

Implementation Team – Be the 1 Carroll County – May 15, 2024, 12:00-1:30pm

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

Agenda

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Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
	Discussion.	
May is Mental Health Awareness Month	<ul style="list-style-type: none"> - Find a toolkit of resources at https://mhanational.org/ - Shall we do something as a team to recognize Mental Health Month? Article? Letter to the Editor? Info table? Other? 	
Education and Training - NAMI Update – Susan Ward	<ul style="list-style-type: none"> - Connect Prevention Training and Planning Sessions. May 30 & June 6 - Connect Prevention and Postvention Training and Planning Sessions. Fall 2024 - Connect Prevention Train the Trainers - Connect Youth Leader (North Country) - Connect Young Adult Leader - Connect Young Adult National Guard - Survivor Voices training - Connect eLearning Training Slots - CALM Training. Deliver? 	

<p>Strategic Planning – Identify needs, gaps & high-risk populations</p>	<p>Focus on Upper Elementary & Middle School LGBTQ+</p> <ul style="list-style-type: none"> - White Mountains Pride - Statement from NH Suicide Prevention Council on anti-lgbtq legislation: <p>Veterans</p> <ul style="list-style-type: none"> - Veterans Conference update - Good turnout, lots of discussions/networking. Suicide prevention training on site. Discussion feedback regarding behavioral health challenges and needs will be shared and posted on our website www.carrollcountyveteranscoalition.org <p>YRBS</p> <ul style="list-style-type: none"> - DHHS/BDAS has brief YRBS needs/barriers anonymous survey for youth, to be posted in schools. To be able to help overcome the barriers to taking the YRBS. Flyer available with QR code. - YRBS workgroups facilitated through BDAS still going on and working on materials and how to improve statewide participation. 	
<p>Strategic Planning – Establish Protocols and Evidence Based Practices within/across systems</p>	<p>Share what the team has done for this objective or make a plan for activities related.</p> <ul style="list-style-type: none"> - Jen – Alternative Peer Groups Update. For those youth and young adults intersecting with substance use. APG South at Kingswood Youth Center has started. Referral process being developed, self-referral an option too. APG North not ready yet. Flyer with contact information available. Please reach out to Catalina or myself with questions. - <p>Updates from Schools/NH DOE?</p> <p>Updates from Healthcare/Mental Health Center?</p>	

<p>Strategic Planning - Engage in regional, state and national initiatives and information as it relates to the project including webinars, conferences, meetings, subcommittees, grand rounds, etc.</p>	<ul style="list-style-type: none"> - May 9 Ossipee Roundtable Event update - Teen Institute Summer Leadership Program Aug 4-9. Info Sessions by Zoom. Scholarships available. See flyer. Fmi https://www.nhteeninstitute.org/slp - Magnify Voices Expressive Art Contest – Celebration Event at New England College . See flyer Magnify Voices Celebration, Wednesday, May 22nd, 5 pm, New England College, Henniker, NH, Register by 5/8: tinyurl.com/CelebrateMV2024 - YRBS Video and Prevention Week. See Flyer. The NH Youth Risk Behavior Survey helps us understand how young people in NH are doing. Submit your questions about it at https://www.surveymonkey.com/r/9ZYNC59 - Recording. April 11. <u>Exploring the Mental Health Impact of Modern Marijuana</u> - NH Suicide Prevention Council 	<p>https://nhcsoc.org/magnify-voices/participate/</p>
<p>Advocacy – New Futures</p>	<ul style="list-style-type: none"> • Thu May 16, last day to report all Senate Bills • Thu May 23, last day to act on all Senate Bills • https://new-futures.org/anti-lgbtq-bills • https://new-futures.org/Youth-Mental-Health • https://new-futures.org/ways-to-advocate 	<p>https://new-futures.org/childrens-behavioral-health</p>
<p>Community Awareness</p>	<ul style="list-style-type: none"> - <u>NH Prevention Newsletter May 2024.</u> Take a look! - Broad targeted dissemination of 988/NSPL materials to reach vulnerable 18–24-year-old population <p>Youth Employment in NH, FAQs</p> <ul style="list-style-type: none"> - https://www.nh.gov/labor/faq/youth-employment.htm <p>Young Adult 18+ employment training and opportunities</p> <ul style="list-style-type: none"> - https://nhworksjobmatch.nhes.nh.gov/vosnet/Default.aspx - Workforce Innovation & Opportunity Act (WIOA) provides eligible adults with 	<p>https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables</p> <p>C3PH Folder of 988 Shareables: https://drive.google.com/drive/folders/1EF4t54wpglU5akkOGKEIRu4pWmIf6BKZ?usp=sharing</p>

professional career counseling and access to a wide range of employment and training related services. This can include up to **\$6,500** of tuition assistance and **\$1,500** of support services that can help eliminate various barriers to employment.

<https://www.snhs.org/services/wioa>

Summer Camps

- NH DOE ReKINDling Curiosity Camps SUMMER 2024 - APPLICATIONS NOW OPEN; Up to \$775 in camp fees* covered; Our goal for New Hampshire students is that they return to learning in the fall with rekindled curiosity, rejuvenated energy, excitement and anticipation. Fmi
<https://rekindlingcuriosityeducation.nh.gov/>
- MWV School to Career Summer Camps
<https://www.mwvschooltocareer.org/camps-registration/> **2024 Summer Camps**
View the selection of summer camps and visit each camp's listing for information and online registration. If you have any questions or need help with registration, please view the [FAQs](#) or [contact us](#). **Important Note:** All camps, with three exceptions, are for middle school youth entering grades 7, 8, or 9.
- UNH 4H Mental Wellness Pathway and Teen Camps 2024 and NH 4H Teen Conference 2024
<https://extension.unh.edu/new-hampshire-4-h/pathways/healthy-living/mental-wellness>
- NH Camp Directors Association
<https://nhcamps.org/>

Recreation Departments:

Conway Recreation Department
(603) 901-1139

Ossipee Parks and Recreation Department
(603) 539-1307

Tamworth Recreation Department
(603) 323-7582

Wolfeboro Recreation Department

	(603) 569-5639 North Conway Community Center (603) 356-2096	
Tobacco and Nicotine Use Prevention	<ul style="list-style-type: none"> - Tobacco Prevention & Cessation: https://www.dhhs.nh.gov/programs-services/population-health/tobacco-prevention-cessation - The next Prevention Community of Practice is June 10, 2024! Save the date now and be on the lookout for more information coming soon. The next CoP will welcome <i>Tobacco Prevention and Cessation Program (TCPC)</i>! Fmi https://nhtac.org/community-of-practice/prevention-cop-resources/ - My Life, My Quit™ is the free and confidential way for NH teens to quit smoking or vaping. Text "Start My Quit" to 36072 or click to chat with a Coach. We are here for you every step of the way. It's YOUR LIFE and we're here to help you live it YOUR WAY. https://nh.mylifemyquit.org/en-us/ 	

SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
Middle/High School/Higher Ed - WMCC Updates		
Healthcare Updates – Memorial Hospital Community Health Need Assessment		
First Responder Updates		
Social Services, Other		
Faith Community Updates		
Awareness Campaigns	May <ul style="list-style-type: none"> - MENTAL HEALTH AWARENESS MONTH June <ul style="list-style-type: none"> - LGBTQ+ Pride Month - National Safety Month 	<ul style="list-style-type: none"> - Mental Health America May Mental Health Awareness Month Toolkit

	<p>July/Aug</p> <ul style="list-style-type: none"> - CDC Tips for a healthy summer https://www.cdc.gov/chronicdisease/resources/infographic/healthy-summer.htm - MHFA Summer Mental Health Tips https://www.mentalhealthfirstaid.org/external/2018/07/15-activities-for-your-summer-self-care-checklist/ 	
Other		

Next Steps for the Implementation Team-

C3PH Carroll County is inviting you to a scheduled Zoom meeting.

Topic: BE THE 1 CARROLL COUNTY - Youth Suicide Prevention Team

You are invited to a Zoom meeting.

When: June 19, 2024 12:00 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!

Jennifer Thomas

Jennifer.thomas@graniteuw.org

Catalina Kirsch

catalina.kirsch@graniteuw.org

Upcoming Webinars

NHADACA

May 22, 2024 12pm-1:30pm

Better Suicide Risk Detection with the Columbia Protocol: Reducing Workload, Redirecting Scarce Resources and Saving Lives

Remote via Zoom

for more info or to register: <https://nhadaca.org/event-5678443>

June 5, 2024 8:30am-1:30pm

Connect Suicide Postvention: Reducing Risk and Promoting Healing After a Death by Suicide

NHADACA

130 Pembroke Road, Suite 150

Concord, NH 03301

For more info or to register: <https://nhadaca.org/event-5678858>

Please reach out to training@nhadaca.org if you have any questions.

NAMI Family-to-Family is a free, 9-session education program for family, friends, loved ones, and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment, and recovery.

The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit nami.org/research.

NAMI NH offers the NAMI Family-to-Family Education Program free of charge to participants. Monday evening classes start April 8, 2024 from 6pm to 8:30pm, classes will be held on Zoom.

Registration is required, please contact:

Pam Burns at 603-345-5304 or NashuaNAMINH@gmail.com



Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers...it has helped me to understand better and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

Questions about the program?

Contact Martha Dorey

mdorey@naminh.org

(603) 573-1565

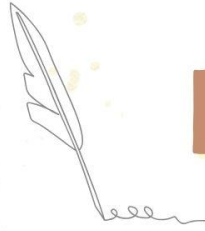
www.naminh.org/education/family-education/family-to-family/

About NAMI NH

NAMI New Hampshire is a grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness and suicide. Comprised of a network of affiliate chapters and support groups, staff and volunteers, NAMI NH provides information, education and support to all families and communities affected by mental illness and suicide.

JOIN THE 2024 ART & POETRY CHALLENGE

SUBMIT AN
ORIGINAL POEM
OR ARTWORK
INSPIRED BY
THIS YEAR'S
THEME:



CASH PRIZES IN FIVE CATEGORIES

K-2 | 3-5 | Middle School
| High School | Adult

**TOTALING
\$6,000!**



BELONGING

WHAT DOES IT FEEL LIKE TO BELONG? OR.. NOT BELONG?

Hosted by :



SUBMIT BY
AUGUST 31, 2024

For more information, visit:
racialunityteam.com/art-and-poetry-challenge.
A community-sponsored event



Poster by
James M. Manrud



"I've made
some of my
lifelong friends
here"

Interested in learning more
about our program? Join us
for zoom info sessions,
details below!



Do you want to know more about our Summer Leadership Program?
Want to talk to past participants? Join us for an info session to learn more!

Dates:

Wednesday nights @ 7pm - 6/5

Saturday afternoons @ 1pm - 5/18, 6/15

Sign up here: <https://linktr.ee/NHTeenInstitute>



2024 SUMMER LEADERSHIP PROGRAM



2024 happening
Sunday, August 4 -
Friday, August 9th
@ Lions Camp Pride,
New Durham, NH



SCHOLARSHIPS AVAILABLE!
for more information www.nhteeninstitute.org/slp



nami Peer-to-Peer

National Alliance on Mental Illness

FRIDAYS 2PM - 4PM STARTING JUNE 7, 2024 - VIRTUAL

NAMI Peer-to-Peer is an 8-session recovery-focused course for adults with mental health conditions.

- Free and Confidential.
- Held Weekly for 2 hours.
- Led by peers with mental health conditions.
- A great resource for information on mental health and recovery.
- Offers respect, understanding, encouragement and hope.
- Builds on the strength and resilience of participants.

Contact: Karen Privé kprive@NAMINH.org

Interested? Register at
tinyurl.com/NAMINH-2024P2P

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI New Hampshire and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

Participant Perspectives

"NAMI Peer-to-Peer is uplifting, life-saving and an eye-opening experience that changed how I see myself."

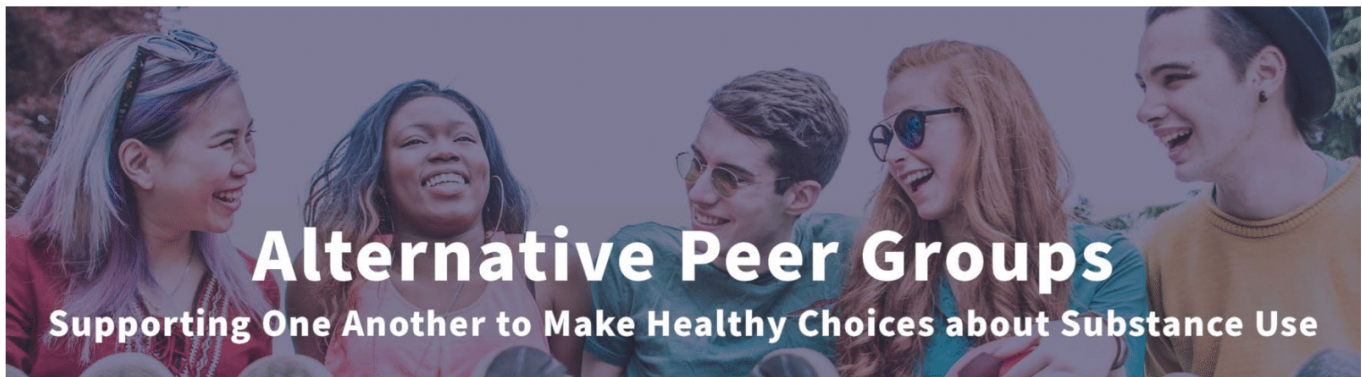
"The biggest thing I gained from this class was to become my own advocate and best friend."

"Seeing my peers' strength and dedication to their recovery was personally meaningful."



nami
National Alliance on Mental Illness
New Hampshire

www.NAMINH.org



What Are Alternative Peer Groups?

Creating Connections NH is building supportive recovery communities called Alternative Peer Groups (APGs) for youth and young adults with substance use challenges. APGs offer young people a chance to connect at least once a week with peers in an environment that is fun, safe, substance-free, and recovery-focused.

APGs Provide...

- Connection through a supportive peer environment
- Fun, substance free activities
- Sense of belonging
- Focus on health and wellness

More Than Just Meeting Up

- APG Facilitators are trained recovery support professionals
- Youth help choose fun group activities that match their interests
- Opportunities for family/ caregiver involvement

Connect with a Group Near You

Southern NH

Revive Recovery (Nashua)

reviverecovery.org | 888.317.8312

Seacoast Area

Safe Harbor Recovery Center (Portsmouth)

granitepathwaysnh.org | ph. 603.570.9444

Live Free Recovery (Dover, Somersworth)

livefreerecovery.com | ph. 603.702.2461

Franklin/ Tilton/ Concord/ Plymouth

Archways of Greater Franklin and Plymouth

archwaysnh.com | ph. 603.286.4255

Carroll County

Kingswood Youth Center (Carroll Cty. South)

zachary.porter@thekyc.org | ph. 603.569.5949

Terra Equine Center (Carroll County North)

ph. 603.487.6745



**University of
New Hampshire**



IOD.CBH@unh.edu



iod.unh.edu/creating-connections-nh

Creating Connections NH is a project of the UNH Institute on Disability (IOD).

The IOD promotes full access, equal opportunities, and participation for all persons by strengthening communities and advancing policy and systems change, promising practices, education, and research.

Supported by funding from the NH Department of Health and Human Services.

IT'S NATIONAL PREVENTION WEEK! MAY 12–18, 2024

National Prevention Week promotes the world we want to see—where prevention helps keep people and communities healthy & safe.

The NH Youth Risk Behavior Survey helps us understand how young people in NH are doing.

Remember taking the
Youth Risk Behavior
Survey last year?



RELATIONSHIP SAFETY
BULLYING
STRESS & ANXIETY
DEPRESSION &
SUICIDAL THOUGHTS
SUBSTANCE USE
SEXUAL HEALTH

Do you have
any questions
about it?

Scan here to submit
your questions!



Your questions are anonymous
and you can't be identified.



For more information,
Jennifer Thomas at Carroll County Public Health
jennifer.thomas@graniteuw.org 603.301.1252 x305

