Health has launched the Carroll County Veterans Coalition to increase mental health supports and decrease social isolation of veterans in the community. This Coalition aims to prevent veteran suicide in NH, in partnership with The NH Department of Military Affairs and Veteran Services and The Partnership for Public Health.

## MORE INFO



**(603) 515-6544**



**jennifer.thomas@  
graniteuw.org**



**Veterans  
Crisis Line**  
DIAL 988 then **PRESS 1**



**New Hampshire**  
Rapid Response Access Point

— Free and available 24/7/365 —

833-710-6477

NH988.com



We invite Service Members, Veterans, and their families, along with mental health providers and community members, to join the Carroll County Veterans Coalition to address this growing need in NH. To join the Coalition or for more information, contact us at (603) 515-6544.

## MEETINGS



**4th Tuesday of  
every month**



**10 AM**



**TriCounty CAP Building**  
**448 White Mountain Highway**  
**Tamworth, NH 03886 or by Zoom**

**CARROLL COUNTY COALITION**  
**FOR PUBLIC HEALTH**  
An Initiative of Granite United Way



# SUICIDE PREVENTION TRAINING

## Become a Gatekeeper

Let's reduce the stigma and save lives!

Join us for a **QPR** Training where you will learn how to recognize warning signs of suicide, how to get help and save a life.

FREE training that can be customized for specific audiences and taught by our certified QPR instructor.



Wednesday, March 13, 2024\*



Location TBD



9:00 AM - 12:00 PM

Training provided by Harbor Care - SSG Fox Suicide Prevention Grant Program

\*Snow date: Thursday, March 20, 2024



- ✓ Understand common myths and facts surrounding suicidal behavior
- ✓ Understand means reduction and how to immediately reduce risk
- ✓ Recognize and identify three risk factors for suicide

For More Information, Contact Us



[a.baer@harborcarenh.org](mailto:a.baer@harborcarenh.org)



<https://www.harborcarenh.org/veterans-services-index>



# SUBMISSIONS

## Now Open!

Sixth Annual

MAGNIFY  
VOICES

EXPRESSIVE ART CONTEST

The Magnify Voices Expressive Art Contest recognizes and celebrates the creativity of youth. Submit your artwork and help raise awareness about the vital importance of mental health for all!

- Open to NH students grades 5- 12
- Celebration Date: Wednesday, May 22nd, 2024
- Questions? Reach out to: [magnifyvoices@gmail.com](mailto:magnifyvoices@gmail.com)



LEARN MORE

Artwork Deadline 04/21/2024

AN INITIATIVE OF

CSoC  
Children's System of Care

# JOIN THE 2024 ART & POETRY CHALLENGE

SUBMIT AN  
ORIGINAL POEM  
OR ARTWORK  
INSPIRED BY  
THIS YEAR'S  
THEME:



## CASH PRIZES IN FIVE CATEGORIES

K-2 | 3-5 | Middle School  
| High School | Adult



TOTALING  
\$6,000!

# BELONGING

WHAT DOES IT FEEL LIKE TO BELONG? OR.. NOT BELONG?

Hosted by :



SUBMIT BY  
AUGUST 31, 2024

For more information, visit:  
[racialunityteam.com/art-and-poetry-challenge](http://racialunityteam.com/art-and-poetry-challenge).  
A community-sponsored event



Poster by  
Jana Markmanrud





Children Unlimited

# Kinship Support Group



Are you raising a child that is not biologically yours? Are you a grandparent or other relative caregiver? Are you looking for support from others who understand your situation and similar circumstances? Are you interested in learning about resources available in your community?



**3rd Tuesday of each month at the Conway Public Library from 9:15-10:15 am**

and



**3rd Wednesday of each month at the First Congregational Church of Ossipee from 1:30-2:30pm**

*\*Childcare provided for both locations\**

**For more information, Contact Samantha Jones at 603-651-7480 or by email [sjones@childrenunlimitedinc.org](mailto:sjones@childrenunlimitedinc.org)**

Made with PosterMyWall.com



## What is EAP?

Equine assisted psychotherapy at TERRA has its foundations in evidence-based therapy. You work with a clinical psychologist and an equine specialist in activities with horses. Exploring therapeutic relationships with horses in the nonjudgmental herd environment allows you to immediately put into practice new skills you will learn.

## Why horses?

Horses are sensitive and compassionate animals, intuitively aware of our intentions and emotions. They provide feedback about our mental state and behaviors that is nonjudgmental and immediate. As herd animals, they form complex relationships with humans and other horses. Through working with horses, we can learn more about how we live our lives and approach our relationships.



## Who is EAP right for?

With few exceptions, anyone who is interested in working with horses to improve their mental health can benefit from EAP. It can help with:

- depression, anxiety, bipolar disorder, trauma, substance use, anger, and more
- skills for those with developmental disabilities
- can help improve resilience and overall wellness for people without a formal diagnosis

## Join TERRA for groups or individuals

Individual sessions Mon-Fri mornings

Groups meet Saturdays & Sundays, AM & PM

### TYPES OF GROUPS:

**BRIDGE** - open group. Drop in to learn psychological skills and strategies. Rotating 12-week curriculum based on CBT, DBT, and ACT, including mindfulness.  
- Saturday 10:00-11:30 for adult BRIDGE  
- Sunday 3:00-4:30 for youth BRIDGE

**Closed groups** – the same small group of people with similar or compatible therapeutic goals meet weekly for 6 weeks. Clients in closed groups are asked to commit to the entire 6-week session.

### REACH OUT

281 Odell Hill Rd  
Center Conway, NH 03813  
(603) 487-6745  
info@terraetc.org

**TERRAETC.ORG**



Equine Therapy Center



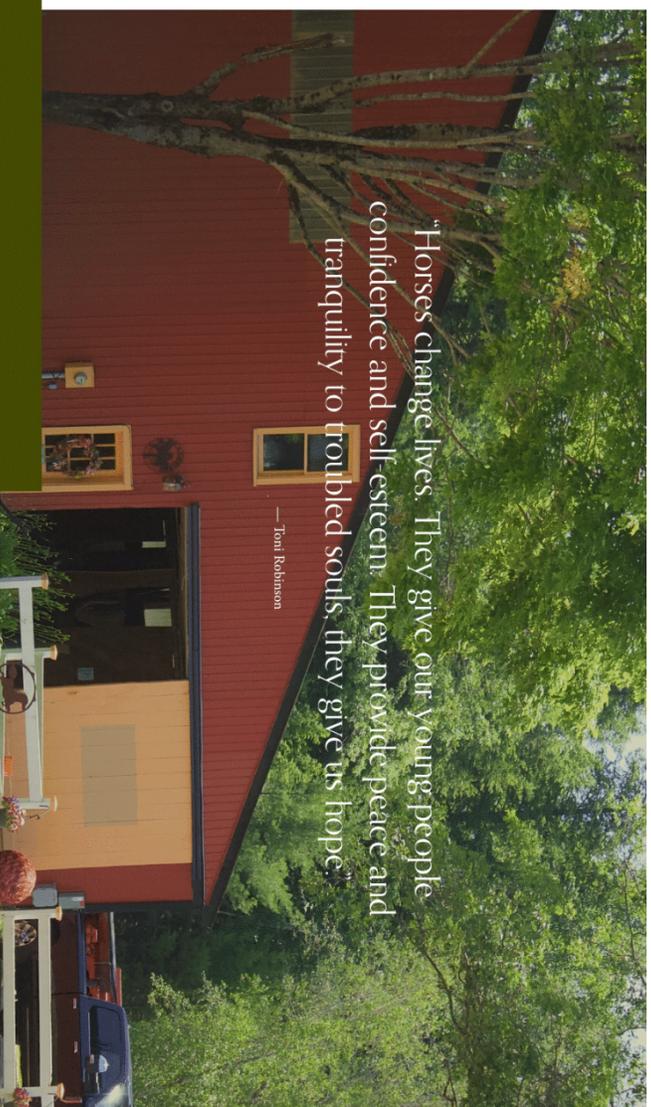
## Who we are



Donald Olsen, Ph.D.  
Clinical Psychologist



Beth Darling, M.D.  
Equine Specialist in Mental  
Health and Learning



"Horses change lives. They give our young people confidence and self-esteem. They provide peace and tranquility to troubled souls, they give us hope."

—Toni Robinson

## At TERRA, our mission is all in our name: Therapy – Education – Rescue – Research – Advocacy

- Participate individually or in a group.
- Every session includes a mental health professional and an equine specialist working together. Groups may also include other volunteers or staff members who assist with handling horses and facilitating activities.
- Groups: 90-minute sessions for up to 10 clients with similar therapeutic goals. Each session includes a talk portion as a group that might involve learning skills, discussion with peers, problem solving, and mindfulness activities. The majority of the session will be spent participating in activities with the horses that illustrate group themes, allow exploration of therapeutic topics, and practice skills. Horse activities may include observing, brushing, caring for, leading, and interacting with the horses on the ground. The final few minutes of each group session is spent debriefing the activity.
- Individual sessions: Individualized therapy and horse activities to meet the specific needs of each client.



# After School Horsemanship and Life Skills Program



281 Odell Hill Rd, Center Conway, NH

Equine  
Therapy  
Center

Mon-Fri  
3:30-5:30

Ages 8+  
\$50/day

**Flexible scheduling** – easy online signup by the day or by the week.  
Early/late drop off available.

**Convenient Transportation** – located on Kennet High/ Kennet Middle/  
Pine Tree School afternoon bus routes (as available).

**Max 8 participants per day** – sign up early to ensure your spot!

**Join us to explore values, learn about horses, and practice life skills through riding, horsemanship education, games, projects, and activities with peers and horses**

- *Riding and unmounted activities*
- *Leadership opportunities for high school participants*
- *Spring Session 3/25/24 – 6/14/23 upcoming*

#### WEEKLY THEMES:

1/8 - 1/12	Leadership
1/15 - 1/19	Courage
1/22 - 1/26	Trust
1/29 - 2/2	Creativity
2/5 - 2/9	Communication
2/12 - 2/16	Problem Solving
2/19 - 2/23	Gratitude
2/26 - 3/1	Relationships
3/4 - 3/8	Respect
3/11 - 3/15	Teamwork
3/18 - 3/22	Responsibility

To sign up, go to [www.terraetc.org](http://www.terraetc.org) or email us at [info@terraetc.org](mailto:info@terraetc.org)

#### ABOUT US:

TERRA Equine Therapy Center is a 501(c)(3) nonprofit organization that provides high-quality equine-assisted services to our community. As a PATH International Member Center, we adhere to the highest standards of safety and quality in our industry. Our riding and horsemanship programs are overseen by Certified Therapeutic Riding Instructors and our equine assisted learning programs are designed and supervised by a medical doctor and a clinical psychologist. For more information, visit us at [www.terraetc.org](http://www.terraetc.org)



# 2024 CAMPAIGN PRIORITIES

New Futures works to solve problems through policy change. In the 2024 legislative session, we will work to improve the health and well-being of Granite Staters by advancing these policy priorities.



## Child Care

**Strengthening New Hampshire's child care workforce to improve access and affordability for all families.**

- Expand eligibility to the NH Child Care Scholarship to include child care workers.
- Increase reimbursement to centers supporting children at risk of developmental delay.



## Protection from Lead Exposure

**Protecting Granite State children, families, and communities from the harmful impacts of lead exposure.**

- Help families access lead testing by eliminating financial barriers.
- Provide funding to help decrease levels of lead in New Hampshire homes and communities.



## Health Care Workforce

**Improving the health of all Granite Staters by growing New Hampshire's health care workforce.**

- Better support Community Health Workers in underserved areas of NH.
- Invest in training and loan repayment programs for health care workers.



## Responsible Cannabis Policy

**Ensuring responsible cannabis policy that safeguards public health, social justice, and New Hampshire's youth.**

- Provide scientific evidence to reduce public harm, limit youth and problematic use, and advance social justice and equity in the state.
- Guarantee that funding from cannabis revenue is allocated to reduce the harms that come from legalizing an addictive product.

Scan or visit  
[new-futures.org/issues](https://new-futures.org/issues)  
to learn more





# newfutures» POLICY STAFF



New Futures' policy staff have subject matter expertise with in-depth knowledge of the legislative process and grass tops connections in their respective policy priority areas.



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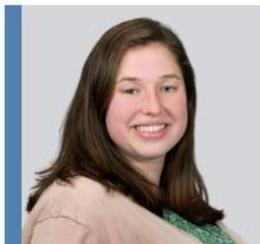
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Scan or visit  
[new-futures.org/issues](https://new-futures.org/issues)  
to learn more



# Principles for Cannabis Policy & Regulation

*If New Hampshire moves in the direction of legalizing recreational cannabis through a commercial model, it is imperative to get the policy right from the start. Optimal cannabis commercialization policy for our state must utilize the best available scientific evidence to reduce public harm, limit youth and problematic use, and purposefully advance social justice and equity in the state.*

*The following principles must be included in a commercial policy and regulatory framework.*

## Principle #1 Protect Children and Youth



- Limit the potency of THC in flower cannabis and cannabis products to reduce the risk of dependency, psychosis, and other harmful effects.
- Prohibit any products, packaging or marketing that is attractive to children or youth, such as cannabis-infused beverages, flavored products intended for inhalation, flavored wrappers and products that resemble candy.
- Require buffer zones between retail outlets and schools (including colleges), public libraries and other youth-serving facilities.

## Principle #2 Promote Social Justice and Opportunities for Equity



- Expunge past criminal convictions for non-violent cannabis-related crimes.
- Make equity and social justice a priority in the cannabis industry. Create economic benefits for communities most negatively affected by the war on drugs and ensure representation on cannabis governing bodies.
- Prioritize equity in licensing applicants and hiring requirements (e.g. residents of communities impacted by high drug incarceration rates, people with past cannabis convictions).

## Principle #3 Protect Public and Population Health



- From the start of the regulatory process, place public health authorities in leadership roles and widely limit industry presence on regulatory bodies.
- Require health warnings in stores and provide safer use information to consumers.
- Inform vulnerable groups of the risks of use, such as low birth weight when used during pregnancy, psychosis and schizophrenia and other mental health effects.
- Extend smoke-free air restrictions to consistently prohibit smoking and vaping cannabis indoors in workplaces, multi-unit housing and public outdoors spaces.

## Principle #4 Ensure Appropriate Funding from Cannabis Revenue Directed to Efforts to Reduce Harms



- Apply tax revenue for substance misuse education, prevention, treatment and recovery and ensure an informed, adequately paid behavioral health workforce.
- Create mass media and social media campaigns from the start, before law is effective, to address (including, but not limited to);
  - Growing false perceptions of harmlessness and impact of use for youth.
  - Safe storage of cannabis and use around children.
  - Increased motor vehicle accidents.
  - Increased risk of psychosis and dependence.
  - Use during pregnancy and associated low birth weight.

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\*Principles based on recommendations from the Public Health Institute's [Getting It Right From The Start](#) program.



# EMERGING HIGH-RISK ALCOHOL PRODUCTS

Alcohol products that are unreasonably attractive to youth should not be available on shelves in New Hampshire.



## HIGH-RISK ALCOHOL PRODUCTS MARKETING TO CHILDREN

In the last few years, a fourth category of alcoholic beverage has emerged on the market in the form of **seltzers, sodas, ciders, and other canned cocktails**.

Many emerging alcohols share branding with popular soda, juice, or seltzer brands, like Hard Mountain Dew, Spindrift Spiked, Sunny Delight Vodka Seltzer, and Simply Spiked Lemonade. Other alcohol products include cartoons or children's characters in their labels - making alcoholic beverages **unreasonably attractive to youth**.



## PREVENTING UNDERAGE DRINKING IN NH

Policy-level interventions have shown success in preventing underage drinking. This approach includes **making alcohol harder for youth to get and use**.

New Hampshire can work to prevent underage drinking in the state by restricting alcohol advertising that is designed or packaged in a way that is overly attractive to children. This includes alcohol products that mimic popular kids drinks in brand, packaging, logo use, and appearance.

## SUPPORT SB 335

SB 335 adds labeling restrictions to current alcohol advertising laws that will prohibit cartoons, toys, and characters in labels and advertisements.

It also adds a prohibition on alcohol products that are named, packaged, marketed, or designed in a way that mimics commercially available non-alcoholic products.

## "WHAT'S THE HARM?"



### Alcohol Use in Teens

Alcohol is one of the most commonly misused substances in the U.S. among youth and adults. In New Hampshire, about 10 percent of 12-17-year-olds say they have tried alcohol in the past month. More than 90% of all alcoholic drinks consumed by youth are consumed through **binge drinking**.



### Underage Drinking is Dangerous

Underage drinking interferes with youth brain development, increases the risk of alcohol misuse later in life, and causes injuries and even death.

**Excess drinking kills more than 140,000 Americans each year.**

**New Hampshire has the 12th highest rate of alcohol-attributable deaths amongst adults aged 20-49.**



1 Centers for Disease Control and Prevention. Alcohol Related Disease Impact (ARDI) application, 2022. Available at [www.cdc.gov/ARDI](http://www.cdc.gov/ARDI).