

**Carroll County Youth Wellness Team
Agenda**

Time: January 14th, 2026 11:00 AM Eastern Time
Every month on the Second Wed, until Jun 10, 2026,
14 occurrence(s)
Join Zoom Meeting
<https://us02web.zoom.us/j/81151211790>
fmi jennifer.thomas@graniteuw.org



1. Introductions

Name	Organization

2. Guest Speakers

- a. none

3. Partner updates, questions or thoughts

4. C3PH Updates

- a. Catalina

- See addendum
- Trainings available
- Advocacy
- Point in Time Homeless Count
- PFLAG

- b. Emily

- Magnify Voices

- c. Jen

- Previous action items

- Non-regulated product advertisement and sale
 - Brief Google survey <https://forms.gle/JtWHQG9GuWEdFxsJ6>
5. Presentation
 - a. none
 6. Questions and Discussions
 - a. Continued exploration of priority areas
 7. Resources and Activities
 - a. [PFLAG New Hampshire – Leading With Love](#)
 - b. [Step Up Parents – NH Kinship Care Assistance](#) – College scholarships and other news
 - c. Get Smart About Drugs – Podcast episode on coping and resilience
 - [Building Resilience & Coping Skills in Kids](#)
 - d. The Partnership for Drug Free NH upcoming trainings
 - [Events from May 7, 2021 – July 18, 2021 – The Partnership](#)
 - e. [Our Military Kids](#)
 8. Next Steps
 9. Close and Thank You!

Action Plan

Action	Who	Resources	When	Notes

Carroll County Responds to SUD

Continuum of Care Updates and Resources

Updates Jan - Mar 2026

1. Training available fmi catalina.kirsch@graniteuw.org
 - a. A.I.D. (Awareness, Interaction, Direction), mental health, SUD awareness and referral to help. 90 min. [Click here for more info and to register.](#)
 - b. Mental Health First Aid, Adult and Youth. 6.5 hr [Click here for more info](#)
 - c. Responding to Addiction, by Addiction Policy Forum. 2.5hr [Click here to host a training.](#)
 - d. [Naloxone Training and Distribution](#) 1 hour
 - e. [CONNECT Suicide Prevention Training 2.5 hour](#)
 - f. [NAMI CONNECT Booking 2026 Trainings](#)
2. Meetings: more at <https://www.c3ph.org/newsevents/events>
 - a. Jan 15 NCCPN (Northern Carroll County Providers Network)
 - b. Feb 3: Carroll County Responds to SUD
3. Events, Resources
 - a. NH Point in Time Homeless Count Jan 29 – If you are a non-profit (not k-12) organization and you have clients known to be without permanent housing, it is important for their numbers to be captured in the data. To participate and fmi Erik Becker Tri County CAP ebecker@tccap.org
 - b. [Click here for list of Webinars and Training Available, from Bureau of Drug and Alcohol Services](#) Dec 10 2025
 - c. [Magnify Voices Expressive Arts Contest, NH Students gr 5-12. Submission deadline April 26, 2026](#)
 - d. [Neighbors Helping Neighbors ECHO: Rural Communities Sharing Successes and Solving Common Problems. Wed's 12-1, Jan 14- Mar 25, online](#)
 - e. [PFLAG Mt Washington Valley LGBTQ Family and Allies Support Group](#)
 - f. [DEA Extends Telemedicine Flexibility Dec 31 2025 Press Release](#)
 - g. [Center for Connected Health Policy Telehealth Update 12 30 2025](#)
 - h. [NH Medicaid Waiver Everyday Non-Medical Transportation \(for individuals on NH Medicaid Home & Community Based Services, in-home, developmental disabilities, acquired brain disorders\).](#)
 - i. [Family Slow Cooker Class, Jan- Mar 2026, Pope Library, North Conway.](#)
 - j. [Work Ready NH 1st Ever Online High School Class. Jan-May 2026, M-F 1-2pm, 16+ welcome. Job Readiness, Resumes, Interview skills, professionalism, confidence. Tuition Free.](#)
 - k. [White Horse Recovery Family Support Group, 2nd and 4th Mondays, 5-6pm, Center Ossipee](#)
 - l. [NAMI NH Mental Health Peer, Family, Parent Support Groups.](#)

- m. [NAMI NH Family to Family Leader Training Mar 29-29 2026](#)
- n. [Strong As Granite Rapid Response 988 211 Shareable Graphic](#) Great for your organization newsletter or social media
- o. [Out! And Into Open Arms Podcast for Adults Supporting Youth Coming Out as LGBTQ+](#)
- p. [UNH CDC Vaccines Update Flyer Winter 2026](#)
- q. [NH Teen Institute 2026 Summer Leadership Program Register Today](#)
- r. [Jan 19 2026 MLK Jr National Day of Service](#)

CHILDREN UNLIMITED

NEWSLETTER

JANUARY,
2026



Come Join Us!

Playgroups

For children ages 0-5 and their caregivers.

Thursday's ~10:30-11:30am at the Pope Memorial Library

**** Please note the change of days**

Wednesday's~ 10:00-11:00am at the First Congregational Church of Ossipee

Kinship Support Groups

3rd Tuesday of the month~ 10:15-11:15am in person at the Pope Memorial Library

Monday December 15th 10:15am-11:15am.**

3rd Tuesday of the month~ 6:00-7:00pm held virtually via Zoom

*Please contact Samantha at sjones@childrenunlimitedinc.org for link

MWV Farmers' Market FREEge

WHAT'S A FREEEDGE? The FREEge is a community refrigerator with free produce for people experiencing food insecurity.

WHO'S IT FOR? Anyone who needs help feeding themselves or their families.

WHERE IS IT? Pope Memorial Library
2719 White Mountain Highway North
Conway, NH 03860 WHEN'S IT OPEN? Daily during library hours.

LEARN MORE & GET IN TOUCH

mwvfarmersmarket.com/freedge
mwvfarmersmarket@gmail.com
[@mwvfarmersmarket](https://www.instagram.com/mwvfarmersmarket)

Contact Info

For additional information, please reach out to Ellery at Ehunt@childrenunlimitedinc.org

Haven't taken this survey yet? Please do!
Your confidential responses help improve programs at the Family Connections Resource Center. Thank you!
Link: <https://tinyurl.com/8zysx7v5>

**HAPPY
NEW YEAR**

Pretend Snow Sensory Bin

3-Ingredient Options — Depending on What You Have at Home

Option 1: Baking Soda & Conditioner: Mix about 2.5 cups baking soda with 1/2 cup white hair conditioner for a silky, moldable snow that feels cool and like kinetic sand.

Option 2: Baking Soda & Shaving Cream: Combine baking soda with shaving cream for a fluffy, cold mixture; adjust ratios for desired texture (more cream for fluffier, more soda for less).

Option 3: Cornstarch & Conditioner: A 2:1 ratio (e.g., 2 cups cornstarch to 1/2 cup conditioner) makes a slightly crumbly but soft snow, great for sculpting.

Add-ons: Small toy figures, spoons, fork, cups, twigs, food coloring, etc.



Caregiver Support Group



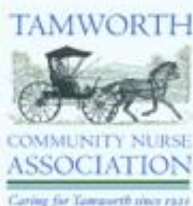
**Share Challenges & Strategies
with others who can relate**



Facilitated by Julie Lanoie, RN

**Every other Monday, 12:30 – 1:45 pm
Beginning January 12**

In the TCNA Meeting Room, 86 Main Street
Tamworth Village (behind the Town Offices)



Registration is required for this free group.
Please contact the Tamworth Community
Nurse Association to register by phone.
603-323-8511.



Looking for support? **Connect with a live Resource Navigator today!**

A real person will be in touch to connect you with services like food, healthcare, and more, or help you explore what resources are available in your community.

**Scan the QR code or visit online to
request support - we will reach out
within 48 hours Monday - Friday
to assist you.**

**[www.dhhs.nh.gov/programs-services/
nh-care-connections/
request-connect-navigator](http://www.dhhs.nh.gov/programs-services/nh-care-connections/request-connect-navigator)**

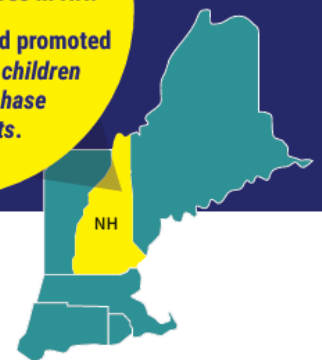


What you need to know about UNREGULATED INTOXICANTS

None of these unregulated intoxicants are approved by the U.S. Food and Drug Administration (FDA).

All of these products are widely available in smoke/vape and convenience stores in NH.

They are packaged and promoted to appeal to youth; children can and do purchase these products.

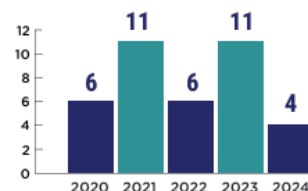


Kratom

Kratom has addictive properties and can cause confusion, tremors, seizures, heart and lung problems, vomiting, liver problems, and death. The FDA has issued repeated warnings about the dangers of kratom; the U.S. Drug Enforcement Administration made it a “drug of concern” in 2025. Six states have outright bans on the sale of kratom, and Vermont regulates it heavily. Franklin, NH has banned kratom sales, but it remains legal to sell in the rest of the state with no age restrictions. **Most kratom products are enhanced with powerful opioids that are nearly as potent as fentanyl**, which has earned kratom the nickname “gas station heroin.”

Hundreds of people in the U.S. die from kratom-involved overdose each year. Kratom is sold as gummies, tablets, or shots to increase focus and relaxation. It first acts as a mild stimulant before strong opioid-like effects kick in. Kratom use is more prevalent among adults than teenagers, with people using it to manage chronic pain, alleviate depression and other mental illness, or withdraw from opioid addiction.

NH Overdose Deaths
Involving Kratom



Nitrous oxide (“whippets”)

Recreational nitrous use has increased since the pandemic. According to national data, **12- to 17-year-olds use nitrous more than those 18 and older.** Nitrous can cause loss of consciousness, blood clots, psychiatric disturbances, addiction, brain damage, and death. Nitrous provides a brief high, has been promoted in videos on TikTok and YouTube, and is sold in flavors like mango smoothie or vanilla cupcake. **There are no age restrictions on purchasing nitrous in NH.**

[Scan for resources
and product photos](#)



All of these products are widely available in smoke/vape and convenience stores in NH. They are packaged and promoted to appeal to youth; children can and do purchase these products. None of these unregulated intoxicants are approved by the U.S. Food and Drug Administration.



Amyl nitrite (“poppers”)

Amyl nitrite is sold in small, colorful containers with names like TNT, Liquid Gold, and Hard Core with **no age restrictions**. Inhaling amyl nitrite induces brief euphoria but can cause severe headaches, dizziness, difficulty breathing, plummeting blood pressure, and brain death. Drinking amyl nitrite is especially dangerous, often resulting in poisoning and death. **It is illegal to sell amyl nitrite for people to get high and for consumers to use amyl nitrite to get high.** But because the substance can be used to remove nail polish and clean leather, it is easily available in stores and online via a legal loophole. The FDA strongly warns against inhaling the vapors.



Mushroom products

Mushroom products are legally sold as gummies, chocolates, and other candies. There are many reports of hospitalization because of rapid heartbeat, vomiting, confusion, and seizures after ingesting mushroom products. If marketed as food products (sometimes called functional mushrooms), there are no age restrictions. **You must be 21 to purchase psychoactive mushroom products in NH.** These are marketed with names like Shrumfuzed and Alice Brainstorm to improve cognitive performance, boost energy, and relieve stress. The active ingredient (*A. muscaria*) in most mushroom products rarely causes hallucinations, but **many of these products also include psilocybin and psilocin, which are powerful hallucinogens and illegal Schedule I drugs.**



Blue lotus

Blue lotus is derived from a flowering plant and is sold as extracts, resins, oils, powders, and vape cartridges. When prepared as a tea, blue lotus's effects are relatively mild. But when vaped or infused into alcohol or inhaled it can induce chest pain, rapid heartbeat, agitation, disorientation, drowsiness, and slurred speech. Blue lotus sold in the U.S. is almost always adulterated with other stronger intoxicants. There are **no age restrictions** on its purchase in NH. **Blue lotus is banned in several European countries, and it is illegal for members of the U.S. armed forces to possess or consume blue lotus.**



THC Products

Hemp-derived cannabis products stronger than 0.3% THC are **illegal in NH**. Some products are labeled below 0.3% but have synthetic THC added to make them much more potent, in some products 90% THC or higher. These are marketed as stress relievers and sleep aids and are often sold as gummies, candies, and drinks packaged to appeal to youth. **Sedation, hallucinations, respiratory issues, seizures, and psychosis, can result from ingesting hemp-derived products. Hundreds of children each year are poisoned after accidentally ingesting these THC products, including children in NH.**



Department of
**HEALTH &
HUMAN SERVICES**

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PFLAG MOUNT WASHINGTON VALLEY



ALL ARE WELCOME AND AFFIRMED

BRING A FRIEND AND A SNACK TO SHARE

4th SUNDAY each month
6-8 PM

FOR MORE INFO & DETAILS

www.pflagnh.org/support

EIGHTH ANNUAL
MAGNIFY VOICES
EXPRESSIVE ART CONTEST

SUBMISSIONS ARE NOW OPEN
Artwork Deadline
04/26/2026
tinyurl.com/MVinfo2026

Celebration Date:
May 27, 2026
Kingswood Arts Center
Wolfeboro, NH

- Open to NH students grades 5- 12
- Cash prizes for 12 finalists

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!

Questions? Reach out to: magnifyvoices@gmail.com

AN INITIATIVE OF  **CSOC**
Community Support Organization of Children



NAMI NH

FAMILY-TO-FAMILY EDUCATION PROGRAM LEADER TRAINING

March 28 and 29, 2026
Training will be virtual

*We ♥ our
Volunteers*

Qualifications:

- Have lived experience with an adult loved one with mental illness.
- Have taken Family-to-Family.
- Must be comfortable reading out loud.
- Must be comfortable handling sensitive and potentially triggering topics like self-harm, stigma, etc.
- Must be empathetic, supportive, a good listener, and non-judgmental.
- Must be reliable and a good communicator.
- Experience with Zoom, preferred.
- Recommendation from an Education Program Leader, preferred.
- Ability to pass a background check.

Interested?

Fill out a volunteer application at
www.NAMINH.org/volunteer.

To register or for more info, contact:
Martha Dorey
mdorey@NAMINH.org or 603-573-1565

**AS A NAMI NH VOLUNTEER
YOU CAN MAKE A
DIFFERENCE**

"There was not a moment wasted in unpacking information, yet, there was always time for discussion and the important stories we all share. I am most grateful for F2F and to all of the volunteers who dedicate their time and share their journey with mental illness. I am a better person for this opportunity."

– F2F Class Participant

 **NAMI** | New Hampshire
National Alliance on Mental Illness