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| <p>Carroll County Youth Wellness Team Agenda</p> <p>Time: 12:00 AM Eastern Time (US and Canada) Every month on the Second Tuesday</p> <p>Join Zoom Meeting https://us02web.zoom.us/j/81151211790 fmi jennifer.thomas@graniteuw.org</p> |  <p>CARROLL COUNTY COALITION FOR PUBLIC HEALTH An Initiative of Granite United Way</p> |
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1. Introductions

| Name | Organization |
|------|--------------|
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2. Guest Speakers

- a. none

3. Partner Updates

4. C3PH Updates

a. Catalina

- i. [CC Youth Wellness Team Flyers Folder](#)
- ii. <https://nhcsoc.org/magnify-voices-celebration-event-to-be-held-in-wolfeboro/>
- iii. Trainings available
 - 1. Building Bridges to Better Outcomes for Youth. Carroll County YRBS Data Trends 2019-2023. See Jen Thomas or Catalina Kirsch to schedule.
 - 2. A.I.D. (awareness, interaction, direction) Mental health 101. Next training March 26. Free, virtual <https://extension.unh.edu/health/programs/aid-awarenessinteractiondirection-mental-health-awareness-training>
 - 3. Youth Mental Health First Aid. April 7. <https://extension.unh.edu/event/2026/04/youth-mental-health-first-aid-training-april-7-2026>
 - 4. Responding to Addiction. 2.5 Hr training. See catalina.kirsch@graniteuw.org to schedule. (Addiction Policy Forum training) fmi <https://www.addictionpolicy.org/respondingtoaddiction>

5. Naloxone Administration (Narcan) Training. See catalina.kirsch@graniteuw.org to schedule, in person or virtual. Also will provide Narcan for local households, places of business.

b. Emily

- i. Magnify Voices Expressive Arts Contest
 1. For NH students in grades 5-12 to raise awareness about mental health
 2. Any creative form encouraged- Art, writing, video, music, etc.
 3. Submissions open through the end of April, with a celebration event in Wolfeboro on May 27 at the Kingswood Arts Center
 4. FMI: <https://nhcsoc.org/magnify-voices/> and see flyer below
- ii. Community Baby Shower
 1. Free food, activities, and opportunities to meet local nonprofits and providers in the area
 2. For all new and expectant parents
 3. April 17, 4pm-6pm, at Settlers Green
 4. See flyer below

c. Jen

- i. Action items from February
- ii. Healthy relationships presentation to KYC with Starting Point
- iii. Impacts of NH National Guard deployment on students
- iv. Continued resources to GWRSD via a newsletter (info on here)
- v. Investigating mental health and ED processes for youth in crisis
- vi. CCVC Conference

5. Presentation

- a. none

6. Questions and Discussions

- a. Continued Priority Area discussion

7. Resources and Activities

- a. [National Drug and Alcohol Facts Week \(NDAFW\) | National Institute on Drug Abuse \(NIDA\)](#) – March 16th – 22nd! Activity ideas
- b. [Youth Vaping Prevention Resources for Educators - QuitWorks-NH](#)

- c. Partnership for Drug Free NH and Tobacco Prevention and Cessation Project
 - i. <https://drugfreenh.org/blog-post/thinking-beyond-punishment-why-supportive-discipline-makes-a-difference-in-schools/>
 - ii. [About Us | More Good Mornings](#)
 - iii. [Prevention Campaigns & Toolkits - The Partnership](#)
- d. Vaping informational
 - i. ***Youth Vaping and Nicotine 101: Risks, Realities, and Supportive Strategies training*** — a dynamic two-part virtual series designed to equip professionals, educators, and community partners with the knowledge and tools to better support youth.
 -  **Dates: March 10 & March 24, 2026**
 -  **Time: 12:00-1:00 PM (Virtual via Zoom)**
 -  **Continuing Education: 2.0 contact hours (1.0 per session)**
 -  **Register [here](#): Share with your network!**
- e. New Futures Youth and Substance Policy information
 - i. Paying attention to legislation regarding unregulated products that can be dangerous.
 1. Kratom
 2. “hemp” derived products
 3. Poppers/whippets
 4. Blue Lotus
 5. **Senate Bill 624 – to end marketing of addictive products to youth**
 6. **House Bill 1630 – End sale of NO2 for recreational use**
 - ii. New Futures Advocacy 101 webinar coming up on March 12 at noon. Please [register here](#) !
 - iii. [New Futures | Regulation of Addictive Products](#)
 - iv. [New Futures | Substance Use](#)
 - v. [New Futures | Coverage for Children's Behavioral Health Care Coordination](#)
 - vi. [New Futures | Improving Access to Child Care](#)
 - vii. [New Futures | Addictive Products](#)

- viii. <https://new-futures.org/issues/early-childhood>
- f. NH Suicide Prevention Council Webinar Series – Flyers below
 - i. Registration
 - 1. <https://life-sustaining-practices.eventbrite.com/>
 - 2. <https://suicide-screening-for-communities.eventbrite.com/>
 - 3. <https://postvention-reducing-risk-after-sucicide.eventbrite.com/>
 - g. [Helping You with Hearing Loss | NHhears | New Hampshire](#)
 - h. Vaping Prevention resources
 - i. [Home :: Breathe NH](#)
 - i. [Children Unlimited Newsletter](#)
 - j. [March 11, Youth Mental Health and Social Media](#)
 - k. [May 6 NH Fiscal Policy Institute, State Budget What you Need to Know](#)
 - l. [2026 Mental Health Month Planning Guide is now available](#)
 - m. [03-09-2026 NH BDAS Available Resources.pdf](#)

8. Next Steps

9. Close and Thank You!

- a. Next meeting – Tuesday April 14th at 1200 hrs!

Action Plan

| Action | Who | Resources | When | Notes |
|--------|-----|-----------|------|-------|
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3rd ANNUAL CARROLL COUNTY VETERANS CONFERENCE



CALLING ALL CIVILIAN COMMUNITY PARTNERS:

Do you know which of your participants 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.,
Wolfeboro, NH 03894

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

FMI: jennifer.thomas@graniteuw.org





PROTECT NH YOUTH FROM ADDICTIVE PRODUCTS & PREDATORY MARKETING



THE PROBLEM: ILLEGAL LOOPHOLES

Companies are exploiting regulatory gaps to market and sell addictive, dangerous products directly to New Hampshire's youth through gas stations, convenience stores, and online retailers.

To get around current laws, companies have used technical terminology (like "hemp-derived" vs. "cannabis") to evade age restrictions, introduced new addictive substances (kratom, nitrous oxide) with no youth protections, and packaged addictive products as candy, school supplies, or video games.

THE STAKES: YOUTH BRAIN DEVELOPMENT

Youth who begin substance use before age 15 are four to six times more likely to develop substance use disorders compared to those who wait until age 21.¹

The adolescent brain doesn't finish developing until the mid-20s, with the prefrontal cortex—responsible for judgment, decision-making, and impulse control—maturing last. During this critical window, adolescents have more dopamine receptors than adults, resulting in heightened response to substance use and increased vulnerability to addiction.²

PRODUCTS TARGETING NH YOUTH

Hemp-Derived THC Products



- 11% of U.S. 12th graders used delta-8 THC in 2023—that's 1-2 students in every average classroom.³
- Often packaged to look like candy or popular snack brands.
- Poison control centers handled 2,362 adverse events involving delta-8 between January 2021-February 2022.⁴

Kratom



- Described as an "opioid-like substance" containing compounds 13-46 times more potent than morphine.⁵
- Associated with liver damage, seizures, and overdose deaths.⁶
- Marketed as "natural" and "safe" despite serious health risks. Comes in flavors like cotton candy (pictured).

Flavored Nitrous Oxide



- Sold in flavored containers designed to appeal to youth.
- Health effects include cough, rapid heart rate, paranoia, anxiety, breathing problems, and seizures.⁷
- Promoted by popular influencers on TikTok.⁸

Deceptively Packaged Vapes



- Products designed as school supplies (pens, highlighters, erasers).
- Branded with characters from comics, movies, and video games known to appeal to minors.
- Include interactive video game capabilities.

THE SOLUTION: FIVE BILLS, ONE GOAL

New Hampshire has an opportunity to lead by closing corporate loopholes and protecting developing brains. These bills don't create new prohibitions on adults—they close loopholes that companies are exploiting to target children.

WHO BENEFITS?

- **Parents** who want to protect their children from predatory marketing
- **Youth** who deserve the right to grow up without corporate interference
- **Health care providers** who see the consequences in ERs
- **Educators** dealing with impaired students and vaping in schools
- **Communities** bearing the costs of substance use disorders

| Bill | What is Does |
|----------------|---|
| SB 624 | Sets stricter penalties for establishments that continue to sell hemp-derived products despite a state law that already bans the sale of these products. |
| SB 557 | Establishes a 21+ age requirement for kratom , prohibits child-targeted packaging, requires warning labels, mandates licensing, and bans synthetic versions . |
| SB 461 | Requires measuring total THC concentration , including all forms that become psychoactive, just like we measure total alcohol content in beverages. |
| HB 1630 | Prohibits the sale of nitrous oxide for recreational purposes, especially flavored products marketed to youth, while protecting legitimate uses (medical, food service, automotive). |
| HB 1538 | Prohibits marketing vapes that imitate non-vape products, using child-appealing characters, or include video game features. |

TAKE ACTION TO PROTECT NH YOUTH



SHARE YOUR STORY

Share your experience with youth substance use or deceptive marketing.



CONTACT LAWMAKERS

Email or call NH lawmakers and urge them to support legislation closing loopholes on addictive products.



STAY IN THE LOOP

Sign up to receive email updates from New Futures about this legislation.



Take action at

new-futures.org/addictive-products OR SCAN ME



References:

1. *Prevalence of substance use, abuse, & dependence* | Youth.gov. (n.d.). <https://youth.gov/youth-topics/substance-use/prevalence>
2. Simon, K. M., Levy, S. J., & Bukstein, O. G. (2022). Adolescent substance use disorders. *NEJM Evidence*, 1(6), EVIDra2200051. <https://doi.org/10.1056/evidra2200051>
3. National Institute on Drug Abuse (NIDA). (2024, March 12). Delta-8-THC use reported by 11% of 12th graders in 2023. National Institute on Drug Abuse. <https://nida.nih.gov/news-events/news-releases/2024/03/delta-8-thc-use-reported-by-11-of-12th-graders-in-2023>
4. Study finds increase in exposures to Delta-8 THC among young children, teens, and adults, especially in southern U.S. (n.d.). https://www.nationwidechildrens.org/newsroom/news-releases/2024/09/delta8_exposures_in_young_children
5. Kevin. (2025, July 29). Why kratom addiction is the next public health crisis. KevinMD.com. <https://kevinmd.com/2025/07/why-kratom-addiction-is-the-next-public-health-crisis.html>
6. Office of the Commissioner. (2025, December 2). FDA and Kratom. U.S. Food And Drug Administration. <https://www.fda.gov/news-events/public-health-focus/fda-and-kratom>
7. Network for Public Health Law. (2025, April 30). Nothing to laugh about: Nitrous oxide misuse and the need for a public health response - Network for Public Health Law. <https://www.networkforphl.org/news-insights/nothing-to-laugh-about-nitrous-oxide-misuse-and-the-need-for-a-public-health-response/>
8. Zizaza, N. (2025, August 5). TikTok trend linked to spike in teen deaths from nitrous oxide misuse, Maryland pharmacist says. CBS News. <https://www.cbsnews.com/baltimore/news/maryland-nitrous-oxide-whippets-misuse-health-concerns/>

Updated: 1/13/26

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.*

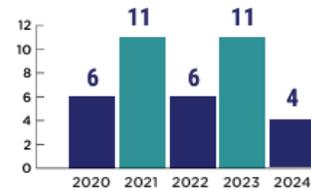


Kratom

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



NHTAC New Hampshire
Technical Assistance Center

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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2026 Summer Leadership Program



TWO OVERNIGHT RETREATS TO CHOOSE FROM! SESSIONS RUN SUNDAY - FRIDAY

June 28 - July 3rd

August 2 - August 7th

BOTH SESSIONS @ LIONS CAMP PRIDE IN NEW DURHAM, NH



Registration Open!



Scholarships Available!

Scan the QR code to register today!

For more info visit the

NH Teen Institute website @

www.nhteeninstitute.org/slp



**TAMWORTH
COMMUNITY NURSE
ASSOCIATION**
Caring for Tamworth since 1921



Survivors of Suicide Loss Support Group

**If you have lost someone to suicide,
you are not alone.**

Join our monthly Survivors of Suicide Loss Support Group, a safe and supportive space that offers bereavement support for those who have lost someone to suicide.

This group is open to family members, friends, co-workers, neighbors, clinicians, first responders, community members or anyone else impacted by a suicide loss.

Registration is required.

To learn more about the group and see if it might be a fit for you, please call 603-323-8511

Meeting Times:

**3rd Tuesday
of the month**

6pm - 7:15pm



Suicide Prevention Council Webinar Series



Introducing the Suicide Prevention Council's Webinar Series.
Registration is now open for three virtual webinars.

Earn Continuing Education Credits for Nurses, Physicians,
Suicide Prevention Specialists, Social Workers, and more.

**Receive a \$5 discount toward registration when
attending multiple webinars.**

Attend a webinar and you'll receive a \$5 discount code for your
next registration. Register again and you'll earn another \$5 off a
future webinar.

Each webinar: \$15 registration (+ fees)

Discount codes are provided after checkout.

Suicide Prevention Council Series Includes:

Lessons from the Life Sustaining Practices Fellowship:
Centering Culture and the Well-Being of Practitioners

March 23rd, 12-2pm

Suicide Screening Tailored for Local Communities and Clients

May 7th, 2-4pm

Postvention- Promoting, Healing, and Reducing Risk After Suicide

May 27th, 9am-12pm

Suicide Prevention Council Webinar Series



Lessons from the Life Sustaining Practices Fellowship: Centering Culture and the Well-Being of Practitioners

March 23rd, 12-2pm | Virtual on Zoom
\$15 Registration Fee (+fee)

Earn 2 Continuing Education Credits for Nurses, Physicians,
Suicide Prevention Specialists, Social Workers, and more.

[Click here to register](#)

Objectives:

- Describe the current crisis of Black youth suicide and prevention strategies, including and highlighting protective factors.
- Discuss the importance of and threats to the sustainability of adults who support youth experiencing crisis.
- Learn about stress, the body, healing, and educational wellness.

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

2.0 contact hours Activity Number: 1622

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Southern NH AHEC and the Suicide Prevention Council. The Southern NH AHEC is accredited by the ACCME to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 2.0 AMA PRA category 1 Credit (s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program has been approved by the Southern New Hampshire Area Health Education Center for 2.0 hours of CHW continuing education.

2.0 CEUs pending approval from NASW NH.

An application has been made to the Prevention Certification Board of New Hampshire for 2.0 continuing education contact hours for prevention specialists.

For other professionals: 2.0 professional hours of continuing education.

Suicide Prevention Council Webinar Series



Suicide Screening Tailored for Local Communities and Clients

May 7th, 2-4pm | Virtual on Zoom
\$15 Registration Fee (+fee)

Earn 2 Continuing Education Credits for Nurses, Physicians,
Suicide Prevention Specialists, Social Workers, and more.

[Click here to register](#)

Objectives:

- Apply a guided framework and assessment tools/approaches that will advance culturally responsive suicide risk screening with diverse populations.
- Identify locally relevant factors that may influence the expression and experience of suicide risk.
- Review locally-informed questions and communication strategies about suicide risk that will mitigate implicit bias and mis-detection of suicide risk.

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

2.0 contact hours Activity Number: 1629

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Southern NH AHEC and the Suicide Prevention Council. The Southern NH AHEC is accredited by the ACCME to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 2.0 AMA PRA category 1 Credit (s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program has been approved by the Southern New Hampshire Area Health Education Center for 2.0 hours of CHW continuing education.

2.0 CEUs pending approval from NASW NH.

An application has been made to the Prevention Certification Board of New Hampshire for 2.0 continuing education contact hours for prevention specialists.

For other professionals: 2.0 professional hours of continuing education.

Suicide Prevention Council Webinar Series



Postvention- Promoting, Healing, and Reducing Risk After Suicide

May 27th, 9am-12pm | Virtual on Zoom
\$15 Registration Fee (+fee)

Earn 3 Continuing Education Credits for Nurses, Physicians,
Suicide Prevention Specialists, Social Workers, and more.

[Click here to register](#)

Objectives:

- Describe the impact of suicide on individuals, families and communities.
- Identify what key stakeholders can do to minimize trauma and promote healing and safety after a sudden death that impacts the community.
- Discuss best practices for reducing risk and promoting healing after a loss to suicide.

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

3.0 contact hours Activity Number: 1634

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Southern NH AHEC and the Suicide Prevention Council. The Southern NH AHEC is accredited by the ACCME to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 3.0 AMA PRA category 1 Credit (s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program has been approved by the Southern New Hampshire Area Health Education Center for 3.0 hours of CHW continuing education.

3.0 CEUs pending approval from NASW NH.

An application has been made to the Prevention Certification Board of New Hampshire for 3.0 continuing education contact hours for prevention specialists.

For other professionals: 3.0 professional hours of continuing education.

NDHHS Expo

CELEBRATING 25 YEARS
of Service & Advocacy

SATURDAY, APRIL 11

1-5pm

EXHIBIT HALL

- Hands-on experiences
- State-of-the-art technology
- National and local vendors

PRESENTATIONS

- Ask an Expert
- Strategies for individuals, families, and providers
- Sessions all day

ASL ZONE

- Poker, billiards, and cribbage tournaments
- 50/50 Raffle

Boys & Girls Club

55 Bradley Street
Concord NH 03301



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of Hearing Services, INC.

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PIZZA

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MOCKTAILS

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NDHHS.org 603-224-1850

Awareness. Interaction. Direction.

Mental Health Training

Supporting Other's Mental Health

Join us to learn how to recognize and approach someone in mental distress

About

Awareness. Interaction. Direction. (A.I.D.) is a 90-minute mental health awareness training that equips individuals with the necessary information and skills to be a champion for mental health in their communities.

A.I.D training emphasizes a course of action that helps identify a person experiencing mental distress and helps connect them with necessary resources and care.



REGISTER

<https://bit.ly/4t9PI26>



Contact Us

Kendra Lewis | kendra.lewis@unh.edu | 603-862-2495

If you need an accommodation to participate in our programming, please contact Kendra Lewis, kendra.lewis@unh.edu and 603-862-2495 prior to the event. Given ample time, we will make any reasonable effort to meet your needs, including language access services if requested, which will be provided free of charge.

FREE - Virtual Workshop

Workshop Dates

February 7, 2026 - 1:30-3:00pm

March 26, 2026 - 1:30-3:00pm

April 16, 2026 - 1:30-3:00pm

May 19, 2026 - 1:30-3:00pm

June 16, 2026 - 10:00-11:30am

July 14, 2025 - 1:30-3:00pm

August 18, 2026 - 10:00-11:30am

September 15, 2026 - 1:30-3:00pm



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Community Baby Shower!!!

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

Friday, April 17th from 4PM-6PM

Settlers Green Outlet Village 2 Common Ct. Suite C4
(near American Eagle)



Pizza, Cupcakes and Refreshments

Shopping at our FREE "Boutique"

Raffle Prizes

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 clivingston@childrenunlimitedinc.org or Cheryl Frankowski at 603-447-8900 or email at cfrankowski@whitemountainhealth.org



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

WELLBEING

AN INITIATIVE OF  CSoC