

Carroll County Youth Wellness
Team
Agenda

Time: December 10, 2025 11:00 AM Eastern
Time (US and Canada) Every month on the
Second Wed, until Jun 10, 2026
Join Zoom Meeting
<https://us02web.zoom.us/j/81151211790>
fmi jennifer.thomas@graniteuw.org



1. Attendees

Name	Organization
Joy Burrill	White Horse Recovery
Gracie Pedersen	White Horse Recovery
Sarah Cain	New Futures
Katherine Leswing	Office of Student and Educator Wellness at the Department of Education
Cheryl Frankowski	Care Coordinator at White Mountain Community Health
Matt Plache	White Horse Recovery
Catalina Kirsch	Continuum of Care Facilitator, C3PH, catalina.kirsch@graniteuw.org
Jen Thomas	Prevention Coordinator, C3PH, jennifer.thomas@graniteuw.org
Emily McArdle	Outreach, u25carrollcounty@outlook.com

2. Guest Speakers

- a. None

3. Partner Updates or Questions

- a. Sarah/New Futures- No updates, LSR's are out, bills will be assigned numbers and bill texts will be coming out in January
- b. Gracie/White Horse Recovery- Doing youth prevention at the Kingswood Youth Center, speaking with kids and bringing guest speakers that are in recovery

4. C3PH Updates

- a. Catalina

- i. A.I.D. (Awareness, Interaction, Direction), mental health, SUD awareness and referral to help. 90 min. [Click here for more info and to register.](#)
 - ii. Mental Health First Aid, Adult and Youth. 6.5 hr [Click here for more info](#)
 - iii. Responding to Addiction, by Addiction Policy Forum. 2.5hr [Click here to host a training.](#)
 - iv. [Naloxone Training and Distribution](#) 1 hour
 - v. CONNECT Suicide Prevention Training 2.5 hour
 - b. Emily
 - i. Social media- Follow C3PH on [Facebook](#) and [Instagram](#) and the Under 25 Network of Carroll County on [Facebook](#) and [Instagram](#)
 - ii. Engagement- Created resource folders and will be at the Revolving Closet Parents Shopping Night on Friday, Dec. 12, 4pm-6pm (see flyer below), attended event Cheese Louise, continuing to give out resources and harm reduction supplies
 - iii. Other- Working on creating a Community Engagement/Volunteer Resource list for MLK Jr. Day of Service in January. If you have any volunteer events, please fill out this form to be added to the list:
<https://forms.gle/nRZNhVCR6uga5YdNA>
 - c. Jen
 - i. Carroll County Veterans Coalition trainings- Mental health and SUD
 - ii. Attending the Kingswood Youth Center for Prevention Nights, doing games and activities
 - iii. Working on Project Safeguard for Moultonborough Academy
 - iv. Supplementing local schools' health education about alcohol and other drugs
 - v. Promoting Getting to Y program: <https://cadyinc.org/programs/gty/>
 - vi. Mental Health Court- Pilot program starting in the beginning of February
 - d. Action Items from last meeting
 - i. Share resources with GWRSD Parent Square – How/what does this look like?
 1. What to share/how?
 2. Share “Resources and Activities” list below?
5. Presentation

- a. Executive summary
 - b. Priority areas
- 6. Questions and Discussions – Zoom Whiteboard
 - a. Top 5 priority areas – visit each and ask questions. Discussion notes (or see Zoom whiteboard):
 - i. Priority- Need for increased family community supports
 - 1. Biggest issues: Lack of coordination between organizations, lack of general public awareness about what our organizations do and the resources they have, lack of exchange of info between systems (e.g. attorneys, police, public defenders, court systems, etc.), transportation barriers
 - 2. Barriers- Significant in reductions for social and emotional wellness programming, budget changes, haven't had a commitment on a fiscal level to support family and prevention programming (no SAP in Carroll County)
 - 3. Improve- Coordination/communication, financial support
 - 4. Ways to solve- Engaging families, direct outreach, universal outreach since so many families are dealing with stressors/SUD/mental health, etc. (sharing resources, etc.), plus targeted outreach.
 - 5. Who can help solve- Utilize what schools already have in place (family liaisons, social workers). Utilize SOS Recovery which have Family Support Outreach initiatives, look into faith-based community groups that have youth groups, town welfare agents, family practice physicians/doctors' offices
 - 6. Timing- Issue may occur more during school vacation and holiday times due to lack of structure from school
 - ii. Priority: Addressing Poor Mental Health
 - 1. What is being done- Increasing mental health providers- Maine Health trying to encourage more people doing internships there, supporting the LICSW associate program, behavioral health aid program in NH
 - a. Catalina will send info re. behavioral health aid program

2. White Horse- Hard to get staff, clinicians can get burned out- need to offer benefits for this, plus price of housing. Seeing an increase in clients with a primary diagnosis of mental health disorders whereas 5 years ago it was more SUD oriented. Stigma and transportation are barriers.
 3. Solutions- Discussion about virtual care- Youth may have a barrier due to lack of privacy in the home, plus there is the lack of interpersonal connection.
 4. Solutions- Utilize family liaisons/school-based options, look into private practices with sliding scales and virtual options. Other supports- Overall prevention work, programs like KHS alternative education programs
 - iii. Initial thoughts
 - iv. What is negatively influencing them?
 - v. What can improve them?
 - vi. Where would it make sense to sit any activities regarding each area?
- b. Involving Youth in CCYWT
- i. Brainstorm ways
7. Resources and Activities
- a. [Click here for list of Webinars and Training Available, from Bureau of Drug and Alcohol Services](#)
 - b. [North Country Cares – Revolving Closet Parent Shopping Night. Friday Dec 13, 4-6pm](#) North Conway
 - c. [Dec 16, 12-1:30pm, NH Food Bank Mobile Food Pantry, St Joseph's Church, 23 Moultonville Rd, Center Ossipee](#) ; [Click here for PRINTABLE FLYER](#) ; [Volunteers Needed. Register Here](#)
 - d. Avoid Scams and Fraud- Free Workshop, Tamworth Community Nurses, Monday, Dec. 15 at 2pm, in person or via Zoom. See flyer below
 - e. [Family Slow Cooker Class, Jan- Mar 2026, Pope Library, North Conway](#)
 - f. [Work Ready NH 1st Ever Online High School Class. Jan-May 2026, M-F 1-2pm, 16+ welcome. Job Readiness, Resumes, Interview skills, professionalism, confidence. Tuition Free.](#)
 - g. [White Horse Recovery Family Support Group, 2nd and 4th Mondays, 5-6pm, Center Ossipee](#)

- h. [NAMI NH Mental Health Peer, Family, Parent Support Groups.](#)
 - i. [Strong As Granite Rapid Response 988 211 Shareable Graphic](#) Great for your organization newsletter or social media
 - j. [Carroll County Holiday Resources and Events](#)
 - k. [Out! And Into Open Arms Podcast for Adults Supporting Youth Coming Out as LGBTQ+](#)
 - l. [UNH CDC Vaccines Update Flyer Winter 2026](#)
 - m. [NH Teen Institute 2026 Summer Leadership Program Register Today](#)
 - n. [Children Unlimited Family Resource Center December 2025 Newsletter](#)
 - o. [Workplace Justice | MomsRising](#)
 - p. [Gov-Comm_2022_Final_Linked-1.pdf](#) – NH Governor's Commission on Alcohol and Other Drugs State action plan
 - q. Granite United Way – Opioid Abatement Community Grants Program
 - i. [Opioid Abatement Community Grants Program \(OACGP\) | Granite United Way](#)
 - r. [A Guide to SAMHSA's Strategic Prevention Framework](#)
 - s. [young adult engagement/survey](#)
8. Next Steps
- a. SWOT
9. Close and Thank You!

Action Plan

Action	Who	Resources	When	Notes
Send resources to Parent Square?	Jen	Resource and activity list	?	
Continue working through next priorities	Team	Zoom White Board	Next meeting- 1/14	
Review capacity	Team	SWOT?	Next few months	



NORTH COUNTRY
CARES

The Revolving Closet

Located at the First Church of Christ Congregational

Across from Peach's Restaurant (back door & up the stairs)

603-520-8274 • 2521 White Mountain Hwy, North Conway, NH 03860

*'Tis The Season!
Happy Holidays are near,
Let us help you this year!*

Parent's Shopping Night

Friday, December 12th 4pm-6pm or by appt.

To make it easier for you, we have the best Stockings and
Stuffers for boys and girls (naughty or nice).

We have been saving lots of new and verrrry gently
used clothing and gifts, just perfect for
young adults 12-18 years old.



Save the Date!

Upcoming Mobile Food Pantry



Tuesday, Dec. 16, 12:00pm-2:00pm

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

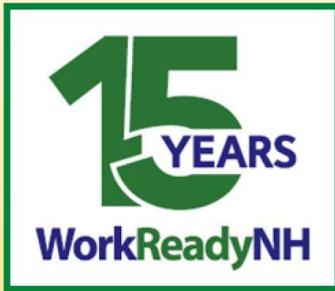
**St. Joseph's Church
23 Moultonville Rd.
Ossipee, NH**

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**





**Build skills. Build confidence.
Build your career.
Tuition Free!**

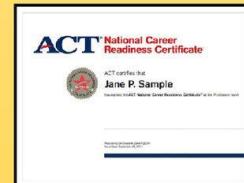
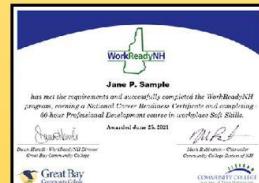
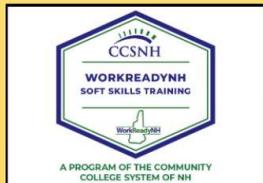
WorkReadyNH's 1st Ever Online High School Class

January 26th through May 22nd, 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:





**University of
New Hampshire**
Extension



**FREE
Sign Up
Today!**

Family Slow Cooker Class

**COME LEARN ABOUT VARIOUS NUTRITION TOPICS
AND NEW SLOW COOKER RECIPES**

Date	Nutrition Topic	Recipe
January 5	Food Safety	Easy Chili
January 19	Whole Grains and Fiber	Chicken Fajitas
February 2	Feeding Children	Slow Cooker Pizza
February 16	Sugary Drinks	Tangy Orange Chicken
March 2	Reading Food Labels	Apple & Butternut Squash Soup
March 16	Physical Activity	Pulled Chicken and Cole Slaw

Each week families will eat dinner and prepare a recipe to take home with their kids, then the kids will have a story time while the parents learn more about healthy choices for their family.

Date: Every other Monday January 5 - March 16 (1/5, 1/19, 2/2, 2/16, 3/2, 3/16)
Time: 5:00-7:00 PM
Contact: Joy Gagnon, 603-662-8901
Location: Pope Memorial Library, 2719 White Mountain Highway, North Conway

Register Now!

director@popelibrarynh.org or popelibrarynh.org/our-events



Participants will receive a free slow cooker!

If you need an accommodation to participate in our programming, please contact Joy Gagnon, joy.gagnon@unh.edu and 603-662-8901 prior to the event. Given ample time, we will make any reasonable effort to meet your needs, including language access services if requested, which will be provided free of charge.

The University of New Hampshire Extension is an equal opportunity educator and employer. UNH, U.S. Department of Agriculture, and New Hampshire counties cooperating. Direct inquiries to unh.civilrights@unh.edu. USDA this institution is an equal opportunity provider. This program was funded by USDA's Expanded Food and Nutrition Education Program -EFNEP 10/2024

Free Community Workshop

Avoid Scams & Fraud

Monday, December 15 at 2:00 pm

- In the TCNA Classroom
86 Main Street, Tamworth Village (behind the Town Offices)
- Or by Zoom

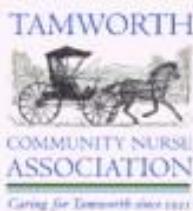
Learn how to:

- ✓ Recognize common phone, email, text, and online scams
- ✓ Spot red flags in financial or urgent requests
- ✓ Protect your personal and financial information
- ✓ Support and protect family members and neighbors
- ✓ Know what to do if you think you've been targeted

Presented by

Tamworth Chief of Police Dana Littlefield

In partnership with the Tamworth Community Nurse Association



This is a free community workshop and registration is not required; however, if you'd like join by video-conference, please register with TCNA by calling 603-323-8511, or by email at tcna@tamworthnurses.org





nami New Hampshire
National Alliance on Mental Illness

In-Person FAMILY SUPPORT GROUP

*For those with a loved one
aged 16+ with a mental health
condition*

1st Wednesday each month

4:30-6:00pm

North Conway Community Center
78 Norcross Circle
North Conway, NH

*Questions or concerns? Please contact the
facilitator listed below.*

WHAT TO EXPECT

Our family support groups are:

- Led by trained volunteers with lived experience
- Drop-in, no regular attendance required
- Free to participants
- Confidential and safe
- Judgement free

MAKE CONNECTIONS

Our groups allow you to connect with others who:

- Understand the challenges you face and the opportunities ahead
- Have had similar experiences
- Will help you learn new coping skills
- Will share their successes and strategies



ALAN BUNKER & GINNY NOSSIFF

Support Group Facilitators

For more information, contact:
Alan Bunker 603-738-0149 or
alanbhike@yahoo.com

Revised October 2025



SHARE YOUR REALITY.



Your experiences
with mental health matter.
Take the short survey today.

Scan and
complete to
enter a chance
to win a \$50
visa card!



Department of
**HEALTH &
HUMAN SERVICES**