

Carroll County Youth Wellness Team Agenda

Time: September 10th 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



1. Introductions

Name	Organization
Alex Farley	Kennett HS
Amanda DiBiasie	Effingham School
Annette Belanger	Ossipee Central School
Carrie Burkett	Memorial Hospital
Casey Kariuki	Memorial Hospital
Catalina Kirsch	C3PH
Crystal Sawyer	Carroll County Adult Ed.
Dr. Charlotte Helvie	Memorial Hospital
Jen Thomas	C3PH
Joy Burrill	White Horse Recovery
Nichole Lazarz	Paul School
Sarah Cain	New Futures
Shannon Cloos	GWRSD – Kingswood HS

2. Guest Speakers

- a. none

3. Partner Updates

- a. Alex F. – family support liaison
- b. Amanda Dibiasie – School Counselor
- c. Annette Belanger – School Counselor- SEL support
- d. Crystal Sawyer - 16+ GED/HiSET serve four HS
- e. Joy -
- f. Nicole Lazarz – Family Support Liaison
- g. Sarah Cain- New Futures- Community Engagement -substance misuse/mental health youth policy – legislator updates and advocacy

- h. Shannon Cloos-
 - i. Casey Kariuki-BH Navigator at Memorial Hosp. – Help reduce barriers to care – all ages
 - j. Charlotte Helvie – Pediatrician at Memorial Hospital
 - k. Reasons for partner involvement in this workgroup were centered around networking, staying connected to additional resources, ideas for out of the box ideas to support their families and youth, to better provide family and teen supports and to find ways to help remove barriers that families face.
4. C3PH Updates
- a. Catalina
 - i. Action Items from last meeting
 - b. Emily
 - c. Youth Success Project Training
 - i. November 3 – 1330 – 1500
 - ii. More details and flyer coming soon
 - d. NH Outright Training
 - i. November 12 – 1730 – 1900
 - ii. Flyer below
 - e. QPR Suicide Prevention Training
 - i. Moultonborough Safety Building 0900-1300
 - ii. 3 CEU's for Social Workers and LADC's provided.
 - iii. Data is focused on military families and first responders, however content is still appropriate for everyone –
 - iv. contact jennifer.thomas@graniteuw.org with interest or questions
 - f. Kingswood Youth Center – Prevention Series
 - g. Whitney Community Center- Jackson “Investing in Youth Mental Health”
 - h. Carroll County Veterans Coalition – increasing awareness of military youth
 - i. [Ask The Question | Ask the Question](#)
 - ii. Informational packets- being put together by Jen and Emily now.
 - iii. Resources specific to students living with any service member or veteran or family member

- iv. Casey K. expressed interest in have military family packets available to Memorial Health Primary Care patients available.
 - i. Red Ribbon Week
 - i. [Red Ribbon Campaign | Largest drug-use prevention campaign in the U.S.](#)
 - ii. Butterfly origami project
 - iii. Anyone interested in hosting us for RRW?
 - j. Interest in pulling together a short caregiver prevention training
5. Presentation – continued SPF activities
- a. Quick review of other primary data sources
 - b. Discuss areas of concern
 - i. Develop list of priority areas
 - 1) Concerns were focused around the increase in bullying, after school options and supports as well as how social drivers of health are still insufficient.
 - ii. Prioritize them
 - c. Participants expressed the usefulness of more up to date data and to be able to see other data, such as housing.
6. Questions and Discussions
7. Resources and Activities
- a. 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
 - b. [Leaders In Prevention \(LIP\) | nh-teen-institute](#)
 - c. <https://www.c3ph.org/resource-center/resource-guides>
 - d. www.carrollcountyveteranscoalition.org
 - e. [2025 Suicide Prevention Awareness Month Toolkit | SAMHSA](#)
 - f. [National Recovery Month | SAMHSA](#)
 - g. National Surveys on Drug Use and Health
 - 1) [2024 Companion Infographic Report: Results from the 2021 to 2024 National Surveys on Drug Use and Health](#)
 - h. DHHS/BDAS Newsletter – activities, trainings, resources etc
 - 1) [Sept Newsletter.Final.pdf](#)
 - i. [Get Smart About Drugs: Homepage | Get Smart About Drugs](#)

8. Next Steps

a. Continued Strategic Prevention Framework activities

- i. Prioritize areas of concern- if still needed
- ii. Vote on top three or four
- iii. SWOT brainstorm (Strengths, Weakness, opportunities, threats)- as related to our capacity and resources in Carroll County
- iv. Develop logic models for each prioritized area – November/December meetings

b. Action Items below

9. Close and Thank You!

Action Plan

Action	Who	Resources	When	Notes
Pull together military family resource packets	Jen/Emily	Flyers from military partners	By 9.25.25	
Drop off military family resource packets to Casey K.	Jen/Emily	Packets	By 9.25.25	
Reach out to GWRSD about possibly utilizing Parent Square for public health messaging to families	Jen	Phone, email	10.01.25	
Reach out to other school districts about ways we can contribute to increasing public health messaging	Jen/Catalina	Phone, email	10.01.25	
Summarized list of concerns from last 3 meetings	Jen	Minutes, emails	10.8.25	

GETTING TO 'Y'

NEW HAMPSHIRE



2025 SCHOLARSHIP APPLICATION



DEADLINE EXTENDED SEPT. 15TH

<https://link.cadyinc.org/2025GTYNHScholarshipApplication>

Submit all required materials via email to Elizabeth Brochu, GTY NH Project Director at ebrochu@cadyinc.org or mail to: CADY; 94 Highland Street; Plymouth, NH 03264.



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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



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.



- ✓ 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



VETERANS
COUNT

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

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



STARTS NOW IN CARROLL COUNTY, NH

**AUG
7**

Thursday, August 7, 5:30-6:30 at Ossipee Concerned Citizens, 3 Dore St, Ossipee

Narcan Training and Distribution, Ossipee

A free in person training on how to carry and use Narcan/naloxone to respond to an opioid overdose emergency. Open to the public. Includes a no cost Narcan kit.

**AUG
19**

Tuesday, August 19, 3-6pm, MWV Farmer's Market, NCCC, North Conway

International Overdose Awareness Day Info Table

Carroll County Coalition for Public Health and White Horse Recovery will host a table of resources, information, and Narcan at the Farmer's Market in North Conway.

**AUG
30**

Saturday, August 30, 9-12pm, Tamworth Farmer's Market, Tamworth Village

International Overdose Awareness Day Info Table

Carroll County Coalition for Public Health and White Horse Recovery will host a table of resources, information, and Narcan at the Farmer's Market in Tamworth.

**SEP
16**

Tuesday, Sept 16, 05:30 - 6:30pm, The Shed, White Horse Recovery Ctr, N. Conway

Narcan Training and Distribution, North Conway

A free in person training on how to carry and use Narcan/naloxone to respond to an opioid overdose emergency. Open to the public. Includes a no cost Narcan kit.

**SEP
17**

Wednesday, Sep 17, 06:00-07:30pm, virtual

Virtual Book Club, Healing a Village, by Mark LeFebvre

Discover how communities can rise together in response to the addiction crisis in Healing a Village: A Practical Guide to Building Recovery Ready Communities. Author Mark LeFebvre shares a message of hope rooted in real-life solutions. <https://www.healing-a-village.com/events/maine-dhhs-virtual-book-club>

**SEP
25**

Thursday, Sep 25, 05:30-7:00pm, The Shed, 2977 White Mtn Highway, N. Conway

Recovery Month Open House, The Shed North Conway

Visit The Shed North at White Horse Recovery. Meet the trained Recovery Coaching staff and learn about services available for walk-in peer recovery supports including coaching, support groups, community activities and family supports.

**OCT
7**

Tuesday, Oct 7, 9:00-10:30am on zoom

Carroll County Responds to Substance Use Disorder

1st Tue of Oct, Dec, Feb, Apr, Jun, Aug by Zoom. 9:00-10:30am This meeting is for anyone in healthcare, social services, public safety, education, business, government and concerned citizens who want to work together in a community wide response to substance use disorder. <https://www.c3ph.org/newsevents/events>

www.c3ph.org



STARTS NOW IN CARROLL COUNTY, NH

Recovery Month Reading List

September is National Recovery Month — a time to celebrate stories of resilience, community support, and the hope of recovery. These titles were chosen for their honest, compassionate voices and their ties to rural life, family, and New England spirit.

VIRTUAL BOOK CLUB EVENT!

- *Healing a Village: A Practical Guide to Building Recovery Ready Communities* – Mark Lefebvre

Wednesday, Sep 17, 06:00-07:30pm, virtual book club event

Discover how communities can rise together in response to the addiction crisis in *Healing a Village: A Practical Guide to Building Recovery Ready Communities*. Author Mark Lefebvre shares a message of hope rooted in real-life solutions.

<https://www.healing-a-village.com/events/maine-dhhs-virtual-book-club>

Community & Nonfiction

- *The Least of Us: True Tales of America and Hope in the Time of Fentanyl and Meth* – Sam Quinones
- *Dopesick: Dealers, Doctors, and the Drug Company that Addicted America* – Beth Macy

Fiction – Rural & New England Voices

- *Demon Copperhead* – Barbara Kingsolver
- *Night of the Living Rez* – Morgan Talty



www.c3ph.org



STARTS NOW IN CARROLL COUNTY, NH

Recovery Month Reading List

□ Memoirs – Stories of Struggle and Hope

- Beautiful Boy: A Father's Journey Through His Son's Addiction – David Sheff
- Friends, Lovers, and the Big Terrible Thing – Matthew Perry
- The Outrun – Amy Liptrot
- All the Leavings – Laurie Easter
- The Recovering: Intoxication and Its Aftermath – Leslie Jamison
- Dry – Augusten Burroughs

□ For Parents & Families

- Beyond Addiction: How Science and Kindness Help People Change – Jeffrey Foote et al.
- Addict in the House – Robin Barnett
- It's Not About You, Except When It Is – Barbara Victoria
- The Addict's Mom: A Survival Guide – Barbara Theodosiou
- Resources for Parents and Caregivers: <https://drugfreenh.org/for-families/>
- Factsheet: Talk. They Hear You: How to Tell If Your Child Is Drinking Alcohol or Using Other Drugs. <https://library.samhsa.gov/>

□ For Teens & Young Adults

- Hey, Kiddo – Jarrett J. Krosoczka
- High: Everything You Want to Know About Drugs, Alcohol, and Addiction - David Sheff, Nic Sheff
- Tweak: Growing Up on Methamphetamines (YA edition) – Nic Sheff
- Recovery Road – Blake Nelson
- Sunny's Story – Ginger Katz

□ For Younger Children

- What Do You Do With a Problem? – Kobi Yamada
- Timbi Talks about Addiction - Trish Healy Luna et al.
- Floating Away - A Book to Help Children Understand Addiction - Andrew J Bauman

If you or someone you know struggles with mental health, alcohol or substance use, in NH call 2-1-1 or 1-866-444-4211 or contact the NH Rapid Response crisis line by calling/texting 833-710-6477 or chatting online at nh988.com

www.c3ph.org

2025 STUDENT LEADERSHIP SUMMIT

ANNUAL KICKOFF CONFERENCE & TRAINING

Connect - Inspire - Motivate - Take Action!

GTY NH STUDENT LEADERSHIP SUMMIT ANNUAL KICKOFF CONFERENCE & TRAINING

Wednesday, October 8, 2025

8:00 - 2:30pm

Plymouth State University, Merrill Place Conference Center
14 Merrill Street, Plymouth NH

Who Should Attend: Current GTY NH Teams & Students, NEW GTY NH Teams & Students, GTY NH Network; NH Regional Public Health Network (RPHN), Drug-Free Communities (DFC), Student Assistant Professionals (SAP), School Advisors & Councilors, and anyone interested in learning more about GTY NH student leadership & empowerment.

REGISTER HERE >



KEYNOTE

NOBLE SHEEP Asley Pollas and Jose Alvarez

POWER UP AND LEAD!

This message ignites a strong sense of purpose to lead and succeed. It empowers the audience to make the most of who they are. It motivates them to do the most with what they have.

This message inspires students to:

- Lift others up.
- Live on purpose.
- Let go of insecurities.



NOBLE SHEEP
Asley & Jose

White Mountains Pride &
Carroll County Youth
Wellness Team present



Culturally Responsive Engagement with LGBTQ+ Youth, Families, & Communities

This free, virtual interactive training will cover:



Foundational LGBTQ+ terms and concepts



The role of bias (and the protective role of
support) on well-being & safety



Practical strategies to support LGBTQ+ folks
in both your work & broader community



Nov. 12, 2025 on zoom



5:30-7:00pm

*Register
Now* →



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