

Carroll County Youth SMP Subcommittee

(Substance Misuse Prevention)

January 17, 2023. 2:00-3:30pm

Agenda

Facilitator: Catalina Kirsch Notes: Catalina Kirsch	Follow-up Action. By Whom?
<p>1. Introductions <b>Attendance:</b> Anika Hastings/ GWRSD, Sarah Skoglund/GWRSD, Lisa Ransom/ILHS, Lauren Orsini/Children Ultd, Jaime McCaffrey/KHS, Martha Johnston/Hope House, Eric Moran/White Horse Recovery, Jen Doris/NH DOE, Catalina Kirsch/C3PH</p>	
<p>2. Goals for Quarter 3 – Jan-Mar 2023 – New SMP onboarding! Jennifer Thomas has accepted the offer for SMP Coordinator. Her start date is slated for 1/23/23 (Next Monday). She recently graduated from Plymouth State with a Master's in Health Promotion and Education. She lives in Tuftonboro and has experience working in the SAU 49 School District as a paraeducator.</p>	<p>Welcome Jennifer Thomas!</p>
<p>3. Discussion – Planning for 2022-2023 – Challenges and Opportunities and wish list</p>	
<ul style="list-style-type: none"> <li>• Goal: Addressing substance misuse across the lifespan</li> </ul>	
<ul style="list-style-type: none"> <li>• Strategy 1:1 Regional Network Facilitation. Prevention Leadership Team, work with SAUs, Work with Law Enforcement, local officials, youth subcommittee, ACEs trainings.</li> <li>• Sarah Skoglund – Gov Wentworth Regional School District has planned a visit to White Horse Recovery, is planning to provide nicotine quit kits to students with student leader involvement, and doing initial review of school YRBS data.</li> </ul>	<p>SAU 9 Wellness, GWRSD Systems of Care Leadership Team.</p>
<ul style="list-style-type: none"> <li>• Strategy 1:2 Information Dissemination. Brochures, social media, special populations/LGBTQ:</li> </ul>	<p>C3PH will plan to have a table of resources at White Mountains Pride Festival 2023</p>

<ul style="list-style-type: none"> <li>• Strategy 1:3 Community Education. Advocacy? Legislative forum? Suicide Prevention? <ol style="list-style-type: none"> <li>1. Jan 24, Child Care Webinar</li> <li>2. Jan 25, Alcohol Fund Webinar</li> <li>3. Feb 3 In-Person Advocacy Training</li> </ol> </li> </ul>	<p>Advocacy training opportunities coming up  <a href="https://www.new-futures.org/training/overview">https://www.new-futures.org/training/overview</a>  if your organization receives funding from the Alcohol Fund (ask Janet Hunt, <a href="mailto:jhunt@new-futures.org">jhunt@new-futures.org</a>), New Futures is collecting “impact stories” to show the importance and the difference that the funding makes to support various types of services and programming in the community.</p> <p>Follow up  Catalina will look into whether Thistle Down Sober Living is a recipient of Alcohol Fund related services or funding.  Jen Doris will look into whether she can get a list of grantees.  Eric Moran will look into whether Kingswood Youth Center is connected to that funding stream.</p>
<ul style="list-style-type: none"> <li>• Goal: Reduce CC Youth self-reported use of tobacco, alcohol, marijuana, prescription drugs as measured by YRBS <ul style="list-style-type: none"> <li>• We are awaiting release of 2021 YRBS aggregate data.</li> <li>• Update on Synar certificates/ Tobacco vendor recognition</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Check for updates at <a href="https://www.dhhs.nh.gov/programs-services/population-health/health-statistics-informatics/youth-risk-behavior-survey">https://www.dhhs.nh.gov/programs-services/population-health/health-statistics-informatics/youth-risk-behavior-survey</a> Aggregate data is expected around/after February.</li> </ul>
<ul style="list-style-type: none"> <li>• Strategy 2.1 Community Education / information dissemination. Brochures, social media, special populations (LGBTQ): <ul style="list-style-type: none"> <li>• Jan 30 UNH Mental Health Virtual Series for ages 13+ starts January 30, four evenings 6-7:30</li> <li>• Feb 16, NH DHHS Initial Training on Addiction and Recovery</li> <li>• Feb 17, NH DHHS Families and Addiction</li> </ul> </li> </ul>	<p><a href="https://extension.unh.edu/event/2023/01/your-thoughts-matter-navigating-mental-health-virtual-series">https://extension.unh.edu/event/2023/01/your-thoughts-matter-navigating-mental-health-virtual-series</a></p> <p><a href="https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/trainin-g-schedule.pdf">https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/trainin-g-schedule.pdf</a></p> <p>Podcast link:  <a href="https://drugfreenh.org/podcast-">https://drugfreenh.org/podcast-</a></p>

<ul style="list-style-type: none"> <li>• Power of Prevention Podcast : a Youth’s Perspective on Substance Misuse</li> </ul>	<a href="https://www.c3ph.org/episode/a-youth-perspective-on-substance-misuse-and-prevention-mental-health-wellness/?fbclid=IwAR3bwjgMR6YNBs_nBBikqcol-jrl23ZAugese9ZBmXsXIQwV_vWsm1cop4aE">episode/a-youth-perspective-on-substance-misuse-and-prevention-mental-health-wellness/?fbclid=IwAR3bwjgMR6YNBs_nBBikqcol-jrl23ZAugese9ZBmXsXIQwV_vWsm1cop4aE</a>
<ul style="list-style-type: none"> <li>• Strategy 2.2 Youth Empowerment – TA to student groups, student group presentations, promote Life of an Athlete</li> <li>• Magnify Voices – please promote this Student Grades 5-12 Expressive Arts Contest to raise awareness about mental health.</li> </ul>	<p>Kingswood HS Youth</p> <p>Magnify Voices  <a href="https://nhcsoc.org/magnify-voices/">https://nhcsoc.org/magnify-voices/</a></p> <p>Flyer:  <a href="http://www.c3ph.org/assets/pdf/Magnify_Voices_PSU_2023_Flyer.pdf">http://www.c3ph.org/assets/pdf/Magnify_Voices_PSU_2023_Flyer.pdf</a></p>
<ul style="list-style-type: none"> <li>• Goal: Respond to emerging threats</li> </ul>	
<ul style="list-style-type: none"> <li>• Strategy. Compile and share data – <ul style="list-style-type: none"> <li>• No Safe Experience – Gov Sununu, Gov’s Youth Advisory Council launching No Safe Experience Campaign. More in Feb.</li> <li>• NH Drug Monitoring Initiative Nov 2022 data – Helps to show evidence to community members who may not have awareness that substance misuse is occurring across Carroll County.</li> </ul> </li> </ul>	<p>No Safe Experience Campaign  <a href="https://patch.com/new-hampshire/across-nh/sununu-announces-no-safe-experience-psa-campaign-counterfeit-pills">https://patch.com/new-hampshire/across-nh/sununu-announces-no-safe-experience-psa-campaign-counterfeit-pills</a></p> <p>Nov 2022 DMI  <a href="http://www.c3ph.org/assets/pdf/NH_DMI_Drug_Environment_Report_-_November_2022_-_UNCLASSIFIED_(2022-5591).pdf">http://www.c3ph.org/assets/pdf/NH_DMI_Drug_Environment_Report_-_November_2022_-_UNCLASSIFIED_(2022-5591).pdf</a></p>
<p>4. Roundtable Updates</p> <p>GWRSD, Sarah S, Anika H. Possibly bringing on an additional School Resource Officer in partnership with Wolfeboro PD. Current SRO Mary Devine currently serves HS but also answers calls to MS and elementary schools.</p> <p>Jaime McCaffrey, Kennett HS. Working to hire a Student Assistance Program staff. In the interim, working to meet needs of students related to SUD.</p> <p>Martha Johnston, Manager, Hope House transitional family housing, They are available to families in the GWRSD. .</p>	<p>Schools are invited to contact MTSS-B Coach to help develop systems of care for students. Contact for Carroll County is Heather M. Clogston, M.Ed. MTSS-B Consultant North Country Region, Office of Social &amp; Emotional Wellness, Bureau of Student Wellness New Hampshire Department of Education, 603-724-9378, <a href="mailto:Heather.M.Clogston@doe.nh.gov">Heather.M.Clogston@doe.nh.gov</a></p>

<p>Eric Moran, White Horse. Intensive Outpatient Program (IOP) in Ossipee is ongoing. They are working on starting up a SMART Recovery group. North Conway experienced loss of a staff member. Condolences.</p> <p>Lauren Orsini, Family Resource Center. Change of staff. Lauren Kidder leaving, new staff is Samantha Jones.</p>	
<p>Next meetings: Youth Prevention subcommittee update: This subcommittee will continue to meet while we work at C3PH to fill the SMP position opening. Meetings will be held on the third Tuesday of Sept, Nov, Jan, Mar, May (summer off) 2-3:30pm, by zoom, <a href="https://us02web.zoom.us/j/89220970878">https://us02web.zoom.us/j/89220970878</a> or join by phone at One tap mobile +13017158592,,89220970878# or dial +1 301 715 8592 , meeting id 892 2097 0878</p>	
<p><b>January is</b></p> <ul style="list-style-type: none"> <li>- Dry January</li> <li>- No Name-Calling Week - 3rd week of January (now)</li> </ul>	<p>Resources:</p> <p>See Take a Break NH (from alcohol) binge-drinking education <a href="https://bingefree603.org/take-a-break-nh/">https://bingefree603.org/take-a-break-nh/</a></p> <p>See What’s Your Reason <a href="https://bingefree603.org/whats-your-reason/">https://bingefree603.org/whats-your-reason/</a></p>
<p><b>February is</b></p> <ul style="list-style-type: none"> <li>- Valentine’s Day – focus on Safe Relationships??</li> <li>- Teen Dating Violence Prevention Month</li> <li>-</li> </ul>	<p><a href="https://youth.gov/feature-article/teen-dating-violence-awareness-and-prevention-month">https://youth.gov/feature-article/teen-dating-violence-awareness-and-prevention-month</a></p>
<p>See attached resource: Carroll County Resource Guide</p>	<p><a href="http://www.c3ph.org/assets/pdf/Carroll County Resource Guide 2023 03_01.pdf">http://www.c3ph.org/assets/pdf/Carroll County Resource Guide 2023 03_01.pdf</a></p> <p><a href="http://www.c3ph.org/resource-center/resource-guides">http://www.c3ph.org/resource-center/resource-guides</a></p>
<p>Received post-meeting</p> <p>UNH RENEW program – occupational mapping &amp; planning support for students with emotional and behavioral challenges</p> <p><a href="https://iod.unh.edu/resilience-empowerment-natural-supports-education-work-renew">https://iod.unh.edu/resilience-empowerment-natural-supports-education-work-renew</a></p>	

C3PH Carroll County is inviting you to a scheduled Zoom meeting.

Topic: Carroll County Youth Substance Misuse Prevention

Time: 2:00-3:30pm

third Tuesday of Sept, Nov, Jan, Mar, May, (summer off)

Join Zoom Meeting

<https://us02web.zoom.us/j/89220970878>

#### Agenda

- Prevention Updates by Goals and Activities
- Coordination, Data, Health Disparities
- Roundtable Updates, Announcements, Collaborations

Meeting ID: 892 2097 0878

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