

GLS Youth Suicide Prevention

Implementation Team – Be the 1 Carroll County – April 17, 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
Garett Lee Smith Grant – NH Nexus Project 2.0

Minutes

-Introductions of team members around the table

Catalina Kirsch	Continuum of Care Facilitator at C3PH, catalina.kirsch@graniteuw.org
Emily McArdle	Young Adult Outreach at C3PH, u25carrollcounty@outlook.com
Mckenzie Webb	Care Liaison at Northern Human Services, mwebb@northernhs.org
Heather Souther	Counselor of Wellbeing at Brewster Academy, hsouther@brewsteracademy.org 603-569-7479
Sara Brown	Director of Counseling and Wellbeing at Brewster Academy, sbrown@brewsteracademy.org 603-569-7477
Chris Lalmond	Northern Region Developer at ApprenticeshipNH, clalmond@ccsnh.edu
Jillian Andrews Dubois	Early Childhood and Childhood/Youth Behavioral Health Community Engagement Coordinator at New Futures, jdubois@new-futures.org
Heather Clogston	Prevention Coordinator for the NH Department of Education, heather.m.clogston@doe.nh.gov

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
	Discussion.	
Education and Training - NAMI Update – Susan Ward	<ul style="list-style-type: none"> - Connect Prevention Train the Trainers - Connect Youth Leader (North Country) - Connect Young Adult Leader - Connect Young Adult National Guard - Survivor Voices training - Connect eLearning Training Slots - CALM Training. Deliver? - Connect Prevention and Postvention Training and Planning Sessions. <p>Other trainings coming up. See attached flyers</p> <ul style="list-style-type: none"> - April 18, Guardianship and Supported Decision Making 	No update. FMI contact Susan Ward at sward@naminh.org

	<ul style="list-style-type: none"> - NAMI Family to Family 9 week series (started in April) - April 23, Thriving and Health Kids. See attached flyer 	
<p>Strategic Planning – Identify needs, gaps & high-risk populations</p>	<p>Focus on Upper Elementary & Middle School</p> <ul style="list-style-type: none"> - C3PH/Jen Thomas and Emily McArdle recently did a presentation for parents of 8th graders at Moultonborough Academy about preventing substance use, knowing the signs, communicating with teens, and finding resources. - C3PH/Emily McArdle will have a resource/activity table for Mental Health Month at Kingswood Regional High School with mindfulness activities and mental health resources. <p>LGBTQ+</p> <ul style="list-style-type: none"> - C3PH will have a resource table at White Mountains Pride on June 29 in North Conway, contact Catalina if you want to be involved or have resources/info to share. Learn more about White Mountains Pride https://www.whitemountainspride.com/ 	<p>If you have identified needs, gaps or high-risk populations related to youth suicide prevention, please share that information with catalina.kirsch@graniteuw.org or jennifer.thomas@graniteuw.org</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 – Alternative Peer Groups Update- Alternative Peer Groups are youth peer-to-peer support groups for youth who are at risk or are using substances (self-identified), facilitated by a trained facilitator. Groups will be held in Center Conway and Wolfeboro and are hoping to launch before the end of the school year. This is an initiative funded out of a grant at UNH. <p>Updates from Schools/NH DOE?</p> <p>Brewster Academy/Heather Souther and Sara Brown</p> <ul style="list-style-type: none"> - Have done great networking since the last meeting and have connected with Anika at Kingswood High School to review their protocols. Met with Jen Thomas at C3PH to discuss preventative protocols for substance use. Heather and Sara are working on 	<p>Catalina- Ensure that Heather Souther and Sara Brown are on the main email list to receive minutes for Be the 1 meetings</p>

	<p>the Connect training for themselves and then will work on how to get the staff trained and how to put protocols into place. Have also made connections with Fryeburg Academy.</p> <p>DOE/Heather Clogston</p> <ul style="list-style-type: none"> - Link for announcements and opportunities and free toolkits for Mental Health Month: https://docs.google.com/document/d/1qWTrtrz6ze10WToHbwDLdUeVg64FRz2YVQwx9oMe0gl/edit. Working on summer professional development opportunities (will be posted soon). <p>Grant opportunity from Homeland Security- TVTP Grant- Recommends looking at previous grantees for past work/ funding if interested. There is a variety of activities that grantees have done in the past that is similar to the work many of you are doing https://www.dhs.gov/targeted-violence-and-terrorism-prevention-grant-program-applicant-resources</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 – Carroll County Veterans Coaliton 1st annual conference May 4th at the Adult Day Center 1100 hrs – raise awareness of veteran suicide (ages 18+) - Magnify Voices Expressive Art Contest – Submissions due April 2, Magnify Voices Celebration at New England College will be on May 22. - Take Back Day is April 27, 10am-2pm at a police department near you. See flyer attached - Heart Awareness Week, May 8-12, The New England Mental Health Technology Transfer Center's School Mental Health Initiative launched HEART Awareness Week to highlight the importance of advocating for and supporting collaborations that improve the mental health, well-being, and resilience of everyone in the school building. - 	<p>Register for the CCVC 1st Annual Conference here: https://forms.gle/eWFMJQPa14Kc1q4Z7 Learn more about CCVC here: https://www.carrollcountyveteranscoalition.org/</p> <p>Learn more/submit art for Magnify Voices: https://nhcsoc.org/magnify-voices/participate/</p> <p>Register for the Magnify Voices Celebration: tinyurl.com/celebrateMV2024</p> <p>New England Mental Health Technology Transfer Center's School Mental Health Initiative</p>
<p>Advocacy – New Futures</p>	<ul style="list-style-type: none"> • Child Care for Child Care Workers SB 404 	

	<ul style="list-style-type: none"> • Immunization Requirements for Child Care Centers HB1213 • SB 505 would permanently prohibit these harmful products. Learn more about hemp-derived products containing THC. This bill passed the Senate unanimously last month and is now crossing over to the House Health, Human Services, and Elderly Affairs Committee. SB 505 has a public hearing on Wednesday, April 17 at 1:30 pm • Bills regarding LGBTQ+ community, Sign in virtually by the end of today: https://new-futures.org/Bans-on-Medical-Care • Bills being heard next week to sign in on: • Transgender Youth and Sports: https://new-futures.org/Bans-on-Participation-in-Sports-for-Transgender-Youth • Censorship in Schools: https://new-futures.org/Censorship-in-Schools • Childcare: https://new-futures.org/action/childcare 	<p>See more about New Futures advocacy work related to children’s behavioral health:</p> <p>https://new-futures.org/childrens-behavioral-health</p>
Community Awareness	<ul style="list-style-type: none"> - Broad targeted dissemination of 988/NSPL materials to reach vulnerable 18–24-year-old population - Evidence-based messaging shared on U25 social media pages: <p>https://www.facebook.com/U25CarrollCountyNH</p> <p>https://www.instagram.com/u25carrollcountynh/</p>	<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/1EF4t54wpglU5akkOGKEIRu4pWmIf6BKZ?usp=sharing</p> <p>Please help recruit teens and young adults to follow these pages.</p> <p>https://www.facebook.com/U25CarrollCountyNH</p> <p>https://www.instagram.com/u25carrollcountynh/</p>
Tobacco and Nicotine Use Prevention	<ul style="list-style-type: none"> - No updates 	

SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
Middle/High School/Higher Ed - WMCC Updates	Chris Lalmond/ApprenticeshipNH- Building apprenticeships in Lancaster and North Conway. ApprenticeshipNH has funding to help people overcome barriers and works with employers	If you/anyone you know is interested in ApprenticeshipNH, contact Chris at clalmond@ccsnh.edu

	who are recovery friendly workplaces. National Youth Apprenticeship Week is May 5-11 and ApprenticeshipNH will have a Virtual Information Session for Young People and Their Adults on May 7 at 6pm. Link and flyer to follow soon!	Learn more about ApprenticeshipNH: https://apprenticeshipnh.com/ https://apprenticeshipnh.com/apprenticeshipnh-hubs/northern-hub/
Healthcare Updates – Memorial Hospital Community Health Need Assessment	Mckenzie Webb/Northern Human Services- Has capacity to accept new referrals.	Contact Mckenzie at mwebb@northernhs.org FMI: https://www.c3ph.org/intitiatives/youth-suicide-prevention/Care-Liaison-Program
Awareness Campaigns	<p>April</p> <ul style="list-style-type: none"> - National Minority Health Month - Alcohol Awareness Month <p>May</p> <ul style="list-style-type: none"> - MENTAL HEALTH AWARENESS MONTH <p>June</p> <ul style="list-style-type: none"> - LGBTQ+ Pride Month 	https://www.minorityhealth.hhs.gov/nmhm https://www.samhsa.gov/newsroom/observances/alcohol-awareness-month https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month https://www.nimh.nih.gov/get-involved/digital-toolkit-for-mental-health-awareness-month https://www.mhanational.org/mental-health-month https://www.samhsa.gov/mental-health-awareness-month/toolkit

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: May 15, 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



Transition Topic:

Guardianship and Supported Decision Making

April 18, 2024 | 6 pm – 8 pm

Free Registration: tinyurl.com/TransitionTopic

Do you have questions about how to best provide support and guidance for your loved one when they become an adult?

If you are a parent or caregiver of a youth with mental illness – you may have questions about the transition years.

Please join:

Deb Jurkoic, NAMI NH
NH Family Network Coordinator



Cheryl Guerin
NAMI NH Volunteer, Parent

This presentation will cover:

- Differences between Guardianship and Supported Decision Making
- Resources to explore options
- Timelines and tips for using the toolkit
- Guidance on how to implement Supported Decision Making or Guardianship

Housing • Medication Management • Safety • Support • Guidance • Consultation



This information is being provided at the request of NAMI NH members and families and is intended to be presented in an informative and unbiased manner.



NAMI New Hampshire

85 North State Street, Concord, NH 03301 | www.NAMINH.org





NAMI Family-to-Family
National Alliance on Mental Illness

NAMI Family-to-Family is a free, 9-session education program for family, friends, loved ones, and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment, and recovery.

The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit nami.org/research.

NAMI NH offers the NAMI Family-to-Family Education Program free of charge to participants. Monday evening classes start April 8, 2024 from 6pm to 8:30pm, classes will be held on Zoom.

Registration is required, please contact:

Pam Burns at 603-345-5304 or NashuaNAMINH@gmail.com



Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers...it has helped me to understand better and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."



NAMI New Hampshire
National Alliance on Mental Illness

Questions about the program?

Contact Martha Dorey

mdorey@naminh.org

(603) 573-1565

www.naminh.org/education/family-education/family-to-family/

About NAMI NH

NAMI New Hampshire is a grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness and suicide. Comprised of a network of affiliate chapters and support groups, staff and volunteers, NAMI NH provides information, education and support to all families and communities affected by mental illness and suicide.

DEA NATIONAL ^{Rx}
TAKEBACK



**Turn in unneeded medication
for safe disposal.**

**Saturday, April 27
10 a.m.–2 p.m.**

Keep them safe. Clean them out. Take them back.

Visit DEATakeBack.com for a collection site near you.

COMMUNITY BABY SHOWER!!!

**ALL EXPECTANT PARENTS AND THEIR FAMILIES IN
CARROLL COUNTY ARE INVITED TO THIS FREE EVENT!**

Friday, April 19th from 4pm-6pm
Trails End in Intervale



Food and Refreshments

Cake

Shopping at our "Boutique"

Family Photos

Meet local non-profits and pediatric providers

For more ways to participate and support this event please contact Cathy Livingston at 603-901-9053 or email at clivingstonechildrenunlimitedinc.org or Cheryl Frankowski at 603-447-8900 or email at cfrankowski@whitemountainhealth.org

CARROLL COUNTY VETERANS COALITION



1st Annual Conference

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



Ribbon logo designed by Bekah Peterson

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

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

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



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



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



LEARN MORE

Artwork Deadline 04/21/2024

AN INITIATIVE OF



CELEBRATE!



MAGNIFY VOICES

EXPRESSIVE ART CONTEST



John Lyons Center
55 Depot Hill Road, Henniker, NH

**We will showcase
the 2024
Magnify Voices
Participants!**

**Please Join us
Wednesday May 22
Doors open at 5 p.m.***

LEARN MORE 

tinyurl.com/CelebrateMV2024



**Registration
is required**

*Arrive by 4 p.m. for the New England College Tour

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.
A community-sponsored event



Poster by
Jana Markmanrud





aeriehealthcare.com
info@aeriehealthcare.com
603-451-2371
33 Pleasant St. Concord, NH

Aerie Healthcare Adolescent PHP & IOP Now Open in Concord, NH

We are pleased to introduce you to our new treatment program currently offering Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP) services in downtown Concord, New Hampshire. We are passionate about addressing the pressing need for comprehensive behavioral healthcare services tailored to 13-18 year olds of all genders in New Hampshire who can safely live at home while receiving intensive clinical support.

SERVICES

- Psychoeducation and Psychotherapy Groups
- Therapeutic Process Groups
- Individual Therapy
- Family Therapy
- Medication Management
- Academic and Cognitive Enhancement Groups
- Therapeutic Health and Wellness Groups

PARTICIPANTS

Adolescents attending our program are typically experiencing the following challenges:

- Anxiety and Panic Disorders
- ADHD
- Autism Spectrum Disorder and Neurodivergent Youth
- OCD
- Depression & Mood Disorders
- School Anxiety and Avoidance
- Victim of Bullying
- Self-Harm
- Suicidal Intensity
- Trauma
- Gender Identity

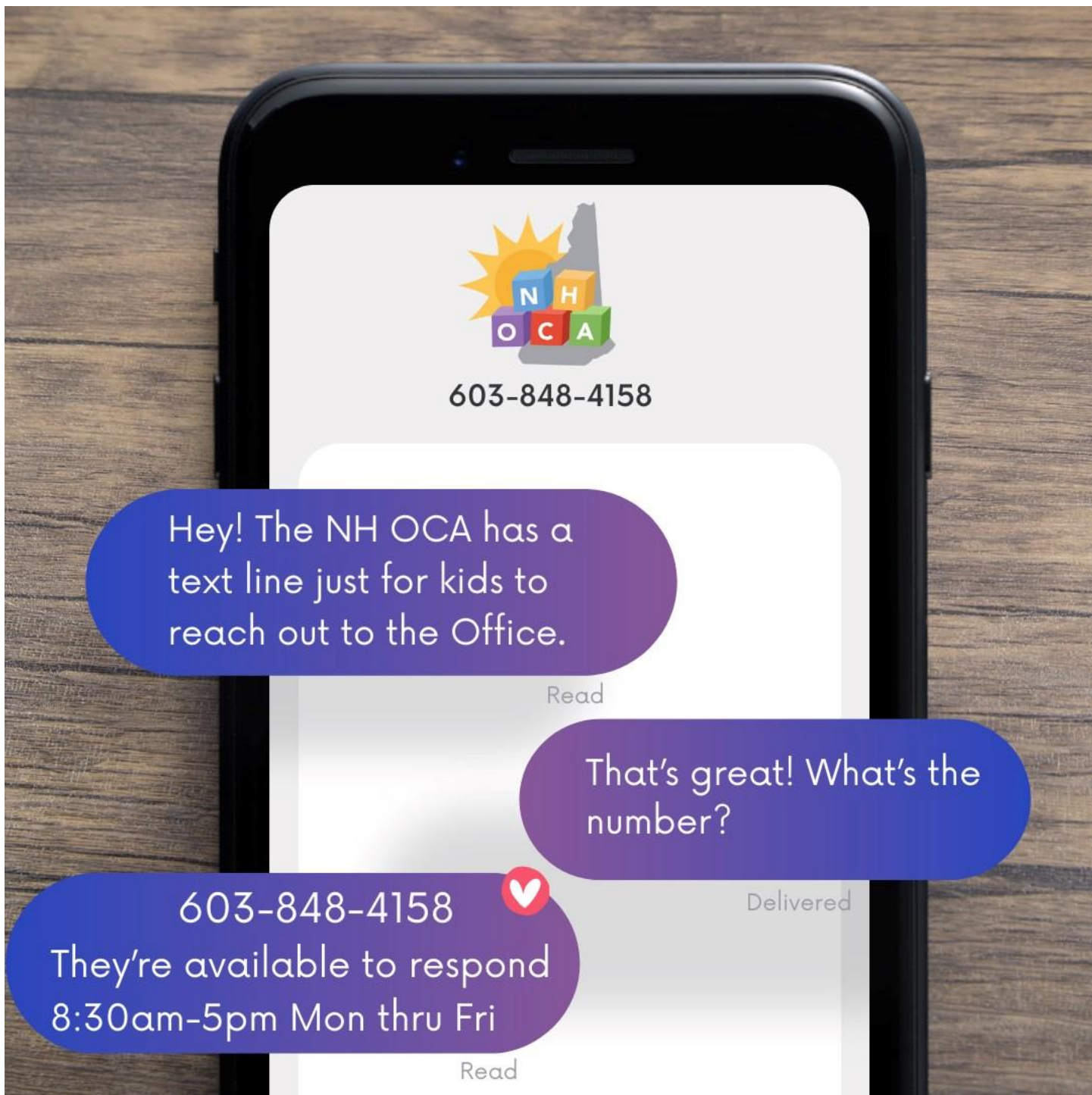
Please note that while Aerie programs are transformative and nurturing, they may not be suitable for those actively at risk to themselves or others. Participation in our programs is entirely voluntary, ensuring a collaborative and respectful approach to participant well-being.

FINANCIAL

Aerie Healthcare accepts private payment and works with most insurance companies. We can help families navigate the insurance process. Please note that we do not work with Medicaid.

REFERRALS & ADMISSIONS

We value our partnerships and collaborations with mental health, medical, and educational professionals. Contact us at info@aeriehealthcare.com or 603-451-2371 to review a potential referral and initiate the admissions and insurance review process.



- NH kiddos, you can text the NH OCA at 603-848-4158 with your questions or concerns about NH's child-serving agencies.

Please note: THIS IS NOT AN EMERGENCY LINE. If you or someone else is in danger, call 911 immediately.

Our staff are available Monday through Friday between 8:30am and 5pm. Messages received on the weekends and after hours will be responded to during the next business day. Adults are asked to continue to contact the office by calling 603-271-7773 or emailing Childadvocate@nh.gov. Thank you! linktr.ee/nhchildadvocate

“I’ve made
some of my
lifelong friends
here”

Interested in learning more
about our program? Join us
for zoom info sessions,
details below!



Do you want to know more about our Summer Leadership Program?
Want to talk to past participants? Join us for an info session to learn more!

Dates:

Wednesday nights @ 7pm - 4/3, 5/8, 6/5

Saturday afternoons @ 1pm - 4/27, 5/18, 6/15

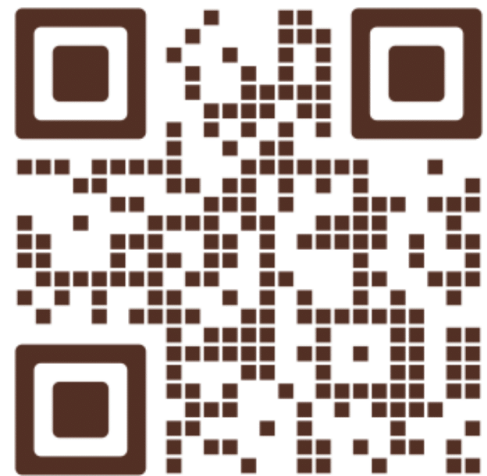
Sign up here: <https://linktr.ee/NHTeenInstitute>



2024 SUMMER LEADERSHIP PROGRAM



2024 happening
Sunday, August 4 -
Friday, August 9th
@ Lions Camp Pride,
New Durham, NH



SCHOLARSHIPS AVAILABLE!
for more information www.nhteeninstitute.org/slp

Save the date!

upcoming mobile food pantry



Fri, May 3rd from 12:00-2:00

(while supplies last)

**St. Joseph's Church
23 Moultonville Rd. Ossipee, NH**

The NH Food Bank will bring truckloads of food to distribute to families and individuals.

No proof of income or residence is needed. This is a drive thru event.

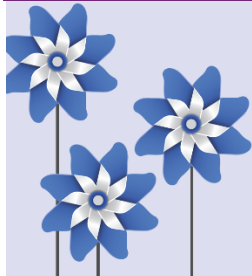
All items will be distributed to you in your vehicles.

**Sponsored by
caring neighbors.**

**FEEDING
AMERICA**

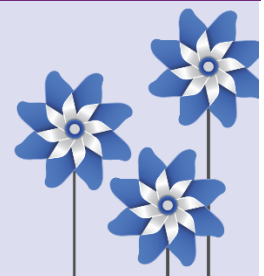


Centers for Disease Control and Prevention
 National Center for Injury Prevention and Control
 Division of Violence Prevention



Thriving and Healthy Kids:

We All Have a Role to Play in Promoting Positive Childhood Experiences



Thriving and Healthy Kids: We All Have a Role to Play in Promoting Positive Childhood Experiences Webinar

Tuesday, April 23, 2024, 1:00 - 2:00 PM ET

[Register here](#)

Join us for a conversation about how communities can support families to create bright futures for all children.

We all play an important role in ensuring children are safe, healthy and happy. Learn what you can do as a parent, youth, community member or professional working with children to help prevent adversity and promote positive experiences so kids can thrive.

	<p>Mandy Cohen, MD, MPH, Director, Centers for Disease Control and Prevention</p>		<p>Jeff Hild, JD, Principal Deputy Assistant Secretary performing the delegable duties of the Assistant Secretary for Children and Families, Administration for Children and Families</p>		<p>Valerie Frost, MAEd, Strategic Initiatives Associate, Kentucky Youth Advocates (Parent Advocate)</p>
	<p>Paula Bibbs-Samuels, LPC, MS, Licensed Professional Counselor, Parent Advisory Council (Parent Advocate)</p>		<p>Melissa Merrick, PhD, President and CEO, Prevent Child Abuse America</p>		<p>Sandy Chung, MD, FAAP, Immediate Past President, American Academy of Pediatrics</p>



Registration: To secure your spot for this insightful discussion, please register at: <https://bit.ly/Register-Fireside-Chat>.

Live interpretation provided in Spanish, Mandarin and ASL.

Centers for Disease Control and Prevention

1600 Clifton Rd Atlanta, GA 30329 1-800-CDC-INFO (800-232-4636) TTY: 888-232-6348

[Questions or Problems](#) | [Unsubscribe](#)



Take HEART Awareness Week: Celebrate and Share With Us!

By Taylor Bryan Turner, Assistant Regional Administrator, SAMHSA Region 1, and Martha Staeheli, PhD, Director, School Mental Health Initiative, New England Mental Health Technology Transfer Center



Create a prevention to early intervention treatment continuum through collaborations that offer wraparound mental health supports.

Schools can be the foundation of compassion, community resilience, and encouragement. They are often safe havens, sanctuaries, and sometimes temporary shelters. For some children, schools are the windows of the world. In order to aid children in their growth as leaders and inclusive members of society, we must provide a safe space to nurture mental health and overcome traumatic experiences and learning challenges. We must also support healing, resilience, and recovery for those at the front of the class, i.e., educators and other school staff who are suffering from burnout and fatigue.

The HEART Collective is particularly concerned about the negative impacts of the COVID-19 pandemic, the prevalence of community violence, and social and economic factors that are inherently related to social inequality on the mental health of youth and their families. Our work also prioritizes the need to tackle the opioid crisis—one of the largest and most complex public health tragedies that our nation has ever faced. And the toll of addiction, in lost lives and broken families, touches every community in America.

Collaborations with healthcare centers as well as community-based organizations, mental and behavioral health agencies, and other youth-serving institutions can help schools deliver enhanced wraparound services that support the mental health and well-being of everyone in the school community.

The [Healthcare workers and Educators Addressing and Reducing Trauma \(HEART\) Collective](#) was convened to enhance collaborations between community health centers and schools to support positive mental health and well-being for youth in school-based settings. While there is no one-size-fits-all solution to help youth-serving systems collaborate in ways that support students, families, and staff, with increased awareness, feedback from stakeholders, and buy-in from your school community, you can implement signature programming that promotes wellness.

Be a part of our second annual celebration! In recognition of [Mental Health Awareness Month](#), we are excited to introduce you to the Healthcare workers and Educators Addressing and Reducing Trauma (HEART) Collective's [#TakeHEART Campaign](#).

The [New England Mental Health Technology Transfer Center's School Mental Health Initiative](#) launched **HEART Awareness Week** to highlight the importance of advocating for and supporting collaborations that improve the mental health, well-being, and resilience of everyone in the school building.

Get Involved

- Visit the [HEART website](#) **May 8-12, 2023** for public awareness activities to help you learn more about the impact of childhood trauma.
- Take time today to [educate](#) yourself and others to understand the impact of childhood-trauma.
- Access our [Campaign Toolkit](#) for talking points, infographics, and thank you cards to help you recognize and share the importance of school-based mental health services, and also to honor the stakeholders in your learning community who can help you to vision, plan, and monitor your efforts to build and sustain a compassionate school community.
- Use [#TakeHEART](#) and [#TeamworkMakesTheDreamWork](#) on social media and help us spread the word about the urgency and importance of comprehensive school-based mental health systems of care and collaborations with youth-serving entities.

Remember, schools are often community hubs and all schools can support children holistically. Take HEART! Support our work to ensure that wraparound mental health services are as easy to access in schools as pencils and highlighters.

For more information on the HEART Collective and the Take HEART Campaign, contact the New England MHTTC's Communications and Program Strategist [Ingrid Padgett](#).

Learn more about the conveners of the HEART Collective!



