



<p>Education and Training - NAMI Update – Susan Ward</p>	<ul style="list-style-type: none"> <li>- Connect Prevention Train the Trainers</li> <li>- Connect Youth Leader (North Country)</li> <li>- Connect Young Adult Leader</li> <li>- Connect Young Adult National Guard</li> <li>- Survivor Voices- training- 18–26-year-olds to talk about their journey with the loss of a loved one from suicide.</li> <li>- Connect eLearning Training Slots <ul style="list-style-type: none"> <li>-Let Catalina know if you know of an organization that is interested in training their employees.</li> </ul> </li> <li>- CALM Training. Deliver? <ul style="list-style-type: none"> <li>Plan training with Catalina/Mckenzie.</li> </ul> </li> <li>- Connect Prevention and Postvention Training and Planning Sessions- Postvention training, e.g. for schools and other community sectors.</li> <li>- Will be doing planning sessions and will be getting the community sector involved (survey), planning session will also help with sustainability.</li> </ul> <p>Other training</p> <ul style="list-style-type: none"> <li>- QPR on March 13<sup>th</sup> 0900 hrs: Free training, see flyer below.</li> </ul>	<p>Michael/White Horse and Ellery/Children Unlimited- Let Catalina know if staff are interested in doing eConnect training. FMI: <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>Catalina- Send eConnect flyers to Ellery and Michael and follow up to see if they are interested.</p> <p>- All: see attached flyer for QPR training</p>
<p>Strategic Planning – Identify needs, gaps &amp; high-risk populations</p>	<p>Focus on Upper Elementary &amp; Middle School</p> <ul style="list-style-type: none"> <li>- Jen- in need of primary data for JSI</li> </ul> <p>Focus on Young Adult Advocacy</p> <ul style="list-style-type: none"> <li>- NHCF funded activities update.</li> <li>- Stay Work Play event Feb 28 at Hobbs in West Ossipee (for young people under age 40), will have listening session to talk about what issues are important to the younger workforce- See flyer below.</li> <li>- Young Adult Workforce, possible employer outreach</li> <li>- Starting with the Public Health Advisory Council (PHAC) meeting (March 14) with legislators and then 3 meetings with young adults (ages 18-25) to get young adults involved with advocacy, will have trainings with New Futures.</li> </ul>	<p>If anyone has primary or anecdotal data about youth and mental health/substance use, or if you know of young adults interested in upcoming advocacy meetings/trainings let Jen know (<a href="mailto:jennifer.thomas@graniteuw.org">jennifer.thomas@graniteuw.org</a>)</p> <p>Jen- Send info about JSI data to Mckenzie.</p> <p>All: please promote Stay Work Play event. See attached flyer</p>
<p>Strategic Planning – Establish Protocols and Evidence Based Practices within/across systems</p>	<p>Share what the team has done for this objective or make a plan for activities related.</p> <ul style="list-style-type: none"> <li>- Jen - JSI and C3PH collaboration using SPF.</li> </ul>	<p>Jen- Follow up with Kelly Forrest about Peer-to-Peer groups, discuss holding a group in Center Conway.</p>

	<ul style="list-style-type: none"> <li>- Jen – Alternative Peer Groups: Connected with Creating Connections (focus on high-risk youth), discussing how to bring Youth Peer to Peer groups here- will be speaking with program director this week, will keep everyone updated.</li> </ul> <p>GLS Grant Training and Planning Session Year 5</p> <ul style="list-style-type: none"> <li>- Planning a two-day event.</li> </ul> <p>Updates from Schools/NH DOE?</p> <ul style="list-style-type: none"> <li>- <a href="#">Promoting Mental Health and Well-Being in Schools   CDC</a> This action guide is geared at schools and district leaders. Includes 6 strategies with approaches to implement them and multitiered systems of support. Also includes links to evidence-based practices for different tiers.</li> <li>- <a href="#">Health Education Curriculum Analysis Tool (HECAT)   DASH   CDC</a> The HECAT is a Curriculum Analysis Tool that is made for schools but can be used for other organizations that implement prevention curriculum for youth. It also aligns with health education standards (new standards will be released next month). It is a very extensive tool, but organizations can pick out what is relevant to them.</li> <li>- Reach out to Heather Clogston if you have questions about using these tools.</li> <li>- There is also a suicide prevention council for young people (under age 30), if you are interested reach out to Heather at <a href="mailto:heather.m.clogston@doe.nh.gov">heather.m.clogston@doe.nh.gov</a></li> <li>- <a href="#">February 2024 Announcements and Opportunities</a></li> </ul>	<p>Revisit CDC Guides with Heather Clogston when more school partners are available at a future meeting.</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>	<ul style="list-style-type: none"> <li>- Jen – CCVC 1<sup>st</sup> annual conference May 4<sup>th</sup> at the Adult Day Center 1100 hrs – raise awareness of veteran suicide (ages 18+). For veterans, active military, families, and partner organizations that serve veterans.</li> <li>- FEP/ESMI (First Episode Psychosis/Early Serious Mental Illness) Group. For more info</li> </ul>	<p>If your organization would like to have a resource table at the CCVC conference, let Jen know.</p>

	<a href="https://childrensbehavioralhealthresources.nh.gov/families-youth/treatments-supports/helping-overcome-psychois-early-hope">https://childrensbehavioralhealthresources.nh.gov/families-youth/treatments-supports/helping-overcome-psychois-early-hope</a>	
Community Awareness	<ul style="list-style-type: none"> <li>- Magnify Voices Expressive Art Contest (NH students in grades 5-12)</li> <li>- Broad targeted dissemination of 988/NSPL materials to reach vulnerable 18–24-year-old population.</li> </ul>	<a href="https://nhcsoc.org/magnify-voices/participate/">https://nhcsoc.org/magnify-voices/participate/</a>  <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>- <a href="#">National Survey Shows Drop in E-Cigarette Use Among High School Students</a></li> <li>- <a href="#">FDA Warns Retailers to Stop Selling Illegal Youth-Appealing E-Cigarettes Disguised as Everyday Items</a></li> <li>- <a href="#">CDC’s Tips From Former Smokers® Launches New Ads to Encourage People to Quit Smoking</a></li> <li>- <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> </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>	No updates.

<b>SECTOR UPDATES</b>	<b>Status Updates, news, announcements</b>	<b>Follow up Actions? – By Who?</b>
Middle/High School/Higher Ed - WMCC Updates	<p>Anika Hastings/GWSD- 500 staff will be trained in suicide prevention for all schools across the district on March 12. On March 23, students who were trained in Connect suicide prevention will be training other students.</p> <p>Chris Lalmond emailed this update from ApprenticeshipNH:  “Family Resource Center Gorham has hired their first apprentice for the CHW Wellness Coach. She’s signing up for her first college course at WMCC and getting it paid for by ApprenticeshipNH while she earns and learns at the same time.  We have several apprenticeships in various sectors in the North Country that are actively hiring apprentices. Interested parties can check our website or give me a shout anytime.  Apprenticeships are excellent ways to get</p>	C3PH can offer support for school-wide training if needed or can distribute posters/handouts to schools.

	<p>structure in your life while making money and gaining new confidence-building skills.”</p> <p>ApprenticeshipNH:  <a href="https://apprenticeshipnh.com/">https://apprenticeshipnh.com/</a>  Chris Lalmond: <a href="mailto:clalmond@ccsnh.edu">clalmond@ccsnh.edu</a></p>	
Healthcare Updates – Memorial Hospital Community Health Need Assessment	<p>Mckenzie Webb/Care Liason- Works with high-risk youth and young adults ages 10-24 who have experienced a recent suicidal incident and works with them to create a safety plan and connect them to services:  <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>Recently connected with SAU 101, continuing to reach out to schools and connecting with other clinicians.</p>	
First Responder Updates		
Social Services, Other	<p>Michael Farrell /White Horse- Doing prevention work with Kingswood Youth Center and bringing in people from different walks of life, police, etc.</p> <p>Ellery Hunt/Children Unlimited- Kelly at Children Unlimited working with Mt Washington Valley Psychological Services to host a Saturday morning social hour for children (not one-on-one therapy but in a group setting), will be held on Saturdays March 2- March 30, will be covered by Medicaid, Ellery will send Catalina the flyer.</p>	See flyer attached for Saturday Social Hour for children
Faith Community Updates		
Awareness Campaigns	<p>March</p> <ul style="list-style-type: none"> <li>- National Nutrition Month</li> <li>- Brain Injury Awareness Month</li> <li>- Self-Injury Awareness Month/ March 1 is Self-Injury Awareness Day</li> <li>- March 18-22 is National LGBTQ+ Health Awareness Week</li> <li>- March 18-24 is National Drugs and Alcohol Facts Week</li> </ul>	<p>- <a href="https://www.biausa.org/public-affairs/public-awareness/brain-injury-awareness">https://www.biausa.org/public-affairs/public-awareness/brain-injury-awareness</a></p> <p><a href="https://www.iasp.info/2023/03/01/self-injury-awareness-day/">https://www.iasp.info/2023/03/01/self-injury-awareness-day/</a></p> <p>- <a href="https://healthlgbtq.org/awareness-week/">https://healthlgbtq.org/awareness-week/</a></p> <p>- <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>Jillian Andrews Dubois/New Futures:  - <b>Senate Bill 411</b> would ensure that child and youth behavioral health wraparound services would be covered by private health insurance. It will be voted on soon in a NH State Senate</p>	

Committee.

-Action opportunities:

- Learn more and take action at <https://new-futures.org/Youth-Mental-Health>
- Email the Committee with our easy action form
- Spread the word by sharing our social media posts
- Follow the bill's progress through the State House by clicking on "Subscribe To SB411-FN" on the bill's State House webpage: [https://www.gencourt.state.nh.us/bill\\_Status/billinfo.aspx?id=2140&inflect=2&version-id=22743](https://www.gencourt.state.nh.us/bill_Status/billinfo.aspx?id=2140&inflect=2&version-id=22743)

**-House Bill 1473** would ban social-emotional learning (self-awareness, self-control, and interpersonal skills) in public schools, prohibiting educators from teaching students these important life skills. Research shows a correlation between these skills and academic achievement, positive behavior, decreased stress and anxiety, and healthier life choices. Over 4000 (!!!) individuals signed in virtually to oppose this bill, and so many attended the hearing that they had to set up an overflow room with a live feed! The House Education Committee voted against the bill 19-1, but since all bills in NH get a floor vote, the bill will still go to the entire House.

Action opportunities:

- Learn more at <https://new-futures.org/Keeping-SEL-in-Schools>
- Follow the bill's progress through the State House by clicking on "Subscribe To HB1473" on the bill's State House webpage: [https://www.gencourt.state.nh.us/bill\\_Status/billinfo.aspx?id=1708&inflect=2&](https://www.gencourt.state.nh.us/bill_Status/billinfo.aspx?id=1708&inflect=2&)

There are also various anti-LGBTQ+ bills and legislation.

Health Market Connect and Seacoast Outright formed a new coalition and New Futures is scheduling meetings with state senators- let Jillian know if you're interested in joining either of these: [jdubois@new-futures.org](mailto:jdubois@new-futures.org)

Kelly Forrest/ServiceLink:

"I work at ServiceLink as the Caregiver Coordinator for Carroll County facilitating the use of grant money for the Caregivers to get

	<p>respite. These include Grandparent Caregivers. I also sit on the board at Mount Washington Valley Supports Recovery (MWVSR), and I am on the Worship and Community Outreach Team at Center Conway United Methodist Church. We at the church are looking for ways to be “help” to the local community. We have space available for meetings and/or outreach. We also have a new young pastor. She is part of the LGBTQ community. We have partnered with MWSRC to help them in providing programs. We are interested in finding other programs to help with. My email at home is <a href="mailto:mtnmema58@gmail.com">mtnmema58@gmail.com</a> and at work is <a href="mailto:kforrest@ppnh.org">kforrest@ppnh.org</a>. Thanks everyone for all you do!!”</p> <p>Emily McArdle/C3PH- Continuing outreach to teens and young adults on social media with resources for mental health and self-care, smoking/vaping prevention, alcohol/binge drinking prevention, and opportunities for young adults in the area.</p> <p>Facebook: <a href="https://www.facebook.com/U25CarrollCountyNH">https://www.facebook.com/U25CarrollCountyNH</a></p> <p>Instagram: <a href="https://www.instagram.com/u25carrollcountynh/">https://www.instagram.com/u25carrollcountynh/</a></p>	

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

You are invited to a Zoom meeting.  
When: Mar 20, 2024 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.  
Thank you!

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

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



POP - UP SERIES

LAKES REGION

WEDNESDAY, FEBRUARY 28

5:30-7PM



Housing you can afford? Student debt? The cost of childcare? Protecting New Hampshire's outdoor recreational areas?

As a young person in the Lakes Region, what are the issues that matter most to you? What affects your decision to stay in, or leave, the Granite State? As Stay Work Play prepares to advocate on the behalf of the state's young people during the 2024 legislative session in Concord, we want to know.

If you're 40 or under and live or work in the Lakes Region, you're invited to take part in Stay Work Play's Policy & Pints Pop-Up Series. Join us for a beer or non-alcoholic beverage of choice (first one's on us for the first 25 to register!) at Hobbs Tavern and Brewing Company for some engaging conversation, and a fun opportunity to meet new people and help make your region of New Hampshire more friendly to young people.

This event is supported by the New Hampshire Charitable Foundation, New Hampshire Housing, and League of Conservation Voters.

[Register here.](#)

<https://www.stayworkplay.org/policyandpints>





# SUICIDE PREVENTION TRAINING

## Become a Gatekeeper

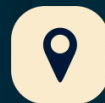
Let's reduce the stigma and save lives!

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



# Saturday Morning Social Hour

Children Unlimited Inc.



**Purpose:** A supportive and fun group environment teaches children emotional awareness and strategies for coping with challenging emotions, as well as enhancing social skills through connection utilizing play therapy.

**Objectives:** Participants will learn to identify qualities they value in friendships, communication strategies, identifying and responding to verbal and non-verbal cues, promote adaptive strategies for frustration tolerance, while integrating self-kindness and compassion.

**Who:** This group is for 2<sup>nd</sup>- 4<sup>th</sup> graders. Limited Space available.

**When/ Where:** Five-week program beginning March 2<sup>nd</sup>- March 30<sup>th</sup>, Saturdays from 10 am – 11 am at Children Unlimited Inc. Families must commit to all five sessions. On 3/30 it will be 1.5 hours, as caregivers are invited to attend the closing group.

**Group Leaders:** Kelley Marcello, M.Ed., LCMHC & Sarah Davis, CMHC.

**Insurance:** Medicaid, Anthem, Harvard Pilgrim, Aetna.  
Self-Pay option \$175 for the five-week program.

**For More Information:** To apply and participate in the screening process email Kelley at [kmarcello@childrenunlimitedinc.org](mailto:kmarcello@childrenunlimitedinc.org)