

Carroll County Youth Wellness Team Agenda

November 12th at 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
Liz Brochu	CADY Inc
Shannon Cloos	Kingswood Regional High School
Joy B	White Horse Recovery
Troy Barnes	White Horse Recovery
Sarah Cain	New Futures
Crystal Sawyer	Carroll County Adult Ed
Amanda Dibiase	School Counselor at Effingham Elementary
Josephine Lamb	White Mountain Community Health Center
Jen Thomas	Prevention Coordinator, C3PH
Emily McArdle	Outreach Consultant, C3PH

2. Guest Speakers

- a. Liz Brochu -CADY Inc. – Project Director [Getting to 'Y' NH | CADY, Inc.](#)
- b. Allows students to see their YRBS data and find solutions for their school
- c. Getting to Y in six easy steps: Attend training (in Tamworth at Cook Memorial Library on January 27, 2026), plan and conduct data analysis retreat, plan and conduct the community dialogue event, facilitate a plan of action and make it happen, reflect and celebrate, keep it moving
- d. Free for the first 50 public schools to sign up for a regional training! Plus, free toolkits and a bonus \$3,000 implementation stipend and six student scholarship awards (\$1,000 each)
- e. Accepting middle schools and high schools
- f. Seeing a lot of Student Assistance Program Coordinators getting involved, along with advisors from different clubs
- g. Liz will send the flyers to Jen to share

3. Partner Updates

- a. Sarah/New Futures
 - i. Working on bills regarding alcohol and other drugs and marketing (vapes, inhalants, working with Dover Youth to Youth regarding cancer warnings/marketing)
 - ii. Vaccines- Trying to get share info and get more engagement and education
 - iii. Sarah will send the specific bill numbers and more info to Jen
- b. Crystal/Carroll County Adult Ed
 - i. Suicide Prevention Training on Dec. 11, trying to spread the word and get more people signed up. See flyer below and register here:
<https://studentportal.literacypro.com/nh/providers/266>
- c. Joy/White Horse
 - i. Schedule has changed, working on offering SMART Recovery in the evening- Parents of youth are welcome to join
 - ii. White Horse is working on looking at different policies and insurance coverage for serving youth
- d. Josephine/White Mountain Community Health Center
 - i. No updates, looking for info about health and nutrition coaching for kids- NH Medicaid doesn't cover dieticians for most kids (unless they have specific illnesses)

4. C3PH Updates

- a. Action Items
 - i. Priority items votes- See below
 - 1. Thoughts or surprises
 - ii. Military packets
 - 1. Will be delivered this/next week. If anyone else would like some, please reach out, they're for military members and families
 - iii. SWOT Analysis- Send in minutes

1. Feedback- The group is interested in getting more into detail about the barriers, contacting agencies to see what we can do and what the barriers are, assessing capacity for what we can do
2. Will work on this more over the next couple of months

5. Presentations

- a. Assessing capacity to support youth in Carroll County
- b. Zoom Poll Launch- Send with minutes

6. Questions and Discussions

- a. Ways to make meeting more accessible and useful
 - i. Refer to Google poll
- b. Ways to make create more engagement
 - i. Meet every other month?
 - ii. Get youth involved?
 - iii. Resource sheet should be put into Parent Square for GWRSD- Jen?

7. Resources and Activities

- a. [Carroll County Holiday Resources and Events](#) (including free community Thanksgiving events!)
- b. Food Access information - [Resource List - Carroll County Food Access Network | Extension](#)
- c. **Age Friendly Community Resource Guide** <https://www.mwvagefriendly.org/>
- d. **DHHS** <https://www.dhhs.nh.gov/programs-services/food-meals-assistance>
- e. **DHHS and NH Food Bank Contingency Plan** <https://www.dhhs.nh.gov/news-and-media/new-hampshire-announces-contingency-plan-delayed-snap-benefits>
- f. **Gather Mobile Markets** <https://www.gathernh.org/mobilemarket>
- g. **Children Unlimited Diaper Depot Program**
<https://www.childrenunlimitedinc.org/>
- h. **WIC** <https://www.fns.usda.gov/wic>
- i. **Next Mobile Food Pantry Dec 16 Ossipee Mobile Food Pantry 12-1:30pm; Where: St Josephs Church. 23 Moultonville Rd. Ossipee, NH; When: 12/16/2025**

Volunteers 11am-

1:30pm. <https://nhfoodbank.volunteerhub.com/vv2/event/69943666-fc5d-4163-8f20-8e3a8fc591ff>

- j. International Survivors of Suicide Loss Day- See flyer below
 - i. Saturday, November 22 at the MWV Adult Day Center, 10am-1:30pm
 - ii. Please register here: <https://mount-washington-valley-new-hampshire.isosld.afsp.org/>
- k. [Nov 8 Tri County CAP Winter Gear giveaway Tamworth](#)
- l. [Nov 12 Culturally Responsive Engagement with LGBTQ youth, families, community. By NH Outright, sponsored by White Mountains Pride, virtual training](#)
- m. [Nov 19, SNAP-ONLY Mobile Food Pantry, Conway: Ham Ice Arena, 87 West Main Street | Wednesday, November 19, 10:00 AM-3:00 PM](#)
- n. [Nov 20: Northern Carroll County Providers Network, virtual, 1:00-2:30pm. Nonprofit and community service providers resource sharing.](#)
- o. [Nov 21, Virtual all day – Youth Mental Health First Aid](#)
- p. [Nov 25, Carroll County Veterans Coalition, virtual, 10:00am, Aims to increase mental health supports and decrease social isolation and prevent suicide for veterans](#)
- q. [Dec 2: Carroll County Responds to Substance Use Disorder, virtual. Community wide coalition to organize prevention, intervention, harm reduction, treatment and recovery.](#)
- r. [Dec 11 CONNECT Suicide Prevention Training, in Person, Tamworth](#)
- s. [Nov 28 – Dec 6, Festival of Trees to benefit Carroll County RSVP \(Retired Seniors Volunteer Program\)](#)
- t. [Dec 11 CONNECT Suicide Prevention Training, in Person, Tamworth](#)
- u. NH Food Bank SNAP-Only Food Box Pick Up (SNAP recipients must show SNAP card) [Tuesdays beginning Nov 4. North Conway: Vaughan Food Pantry, 2503 White Mountain Highway | Tuesdays, 11:30 AM-1:45 PM](#)
- v. Presentation on Youth Homelessness
 - i. [Youth Young Adult Homelessness.pdf](#)
- w. [Home - The Partnership](#)
- x. [Mental Health America – Supporting Young Minds](#)

8. Next Steps

- a. Brainstorm solutions to each of the top 5/6 priorities
- b. Work on SWOT analysis
- c. Start working more on above feedback from group (digging into barriers, capacity, what we can do to make changes)

9. Close and Thank You!

Action Plan

Action	Who	Resources	When	Notes
Send flyers about Getting to Y from Liz	Jen	Email	11/21	
Send/work on SWOT Analysis	Jen	Email	11/21	
Work on getting more into detail about barriers, capacity, etc. re. priority areas	Jen/group	Discussion?	12/10	
Share resources with GWRSD Parent Square	Jen	Email	11/21	
Vote in poll for capacity	Everyone	Poll	12/10	

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

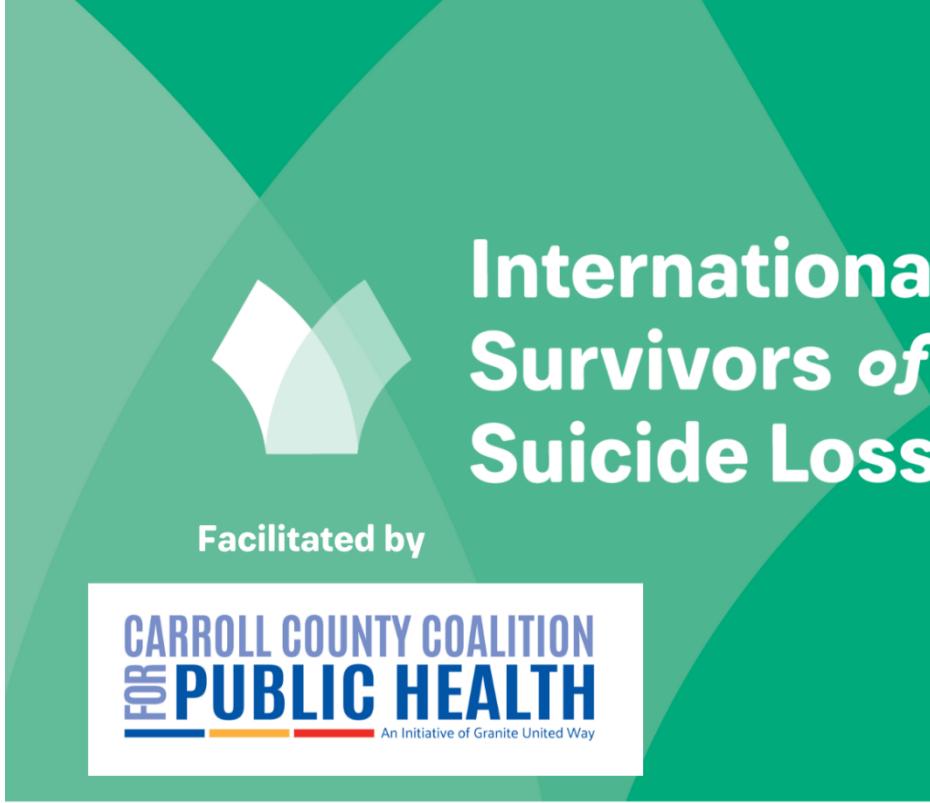


*Register
Now* →



**CARROLL COUNTY COALITION
FOR
PUBLIC HEALTH**

An initiative of Granite United Way



International Survivors of Suicide Loss Day

Facilitated by



November 22, 2025

Each year, AFSP supports hundreds of large and small Survivor Day events around the world, in which suicide loss survivors come together to find connection, understanding and hope through their shared experience. While each event is unique and offers various programming, all feature an AFSP-produced documentary that offers a message of growth, resilience and connection.

Questions?

Catalina Kirsch

Email: catalina.kirsch@graniteuw.org

Phone: 603-662-4811

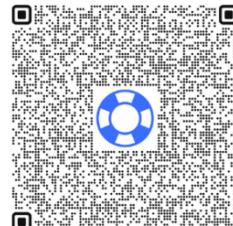
afsp.org/survivorday

Local Event Information

Mount Washington Valley New Hampshire
MWV Adult Day Center
987 East Main Street
Center Conway, NH

Register Here:

<https://tinyurl.com/2pp3jvcj>



American
Foundation
for Suicide
Prevention

Register here: <https://mount-washington-valley-new-hampshire.isosld.afsp.org/>

OUT! AND INTO OPEN ARMS PODCAST

FOR ADULTS
SUPPORTING
YOUTH
COMING OUT AS
LGBTQ+

 nh outright



LISTEN NOW:

ON APPLE PODCASTS:



ON SPOTIFY:



OR WHEREVER YOU GET YOUR PODCASTS!

LEARN MORE AT
NHOUTRIGHT.ORG





Training Professionals & Communities in
Suicide Prevention & Response®



Recognize, Connect!

Helping Persons at Risk of Suicide
A CONNECT Training for Community Helpers

Empowering Communities. Saving Lives.

- CONNECT Community Helper training equips individuals of all types and roles (e.g., family, teachers, coaches, healthcare providers) within any community with skills to recognize suicide warning signs and offer support. It teaches how to identify at-risk individuals, engage in empathetic conversations, and connect them with resources. It aims to create a supportive network within the community, where people are empowered to intervene and prevent suicide.
- Recognized as a National Best Practice by the Suicide Prevention Resource Center (SPRC).

Key Topics Covered

- Warning signs, risk, and protective factors
- Safe messaging & communications
- How to connect with a person at risk and their families, caregivers, providers
- How to connect a person with resources
- Cross-system collaboration to keep people safe

Who Should Attend?

- Educators & school staff
- Social service providers
- Health & behavioral health professionals
- Businesses & organizations
- Community leaders, faith leaders, and concerned citizens

Date: Thursday, Dec. 11, 2025

Time: 9:30am-12:00pm

Location:

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





Ranking 8 votes



Poll settings

Please rank the following topics from what you view as most important to address to least important.

A horizontal bar chart illustrating the top 5 challenges, each represented by a green bar. The challenges are listed on the left, and the percentage value is displayed at the end of each bar.

Challenge	Percentage
1. Need for increased family community supports	13.63
2. Poor mental health	13.25
3. More wrap around supports for families needed	13.25
4. Help seeking behaviors/self-advocacy low	10.25
5. The Increase in bullying	9.75