

Youth Suicide Prevention Team – Carroll County – September 15, 2021, 1:00-2:30 pm

NAMI-NH, Northern Human Services & Carroll County Coalition for Public Health
Garrett Lee Smith Grant – NH Nexus Project 2.0

Agenda

-Introductions of team

- One Year Later – Lessons Learned – Achievements – Discuss – How did we do in...

- Identifying need and gaps
- Delivering Trainings
 - Prevention & Planning two day training
 - CONNECT Train the Trainer
 - CALM
 - E-Learning
- Raise awareness
- In Our Own Voices Training
- Media recommendations
- Tobacco cessation awareness
- Other?
- Goals for this year
 - Reach and engage 18-24 year olds – Young Adult Leader Training - WMCC & NHTI collaboration – business outreach?
 - Youth Leader Training

- Training updates:

CONNECT Two-Day Postvention Training and Planning Sessions: Catalina and Kim

- Upcoming Dates
 - a) Community Survey – Sep 15-30,2021. Participants to take a Community Survey about two weeks prior to the training (to be completed at least one week prior to the Day One training). These participants can include those attending the training or others who can represent their sector of the community. Identify approximately 4-5 people per sector to complete the survey. The survey takes 20-30 minutes to complete. Stay tuned for link.
 - b) Thursday October 7, 2021. 9:00am-2:30pm. Virtual Day 1 Action Item: recruit
 - c) Thursday October 14, 9:00am-1:00pm. Virtual. Day 2: Planning Session for Postvention, Day One participants plus additional up to 20 max. Action Item: create an outreach/recruitment list. See attached. Please recommend & refer participants.
 - d) Target Audience – Persons who would be in a position to assist families experiencing a loss of a young adult to suicide to connect them to support resources (physical and mental healthcare, social work, school support specialists, funeral home directors; Persons who are responsible for public communications after a suicide loss who need familiarity with safe messaging (media, school leadership, more);

- E-learning Updates. CONNECT Online Suicide Prevention Trainings

Update from Kim Perkinson - Approximately 580 spots for Carroll County – Action Item: Identify priority populations to access these trainings (available trainings include Gatekeeper, Healthcare, School Personnel, Mental Health Provider) Current status update.

-Outreach to other organizations, ie DHHS workers, Home Health Agencies, seasonal employers, school support staff, Peer Recovery Coaches - Assign members for targeted out reach. See flyers

1. [Connect Online Suicide Prevention Training for SCHOOL PERSONNEL Program Description.](#)
[Connect SCHOOL PERSONNEL Registration – Request e-learning slot here](#)
2. [Connect Online Suicide Prevention Training for HEALTHCARE WORKERS Program Description.](#)
[Connect HEALTHCARE WORKER REGISTRATION here.](#)
3. [Connect Online Suicide Prevention Training for Mental Health Providers – Program Description](#)
[Connect MENTAL HEALTH PROVIDERS Registration.](#)
4. [Connect Online Suicide Prevention Training for GATEKEEPERS – Program Description.](#)
[Connect GATEKEEPER Registration.](#) Audience: Community members (gatekeepers), anyone who may have contact with a person at risk of suicide, especially when associated with youth and other vulnerable populations.

- YRBS Technical Assistance Project – Data Analysis of Carroll County YRBS Data

- Infographic – [The Intersection of Youth Mental Health and Substance Use](#)
- Infographic – [Setting Expectations and Limiting Access – Prevent Youth Substance Use](#)

-School Updates

-Healthcare Updates

-Social Services Updates

-Community Awareness and Support

- [Survivors of Suicide Loss\(SOSL\) Support Group Flyer](#)
[Download Flyer here and please share](#) _Group meets 2nd Thursday Each Month, 6-7:30pm. At Reverence for Life Building, Vaughan Learning Center. 2503 White Mtn Hwy, North Conway. FMI call Ruthann Fabrizio 603-374-2434
- [Under 25 Network of Carroll County – Wellness Chats – Copy, Paste, Share:](#)

U25 Carroll County / C3PH Presents Thrive Under 25 Wellness Chats

For Young Adults 18-24ish in Carroll County, NH FREE virtual chats with a Wellness Coach. Learn tips on managing stress, coping, resilience and thriving; staying healthy in mind and body & achieving goals. Receive a gift card and a book!

Tuesdays Sept 14, 21, 28, 2021, 8:00-9:00pm EST by Zoom

Email continuum@c3ph.org to register or register at this link You are invited to a Zoom meeting. Thrive Under 25 Wellness Chats

When: Sep 14, 21 & 28, 2021 08:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://us02web.zoom.us/join/zoom-join?zmid=646205020&zoom-join-from-url=1>

Feel free to join, to invite or bring a friend to also join virtually. This program is made possible with funding from the NH Bureau of Drug and Alcohol Services Partnership for Success Young Adult Strategies Grant

- Dissemination of National Suicide Prevention Lifeline and other prevention materials. Online toolkit: <https://suicidepreventionlifeline.org/help-someone-else/safety-and-support-on-social-media/>

September is Suicide Prevention Month



Online resources:

<https://suicidepreventionlifeline.org/promote-national-suicide-prevention-month/>

<https://www.nami.org/get-involved/awareness-events/suicide-prevention-awareness-month>

[Social Media graphics from NAMI – Suicide Prevention](#)

Strengthening the Community's Safety Net: Suicide Prevention Best Practice

09/16/2021, 5:00 pm - 7:00 pm fmi (virtual workshop for individuals/families with lived experience.

<https://www.naminh.org/events/strengthening-the-communitys-safety-net-suicide-prevention-best-practice/>

Mental Health America Back to School Resources <https://www.mhanational.org/back-school>

NH Dept of Education – Suicide Prevention Resources

<https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-of-student-wellness/office-of-social-and-emotional-wellness/suicide-prevention>

NH Department of Education – Choose Love Enrichment Curriculum

<https://www.education.nh.gov/partners/chooselove>

September is Recovery Month



Online resources:

National Recovery Month 2021

<https://www.samhsa.gov/recovery-month>

NH Recovery Hub

<https://nhrecoveryhub.org/>

The Doorway NH – Find help near you

<https://www.thedoorway.nh.gov/home>

Family Support Groups

<https://nhrecoveryhub.org/family-groups>

MWV Supports Recovery

<https://nhrecoveryhub.org/find-help/mwv-supports-recovery>

White Horse Recovery

<https://nhrecoveryhub.org/find-help/white-horse-addiction-recovery-center>

Recovery Friendly Workplace – Maybe your workplace can be designated?

<https://www.recoveryfriendlyworkplace.com/>

October Happenings

NAMI Walks Oct 9 <https://www.naminh.org/nami-nh-events/namiwalks-nh/>

NAMI Basics Virtual Class for Parents/Caregivers

<https://www.naminh.org/events/nami-basics-virtual-class-for-parents-caregivers/>

November Happenings

Please see attached [Save the Date for the NH Suicide Prevention Conference](#) on November 3rd and 4th. Please distribute widely. Or <https://www.naminh.org/events/18th-annual-nh-suicide-prevention-conference/>

Dissemination of tobacco cessation / nicotine use prevention materials to reach high risk groups, attention 18-24yo

- Recent journal article, JAMA
[June 7, 2021; The Decline in e-Cigarette Use Among Youth in the United States—An Encouraging Trend but an Ongoing Public Health Challenge](#)
“It is an encouraging sign that e-cigarette use among youth declined from 2019 to 2020. As the perception of the risk of e-cigarette use and accessibility to e-cigarettes were key drivers of this decline, public health programs that increase the awareness of e-cigarettes’ harmful effects and ensure the enforcement of age restrictions on e-cigarette sales are crucial. With the COVID-19 pandemic having discouraged e-cigarette use among youth, this is a great opportunity to further decrease e-cigarette use among middle and high school students, extend this into the young adult population, and emphasize it in the general adult population.”
- Please share with your communities:
 - <https://quitnownh.org/my-life-my-quit/>
 - <https://quitnownh.org/>
 - <https://saveyourbreathnh.org/>
 - <https://www.lung.org/quit-smoking/helping-teens-quit>
 - <https://www.tobaccofreekids.org/>
 - <https://truthinitiative.org/>

2:15 Next Steps for the Implementation Team-

Next meetings

Oct 20, Nov 17, Dec 15, Jan 19

You are invited to a Zoom meeting.

When: Oct 20, 2021 01:00 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!

Kim Perkinson, prevention@c3ph.org

Catalina Kirsch, continuum@c3ph.org