

Carroll County Youth Wellness Team Agenda

Time: 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
Casey Kariuki	Behavioral Health Navigator, Maine Health Memorial Hospital
Jess Goff	Education and Training Director, NH Outright jessica@nhoutright.org
Nichole Lazarz	Family Liaison, Paul School in Wakefield
Joy Burrill	Recovery Coach, White Horse Recovery
Jen Thomas	Prevention Coordinator, C3PH jennifer.thomas@graniteuw.org
Catalina Kirsch	Continuum of Care Facilitator catalina.kirsch@graniteuw.org
Emily McArdle	Outreach, C3PH u25carrollcounty@outlook.com

2. Guest Speakers

- [NH Outright](#)- Jess Goff
- See attached slides
- Culturally Responsive Engagement with LGBTQ+ Youth, Families, and Communities- Nov. 12, 2025, on Zoom, 5:30pm-7pm. Register [here](#)
- New podcast: <https://www.nhoutright.org/oioa>

3. C3PH also has an LGBTQ+ Resource Guide for Carroll County here:

https://www.c3ph.org/assets/pdf/LGBTQ_Resource_Guide_Updated_2025_07_30.pdf

4. Partner Updates/Questions/Networking

- Joy/White Horse- Looking into expanding services to include youth, trying to navigate that process on what age range to serve, learning more about what services would benefit local youth.
- Casey/Memorial- No updates, here to learn more about what is going on locally to connect the children they serve to resources. Trends- Very busy at the beginning of the school year, which is typical, then generally in November school avoidance becomes an issue.

- c. Nichole/Paul School- Busy as well, already noticing that school avoidance is a trend. Paul School is working on monitoring and following up on attendance more.

5. C3PH Updates

a. Catalina

- i. [Responding to Addiction Training](#)- October 9, 12-2pm and November 3, 5pm-7pm. Register [here](#)
- ii. [A.I.D. Training \(Awareness, Interaction, Direction\)](#)- October 21
- iii. [Youth Mental Health First Aid Training](#)- November 21. Register [here](#)
- iv. Building Bridges to Better Health and Outcomes for Youth, Carroll County 2025
 - 1. PowerPoint presentation data analysis of YRBS from 2019-2023, if you're interested in bringing that presentation to your organization, please reach out
- v. Naloxone Distribution
 - 1. Available to distribute to school nurse offices, etc.
- vi. Food Security
 - 1. [NH Food Bank Mobile Food Pantry Oct 10](#)
 - 2. [Carroll County Food Access Network](#)- Community Meal on Tuesday October 14, 5:30pm-7:30pm at the Gibson Center (see flyer in folder/below)
- vii. Job opportunity: Kingswood Youth Center is hiring a program facilitator to work with youth- <https://thekyc.org/employment/>
- viii. Connect Suicide Prevention training at Carroll County Adult Ed on December 11. Register here: <https://carrollcountyadulthoodeducation.com/classes/>
- ix. International Survivors of Suicide Loss Day event will be at the MWV Adult Day Center on Saturday, Nov. 22. Flyer coming soon.

b. Emily

- i. Attended 11 school open houses around Carroll County to share resources and information with caregivers and students
- ii. Will be helping with Red Ribbon Week activities with Jen
- iii. October is [Substance Use and Misuse Prevention Month](#)

- iv. Follow C3PH on [Facebook](#) and [Instagram](#) and share the Under 25 Network of Carroll County on [Facebook](#) and [Instagram](#) with youth.

c. Jen

- i. Action Items
- ii. GWRSD Superintendent interaction
 - 1. Superintendent is open to us sharing public health messaging through their newsletter or Parent Square Portal
- iii. Summarized list of concerns
 - 1. Jen will send it out
 - 2. Will do SWOT logic model to assess capacity, rank items of concern to see what we'd like to address
- iv. Outreach to new partners
- v. Military Family info Packets
 - 1. About 75% done, just waiting on a few items from DMAVS
- vi. Carroll County Mental Health Court
 - 1. Need a case manager/coordinator, need some funding for nonbillable hours, starting in Tamworth and Wolfeboro, hoping to pilot in January
- vii. [Red Ribbon Campaign | Largest drug-use prevention campaign in the U.S.](#)
 - 1. RRW presentation and activity available
- viii. [DEA National Take Back Day](#) – October Saturday October 25th 1000-1400 (10am-2pm)
 - 1. Check with local police station

6. Presentations

- a. Collated list of partner concerns for youth
- b. Vote for your top three (3)
 - i. Via Slido
 - 1. <https://app.sli.do/event/aUnaHC5cj66c8HPHG81dPb>



2.

7. Questions and Discussions

8. Resources and Activities

- a. [See CC Youth Wellness Team Flyers Folder here](#)
- b. Youth Success Project training – Identifying and supporting homeless youth
 - i. November 3 – 1330 – 1500
 - ii. More details and flyer below/in folder
 - iii. Register here: <https://bit.ly/3VP9PTZ?r=qr>
- c. NH Outright Training
 - i. November 12 – 1730 – 1900
 - ii. Register here
<https://us02web.zoom.us/meeting/register/T98vWXBISmeuh5SADVp0vw#/registration>
- d. CALM Conversations and [Ask The Question | Ask the Question](#)
 - i. November 5 at 100 PM to 400 PM
 - ii. Register here <https://forms.gle/nr8yF4kc9SuKB4RS8>
- e. [Leaders In Prevention \(LIP\) | nh-teen-institute](#)
- f. [Home - The Partnership](#) – substance prevention resources
- g. <https://www.c3ph.org/resource-center/resource-guides>
- h. www.carrollcountyveteranscoalition.org
- i. [Substance Use & Misuse Prevention Month | SAMHSA](#)
- j. 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](#)
- k. [YouthWell New Hampshire](#)
- l. [Get Smart About Drugs: Homepage | Get Smart About Drugs](#)
- m. [Home](#) – NHADACA – trainings and resources related to substances

9. Next Steps

- a. Produce a Strength, Weakness, Opportunity and Threat (SWOT)

i. Assessment of capacity – internal external

b. Guest Speaker- on identifying military youth/families

10. Close and Thank You!

Action Plan

Action	Who	Resources	When	Notes
Sent out list of concerns	Jen	List, email	With minutes	
Rank top concerns	Everyone	Slido poll	By Nov. 12 (next meeting)	
SWOT Analysis	Jen, Catalina, Emily	Document, feedback?	Dec?	
Finish and deliver military packets	Jen (Emily?)	Resources from DMAVS	Nov. 12	

Want to keep your family safe online?



Internet Safety for Parents

When: Thursday, Sept. 18, 2025

Time: 6:30 - 8:00 pm

Where: The Upper Room, 36 Tsienneto Road, Derry, NH

Cost: Free



Don't miss this presentation, offered by the Derry Police Department, dedicated to educating parents/caregivers with the knowledge and tools needed to keep their children safe online.

Discussion will focus on phone apps, use of technology at night and some of the dangers your teens could be encountering that could be harmful.

You'll leave this session with practical tips, resources, and conversation starters to help you guide your family safely through today's digital landscape.

To register call Melinda at 603-437-8477 x126

This Presentation is supported by Granite United Way and Comcast.



DOG BISCUIT BAKING SESSION



We invite veterans and friends to participate in an all-natural dog biscuit baking session with our friends from Operation Biscuit. You will prep, shape, and bake biscuits to take home, or donate, to your favorite pups!

WHEN: Monday | October 27, 2025

WHERE: Gibson Center | 14 Grove Street | North Conway NH

TIME: 12:30 pm

To Register: 603 356 3231



Save the Date!

Upcoming Mobile Food Pantry



Friday, Oct 10, 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*



Would you use a youth mental health support app?

YouthWell New Hampshire is exploring the idea of creating a youth mental health support app.

The app would be a resource, tool and support for
Youth
Parents/Caregivers
Educators

The app would provide resources, tools, education, and support for each of the three target groups. One app, three platforms.

We need your help.

Would you please consider taking the survey below and giving your feedback on if this would be a useful tool for you?



TAKE THE SURVEY BY SCANNING
THE QR CODE BELOW



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



DEPARTMENT OF
Military Affairs and
Veterans Services



FREE TRAININGS

CONVERSATIONS ON ACCESS TO LETHAL MEANS (CALM CONVERSATIONS)

AND

ASK THE QUESTION

.....

Conversations on Access to Lethal Means (CALM Conversations) is a training designed to make challenging conversations easier. Learn how to have conversations with Veterans about suicide risk and ways to increase safety at home, including firearm storage. Let's talk about ways to protect your rights and make your home more secure in a crisis.

Plus, do you feel confident in **'Asking the Question'** about a client's or family member's military service? And in your understanding of the potential impact of that service on presenting concerns and needs for support? We can jump start your military cultural proficiency with a Basic Training! Learn about reducing stigma and improving provider-client rapport.

REGISTER NOW



Or visit: <https://tinyurl.com/4zzh6c75>

DATE: Wednesday, November 5, 2025

TIME: 1pm - 4pm (1300 - 1600 hours)

LOCATION: Tuftonboro Library
221 Middle Rd.
Center Tuftonboro, NH 03816

FMI:
jennifer.thomas@graniteuw.org

CHILDREN UNLIMITED

NEWSLETTER

OCTOBER
2025

MONTHLY

Playgroups

For children ages 0-5 and their caregivers.

- Monday's ~10:30-11:30am at the Pope Memorial Library
Halloween Party 10/27/2025
* No playgroup 10/13

- Wednesday's ~ 10:00-11:00am at the First Congregational Church of Ossipee
Halloween Party 10/22/2025

Foster Parent Support Groups

- 3rd Monday of the month~ 10:15-11:15 in person at the Pope Memorial Library
- 3rd Monday of the month~ 6:00-7:00pm held virtually via Zoom

*Please contact Samantha at sjones@childrenunlimitedinc.org for link

Kinship Support Groups

- 3rd Tuesday of the month~ 10:15-11:15am in person at the Pope Memorial Library
- 3rd Tuesday of the month~ 6:00-7:00pm held virtually via Zoom

UPCOMING EVENTS

- October 9th~** Greater Ossipee Area Chamber of Commerce Business Expo from 4:30- 6:30pm at Provisions Food Pantry and Thrift Store
- October 10th~** Conway Mobile Food Pantry from 12:00-1:30pm at the Ham Ice Arena
*Drive thru format. No proofs needed!
- October 21st~** Children Unlimited Open House from 5:00-6:00pm at Children Unlimited

Needing Christmas Assistance?

There are programs available!
Most application are due in November. Please reach out to Ellery by email ehunt@childrenunlimitedinc.org or call (603) 901-3052 to be connected to your local program.

Complete this survey for the NH Perinatal Quality Collaborative!

Are you or a partner currently pregnant or postpartum? We want to hear about your experiences and input about care and resources in the Mt. Washington Valley area!



CARROLL COUNTY YOUTH WELLNESS TEAM

PRESENTS

**NOV
3RD**

**YOUTH AND YOUNG ADULT
HOMELESSNESS IN RURAL NEW
HAMPSHIRE**

This session will provide an overview of YYA homelessness, cover its signs, and offer best practices for building positive relationships with youth experiencing homelessness.

**1:30-
3PM**

Location:
Tri-County CAP
448 White Mountain Highway
Tamworth, NH 03886



**YOUTH
SUCCESS
PROJECT**

in collaboration with



TRI-COUNTY
COMMUNITY ACTION



**CARROLL COUNTY
FOOD ACCESS NETWORK**

Community Meal

Feeding our Future:
A Multi-Generational Community Meal

**Tuesday,
Oct 14, 2025
5:30 - 7:30 PM**



**Gibson Center
14 Grove St
North Conway**

<https://feedingourfuture.rsvpify.com/>



DEA NATIONAL ^{Rx} **TAKEBACK**

Turn in unneeded medication
for safe disposal.

Saturday, October 25
10 a.m.–2 p.m.

Keep them safe. Clean them out. Take them back.

Visit DEATakeBack.com for a collection site near you.