


Carroll County Youth Wellness Team Agenda Time: May 14, 2025 11:00 AM Eastern Time (US and Canada) Every month on the Second Wed, until Jun 10, 2026, 14 occurrence(s) Join Zoom Meeting https://us02web.zoom.us/j/81151211790 FMI jennifer.thomas@graniteuw.org	 <p>CARROLL COUNTY COALITION FOR PUBLIC HEALTH An Initiative of Granite United Way</p>
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1. Introductions

Name	Role/Organization, Contact
Shannon Cloos	Social Worker at Kingswood Regional High School, scloos@govwentworth.k12.nh.us
Laurie Raymond	Student Outreach Counselor at Inter-Lakes School District, laurie.raymond@interlakes.org
Brianna Valdepena	Family Liaison and District Suicide Prevention Coordinator at Paul School/SAU 101, brianna.valdepena@sau101.org
Marti Bolduc	School Social Worker for Moultonborough School District, mbolduc@sau45.org
Krissy MacDonald	School Counselor at Madison Elementary School, kmacdonald@mes-nh.com
Heather Clogston	Prevention Coordinator for the Office of Student Wellness at the Department of Education, heather.m.clogston@doe.nh.gov
Crystal Sawyer	Executive Director at Carroll County Adult Education, csawyer@nhadulthood.org
Justin Moeling	LICSW at the Manchester VA, john.moeling@va.gov
Josie Lamb	Family Nurse Practitioner at White Mountain Community Health Center
Jen Thomas	Prevention Coordinator at C3PH, jennifer.thomas@graniteuw.org
Catalina Kirsch	Continuum of Care Facilitator at C3PH, catalina.kirsch@graniteuw.org
Emily McArdle	Young Adult Outreach at C3PH, u25carrollcounty@outlook.com

Objectives	Updates	Follow up items, by who
1. Introduce our mission, vision and goals a. Ask for input/feedback	<ul style="list-style-type: none"> - This group combines Be the 1 Youth Suicide Prevention and Carroll County Youth Substance Use Prevention to focus on overall youth wellness - See Mission, Vision, and Goals here - The group is planning on using the Strategic Prevention Framework (SPF) 	<ul style="list-style-type: none"> - Brianna will send Catalina/Jen a contact for NH Youth Voices so they can be invited to this group - If you have comments about the mission, vision, and

	<p>to determine gaps and assets and how we can work to fill in the gaps</p> <p>- Feedback: Overall, members highlight concerns about mental health and SUD, would like to share and learn about resources, learn from other schools/organizations, and collaborate to address lack of resources available and to support youth (including elementary, middle and high school, non-traditional students, and veteran families).</p> <p>Brianna: Recommends inviting someone from NH Youth Voices to attend. Sees a lot of mental health and SUD challenges in students and families. Interested in working collaboratively with other schools/people in NH to best support youth and to hear what other schools or organizations are doing to support youth.</p> <p>Shannon: Mental health and substance use is a large concern, especially the lack of mental health resources in this area and long waitlists. Hoping to learn about more resources, hear what other schools are doing, brainstorm solutions, and see what could be brought to Kingswood.</p> <p>Laurie: Looking to learn more about resources available for youth and families in Carroll County.</p> <p>Krissy: Interested in learning about implementing prevention strategies for elementary school-aged youth. Lack of resources and counseling/therapy is a concern (Bartlett had contracted their own licensed therapist which was extremely useful). Hoping to brainstorm ideas and to consolidate resources for parents.</p> <p>Heather: Hoping to support schools and network and provide connections to other organizations and counsels across the state. Thinking about the multi-tiered systems of support for Krissy and elementary school-aged</p>	<p>goals please reach out to Jen or Catalina</p> <p>- Note: Northern Human Services in Conway doesn't have a waitlist for services, Alplenglow Counseling is also accepting new clients, including youth</p> <p>- C3PH has a variety of resource guides available, including Mental Health and Behavioral Health Providers Serving Carroll County</p> <p>- Heather will reach out to Krissy about multi-tiered systems of support for elementary school aged children</p> <p>- Justin will talk to the NH National Guard family supports to see if they are interested in joining this group</p> <p>- Catalina/Jen will send Casey Kariuki any virtual Mental Health First Aid trainings for staff and veteran resources/events</p>
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	<p>children. The Office of Student Wellness is going through uncertain times because of the budget, but there will be at least one person there providing support if there are budget cuts.</p> <p>Crystal: Was part of the Be the 1 Youth Suicide Prevention group and recently became a suicide prevention trainer, hoping to continue this work. Carroll County Adult Ed serves 4 high schools (Kingswood is a fiscal agent, but also serves Inter-Lakes, Moultonborough, and Kennett High School), serves youth who can't stay in traditional school for all different reasons. The future of the HiSET classes is uncertain because of potential funding cuts, plus funding for adult education has been cut- waiting to see what happens.</p> <p>Josie: Has seen that levels of anxiety diagnoses have gone up at WMCHC, would like to strengthen resources in the community and help youth.</p> <p>Justin: Hoping to provide resources for military families, learn where the overlaps and gaps are to make connections to support families. E.g. The NH Ask the Question campaign- trying to promote that to all frontline point of contact that might connect with a veteran or veteran family to screen for that- veterans and veteran families have unique needs and risks for suicide prevention plus there are unique resources and services available for veteran and national guard families.</p> <p>Note from Casey Kariuki from after the meeting- Is interested in virtual Mental Health First Aid trainings for staff and veteran resources.</p>	
<p>2. Introduce our plan for the year, June 2025-June 2026. See below</p> <p>a. Ask for input/feedback</p>	<p>See draft below, we are hoping to edit and hear what you need and what's missing, would love feedback about what's important to you and your organization.</p>	<p>See below and please reach out with any edits or feedback</p>

<p>3. Meetings information</p> <ul style="list-style-type: none"> a. Dates/times (time slot ok?) b. Who else should be at the table? c. What else to include? 		
<p>4. Resource Sharing – Updates, announcements from organizations.</p>	<p>Jen:</p> <ul style="list-style-type: none"> - Free Trauma Informed Care presentation on Thursday, May 22, at 2pm, applied for LICSW and Prevention CEUs- waiting to hear back. Please register here. - Military Family Fair on June 14 at Schouler Park, please register as a community partner to table at the event here. <p>Catalina:</p> <ul style="list-style-type: none"> - NH Food Bank Mobile Food Pantry will be at the Ham Arena in Conway on Friday, May 16 at 12pm - Magnify Voices Expressive Arts Contest Celebration is on Wednesday May 21 at the Currier Museum of Art, this event helps raise awareness about mental health and gives students leadership opportunities <p>Shannon- KRHS recently had students (who were trained) provide a peer-to-peer suicide prevention training to almost 50 students- double the number of students that participated last year!</p> <p>Emily- Shares information, resources, and opportunities for young adults and parents/caregivers on social media pages. Please follow and share! C3PH on Facebook and Instagram and the Under 25 Network on Facebook and Instagram</p> <p>Heather- Many may be aware of these resources from our office but want to share again as we level set the group. Our wellness toolkits and our MTSS-B Technical Assistance site OSEW Support for Districts and Educators</p>	

	<p>and MTSS-B Technical Assistance Center in New Hampshire</p> <p>Also, another resource that might be helpful if looking for funding opportunities. YouthWell offers micro grants to schools for prevention efforts. YouthWell New Hampshire</p>	
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5. Plan out SPF activities for the next 11 meetings

Objective	Meeting Date	Meeting Activity	Evaluation/Progress Notes
To assess the needs and gaps in Carroll County, NH related to youth wellness by using both primary and secondary data to identify areas of highest need and guide our focus.	June 2025 July 2025 (if we need more time. Should we meet in July?)	June – Review primary and secondary data we have, both gaps/needs and vulnerable demographics – brainstorm type session with everyone else – prompt questions? Or groups? July – Continued brainstorming if needed	Group agrees to meet in July and do targeted outreach to youth-serving organizations that aren't schools. The YRBS Trends report is available here to review.
Work toward assessing the current level of capacity and readiness to address the youth wellness needs and gaps identified in our community.	August 2025	Review known assets – get into groups and have prompt questions/examples – brainstorm all areas of capacity – money, locations, organizations, technology, knowledgeable/skilled people, programming etc. Discuss and define readiness, introduce readiness tool – why important to consider with any plan moving forward	

		What do we already have across different sectors (youth servicing organizations, schools, faith-based groups, etc.)	
Prioritize needs based on current capacity and readiness.	September 2025	<p>1- List out the gaps and use Zoom or Slido poll to have people prioritize</p> <p>2- List out the assets/capacities and use Zoom or Slido poll to have people prioritize</p> <p>Pick the top 4(?) gaps - see if everyone agrees</p>	
Brainstorm ways to fill in the gaps related to youth wellness.	October/November 2025	<p>Get people into small groups – each group takes 1 or 2 of the prioritized items and brainstorms ways to resolve -no restrictions</p> <p>Part 2 - Come back together, then look at assets and how we can use what we already have to address priorities</p> <p>Part 3 – Choose, as a group, viable targeted solution(s) for each priority need</p> <p>(E.g. do trainings for the community, in the past Carroll County schools have updated their suicide prevention and crisis response plans)</p>	
To implement targeted solutions in	November/December 2025	Action planning for each proposed targeted	

areas identified as gaps in youth wellness, through communication and collaboration with youth serving organizations.	(Should we meet in December?)	solution – create Action Plan table – who, what, when, etc..	
We will work to establish and collate resources to share among all youth serving organizations.	Ongoing	Have partners share out any resources, we collate any resources we have with other resources – Google Folder for events/updates? Carroll County Youth Wellness Team Google Folder (if this is a barrier, let us know and we can send you PDFs- Justin cannot access them)	Catalina/Jen will send Justin resources because he is not able to access the Google folder
To continuously learn from youth voice and youth-centered data to stay informed about the evolving needs of high-risk populations, particularly related to mental health and substance misuse challenges	Ongoing	Invite youth whenever possible? (E.g. C3PH can have a presence at youth groups at schools, Getting to Y at Moultonborough, Kingswood Youth Center always are willing to be a part of prevention efforts- Jen goes there for prevention nights once a month, open houses) Review data as needed	
To increase community awareness and understanding of the mental health and substance	Ongoing	Maybe have a five-minute spotlight each meeting or some meetings?	Justin would be interested in providing some kind of education for the Month of the Military Child (April)

misuse challenges faced by high-risk youth populations, through education, outreach, and advocacy			
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Next Meetings

Carroll County Youth Wellness Team

Time: June 11, 2025 11:00 AM Eastern Time (US and Canada)

Every month on the Second Wed, until Jun 10, 2026, 14 occurrence(s)

Please download and import the following iCalendar (.ics) files to your calendar system.

Monthly:

https://us02web.zoom.us/meeting/tZUscuiqrzotE9Q58hTkkHut2ifwgxjVd9vX/ics?icsToken=DCA2roiHt4qqHyfgAgAALAAAFgxA-x9x4YBZQv6K2xMZHClpBZxotbvSn_HaZPU9YlRnuvK1-l7clrAg_bZBKJjAOoskRYQx2aaD4frLjAwMDAwMQ&meetingMasterEventId=ffZ5UjTQPmZz8hYk6jCbw

Join Zoom Meeting

<https://us02web.zoom.us/j/81151211790>

Meeting ID: 811 5121 1790

One tap mobile

+13017158592,,81151211790# US (Washington DC)

+13052241968,,81151211790# US

Dial by your location

• +1 646 558 8656 US (New York)

Meeting ID: 811 5121 1790

Save the Date!

Upcoming Mobile Food Pantry



Friday, May 16, 12:00pm- 1:30pm

First-come, first-served. While supplies last.

**Ham Ice Arena
87 W. Main St. Conway, NH**

The NH Food Bank will bring a truckload of food to
distribute to families and individuals.

*No proof of income or residence is needed. This is a drive-thru event.
All items will be distributed to you in your vehicles.*

*Sponsored by:
Caring Neighbors*



Free Training



TRAUMA-INFORMED CARE FOR THE MILITARY-CONNECTED INDIVIDUAL

Join us for a **FREE** presentation on trauma-informed care. This presentation is appropriate for all audiences, with a small focus on military culture.

Day: Thursday, May 22, 2025

Time: 1300 - 1500 hrs

Location: Wright Museum

of World War II

77 Center Street

Wolfeboro, NH 03894

Presented by:

Peter Costa, LICSW

Director of Training and Education,
The Mental Health Center of
Greater Manchester

Tracie Parker, LICSW

Psychotherapist and Military Liaison,
North End Counseling and
The Mental Health Center of
Greater Manchester

Objectives:

- Describe trauma as described by the DSM5-TR
- Describe the symptoms and biological changes that result from experiencing a traumatic event
- Describe the six SAMHSA elements of a trauma-informed service delivery system
- Identify the challenges unique to military-involved individuals for trauma-informed service delivery
- Describe moral injury as a separate but confounding variable in trauma for military-involved individuals

Register now!



<https://forms.gle/6WegXNbLfMiueCvk7>

FMI: jennifer.thomas@graniteuw.org



*Hosted by the
Carroll County
Veterans Coalition*

MILITARY FAMILY FAIR!

JUNE 14, 2025

**SCHOULER PARK,
NORTH CONWAY, NH**

1000 - 1400 HRS

Free & open to the public!

**Join us to have fun and explore services for
military families in NH!**

Any civilian or military
community partner that
would like to have a table at
our event, please register at:
<https://forms.gle/yoP3Z3mIfjSQAig49>



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