

Carroll County Youth Wellness Team Agenda

Time: July 9, 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>



1) Round Table Introductions

Name	Organization
Joy Burrill	Recovery Coach, White Horse Recovery
Josephine Lamb	Medical Director and Family Nurse Practitioner, White Mountain Community Health Center
Sarah Cain	Community Engagement Coordinator, New Futures
Crystal Sawyer	Executive Director, Carroll County Adult Education
Katherine Leswing	Administrator at the Office of Student & Educator Wellness at the Department of Education
Laurie Warnock	NH Education Coordinator for the Northern New England Poison Center
Jen Thomas	Prevention Coordinator, C3PH
Catalina Kirsch	Continuum of Care Facilitator, C3PH
Emily McArdle	Young Adult Outreach Consultant, C3PH

2) Partner updates, activities, and questions

- a) Sarah Cain/New Futures:**
 - i) YRBS bill- Still unsure, Ayotte is opposed
 - ii) Children's Behavioral Health was included in the budget- Wrap Around Services bill received \$2.5 million for the next two years and the 988 bill received \$7.5 million for the next 2 years- will include services to pick people up, a 24/7-hour facility, and call services.
- b) Crystal Sawyer/Carroll County Adult Education**
 - i) Held their graduation in June
 - ii) Have lost funding- No federal funding and state funding is behind. Waiting to hear what will happen next with adult education. Working with the alliance of adult education directors to advocate for funding and show the real impacts on the community.

- c) Katherine Leswing/Office of Student and Educator Wellness
 - i) Four out of five staff members providing prevention support have been eliminated 4/5 staff eliminated, working on envisioning what their work looks like now. Here to support schools and prevention efforts.
- d) Laurie Warnock/Northern New England Poison Center,
 - i) Poison Center is located at Maine Med in Portland, but covers all of ME, NH, and VT, travels doing poison prevention education- predominantly doing vaping prevention in middle and high schools for students, staff, and parents. Also provides presentations/education for other groups- e.g. medication safety for older adults and new parents, law enforcement and hazmat, and opioid and overdose for EMS.
 - ii) Recently been focusing on adolescent and young adults and hard beverages that are marketed to young people, along with cannabis products that are under the radar (Delta 8, hemp products with psychoactive ingredients).
 - iii) Trainings- Available to provide trainings at schools across NH. Trainings have been free in the past, now ask for a speaker's fee if possible. Collaborate with the Tobacco Prevention and Cessation Program and Breathe NH to provide trainings (was recently at the Story Land Health Fair together). Contact Laurie if you're interested in a training.
 - iv) Contact info: Laurie Warnock, Northern New England Poison Center NH Education Coordinator 603-770-7954, Laurie.Warnock@Mainehealth.org
<https://www.nnepc.org/> 1-800-222-1222, text POISON to 85511. Free, Confidential, 24/7.
- e) Joy/White Horse Recovery
 - i) No updates. C3PH is interested in hearing about trends/needs relating to young people under age 30 and family stories of need (when caregivers are in recovery or active use). C3PH can also share resources and collaborate with White Horse on family supports or resources for young adults.
 - ii) Catalina- Discussion about the need for more prevention efforts towards young men (overdose deaths heavily weighted towards men in their 30s), how can we do a better job of providing prevention/resources to young men before they get to that point.
- f) Josie/White Mountain Community Health Center

- i) Hoops and Scoops event at Conway Public Library on August 6 at 4pm- Community event to talk about population health, accessible ways to get more active, and resources from the health center. Will have free ice cream, Zumba lessons, and ways to get active with mobility issues.
- ii) Teen clinic is still running- Walk-in reproductive services (birth control, pregnancy tests, STD testing) for teens on Wednesday afternoons (2:30pm to 4pm), teens don't have to be existing patients. Will see people regardless of their ability to pay- if they don't have health insurance or don't want to use it for confidentiality reasons, they can still provide services (also have Community Health Workers to help people apply for NH family planning Medicaid).
- iii) Services for under 18 LGBTQ+ youth- The Center doesn't provide medical gender affirming care to youth but provides supportive care and resources for them and their parents.
- iv) No updates regarding juvenile diversion and SOS recovery- Catalina will follow-up.

3) Carroll County Youth Risk Behavior Survey (YRBS) Trend Report 2019-2023: Key Data for Schools and Community Partners

- a) Power Point presentation- See presentation and attached slides.
 - i) Intro: Worked with Growth Partners through the Bureau of Drug and Alcohol Services to analyze trends from the YRBS data from 2019, 2021, and 2023- Looked at risk factors relating to alcohol, marijuana, and substance use along with mental health, suicide risk, and other determinants of health. Aiming to identify trends and then use the trends to focus on the greatest needs and see where the strengths are. Can also show the community the data and push back against myths regarding "everyone is using substances," etc.
 - ii) Implications: Encouraging downward trends for vaping and marijuana; mental health, prescription misuse, and substance misuse need more attention; family instability and trauma exposure are impactful; decreased perception of harm among youth and family attitudes impacts behavior.

- iii) Call to Action: Increase school-based mental health and trauma-informed practices; expand prevention, early intervention, and education; strengthen school-nonprofit-community collaboration; engage families in prevention messaging and activities.
- iv) Discussion about mental health- Be the 1 Suicide Prevention Team led to high schools creating protocols for mental health and suicide prevention, trained many people in the community (including Catalina and Crystal) to provide suicide prevention trainings to teachers and youth. A part of the reason behind this Wellness Team is to keep those efforts moving forward.
 - (1) Josephine- Interested in Catalina/Crystal providing a training to White Mountains Community Health Center staff.
- v) Discussion about short prevention trainings for families and caregivers.
 - (1) Jen is working with the National Guard and Partnership for Public Health to create a short prevention program for caregivers, with a Hidden in Plain Sight component.
 - (2) Katherine/Office of Student and Educator Wellness is also struggling to find other short evidence-based prevention programming for caregivers and parents.
 - (3) Catalina is trained in AID- 2-hour mental health 101 to identify early signs of mental health concerns and to refer someone to supports and services (see flyer below for more info)- contact person is at the UNH Office on the Institute of Disability. Catalina is also trained in Responding to Addiction, an introduction to addiction 101, contact is out of the Addiction Policy Forum. There are trainers for these trainings available across NH.

b) Discussion Questions

- (1) What was one positive thing you saw?
 - (a) Levels of mental health concerns (sadness/hopelessness and plans for suicide) have dropped since 2021 (but the levels are still concerning).
 - (b) Interesting to note that some things decreased during COVID- protective factor of being at home, but others increased during COVID (like prescription drug use)- could be due to being at home and having access to prescriptions- speaks to the importance of access and different protective factors.
- (2) What was the most concerning thing you saw?

(a) Housing instability is concerning but not surprising, Carroll County Adult Ed have noticed a lot of students living with neighbors/friends, making it difficult to communicate with their parents, and have noticed an increase in the past year. Catalina and Jen have been in conversation with the Youth Success Project- doing trainings across the state about how can we serve those housing insecure young adults, exploring bringing a training to Carroll County. The Upper Room in Derry is also doing a lot of work for unhoused high school students, doing outreach to address food and safety issues, check in with their work for strategies.

(3) What was one surprising thing you saw?

(4) Where to go next and what is one point where your organization could move forward:

(a) Josie/WMCHC- Providing more wrap-around resources for the whole family to address the instability in the households

(b) Joy/White Horse- Recovery Month in September- Trying to find different pathways to share info about stigma, informing families on how to have safe discussion about substance use with their children, including families where the caregiver is in active use or in recovery- how to discuss their experiences and how to break the cycle with their kids. C3PH and White Horse could collaborate on an event- start planning now.

(c) Crystal/Carroll County Adult Ed.- Continue collaborating with nonprofits, e.g. this year they added Healthy Relationships lessons with Starting Point and had Jen and Emily come in to talk

(5) Zoom Poll Launch

(6) Google survey <https://forms.gle/KLLmPnhSt4if51AZ7>

c) Additional data to help inform

d) Youth reports/voice

(1) Visits to youth serving organizations

(2) How do we include more youth voice?

(3) Observed information

4) Next Steps

- a) Review more data
 - (1) County Health Rankings
 - (2) CDC Census
 - (3) NH Kids Count
 - (4) Partner needs assessments
- b) Share collected primary data sheet
- c) Collate and summarize areas of concern

5) C3PH updates and relevant activities Flyers below

- a) Continuum of Care – Catalina
 - (1) Updates
 - (2) Resources
- b) Outreach Consultant- Emily
- c) NH MCAP Access Line. Provider to Provider Child Adolescent Psychiatry line at Dartmouth
- d) Thursday September 25th **QPR Suicide Prevention Training- FREE!**
 - 1. Moultonborough Safety Building 0900-1300
 - 2. **3 CEU's for Social Workers and LADC's provided.**
 - 3. Data is focused on military families and first responders, however content is still appropriate for everyone – contact jennifer.thomas@graniteuw.org with interest or questions.
- e) Getting To Y student scholarship application open
 - 1. <https://cadyinc.org/wp-content/uploads/2025/04/GTY-Scholarship-Application-FINAL.pdf>
 - 2. for those youth involved with Getting To Y prevention program
 - 3. for more information contact ebrochu@cadyinc.org

6) Resources

- a) www.c3ph.org
- b) <https://www.c3ph.org/resource-center/resource-guides>
- c) Facebook: <https://www.facebook.com/nh.c3phh>
- d) Twitter: <https://twitter.com/c3ph1>
- e) Instagram: <https://www.instagram.com/nh.c3ph>

- f) www.carrollcountyyveteranscoalition.org
- g) <https://www.facebook.com/CarrollCountyVeteransCoalition>
- h) Under 25 Network of Carroll County (u25)
 - (1) Facebook <https://www.facebook.com/U25CarrollCountyNH>
 - (2) Instagram: <https://www.instagram.com/u25carrollcountynh>
- i) NH Care Connections
 - (1) [New Hampshire Department of Health and Human Services \(NH DHHS\) Resource Directory](#)
- j) [Implementing Community-Level Policies to Prevent Alcohol Misuse | SAMHSA](#)
- k) Funding Available Through NH Children's Health Foundation
 - (1) Emergency Funding
 - (2) General Operating support
 - (3) For more information and eligibility contact Patti Baum - pb@nhchildrenshealthfoundation.org
- l) [Alcohol, Tobacco & Other Substance Misuse | New Hampshire Department of Health and Human Services](#)

7) Action Plan

Action	Who?	Resources	By When?
C3PH can collaborate with WMCHC about providing SBIRT screenings to teen clinic	Josie/Catalina	Email/meeting	8/9/25
Catalina/Crystal will reach out to Josie about providing a Connect Suicide Prevention training to WMCHC staff	Catalina, Crystal, Josie	Email/meeting, Connect training	8/9/25
White Horse and C3PH Recovery Month event in Sept. re. safe discussions with youth about substance use and	C3PH and White Horse	Email/meeting, event	Start planning soon- 7/25/25

caregivers' experience/recovery			
Discuss bringing a Youth Success Project to Carroll County	C3PH	Meeting/discussion	By next meeting- 9/10/25
Determine next steps for Youth Wellness Team- Prioritize areas of concern and create logic model?	Jen, Catalina, Emily	Meeting/email	By next meeting- 9/10/25

Objectives:

1. 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.
2. Work toward assessing the current level of capacity and readiness to address the youth wellness needs and gaps identified in our community.
3. Prioritize needs based on current capacity and readiness.
4. Brainstorm ways to fill in the gaps related to youth wellness.
5. To implement targeted solutions in areas identified as gaps in youth wellness, through communication and collaboration with youth serving organizations.
6. We will work to establish and collate resources to share among all youth serving organizations.
7. 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
8. To increase community awareness and understanding of the mental health and substance misuse challenges faced by high-risk youth populations, through education, outreach, and advocacy.

Next meeting: September 10, 2025 1100

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=DCA2roiHt4qqHyfgAgAALAAAAFgxA-x9x4YBZQv6K2xMZHC1pBZxotbvSn_HaZPU9YlRnuvK1-

https://us02web.zoom.us/meeting/tZUscuiqrzotE9Q58hTkkHut2ifwgxjVd9vX/ics?icsToken=DCA2roiHt4qqHyfgAgAALAAAAFgxA-x9x4YBZQv6K2xMZHC1pBZxotbvSn_HaZPU9YlRnuvK1-

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

HOST: Carroll County Coalition for Public Health



Sept 25, 2025



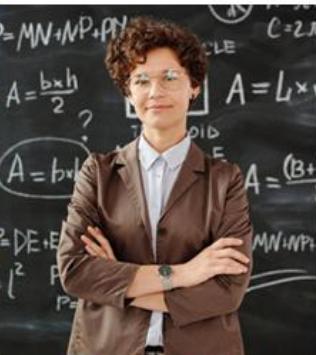
9-12:30 PM EST



1035 Whittier Highway (Route 25)
MOULTONBOROUGH, NH 03254



Suicide Prevention Training



- ✓ Understand common myths and facts surrounding suicidal behavior
- ✓ Understand means reduction and how to immediately reduce risk
- ✓ Recognize and identify common risk factors and warning signs of suicide

CARROLL COUNTY COALITION
FOR PUBLIC HEALTH
An Initiative of Granite United Way



VETERANS
COUNT
Countdown to 2025

This training offers FREE LADC 3.0 CEs and NASW NH 3.0 Category A CEs in Suicide Prevention (NASW NH CE # 4341)

LET'S REDUCE THE STIGMA AND SAVE LIVES

Become a Gatekeeper! Join us for a QPR training, a three-step prevention and intervention training, where you will learn how to recognize the warning signs of suicide, how to offer help, and how to save a life.

Are you 'Asking the Question?' Learn how asking about military service can enhance your ability to best support service members, veterans, and military families!

LIMITED TICKETS. This is a **FREE** training taught by our certified QPR instructor.

REGISTER
NOW!

[Click here](#)
or use the
QR code.



SCAN ME

For further information,
email a.baer@harborcarenh.org.

 **Harbor Care**
HOUSING • HEALTHCARE • VETERAN SERVICES

Presented by SSG Fox Suicide Prevention Program

GETTING TO Y'

NEW HAMPSHIRE



2025 GTY NH SCHOLARSHIP

Application Opens: May 15, 2025

Deadline: Applications must be received or postmarked no later than July 30, 2025.

Notification: Scholarship recipients will be notified no later than September 30, 2025.

For any questions regarding the application process, please contact:

Elizabeth Brochu, GTY NH Project Director Email: ebrochu@cadyinc.org

GTY NH Scholarship Application



ELIGIBILITY CRITERIA:

Applicants must be 14-18 years of age and be a current member in good standing with their school's GTY NH program. Youth must demonstrate at least three of the following (check all that apply):

- Active involvement and regular attendance at GTY meetings.
- Assistance in implementing the GTY action plan.
- Outstanding volunteerism beyond program expectations.
- Participation in regional training; data analysis retreat and/or community dialogue events.
- Advocacy and leadership as a GTY NH program ambassador within school and community.
- A commitment to being a change agent by standing up and speaking on youth issues and related solutions.

APPLICATION REQUIREMENTS:

To be considered for this scholarship, applicants must submit the following:

1. Completed Application Form (this document).
2. Essay Response (See prompt). In 500-750 words, describe your involvement with the GTY NH program and how it has shaped your leadership skills, advocacy efforts, and personal growth. Highlight a specific initiative or experience where you made a meaningful impact within your school or community. How will you continue to be a youth leader beyond the program? If you are an award recipient, how do you plan to utilize the scholarship funds?
3. Two Letters of Recommendation - From individuals who can attest to the applicant's leadership and commitment to GTY NH. Letters must be included in the application package and submitted no later than July 30, 2025.

AWARD RECOGNITION:

Recipients of the GTY NH Youth Scholarship Award will be recognized at the GTY NH Celebration Conference in October 2025 (date TBD). Scholarship funds are to be applied toward educational expenses (including tuition, supplies, application fees, etc.)



This publication was financed under a Contract with the State of New Hampshire, Department of Health and Human Services. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.



— LEARN ABOUT CASA OF NH

JULY 16 | 5 - 7 P.M.

Jackson Public Library

52 Main Street | Jackson, NH 03846



Court Appointed Special Advocates (CASA) of New Hampshire provides a voice for children and youth who have experienced abuse and neglect by empowering a statewide network of trained volunteers to advocate on their behalf so they can thrive and heal in safe, permanent homes.

A representative from CASA of NH will be here to share about the organization and answer questions. Whether you're interested in volunteering or want to learn more about how CASA of NH impacts the lives of children, please join us!

casanh.org | speakup@casanh.org | (603) 626-4600

Save the Date!

Upcoming Mobile Food Pantry



Tuesday, July 15, 12:00pm-2:00pm

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

**St. Joseph's Church
23 Moultonville Rd.
Ossipee, 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**





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Registration
Required (payment
separate)
Register [HERE](#)

AUGUST 7TH, 2025
7:45am-2pm

**\$159 per
person**

Carroll County Adult Education
680 White Mountain Highway, Unit #10
Tamworth, NH 03886

**Includes all materials
+ testing same day!**



Call For More Info
603-323-5100

For certification description visit:
carrollcountyadulteducation.com



Mental Health Care Access in Pediatrics

Teleconsults to Schools

Support for NH K-12 School Professionals

NH MCAP connects school professionals with child and adolescent behavioral health experts who understand the specific challenges and needs of schools.

Consultations are available at no cost to those who work in K-12 schools in NH and are provided by appointment, over the phone.



Scan to request a consult

Visit the NH MCAP website
<https://www.nhpip.org/nh-mcap>
for more information and resources

Email Felicia at felicia.brackett@unh.edu with any questions



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(603) 650-4741

Provider-to-provider child psychiatry support



NH MCAP is your connection to provider-to-provider support from the Child Psychiatry team at Dartmouth Health Children's. Consults are available to primary care providers that care for children and adolescents in NH and are provided by phone, during regular business hours.

HOW IT WORKS

1

PCP needs support managing a pediatric behavioral health concern

Support needs may be patient-specific or more general and include diagnosis, medication, and other treatment options.

2

PCP or support staff call the Access Line at (603) 650-4741 to schedule a provider to provider phone consultation

Be prepared to provide patient demographic data, a direct line to the PCP (back office or cell), and scheduling availability.

3

Child & Adolescent Psychiatrist returns call at scheduled time to complete consult

Most consults are scheduled within 1-3 business days and last about 15 minutes. PCPs can bill for time spent preparing and completing the consult.

4

Consult recommendations are e-faxed to PCP

A summary of the consult is sent to include in the patient chart.



Institute for Health Policy and Practice



Dartmouth Health Children's



This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$850,000 with 20% financed by nongovernmental sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement by, HRSA, DHHS, or the U.S. government. For more information, please visit HRSA.gov.



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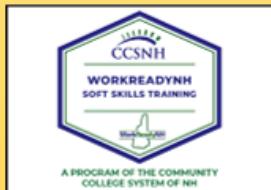
WorkReadyNH's 1st Ever Online High School Class

September 8th 2025 - January 15th 2026

Monday – Friday, 1:00pm – 2:00pm

High school students 16+ welcome!

- Improve Professional Skills
 - Instructor-led Class
- Interactive, Real-World Scenarios
- Upgrade Your Interviewing Skills
 - Resume Enhancement
 - Increase Your Confidence



→ Earn a digital badge, a graduate certificate, and an ACT certificate! ←

Unsure if college or the workforce is the right choice for you? *We've been there.*
Don't just graduate, graduate *ready* with WorkReadyNH!

Scan to learn more,
or to sign up for the class:



ccsnh.edu/WorkReadyNH

WorkReadyNH@ccsnh.edu

603-230-3534

IN PARTNERSHIP WITH: 
Community College System of New Hampshire nhworks



TAMWORTH
COMMUNITY NURSE
ASSOCIATION
Caring for Tamworth since 1921

Survivors of Suicide Loss Support Group

**If you have lost someone to suicide,
you are not alone.**

Join our monthly Survivors of Suicide Loss Support Group, a safe and supportive space that offers bereavement support for those who have lost someone to suicide.

This group is open to family members, friends, co-workers, neighbors, clinicians, first responders, community members or anyone else impacted by a suicide loss.

Meeting Times:

**3rd Tuesday
of the month
6pm - 7:15pm**

Registration is required.

To learn more about the group and see if it might be a fit for you, please call 603-323-8511





A.I.D. Training:

Mental Health Awareness for Nonprofit Professionals

Empower Your Team to Support Mental Well-being

What is A.I.D.?

A.I.D. (Awareness, Interaction, Direction) is a 60 to 90-minute mental health awareness training developed by Kent State University's Center for Public Policy and Health. Delivered in-person or virtually, this program equips individuals with the skills to:

- **Awareness:** Recognize signs and symptoms of mental distress.
- **Interaction:** Engage effectively with individuals experiencing distress.
- **Direction:** Connect individuals to appropriate mental health resources.

Key Components:

- Education on local and national mental health resources.
- Practice scenarios to apply the A.I.D. action plan.
- Strategies to reduce stigma surrounding mental illness and substance use.
- Promotion of self-care techniques.

Who Should Attend?

This training is ideal for nonprofit professionals seeking to enhance their ability to support colleagues, clients, and community members facing mental health challenges.

Contact Information:

To schedule a training session or learn more, please contact:
Catalina Kirsch. (603) 301-1252 x303
Email: catalina.kirsch@graniteuw.org

**CARROLL COUNTY COALITION
FOR PUBLIC HEALTH**
An Initiative of Granite United Way

Developed By: Center for Public Policy and Health, Kent State University
Funding Acknowledgment: This training was developed under grant number H79SM084125 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services.

FREE MEAL KITS! FOR KIDS & TEENS!

FOR KIDS AND TEENS 18 AND UNDER.

2025 TAMWORTH, NH SUMMER MEAL KIT DISTRIBUTIONS

Sponsored by the NH Food Bank, USDA's Summer Nutrition Programs for Kids (SUN) is a federally-funded, state-administered program which provides kids & teens with access to tasty, nutritious meals during the summer months.

USDA is an equal opportunity provider, employer, and lender.



To-go meal kits will be provided on a first-come, first-served basis at the sites and times below.

PLEASE NOTE: Locations differ depending on date. Dates and times subject to change.

DATE	LOCATION	ADDRESS	DAY OF MEAL SERVICE	TIME
Tamworth, NH				
6/25	Tamworth Recreation Center	104 Durrell Rd, Tamworth, NH	Wednesdays	3:30-5:00pm
7/9				
7/16				
7/23				
7/30				
8/6				
8/13				
8/20	Tamworth Recreation Center	104 Durrell Rd, Tamworth, NH	Wednesdays	3:30-5:00pm

Both Locations: Seven (7) days of breakfasts and lunches will be distributed on day of meal service.

Registration is required if you intend to pick up meals from these Tamworth locations. **You only need to register once.** Click below and fill out a quick form!

CLICK HERE TO REGISTER

NHFOODBANK.ORG/SUMMERMEALS



[Click here to register.](#)





Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

*Source: Youth Mental Health First Aid***

1 IN 5

teens and young adults lives with a mental health condition.

*Source: National Alliance for Mental Illness**

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

*Source: Archives of General Psychiatry****

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

THREE WAYS TO LEARN

- **In-person (2nd Edition)** – Learners receive their training during a 6.5-hour, Instructor-led, in-person session.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
 - » A video conference.
 - » An in-person class.

Sources

* National Alliance on Mental Illness. (n.d.). *Kids*. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

** Mental Health First Aid. (2020). *Mental Health First Aid USA* for adults assisting children and youth. National Council for Mental Wellbeing.

*** Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593

To find a course or contact a Mental Health First Aid Instructor in your area, visit [MHFA.org](https://www.mhfa.org) or email [Hello@MentalHealthFirstAid.org](mailto>Hello@MentalHealthFirstAid.org).

To find out more about hosting a Youth Mental Health First Aid Training, contact

catalina.kirsch@graniteuw.org



Employment



Contact Us



603-323-5100

[HOME](#) [CLASSES](#) [STAFF](#) [RESOURCES](#) [PARTNERS](#) [SUPPORTERS](#) [HSE DIPLOMA](#) [CLASS SCHEDULE](#)



CPR/AED First Aid

Location: CCAE

Days: Tuesday

Times: 5:00pm-7:00pm

Dates: July 22nd

Credits: 0.25 Elective

Cost: \$50/participant – Scholarships available.

Workshop Description

Adult, child, and infant CPR and AED American Red Cross 2-year certification and first aid. This course is classroom-based (instructor with skills conducted throughout).

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Fmi <https://carrollcountyadulteducation.com/classes/cpr-aed-certification/>



New Campaign Aims to Help Youth Have More Good Mornings

Campaign aims to promote youth well-being and mental health—as well as prevent substance use.

CONCORD, NEW HAMPSHIRE, June 2025 —

New Hampshire’s Tobacco Prevention and Cessation Program (TPCP) has just launched a new digital campaign More Good Mornings for youth that promotes protective factors for healthy living, mental health wellness, and substance use prevention. The campaign posts content on Instagram, Facebook, and its website (moregoodmornings.org) to help youth feel validated and understood; make healthy choices; and get tips on how to cope with stressful or challenging issues like peer pressure, bullying, and strong feelings.

“Based on the extensive campaign research, we learned young people are dealing with multiple issues in their lives, not just vaping,” said Jess Morton, Health Communication Specialist at TPCP. “We wanted to create a data-driven campaign that addresses those issues with developmentally appropriate coping strategies.”

More Good Mornings acknowledges that not all days are great, but that more good mornings are possible—and achievable. The campaign offers actionable advice and tips on how youth can make small changes day-to-day that will help them feel better without using alcohol, tobacco, or other substances.

TPCP worked with the health communication team at [JSI Research and Training Institute, Inc.](#) to conduct both quantitative and qualitative research about the risks and challenges facing youth. The team reviewed the data from the Youth Risk Behavior Survey (YRBS) and held focus groups with more than 150 NH youth where they talked about issues that matter to them and their friends, including how to deal with peer pressure, anxiety, and how to practice self-care.

“The central question we wanted to answer is: How do we design a social media campaign for youth that they actually want to follow?” said Christina Curell, Project Director at JSI.

[Visit More Good Mornings](#) and follow us on [Instagram](#) and [Facebook](#) @MoreGoodMornings.