

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

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZMscumvpzsoH9fCbMtMlsm7ce7NPMn74aDy>

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

Agenda

-Introductions of team

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action – By Who?
Strategic Planning – Postvention Planning	Completed in October. Follow up items.	
Strategic Planning – Young Adults Training. Partnership with NHTI	Completed Dec 2. Report out from Kim Perkinson, Crystal Sawyer	
Education, Training – eLearning Slots	One month left in Year Two! Training slots distribution update.	
Education & Training – deliver CONNECT Training	Plan for 2022	
Community Awareness – Media Recommendations & Safe Messaging	Plan for 2022	
Community Awareness – Social Media Volunteer	988 and iCare 988 Listening Session tonight Dec 15 Your voice needed (Wed. 12/15, 6 PM)! 9-8-8 in New Hampshire Individuals & Families with Lived Experience Listening Session. Register today: https://zoom.us/.../tJEsdeGgqTktHt2KHe7YHXIFOH0d54VYs9rv	

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SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
School Updates		
Healthcare Updates – Memorial Hospital Community Health Need Assessment		

-Community Awareness and Support: Holiday & COVID19 SP Resources

<https://afsp.org/story/taking-care-of-yourself-this-holiday-season>

<https://seizetheawkward.org/coronavirus>

<https://mhanational.org/holidays>

<https://www.mentalhealthfirstaid.org/category/healthy-holidays/>

A message to share from NH DHHS – BDAS:

The current COVID-19 public health crisis is stressful for all. **You are not alone.** Everyone is feeling some level of anxiety and discomfort right now. It is normal to feel this way. If you or a loved one have struggled with anxiety, other mental health concerns or substance use disorder, this may be an even more difficult time for you.

Mental Health and Substance Use support services and treatment are available to you even during the state of emergency.

You can call 2-1-1 to be directed to help.

If you are already connected to a treatment or recovery support provider, stay in touch with them. All Doorways are open and available to connect you to substance use disorder resources. To find your local Doorway, go to thedoorway.nh.gov, or call 211.

- Call 211 to be connected to help
- National Suicide Prevention Lifeline 800-273-8255
- Disaster Distress Helpline 800-985-5990

For more behavioral health resources during COVID-19, go to the [NH COVID-19 web site](#).

2:15 Next Steps for the Implementation Team-

- Meeting schedule for 2022
You are invited to a Zoom meeting.
When: Jan 19, 2022 01:00 PM Eastern Time (US and Canada) recurring on the third Wednesday of each month.

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.

- Other?
A Quote for the season:
“The joy of brightening other lives, bearing each other’s’ burdens, easing other’s loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of Christmas.” – W. C. Jones

Thank you!

Kim Perkinson, prevention@c3ph.org

Catalina Kirsch, continuum@c3ph.org