

**Carroll County Youth Wellness Team
Agenda**

Time: February 11, 2026 11:00 AM Eastern Time (US and Canada) 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 |
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2. Guest Speakers

- a. none

3. Partner Updates

4. C3PH Updates

- a. GWRSD – resources Posted on ParentSquare
- b. Magnify Voices 2026 – May 26
- c. NAMI NH Connect virtual training – March 4
- d. Carroll County Veterans Conference- April 18th
 - i. Looking for civilian community partners to network!
- e. New Futures bills to watch - [New Futures | Home](#)
 - i. House Education Policy and Administration Committee - February 9th at Granite Place, room 232

1. [HB1191](#) : (Hearing 1:00 PM) relative to parental notice for non-academic surveys in public schools.

ii. Senate Judiciary Committee

1. Public Hearing: 02/09/2026 01:00 pm GP 232 - February 10th at the State House, room 100

a. [SB 624](#) (Senate Standing Committee 1:30 PM) Title: **restricting access to certain hemp-derived products.**

b. [SB 557](#) (Senate Standing Committee 1:50 PM) Title: **prohibiting the sale of kratom products to anyone under 21 years of age and providing for the regulation of the sale of kratom products.**

2. House Commerce and Consumer Affairs Committee- February 11th at Granite place, room 229

a. [HB 1538](#) (Hearing 2:00 PM) Title: **preventing vape products from being marketed towards minors.**

b. [HB 1630](#) (Hearing 2:15 PM) Title: **prohibiting the sale of nitrous oxide and certain inhalants for recreational purposes.**

3. Presentation

a. none

4. Questions and Discussions

a. Continued discussion of priority areas

5. Resources and Activities

a. [Get Smart About Drugs: Homepage | Get Smart About Drugs](#)

b. [Child Mind Institute | Transforming Children's Lives](#)

c. [Carroll County Food Access Network | Extension](#)

d. [MWV HomeShare – Overview & Benefits | MWV Age Friendly](#)

e. Trainings, Tech Assistance and information on addiction

i. [Grayken Center for Addiction TTA | Boston Medical Center](#)

f. [Partnership to End Addiction - Partnership to End Addiction](#)

g. [Free 24/7 Support for Military Life | Military OneSource](#)

h. [How to Help Your Teen Quit Vaping and Nicotine: Signs, Risks, and Proven Tools for Parents - Partnership to End Addiction](#)

- i. [What Is ZYN? A Parent’s Guide to Nicotine Pouches, Risks & How to Protect Your Teen - Partnership to End Addiction](#)
- j. Bureau of Drug and Alcohol Services – resources and trainings



01-14-2026%20Available%20Resources.doc

- i.
- k. Other trainings
 - i. [The Mind-Risk Connection: How Mental Health Can Influence Substance Use](#)
 - ii. [Cannabis and Nicotine Series for Youth and Adult Care](#)
 - iii. [Cannabis and Nicotine Series for Youth and Adult Care](#)
- l. New England Youth Diversion Summit – June 9
 - i. [About - NH Juvenile Court Diversion Network](#)

6. Next Steps

7. Close and Thank You!

Action Plan

| Action | Who | Resources | When | Notes |
|--------|-----|-----------|------|-------|
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<https://youtu.be/MrxIH9mA1SU?si=dVQsK1tJPVdWboSR>



NEW HAMPSHIRE
**FOOD ACCESS
COALITION**

Thank you to those that attended our January 28th NH Food Access Coalition meeting. The meeting [notes](#) and [slides](#) are attached.

The NHFAC kicked off the first meeting of the year by reviewing our foundational goals as a coalition, celebrating our 2025 accomplishments, and looking ahead to our 2026 goals.

Key partner updates included hearing NH Food Bank's milestone of surpassing 20 million pounds of food distributions in 2025 (a 17% increase over 2024!). NH Hunger Solutions shared updates on key bills in the NH legislature this season that will impact food access. *Slides 14-17 in the slideshow attached to this email include the latest updates as of February 5th on these bills.*

Strong advocacy is needed during this legislative season to ensure that Granite Staters continue to have access to SNAP, the most powerful food security tool in our toolkit! Please make sure you are receiving our action alerts so that you can share your voice on these important issues.

[Sign Up For Our Action Alerts!](#)



The 6.18
Network
Est. 2025




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

(603) 301-1252

603 AXES

(603) 512-3509

 603_axes

First Responder Thursday's

1st Thursday of every month @ 603 Axes

- Complimentary Throwing for all active Carroll county Police, Fire, Dispatchers, and EMS
- Closed to the Public. Only guest 13 & up of First Responders are permitted entry. \$20 fee for throwing

Food and Drinks will be available.

- Pizza
 - Cheese \$12
 - Pepperoni \$14
 - Prosciutto \$14
- Bacon Wrapped Jalapeno Poppers (5) \$10
- Mozzarella Sticks w/ Marinara (5) \$8
- Cup of Chili \$4.5
- Bucket special: 5 Domestic bottles \$20

Specially designed Merch will be available

- starting at 8pm we will be hosting a Tournament for responders only. best of 3 rounds wins a personal laser engraved axe and Gift Card. \$5 Entry Fee



NAMI NH CONNECT PROGRAM

COMMUNITY HELPER TRAINING

FREE VIRTUAL EVENT!



MARCH 4, 2026 1100 AM

- ✓ Introductory Suicide Prevention
- ✓ Build capacity to support
- ✓ Comprehensive approach

FMI OR REGISTER

 jennifer.thomas@graniteuw.org

REGISTER HERE

OR



SCAN HERE



www.c3ph.org

www.carrollcountyveteranscoalition.org

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

 **nami**
National Alliance on Mental Illness
New Hampshire

 **Veterans
Crisis Line**
DIAL 988 then **PRESS 1**

988
SUICIDE
& CRISIS
LIFELINE

3rd ANNUAL CARROLL COUNTY VETERANS CONFERENCE

04.18.2026

CALLING ALL CIVILIAN PROVIDERS:

Do you know which of your clients are veterans or military family members? More importantly, do you know how to help them once you find out? Join us to learn the importance of Asking the Question and how to bridge the gap between civilian care and military resources, plus engage in networking and learn about resources in Carroll County.

CALLING ALL VETERAN SERVICING ORGANIZATIONS:

Strengthen your network and elevate your mission. How do we ensure no service member, veteran or family member fall through the cracks? By making sure civilian providers know exactly what your organization provides. Join us to connect with civilian providers, share your mission, network with others, and learn about resources in the area.

Plus, special presentations on Women in the Military and Ask the Question!

When: Saturday, April 18,
10am - 1pm (1000 - 1300 hours)

Where: Wright Museum
of World War II
77 Center St.,
Wolfboro, NH 03894

Register now: <https://tinyurl.com/4dmrzyd>

FMI: jennifer.thomas@graniteuw.org



RESOURCES

[K-12 Mental Health Tech Navigator](#)

The K-12 Mental Health Tech Navigator is here to help schools and districts choose and use effective digital tools for student mental health and well-being. Wherever possible, guidance has been included on how to integrate these digital health products into a broader, more comprehensive approach to student mental health. While digital health products can provide important support to students, integrating these products effectively requires care and expertise.

[School Cell Phone Policies: Mental Health Guidance for School and District Leaders](#)

Across the United States, there are local, state, and federal movements to ban or significantly limit the use of cell phones and similar devices in K–12 classrooms. Adopting phone-free policies can be an effective way to improve student learning, behavior, and overall well-being, but The Jed Foundation (JED) recognizes that phone use on school campuses is a complex problem and that all schools and communities have unique needs. [The Jed Foundation](#) strongly recommends taking a balanced and strategic approach, engaging stakeholders in collaborative, meaningful, and productive conversations to center the specific needs of each school and district. Having the community’s support is essential to ensure a smooth rollout, effectively support student well-being, and monitor and refine policy.

For school and district leaders:

- [Cell Phone Policy Guidance](#)
- [Cell Phone Policy Overview for Parents and Caregivers](#)
- [Tips for Talking to Your Teen About School Cell Phone Policies](#)
- [Frequently Asked Questions About Cell Phone Policies](#)

For educators:

- [A poster to display in your classroom or school about screen-time habits](#)

For students:

- [Cell Phone Ban in School? Here’s How to Cope](#)

[The Children and Screens Guide for Childhood Development and Media Use: Middle Childhood Ages 6-11](#)

Children ages 6-11 (also known as “middle childhood”) are continuing the rapid developmental trajectory started in the first five years of life but with increasing sophistication in cognitive and social/emotional development. It is also a time where many children increase their media use and build skills for self-regulation and critical thinking. Children and Screens has summarized insights from current research and experts in the field to help parents and caregivers of children in middle childhood continue to build a foundation of healthy brain, neural, and social development — as well as help determine how to intentionally and most beneficially incorporate media use into their child’s life.

[Handbook of Children and Screens: Digital Media, Development, and Well-Being from Birth Through Adolescence](#)

This comprehensive guide helps policymakers, educators, healthcare professionals, and parents navigate digital media’s impacts on children and adolescents. We’re deeply grateful to the nearly 400 contributors whose expertise made this one-of-a-kind resource possible. If you haven’t

explored it yet (or want to share it with colleagues), now's a great time to take a closer look and bookmark your favorite chapters.

[**Scrolling and Stress: The Impact of Social Media on Mental Health**](#)

Social media offers instant gratification: a like, a comment, a quick hit of dopamine. But that feel-good feedback loop is by design - and it's taking a toll on our health. According to Pew Research Center, 69% of U.S. adults and 81% of teens use social media—putting a huge portion of the population at risk. And the impact goes deeper than feelings: Studies link social media use to poor sleep, memory issues, and academic struggles. The brain-body connection means stress can turn into headaches, nausea, or even tremors. Click the link to discover the hidden costs of social media use—and what we can do to protect our mental health in an always-on world.

[**Screen Deep Podcast Episode: Ethics of AI Chatbots and Characters for Children**](#)

Children are increasingly encountering AI characters for both educational and entertainment purposes, but many of these chatbots and other AI products are not designed with child development and safety in mind. On this episode, we shall pull back the curtain on AI and child-centered design with Dr. Sonia Tiwari, a children's media researcher and AI design expert. Dr. Tiwari explores how children think about and are drawn to AI characters, why AI products often fall short when it comes to children's needs, and the primary risks these technologies can pose.

[**APA Health Advisory on the Use of Generative AI Chatbots and Wellness Applications for Mental Health**](#)

The American Psychological Association's new health advisory reveals that young people are increasingly turning to artificial intelligence (AI) tools for emotional support. Using AI for mental health needs presents unique risks for young people, because the tools were not designed or evaluated for delivering mental health care. The advisory outlines key risks, such as AI tools' inability to safely support users in crisis, and urges AI companies to adopt strong safeguards to reduce potential harm. JED is actively partnering with technology companies, policymakers, and educators to promote safer AI design, strengthen protections, and provide guidance for students and families.

[**2025 State of Mental Health in America Report**](#)

[Mental Health America](#) has released their 2025 State of Mental Health in America Report, which highlights the latest national data and state-level rankings on mental health and well-being in the country. Each year, they use the most recent publicly available federal data to rank all 50 states and the District of Columbia as well as offer critical insights to drive policy, improve care, and support people living with mental health conditions across the country. This year's report is published in tandem with a [youth spotlight on mental health advocacy](#), created by MHA's Young Leaders Council. This supplemental report shows how young people are already turning awareness into action and provides strategies and inspiration for others to follow.

[**Opioid Prevention Campaign**](#)

The Opioid Prevention Campaign is a public health media campaign to help prevent adolescent substance use. Take action today to prevent opioid use disorder among teens and adolescents.

Explore these resources:

- [12 Things Parents Can Do Workbook](#)
- [Addiction and the Brain One-Pager](#)

- [How Addiction Hijacks the Brain Infographic](#)
- [Teens and Opioids One-Pager](#)
- [How to Practice Refusal Skills](#)
- [Partner Toolkit](#)

[Communication Campaign Toolkits Released for Naloxone, Fentanyl and MAT Awareness](#)

The HEALing Communities Study (HCS) has developed a series of ready-to-use communication campaigns designed to increase awareness about substance use disorders and effective response strategies to help strengthen local prevention, treatment, recovery, and overdose prevention efforts. These free toolkits make it easy for you to share critical information in your community through social media, radio, print materials, and more. Whether you're part of a community coalition, local agency, business, school, university, nonprofit, or faith-based organization, you can use these resources to share information about evidence-based solutions to prevent and reduce opioid overdose deaths and address addiction-related stigma in communities.

[Carsey Policy Hour: The Impact of Rising Housing Costs in New Hampshire](#)

For the December Carsey Policy Hour we were joined by Emmy Ham, Executive Director of the Workforce Housing Coalition of the Greater Seacoast, for a timely discussion on rising housing costs in NH and the effects on the community. [Webinar Slides](#)

[Feeling lonely? You are Not Alone: Tips and Resources for the Holiday Season](#)

[Judge Blocks HUD Homelessness Overhaul, Rebukes Agency for Causing 'chaos'](#)

[SAMHSA Awards More Than \\$45 Million in Supplemental Funding to Support Young Adult Sober Housing Services](#)

[VA to improve health care choice and quality for Veterans with new community care contracts](#)

[White House Issues Executive Order on Increasing Medical Marijuana and Cannabidiol Research](#)

[Fact Sheet: President Donald J. Trump is Increasing Medical Marijuana and Cannabidiol Research](#)

[Using Cannabis or Alcohol to Fall Asleep May Harm Sleep Quality, UMich Study Confirms](#)

[GLP-1 Agonists Show Promise in Treating Substance Use Disorders](#)

[10 Key Breakthroughs: Recent Studies Advancing our Understanding of Addiction and Treatment](#)

[Communities Nationwide Join DEA and its Partners to Safely Dispose of 571,000 pounds of Unwanted Medications](#)

[Here's what's in the opioid settlement against OxyContin maker Purdue and the Sackler family](#)

[Massachusetts Expands Access to Substance Use Treatment](#)

[Envisioning Nearly All Health Care at Home](#)

[DEA Extends Telemedicine Flexibilities to Ensure Continued Access to Care](#)

[CMS Announces \\$50 Billion in Awards to Strengthen Rural Health in All 50 States](#)

[New Hampshire Awarded Over \\$204 Million to Transform Rural Health](#)

[New Hampshire Submits Innovative Plan to Transform Rural Health Care](#)

[From drones to telehealth: How your state plans to use millions in rural health funding](#)

[Trump administration sends letter wiping out addiction, mental health grants](#)

DISCLAIMER: The information and resources presented above are intended for informative purposes only. We make no representations or warranties of any kind, expressed or implied, about the completeness or availability of any of the information that has been shared, and nothing listed constitutes a direct or indirect endorsement by NH BDAS or NH DHHS of any non-Federal and/or State entity's products, services, or policies, and any reference to non-Federal and/or State entity's products, services,