

GLS Youth Suicide Prevention

Implementation Team – Be the 1 Carroll County – March 20, 2024, 12:00-1:30pm

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

Agenda

-Introductions of team members around the table

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| Catalina Kirsch | Continuum of Care Facilitator at C3PH, catalina.kirsch@graniteuw.org |
| Jen Thomas | Substance Misuse Prevention Coordinator at C3PH, jennifer.thomas@graniteuw.org |
| Emily McArdle | Young Adult Outreach at C3PH, u25carrollcounty@outlook.com |
| Mckenzie Webb | Care Liaison at Northern Human Services, mwebb@northernhs.org |
| Chris Lalmond | Northern Region Hub Developer at Apprenticeship NH, clalmond@ccsnh.edu |
| Sara Brown | Director of Counseling and Wellbeing at Brewster Academy, sbrown@brewsteracademy.org 603-569-7477 |
| Heather Souther | Counselor of Wellbeing at Brewster Academy, hsouther@brewsteracademy.org 603-569-7479 |
| Susan Ward | Garrett Lee Smith Grant Manager at NAMI NH, sward@naminh.org |
| Kim White Feather | Altomare, Community Member, Way Station, Live Free in Recovery, livefreeinrecovery@gmail.com or whitefeather.kim@gmail.com |
| Mik Oylar | Founder/Co-CEO Aerie Healthcare, mik@aeriehealthcare.com |
| Jessalyn Hobson | Aerie Healthcare, jessa@aeriehealthcare.com |
| Kera Favorite and student Emma | Director of Community and Patient relations at Huggins, kfavorite@hugginshospital.org |
| Anika Hastings | Social Worker at Kingswood Middle and High School, ahastings@sau49.org |
| Heather Clogston | Prevention Coordinator for the NH Department of Education, heather.m.clogston@doe.nh.gov |
| Jillian Dubois | Early Childhood and Childhood/Youth Behavioral Health Community Engagement Coordinator at New Futures, jdubois@new-futures.org |
| Crystal Sawyer | Executive Director at Carroll County Adult Education, csawyer@nhadulted.org |

| Grant Objectives – Current Focus | Status Updates, Discussion | Follow up Action (By Who?) |
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| | Discussion. | |
| Guest Speaker | <p>Mik Oyler and Jessa Hobson Founder/Co-CEO Aerie Healthcare 603-986-3356 (cell) www.aeriehealthcare.com</p> <p>A new adolescent mental health treatment program in Concord for adolescents ages 13-18. Partial Hospitalization Program (PHP) Monday-Friday which is a day treatment (3-4 weeks) and Intensive Outpatient Program (IOP) which is an after-school program. Currently accepts private insurance. Referral process- Can hear directly from school or hospitals. Sessions are all in-person (can occasionally do virtual check-in if participants can't come in that day). Virtual options would be beneficial for students at Brewster, Aerie will discuss this. Transportation- Don't have beds or lodging, transportation is up to parents or if the school district can fund it.</p> | <p>FMI and referrals</p> <p>Mik Oyler and Jessa Hobson Founder/Co-CEO Aerie Healthcare 603-986-3356 (cell) www.aeriehealthcare.com</p> |
| Goals for Year 5 | <ul style="list-style-type: none"> - Sustainability planning - Susan Ward/NAMI- Connect Training and Planning Session – two days session. Day one is a Connect suicide prevention training and everyone is invited to attend. Day two is a planning session- leadership/decision makers from all community sectors get together to look at best practices regarding suicide prevention (e.g. looking at their safe messaging, lethal means reduction protocols) and determine what needs to be updated/worked on and it gives everyone opportunities to collaborate. Carroll County could look back and determine if we've made improvements to our conclusions from Year 1. - Potential dates for the planning session are May 20 and 21 (select people could skip day one if they are well-versed in the Connect trainings). - The group agrees that a hybrid planning session would be best. - Postvention planning session in the fall. | <p>C3PH/Susan Ward will follow-up with more info about the dates of the Connect Training and Planning session and whether it will be in-person, hybrid, or virtual.</p> |

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| <p>Education and Training - NAMI Update – Susan Ward</p> | <ul style="list-style-type: none"> - Anika Hastings/GWRSD- GWRSD trained 355 staff on March 12! All professional and support staff were invited to attend in 6 buildings with 14 presenters. Did exit survey that could be shared to Susan and Catalina, about 75% said they'd rather do an in-person training than virtual. On March 28, GWRSD is doing a Youth Connect training where youth will train other youth. - Susan Ward/NAMI: <ul style="list-style-type: none"> - Connect Prevention Train the Trainers - Connect Youth Leader (North Country)- Working on dates, have a few schools that will collaborate. - Connect Young Adult Leader- For young adults in college that can train other students. - Connect Young Adult National Guard- Will be providing that soon, train the trainer so that young adults in the National Guard can provide the training to new recruits. - Survivor Voices training- Possibly in the summer, trains young adults to be speakers about their loss survivor experiences. - Connect eLearning Training Slots - CALM Training- Catalina and Mckenzie can deliver. - Connect Prevention and Postvention Training and Planning Sessions. | <p>Catalina and Mckenzie will discuss doing a CALM training this year and reach out to Susan Ward/gather input on how to identify the population best suited to receive that training.</p> |
| <p>Strategic Planning – Identify needs, gaps & high-risk populations</p> | <p>Focus on Upper Elementary & Middle School</p> <ul style="list-style-type: none"> - Let's plan some parent ed / lunchroom tabling, what else? - Jen/C3PH- Parent night at Moultonborough on April 3- doing Project Safeguard for parents/caregivers of 8th graders/ Addresses mental health and substance use issues, how to talk to your kids about substance use, and how to find resources. - Heather Clogston/DOE- Resources on website about how parents can talk to kids (Heather is also looking for suggestions or other resources to share). https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-wellness/office-of-social-and-emotional-wellness - Heather Clogston/DOE- Looking for grant opportunities to support schools and are finalizing summer professional development opportunities. | <p>If Kingswood or Brewster are interested in doing an event for parents, reach out to C3PH or C3PH could partner with Brewster about how to reach parents.</p> <p>C3PH will upload the resource list for parents to C3PH website.</p> |

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| | <ul style="list-style-type: none"> - Virtual systems of care summit- free professional development opportunity for anyone dealing with mental health care. https://nttamentalhealth.org/system-of-care-virtual-summit-2024/ <p>Focus on Young Adult Advocacy</p> <ul style="list-style-type: none"> - NHCF funded activities update - Stay Work Play event Feb 28 - Young Adult Workforce outreach - Advocacy 101 training at Northern Carroll County Providers Network meeting on March 21 and will be doing more trainings in-person soon. - Emily/C3PH- Sharing resources and information about advocacy, mental health, alcohol/binge drinking prevention, tobacco/nicotine prevention, and substance use prevention on social media. This week is also National LGBTQ Health Awareness Week. - Facebook: https://www.facebook.com/U25CarrollCountyNH/ - Instagram: https://www.instagram.com/u25carrollcountynh/ | <p>C3PH will follow-up with dates for advocacy trainings.</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"> - Jen Thomas/C3PH - JSI and C3PH collaboration using SPF- Strategic planning for evidence-based prevention for mental health and substance use, currently collecting primary data. - Jen Thomas/C3PH – Alternative Peer Groups- Creating Connections- Youth Peer-to-Peer support groups for youth who are at risk or are using substances (self-identified), facilitated by a trained facilitator. Currently discussing different locations in Wolfboro and Conway and working on how to engage this group and how to find youth to be involved- looking for ideas. <p>Updates from Schools/NH DOE?</p> <ul style="list-style-type: none"> - Heather Souther and Sara Brown /Brewster- Working on a suicide prevention protocol, recently did | <p>Reach out to Jen if you have ideas about engaging youth for the Alternative Peer Groups.</p> <p>Catalina, Jen, and Susan will follow up with Heather Souther and Sara Brown/Brewster to work together to promote policies and best practices and discuss resources that</p> |

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| | <p>protocol on non-suicidal self-injury. Current protocol is if someone is displaying signs of suicidal ideation then they contact the mobile crisis to assess. Sara is working on becoming a Mental Health First Aid instructor so she can train staff at Brewster. Seeing a need for more trainings and protocols/policies in place to support students.</p> <p>Updates from Healthcare/Mental Health Center?</p> | <p>C3PH/NAMI/Garrett Lee Smith Grant can provide to avoid reinventing the wheel. Catalina will send a list of the Brewster staff who completed the two hour Connect training to Heather Southern and Sara.</p> <p>Anika can also meet with Heather Souther and Sara to provide support/discuss what GWRSD has put into place.</p> <p>C3PH/Brewster could reach out to Fryeburg Academy about their policies since they're a boarding school as well.</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"> - Jen Thomas/C3PH – CCVC 1st annual conference May 4th at the Adult Day Center 1100 hrs – raise awareness of veteran suicide (ages 18+). Will have presenters, VA SAVE training, and breakout rooms to gather info and brainstorm on how to solve these problems. - Magnify Voices Expressive Art Contest, ceremony in May at New England College | <p>Register now for the CCVC 1st Annual Conference: www.carrollcountyveteranscoalition.org</p> <p>https://nhcsoc.org/magnify-voices/participate/</p> |
| <p>Advocacy – New Futures</p> | <ul style="list-style-type: none"> - NH State Capitol Day April 3, let's represent Carroll County - Children's Behavioral Health update: https://new-futures.org/childrens-behavioral-health - Jillian Dubois/New Futures: - Anti LGBTQ+ bills, >30 bills. https://new-futures.org/anti-lgbtq-bills - Youth Mental Health Bills https://new-futures.org/Youth-Mental-Health - SB 411 would ensure that all essential mental health services are covered by all insurance carriers in New Hampshire. - HB 1473 Ban on SEL in schools- inexpedient to legislate (ITL) (failed) on 3/7/24 - SB411 Relative to emergency mental health services for persons 21 years of age and younger. | <p>Sign Up Here! For State Capitol Day.</p> |
| <p>Community Awareness</p> | <ul style="list-style-type: none"> - Broad targeted dissemination of 988/NSPL materials to reach vulnerable 18–24-year-old population | <p>https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables</p> <p>C3PH Folder of 988 Shareables: https://drive.google.com/drive/folders/</p> |

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| Tobacco and Nicotine Use Prevention | - | |

| SECTOR UPDATES | Status Updates, news, announcements | Follow up Actions? – By Who? |
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| Middle/High School/Higher Ed - WMCC Updates | <p>Crystyl Sawyer/Carroll County Adult Ed- Did QPR training for staff and community members. Will be doing Botvin Life Skills training on Monday, April 8 and Monday, April 15, which is for community members ages 16+ (including adults), high schools, and CC Adult Ed students- please spread the word (Diploma students can also get credit for it). Contact her if you/anyone you know is interested- csawyer@nhadulthood.org</p> <p>Chris Lalmond/Apprenticeship NH- Collaborating with many people from these groups, met with the VA to expand apprenticeships to veterans. Reaching out to marginalized populations for apprenticeships. Has requested a new occupation be nationally approved for apprenticeship- early childhood education director position. Most early childhood education apprenticeships right now are for entry level positions so this will allow people to come in and grow into becoming a director. Will be doing high school visits in the spring and is always including mental health and accessibility in the conversation.</p> | |
| Healthcare Updates – Memorial Hospital Community Health Need Assessment | Mckenzie Webb/Care Liaison- Can take on new referrals, contact her if you have referrals or want to connect- mwebb@northernhs.org | |
| First Responder Updates | | |
| Social Services, Other | | |
| Faith Community Updates | | |
| Awareness Campaigns | <p>March</p> <ul style="list-style-type: none"> - March 18-22 is National LGBTQ+ Health Awareness Week <p>April</p> <ul style="list-style-type: none"> - National Minority Health Month <p>May</p> | <p>-</p> <p>-- https://healthlgbtq.org/awareness-week/</p> <p>https://www.minorityhealth.hhs.gov/nmhm</p> |

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| | - MENTAL HEALTH AWARENESS MONTH | Let us know if C3PH can help you spread awareness for Mental Health Month |
| Other | NAMI Family to Family- Free, 9-week virtual course for families and friends of adults with mental health conditions, starting April 8 from 6pm-8:30pm on Zoom. | Learn more and register here: https://www.naminh.org/events/nami-family-to-family-class-4/ |
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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: Apr 17, 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

Catalina Kirsch
catalina.kirsch@graniteuw.org



New Hampshire State Capitol Day 2024

April 3, 2023 – 9-12pm

**Breakfast will be provided*

[Sign Up Here!](#)

Register & Share with your Networks!

State Capitol Day events bring together passionate volunteers to advocate for state policy changes that will improve mental health and prevent suicide. We will meet with our state legislators as part of the event to:

- Share with them why suicide prevention is important to YOU and to your community
- Educate them about the work being done in your community to prevent suicide
- Teach them what more must be done to prevent suicide.

The event will include a brief training session on the basics of an effective advocacy visit and current policy issues impacting suicide prevention. Following, advocates will have the opportunity to attend meetings with state legislators that will be scheduled ahead of time.

This event is hosted in partnership by the AFSP New Hampshire Chapter, NH Suicide Prevention Council, NAMI New Hampshire, New Futures, and Seacoast Outright.

Where: Holiday Inn, Bartlett Room, 172 Main Street, Concord, NH,

Time: 9am to 12pm

Attire: Business Attire

**Breakfast will be provided*

Questions? Please contact AFSP Executive Director Shamera Simpson at ssimpson@afsp.org.

Katherine Cox, MSW

She/Her

Suicide Prevention Coordinator

Division for Behavioral Health

N.H. Dept. of Health and Human Services
129 Pleasant St., Concord, NH 03301

P: 603.931.0173

E: katherine.m.cox@dhhs.nh.gov

dhhs.nh.gov/strongasgranite

Call or text if you need mental health or substance use support.

833-710-6477

NH Rapid Response

988

Suicide and
Crisis Lifeline

211

Your Local Doorway for
Substance Use Resources



A STRONGER YOU.
A STRONGER
NEW HAMPSHIRE.

SUBMISSIONS

Now Open!



Sixth Annual



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



LEARN MORE

Artwork Deadline 04/21/2024

AN INITIATIVE OF



CARROLL COUNTY VETERANS COALITION

1st Annual Conference

**TO RAISE
AWARENESS ABOUT
VETERAN SUICIDE,
INCREASE
COLLABORATION,
AND HEAR YOUR
VOICE ON
IMPORTANT ISSUES!**

**WE WELCOME ALL
VETERANS, MILITARY
MEMBERS, THEIR
FAMILIES, AND
VETERAN SERVICING
ORGANIZATIONS**

Space is limited, please register below
or email for more information:
jennifer.thomas@graniteuw.org



Ribbon logo designed by Bekah Peterson

**Saturday
May 4th, 2024
1100 – 1500 hrs
MWV Adult Day Center
Conway, NH**



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

Scan to register or go to:
<http://tinyurl.com/ys927jnh>

