

Be the 1 Youth Suicide Prevention Committee  
Agenda for May 17<sup>th</sup>, 2023

1. Sign in to chat with your name, email address and organization.
2. Jen Thomas to introduce as new facilitator of the meeting.
  - a. Goals
    - i. Broaden scope and depth of the meeting with the increased capacity
    - ii. Would like to increase actionable items
    - iii. Would like to increase attendance
  - b. Changes
    - i. Trying some new things
      1. To see what will allow me to reach goals and record easier
      2. Can always adjust/alter later
    - ii. Redesigned the agenda and minutes but same core content
    - iii. Would like input from participants on:
      1. Any format changes desired
      2. Any time changes desired
      3. Any topic or guest speaker ideas
      4. If they know of any other potential participants
      5. Feedback on all aspects of the meeting
      6. Need for materials/meeting in alternative ways (hardcopy, language etc.)
3. Youth Success Project; Ariel Hayes
  - a. "The Youth Success Project is a board of young people who have experienced unaccompanied homelessness (without a parent or guardian). They bring lived experience and youth voice to the work of ending youth homelessness in New Hampshire."
  - b. Presentation
  - c. Discussion
  - d. Questions
4. Goal 1 – Any identified needs, gaps or information on high-risk populations
  - a. The 18-24 year olds difficult to find and engage
  - b. Elementary aged students reporting self harm
5. Goal 2 – Establish protocols and evidence-based practices within and across systems
  - a. Susan-Mckenzie Webb is now seeing clients as the Care Liaison for NHS
    - i. Referral information/forms?

6. Goal 3 – Engage in regional, state, and national initiative and information as it relates to the project including webinars, conferences, meeting, subcommittees, etc.
7. Goal 4 – Education and trainings
  - a. Mental Health First Aid for those working with youth Frid. May 17
  - b. eConnect trainings are still available
  - c. IOOV Training May 20<sup>th</sup>-almost full
8. Goal 5 – Community awareness activities
  - a. Mental Health fair at Kennett HS
  - b. Table at Kennett MS
9. Goal 6 – Tobacco/nicotine/vaping prevention activities
  - a. Materials, posters, rack cards, MylifeMyquit resources to Moultonboro
10. Goal 7 – Post-vention activities
11. Updates-round table style
  - a. Positive news?
  - b. Susan-Riverbend is looking to hire a new Care Liaison
    - i. <https://pm.healthcaresource.com/CS/riverbend#/job/2424>
12. Proposed actions before next meeting
  - a. What can realistically be done before the next meeting and by who?
  - b. What prevention activities can we look at planning for future implementation
13. Close
  - a. Next meeting June 21<sup>st</sup> at 1300
  - b. Additional resources and news for May will be emailed with Minutes
    - i. Self harm resources
      1. [https://www.dropbox.com/s/7p8xearxcqrh8gk/Self%20Harm\\_Resource\\_s%20for%20Support%20%26%20Recommended%20Reading.pdf?dl=0](https://www.dropbox.com/s/7p8xearxcqrh8gk/Self%20Harm_Resource_s%20for%20Support%20%26%20Recommended%20Reading.pdf?dl=0)
      2. <https://store.samhsa.gov/sites/default/files/pep20-06-01-002.pdf>
      3. <https://www.choc.org/programs-services/mental-health/teen-and-child-selfharm-prevention/>
      4. [https://www.rcpsych.ac.uk/docs/default-source/improving-care/nccmh/suicide-prevention/wave-1-resources/young-people-who-self-harm-a-guide-for-school-staff.pdf?sfvrsn=e6ebf7ca\\_2](https://www.rcpsych.ac.uk/docs/default-source/improving-care/nccmh/suicide-prevention/wave-1-resources/young-people-who-self-harm-a-guide-for-school-staff.pdf?sfvrsn=e6ebf7ca_2)
    - ii. Crisis Resource guide
      1. <https://www.dropbox.com/s/j9mt98hhv4cxfg9/2022%20Crisis%20Resource%20Guide.pdf?dl=0>
    - iii. Trauma Resource guide

1. <https://www.dropbox.com/scl/fi/i1671aeh58h7vzzi90lge/2022-Trauma-Resource-Guide.docx?dl=0&rlkey=r6gmlztok39gzxuswe1ra2dw9>
- iv. Find a therapist
    1. <https://www.psychologytoday.com/intl/counsellors?domain=www&cc=us&cl=en>
  - v. Low or no cost therapy
    1. <https://www.dropbox.com/s/vt5lnnkvrjo9r/2022%20Low%20Cost%20C%20No%20Cost%20Therapy%20Resources.pdf?dl=0>
- c. Minutes will be emailed to everyone
  - d. Thank you all
    - i. Please reach out with any questions, ideas or resources you would like to add to the minutes