

Carroll County Youth Wellness Team Agenda

Time: January 14th , 2026 11:00 AM Eastern Time
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
Matt Plache	Executive Director, White Horse Recovery
Gracie Pedersen	Recovery Coach, White Horse Recovery
Carrie Burkett	Community Health, MaineHealth Memorial Hospital
Alex Farley	Family Support Liaison at Kennett High School
Jen Thomas	Prevention Coordinator, C3P
Catalina Kirsch	Continuum of Care, C3PH
Emily McArdle	Outreach, C3PH

2. Guest Speakers

- a. none

3. Partner updates, questions or thoughts

- a. Gracie/White Horse Recovery is running Prevention Nights at the Kingswood Youth Center, have been bringing people to share their recovery stories, going well and youth are engaged
- b. Alex/Kennett High School
 - No updates on Mental Health Fair yet but will touch base with counselors
 - Alex's role: Connect students and families to resources within the community (food, mental health, transportation, etc.) and does one on one support with students
 - Alex will share info about this group with Joe Fernald and Casey Foye from the KHS Alternative Ed Program and will make a connection with the teacher that runs the GSA (C3PH would like to collaborate on raising mental health awareness with the GSA)

c. Carrie/Maine Health-

- Has been meeting with different schools about what they have in place for youth mental health and how MaineHealth can support these efforts, has some trainings available for programs like Sources of Strength
- Has heard feedback about the difficult experience of kids in crisis waiting at the emergency room for beds to open up, looking for conversation/work around this. There was previously an SAU 9 Behavioral Health Collaborative that worked on transitions and reentry protocols, Charlotte Helvi was a part of this along with school nurses and Pam Stinson
 1. NAMI NH offers support for this: <https://www.naminh.org/edwait/> and <https://www.naminh.org/wp-content/uploads/2024/10/ED-Boarding-%E2%80%93-Kids-Cant-Wait-Support-v-2-1.pdf>
 2. White Horse Recovery can also offer peer support

4. C3PH Updates

a. Catalina

- See addendum below
- Trainings available (see below)
- Advocacy
- Point in Time Homeless Count on Jan. 29, contact Erik Becker for more info: ebecker@tccap.org
- PFLAG in Tamworth NH

b. Emily

- Magnify Voices Expressive Arts Contest for NH students in grades 5-12 to share their experiences with mental health and raise awareness
- Celebration will be at the Kingswood Arts Center in Wolfeboro!
- See flyer below and FMI: tinyurl.com/MVinfo2026

c. Jen

- Previous action items
- Non-regulated product advertisement and sale
 1. Billboard in Ossipee advertising cannabis edibles in Maine, coalition working on this. For now, best thing to do is to go town planning

boards and appeal their language for sign content. New Futures is also working on ways to amend bills to cover all nonregulated products

2. Matt will connect Jen to Jonathan Smith, state rep and planning board member in Ossipee. Believes there would be interest in the county for working on this.
3. Jen will reach out to New Futures about their updates, who is working on this, and whether there are any bills on the docket that could be amended
4. Jen will also see if anyone in the coalition has reached out to the Attorney General
5. C3PH worked with Bill Marsh a few years ago to include language so that legislation that had to do with tobacco also included vape products

- Brief Google survey <https://forms.gle/JtWHQG9GuWEEdFxsJ6>
- Gov. Wentworth assistant superintendent said C3PH can send resources to them to add to the newsletter. If SAU 9 has something similar, C3PH would love to send resources along too
- Going to Kingswood Youth Center for prevention nights
- Working with the Youth Success Project for assistance with youth homelessness options (none available in Carroll County)
- Getting to Y training will be at the Cook Memorial Library in Tamworth on Tuesday, Jan. 27. Moultonborough Academy is involved, and if any other schools are interested, please reach out to Jen. Getting to Y is a prevention program where students review the Youth Risk Behavior Survey, determine priorities, and work on action items. Each of the first 50 schools that participate get a stipend. See more info below and here:
<https://cadyinc.org/wp-content/uploads/2025/12/GTY-NH-Quarterly-Newsletter-December-2025-JANUARY-2026-3.pdf>

5. Presentation

- a. none

6. Questions and Discussions

- a. Continued exploration of priority areas

b. Priority: More wrap around supports for families:

- Recommendations: More family support groups
- Gaps: Lack of supports and resources for students and families that are struggling with homelessness
- What makes it difficult to address: Housing- Towns and developers don't want to build low-income housing because of less profit. Lack of mental health care resources and clinicians, especially those that accept Medicaid, and cost of healthcare in general. Can be difficult to identify and connect with the families that need support
 1. Discussion about how students are identified as experiencing homelessness during enrollment and then counselors/family support liaison reach out to them to offer support
- Factors that can be improved: New Futures Senate Bill 498- Legislation to support wrap around services for Children's Behavioral Health: <https://new-futures.org/Wraparound>. Strengthen existing community centers and programs, e.g. Conway Teen Center and Kingswood Youth Center. Would be nice to have an affordable pool in the community. Improving childcare availability in the area.

7. Resources and Activities

- a. [PFLAG New Hampshire – Leading With Love](#)
- b. [Step Up Parents – NH Kinship Care Assistance](#) – College scholarships and other news
- c. Get Smart About Drugs – Podcast episode on coping and resilience
 - [Building Resilience & Coping Skills in Kids](#)
- d. The Partnership for Drug Free NH upcoming trainings
 - [Events from May 7, 2021 – July 18, 2021 – The Partnership](#)
- e. [Our Military Kids](#)

8. Next Steps

9. Close and Thank You!

Action Plan

Action	Who	Resources	When	Notes
Connect KHS Alternative Ed and GSA to this group	Alex, Jen, Catalina	Email	2/11	
Connect Jen to Jonathan Smith re unregulated substances advertising	Matt, Jen	Email	2/11	
Jen reach out to New Futures re unregulated substances advertising and to the coalition about the Attorney General	Jen	Email	2/11	
Continue working on priority areas	Group	Next meeting	2/11	

Carroll County Responds to SUD

Continuum of Care Updates and Resources

Updates Jan - Mar 2026

1. Training available fmi catalina.kirsch@graniteuw.org
 - a. A.I.D. (Awareness, Interaction, Direction), mental health, SUD awareness and referral to help. 90 min. [Click here for more info and to register.](#)
 - b. Mental Health First Aid, Adult and Youth. 6.5 hr [Click here for more info](#)
 - c. Responding to Addiction, by Addiction Policy Forum. 2.5hr [Click here to host a training.](#)
 - d. [Naloxone Training and Distribution](#) 1 hour
 - e. [CONNECT Suicide Prevention Training 2.5 hour](#)
 - f. [NAMI CONNECT Booking 2026 Trainings](#)
2. Meetings: more at <https://www.c3ph.org/newsevents/events>
 - a. Jan 15 NCCPN (Northern Carroll County Providers Network)
 - b. Feb 3: Carroll County Responds to SUD
3. Events, Resources
 - a. NH Point in Time Homeless Count Jan 29 – If you are a non-profit (not k-12) organization and you have clients known to be without permanent housing, it is important for their numbers to be captured in the data. To participate and fmi Erik Becker Tri County CAP ebecker@tccap.org
 - b. [Click here for list of Webinars and Training Available, from Bureau of Drug and Alcohol Services](#) Dec 10 2025
 - c. [Magnify Voices Expressive Arts Contest, NH Students gr 5-12. Submission deadline April 26, 2026](#)
 - d. [Neighbors Helping Neighbors ECHO: Rural Communities Sharing Successes and Solving Common Problems. Wed's 12-1, Jan 14- Mar 25, online](#)
 - e. [PFLAG Mt Washington Valley LGBTQ Family and Allies Support Group](#)
 - f. [DEA Extends Telemedicine Flexibility Dec 31 2025 Press Release](#)
 - g. [Center for Connected Health Policy Telehealth Update 12 30 2025](#)
 - h. [NH Medicaid Waiver Everyday Non-Medical Transportation \(for individuals on NH Medicaid Home & Community Based Services, in-home, developmental disabilities, acquired brain disorders\).](#)
 - i. [Family Slow Cooker Class, Jan- Mar 2026, Pope Library, North Conway.](#)
 - j. [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.](#)
 - k. [White Horse Recovery Family Support Group, 2nd and 4th Mondays, 5-6pm, Center Ossipee](#)
 - l. [NAMI NH Mental Health Peer, Family, Parent Support Groups.](#)

- m. [NAMI NH Family to Family Leader Training Mar 29-29 2026](#)
- n. [Strong As Granite Rapid Response 988 211 Shareable Graphic](#) Great for your organization newsletter or social media
- o. [Out! And Into Open Arms Podcast for Adults Supporting Youth Coming Out as LGBTQ+](#)
- p. [UNH CDC Vaccines Update Flyer Winter 2026](#)
- q. [NH Teen Institute 2026 Summer Leadership Program Register Today](#)
- r. [Jan 19 2026 MLK Jr National Day of Service](#)

CHILDREN UNLIMITED

NEWSLETTER

JANUARY,
2026

Come Join Us!

Playgroups

For children ages 0-5 and their caregivers.

Thursday's ~10:30-11:30am at the Pope Memorial Library

** Please note the change of days

Wednesday's~ 10:00-11:00am at the First Congregational Church of Ossipee

Kinship Support Groups

3rd Tuesday of the month~ 10:15-11:15am in person at the Pope Memorial Library

Monday December 15th 10:15am-11:15am.**

3rd Tuesday of the month~ 6:00-7:00pm held virtually via Zoom

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

Haven't taken this survey yet? Please do! Your confidential responses help improve programs at the Family Connections Resource Center. Thank you! Link: <https://tinyurl.com/8zysx7v5>



MWV Farmers' Market FREEedge

WHAT'S A FREEEDGE? The FREEedge is a community refrigerator with free produce for people experiencing food insecurity.

WHO'S IT FOR? Anyone who needs help feeding themselves or their families.

WHERE IS IT? Pope Memorial Library
2719 White Mountain Highway North
Conway, NH 03860
WHEN'S IT OPEN? Daily during library hours.

LEARN MORE & GET IN TOUCH
mwvfarmersmarket.com/freedge
mwvfarmersmarket@gmail.com
[@mwvfarmersmarket](https://twitter.com/mwvfarmersmarket)

Contact Info

For additional information, please reach out to Ellery at Ehunt@childrenunlimitedinc.org

**HAPPY
NEW YEAR**

Pretend Snow Sensory Bin

3-Ingredient Options — Depending on What You Have at Home

Option 1: Baking Soda & Conditioner: Mix about 2.5 cups baking soda with 1/2 cup white hair conditioner for a silky, moldable snow that feels cool and like kinetic sand.

Option 2: Baking Soda & Shaving Cream: Combine baking soda with shaving cream for a fluffy, cold mixture; adjust ratios for desired texture (more cream for fluffier, more soda for less).

Option 3: Cornstarch & Conditioner: A 2:1 ratio (e.g., 2 cups cornstarch to 1/2 cup conditioner) makes a slightly crumbly but soft snow, great for sculpting.

Add-ons: Small toy figures, spoons, fork, cups, twigs, food coloring, etc.



Caregiver Support Group



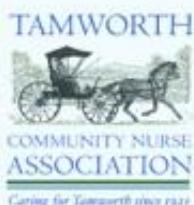
**Share Challenges & Strategies
with others who can relate**



Facilitated by Julie Lanoie, RN

**Every other Monday, 12:30 – 1:45 pm
Beginning January 12**

In the TCNA Meeting Room, 86 Main Street
Tamworth Village (behind the Town Offices)



Registration is required for this free group.
Please contact the Tamworth Community
Nurse Association to register by phone.
603-323-8511.



Looking for support? **Connect with a live Resource Navigator today!**

A real person will be in touch to connect you with services like food, healthcare, and more, or help you explore what resources are available in your community.

Scan the QR code or visit online to request support - we will reach out within 48 hours Monday - Friday to assist you.

[www.dhhs.nh.gov/programs-services/
nh-care-connections/
request-connect-navigator](http://www.dhhs.nh.gov/programs-services/nh-care-connections/request-connect-navigator)



What you need to know about UNREGULATED INTOXICANTS

None of these unregulated intoxicants are approved by the U.S. Food and Drug Administration (FDA).

All of these products are widely available in smoke/vape and convenience stores in NH.

They are packaged and promoted to appeal to youth; children can and do purchase these products.

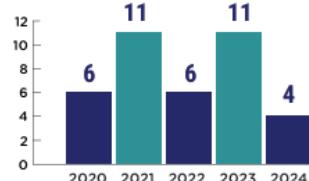


Kratom

Kratom has addictive properties and can cause confusion, tremors, seizures, heart and lung problems, vomiting, liver problems, and death. The FDA has issued repeated warnings about the dangers of kratom; the U.S. Drug Enforcement Administration made it a "drug of concern" in 2025. Six states have outright bans on the sale of kratom, and Vermont regulates it heavily. Franklin, NH has banned kratom sales, but it remains legal to sell in the rest of the state with no age restrictions. **Most kratom products are enhanced with powerful opioids that are nearly as potent as fentanyl**, which has earned kratom the nickname "gas station heroin."

Hundreds of people in the U.S. die from kratom-involved overdose each year. Kratom is sold as gummies, tablets, or shots to increase focus and relaxation. It first acts as a mild stimulant before strong opioid-like effects kick in. Kratom use is more prevalent among adults than teenagers, with people using it to manage chronic pain, alleviate depression and other mental illness, or withdraw from opioid addiction.

NH Overdose Deaths Involving Kratom



Scan for [resources](#) and [product photos](#)



Nitrous oxide ("whippets")

Recreational nitrous use has increased since the pandemic. According to national data, **12- to 17-year-olds use nitrous more than those 18 and older**. Nitrous can cause loss of consciousness, blood clots, psychiatric disturbances, addiction, brain damage, and death. Nitrous provides a brief high, has been promoted in videos on TikTok and YouTube, and is sold in flavors like mango smoothie or vanilla cupcake. **There are no age restrictions on purchasing nitrous in NH.**

All of these products are widely available in smoke/vape and convenience stores in NH.
They are packaged and promoted to appeal to youth; *children can and do purchase these products.*
None of these unregulated intoxicants are approved by the U.S. Food and Drug Administration.



Amyl nitrite (“poppers”)

Amyl nitrite is sold in small, colorful containers with names like TNT, Liquid Gold, and Hard Core with **no age restrictions**. Inhaling amyl nitrite induces brief euphoria but can cause severe headaches, dizziness, difficulty breathing, plummeting blood pressure, and brain death. Drinking amyl nitrite is especially dangerous, often resulting in poisoning and death. **It is illegal to sell amyl nitrite for people to get high and for consumers to use amyl nitrite to get high.** But because the substance can be used to remove nail polish and clean leather, it is easily available in stores and online via a legal loophole. The FDA strongly warns against inhaling the vapors.



Mushroom products

Mushroom products are legally sold as gummies, chocolates, and other candies. There are many reports of hospitalization because of rapid heartbeat, vomiting, confusion, and seizures after ingesting mushroom products. If marketed as food products (sometimes called functional mushrooms), there are no age restrictions. **You must be 21 to purchase psychoactive mushroom products in NH.** These are marketed with names like Shroomfuzed and Alice Brainstorm to improve cognitive performance, boost energy, and relieve stress. The active ingredient (*A. muscaria*) in most mushroom products rarely causes hallucinations, but **many of these products also include psilocybin and psilocin, which are powerful hallucinogens and illegal Schedule I drugs.**



Blue lotus

Blue lotus is derived from a flowering plant and is sold as extracts, resins, oils, powders, and vape cartridges. When prepared as a tea, blue lotus's effects are relatively mild. But when vaped or infused into alcohol or inhaled it can induce chest pain, rapid heartbeat, agitation, disorientation, drowsiness, and slurred speech. Blue lotus sold in the U.S. is almost always adulterated with other stronger intoxicants. There are **no age restrictions** on its purchase in NH. **Blue lotus is banned in several European countries, and it is illegal for members of the U.S. armed forces to possess or consume blue lotus.**



THC Products

Hemp-derived cannabis products stronger than 0.3% THC are **illegal in NH**. Some products are labeled below 0.3% but have synthetic THC added to make them much more potent, in some products 90% THC or higher. These are marketed as stress relievers and sleep aids and are often sold as gummies, candies, and drinks packaged to appeal to youth. **Sedation, hallucinations, respiratory issues, seizures, and psychosis, can result from ingesting hemp-derived products. Hundreds of children each year are poisoned after accidentally ingesting these THC products, including children in NH.**



Department of
**HEALTH &
HUMAN SERVICES**

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PFLAG MOUNT WASHINGTON VALLEY



ALL ARE WELCOME AND AFFIRMED

BRING A FRIEND AND A SNACK TO SHARE

4th SUNDAY each month

6-8 PM

FOR MORE INFO & DETAILS

www.pflagnh.org/support

EIGHTH ANNUAL

MAGNIFY VOICES

EXPRESSIVE ART CONTEST

Artwork Deadline

04/26/2026

tinyurl.com/MVinfo2026

Celebration Date:
May 27, 2026
Kingswood Arts Center
Wolfeboro, NH

- Open to NH students grades 5-12
- Cash prizes for 12 finalists

**THE MAGNIFY VOICES
EXPRESSIVE ART
CONTEST** recognizes and celebrates the creativity of youth. Submit your artwork and help raise awareness about the vital importance of mental health for all!

Questions? Reach out to: magnifyvoices@gmail.com

AN INITIATIVE OF 



Qualifications:

- Have lived experience with an adult loved one with mental illness.
- Have taken Family-to-Family.
- Must be comfortable reading out loud.
- Must be comfortable handling sensitive and potentially triggering topics like self-harm, stigma, etc.
- Must be empathetic, supportive, a good listener, and non-judgmental.
- Must be reliable and a good communicator.
- Experience with Zoom, preferred.
- Recommendation from an Education Program Leader, preferred.
- Ability to pass a background check.

Interested?

Fill out a volunteer application at
www.NAMINH.org/volunteer.

NAMI NH

FAMILY-TO-FAMILY EDUCATION PROGRAM LEADER TRAINING

March 28 and 29, 2026
Training will be virtual

*We  our
Volunteers*

To register or for more info, contact:
Martha Dorey
mdorey@NAMINH.org or 603-573-1565

**AS A *NAMI NH VOLUNTEER*
YOU CAN MAKE A
DIFFERENCE**

"There was not a moment wasted in unpacking information, yet, there was always time for discussion and the important stories we all share. I am most grateful for F2F and to all of the volunteers who dedicate their time and share their journey with mental illness. I am a better person for this opportunity."

– F2F Class Participant

 **NAMI** | New Hampshire
National Alliance on Mental Illness

GETTING TO Y' NEW HAMPSHIRE

Getting to 'Y' is an evidence-informed practice and an Association of Maternal and Child Health Programs's **BEST PRACTICE**.

Participation increases youth Health Literacy, Self-Efficacy, Community Engagement, Leadership, Knowledge, and Protective Factors.

OUTCOMES

INCREASED COMMUNITY ENGAGEMENT

INCREASED KNOWLEDGE (PHYSICAL/MENTAL HEALTH)

INCREASED SELF-EFFICACY

- Since 2008, 100+ teams in VT, NH, MA, Cherokee Nation (OK), Indiana
- Designated a Best Practice by the Association of Maternal and Child Health Programs, included in their national Innovation Station database.
- Rated by the Vermont Dept of Health as an Evidenced-based Practice.

WHAT IS GETTING TO Y?

WHAT

Getting to 'Y' youth and adult teams receive training and support to bring meaning to their local YRBS data with learning tools and skills:

- Attend a regional training to analyze your local YRBS data, identify community assets, strengths and areas of concern. Teams develop a plan of action to implement solutions.
- Frame and implement action steps to improve areas of identified concerns.
- Host a Community Dialogue to share their work and priorities with their local community and lead meaningful multi-generational discussions.

WHO

High School and Middle School students and teachers, counselors, or other youth serving organizations focused on youth health and wellness. The recommended Core GTY Team composition is 1-2 adults and 8-10 youth. Success requires strong youth-adult partnerships and a commitment to hold regular team meetings over the course of the academic year.

HOW

For more information about GTY NH, please contact the GTY NH Project Director: Elizabeth Brochu, 603-536-9793 or ebrochu@cadyinc.org

GTY in six easy steps:

Attend training

An adult advisor and five to eight youth leaders attend project orientation and training.

Plan and conduct the Data Analysis Retreat

The core team and a diverse group of 15 to 20 peers they have recruited analyze and interpret the YRBS data for their school or community.

Plan and Conduct the Community Dialogue Event

The core team plans and leads a multi-generational discussion, where they share their interpretations of the data with community members, share ideas, get input, and create preliminary action plans.

Finalize a Plan of Action and Make it Happen

The core team meets to prioritize the next steps, assign tasks, and start making positive changes based on their analysis and discussions.

Reflect and Celebrate

Teams celebrate successes and identify lessons learned.

Keep it Moving

Action steps can be carried forward into the following school year, and the team can recruit new members to analyze new data as it becomes available.



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GETTING TO Y' NEW HAMPSHIRE



SCHOOL PARTICIPATION BENEFITS (COHORT TWO)

- **FREE - FREE - FREE*** First 50 **Public Schools** to sign up for a regional training will receive:
 - FREE GTY NH Student Training.
 - FREE Evidence-Informed Best Practice Youth Programming.
 - FREE Technical Assistance from GTY NH HUB and UP for Learning.
 - FREE Dover Y2Y **One Voice Youth Empowerment Toolkit** for Implementation of In-School strategies. (*Limited to first 27 MOU schools*)
 - FREE CADY **Prevention Accelerator Messaging Toolkit** with School Branding to raise perception of risk on substance misuse. (*Limited to first 27 MOU schools*)
 - FREE GTY NH Promotional Material.
 - **BONUS \$3,000** GTY NH Implementation Stipend.
- **\$1,000 STATEWIDE STUDENT SCHOLARSHIPS.** Six student scholarship awards (\$1,000 each). GTY NH student leaders submit application, essay, and two letters of recommendation.
- **ENGAGEMENT.** Student Engagement and Empowerment with Real-World Local Solutions.
- **RAISE YRBS AWARENESS.** Students will understand WHY they take the YRBS and the importance of this surveillance tool.

Please Note:

*FREE Toolkits for Implementation of In-School strategies are available for the **FIRST Twenty-seven (27) schools to sign the Cohort #2 MOU for GTY NH Implementation.**

*NH Private Schools are also welcome to participate in GTY NH but will not receive stipends or toolkits.



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