

<p><b>Carroll County Youth Wellness Team Agenda</b></p> <p>Time: February 11, 2026 11:00 AM Eastern Time (US and Canada) Every month on the Second Wed, until Jun 10, 2026, 14 occurrence(s)</p> <p>Join Zoom Meeting  <a href="https://us02web.zoom.us/j/81151211790">https://us02web.zoom.us/j/81151211790</a>  fmi <a href="mailto:jennifer.thomas@graniteuw.org">jennifer.thomas@graniteuw.org</a></p>	 <p><b>CARROLL COUNTY COALITION FOR PUBLIC HEALTH</b> An Initiative of Granite United Way</p>
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1. Introductions

<b>Name</b>	<b>Organization</b>
Joy Burrill	White Horse Recovery, <a href="mailto:joy@whitehorseac.com">joy@whitehorseac.com</a>
Amanda DiBiasie	School Counselor, Effingham Elementary School, <a href="mailto:adibiasie@sau49.org">adibiasie@sau49.org</a>
Gracie Pedersen	White Horse Recovery, <a href="mailto:gracie@whitehorseac.com">gracie@whitehorseac.com</a>
Shannon Cloos	Social Worker, Kingswood Regional High School, <a href="mailto:scloos@sau49nh.gov">scloos@sau49nh.gov</a>
Alex Farley	Family Support Liaison, Kennett High School, a <a href="mailto:farley@sau9.org">farley@sau9.org</a>
Crystal Sawyer	Executive Director, Carroll County Adult Ed, <a href="mailto:csawyer@nhadulted.org">csawyer@nhadulted.org</a>
Carrie Burkett	Community Health, MaineHealth Memorial Hospital, <a href="mailto:carrie.burkett@mainehealth.org">carrie.burkett@mainehealth.org</a>
Sarah Cain	New Futures, <a href="mailto:scain@new-futures.org">scain@new-futures.org</a>
Matt Plache	Executive Director, White Horse Recovery, <a href="mailto:Matt@whitehorseac.com">Matt@whitehorseac.com</a>
Jen Thomas	Prevention Coordinator, C3PH, <a href="mailto:jennifer.thomas@graniteuw.org">jennifer.thomas@graniteuw.org</a>
Emily McArdle	Outreach, C3PH, <a href="mailto:u25carrollcounty@outlook.com">u25carrollcounty@outlook.com</a>

2. Guest Speakers

- a. none

3. Partner Updates

- a. Sarah/New Futures:

- i. **HB1191 relative to parental notice for non-academic surveys in public schools (proposing YRBS be Opt-in) Hearing was this past Monday.** This harmful bill that would disrupt getting critical data from our young people was vetoed by gov. Ayotte last year. The committee has voted to withdraw the bill but will still go to the house for a full vote, but for now this is great news!
- ii. Today and tomorrow there are 4 bills being heard that we are in support of
  - 1. Senate Judiciary Committee - February 10th at the State House, room

- a. **SB 624 Hearing 1:30 PM Title: restricting access to certain hemp-derived products.**
  - b. **SB 557 Hearing 1:50 PM Title: prohibiting the sale of kratom products to anyone under 21 years of age and providing for the regulation of the sale of kratom products.**
- iii. House Commerce and Consumer Affairs Committee- February 11th at Granite place, room 229
  - 1. **HB 1538 Hearing 2:00 PM Title: preventing vape products from being marketed towards minors.**
  - 2. **HB 1630 Hearing 2:15 PM Title: prohibiting the sale of nitrous oxide and certain inhalants for recreational purposes.**
- iv. We are also keeping an eye on SB549 which would prohibit state or local government from distributing or funding organizations that distribute drug paraphernalia and disrupt harm reduction efforts. This had a hearing last week and seemed to go smoothly but calls to the committee can't hurt!
- b. Gracie/White Horse-
  - i. Have been working with Kingswood Youth Center on curriculum, been doing motivational interviewing questions to figure out their beliefs and values so they can stand up for themselves
- c. Alex/Kennett High School-
  - i. Meeting with school counselors to talk about doing a mental health fair again this year, if anyone is interested in joining, please reach out to Alex:  
[a\\_farley@sau9.org](mailto:a_farley@sau9.org)
    - 1. C3PH, White Horse, and Memorial Hospital would like to be involved
- d. Matt/White Horse-
  - i. White Horse has been approached in Littleton by the schools about helping with summer programs, would also be interested in learning more about summer programs at Kennett and potentially helping, working on a grant opportunity for programming as well
- e. Crystal/Carroll County Adult Ed

- i. Virtual suicide prevention training on March 4 at 11am, see flyer below or sign up at: <https://forms.gle/2VeSfAUEo7gUP7sx9>
  - ii. In-person suicide prevention training on April 9, 9:30am-12pm at Carroll County Adult Ed
- f. Joy/White Horse-
  - i. White Horse has a counselor/LADC that can see youth ages 14+ specifically for SUD, and in the process of expanding peer support for youth for Ossipee, Conway, and Berlin locations
- g. Shannon/Kingswood High School-
  - i. Governor Wentworth counselors are doing a suicide prevention training for staff and faculty on March 10, will use Carroll County Adult Ed's trainings as back up for those who can't attend on March 10
  - ii. Doing Train the Trainer trainings with students
  - iii. Will be discussing mental health awareness activities for May
    - 1. C3PH would be happy to come and table in May

#### 4. C3PH Updates

- a. Jen- Went to a training about Kratom training, see resources below
- b. GWRSD – resources Posted on ParentSquare
  - i. Alex will talk to administration about sharing resources on SAU 9 ParentSquare as well
- c. Magnify Voices 2026 –
  - i. Expressive arts contest for NH students in grades 5-12 with a celebration event at the Kingswood Arts Center on May 27
  - ii. See flyer below or go to <https://nhcsoc.org/magnify-voices/>
- d. NAMI NH Connect virtual training – March 4, 11am. See flyer below and sign up at <https://forms.gle/2VeSfAUEo7gUP7sx9>
- e. Carroll County Veterans Conference- April 18<sup>th</sup> at the Wright Museum of World War II
  - i. Looking for civilian community partners to network!
  - ii. See flyer below
- f. New Futures bills to watch - [New Futures | Home](#)

- i. House Education Policy and Administration Committee - February 9th at Granite Place, room 232
  1. **HB1191** : (Hearing 1:00 PM) relative to parental notice for non-academic surveys in public schools.
- ii. Senate Judiciary Committee
  1. Public Hearing: 02/09/2026 01:00 pm GP 232 - February 10th at the State House, room 100
    - a. **SB 624** (Senate Standing Committee 1:30 PM) Title: restricting access to certain hemp-derived products.
    - b. **SB 557** (Senate Standing Committee 1:50 PM) Title: prohibiting the sale of kratom products to anyone under 21 years of age and providing for the regulation of the sale of kratom products.
  2. House Commerce and Consumer Affairs Committee- February 11th at Granite place, room 229
    - a. **HB 1538** (Hearing 2:00 PM) Title: preventing vape products from being marketed towards minors.
    - b. **HB 1630** (Hearing 2:15 PM) Title: prohibiting the sale of nitrous oxide and certain inhalants for recreational purposes.
  3. Presentation
    - a. none
  4. Questions and Discussions
    - a. Continued discussion of priority areas
      - i. Wrap Around Services for Youth and Families-
        1. Resources- Tri-County Transit, call 24-48 hours in advance to schedule, serves all of Carroll County except Wakefield, reasonable prices and takes insurance (Medicare/Medicaid), can pick you up from your home to the location, or Bob Doherty runs Silver Linings LLC and offers transportation and takes insurance as well. For other

transportation, reach out to Crystal as she is also a part of the Carroll County Regional Coordinating Council on Transportation

2. Barriers- Knowing where to go for services- Need to educate welfare agents, schools, etc.; funding for community health workers to connect people to services
  3. A central location would be helpful like YMCA model for universal supports- Could use the Nick- Maybe they could donate one of their rooms for some regular programming for families and parents and connecting to resources, great location near the Kingswood Youth Center too
  4. Children Unlimited and NH Works offers services as well- Check with Kristen Gunn at NH Works if they have our resources
  5. Discussion about who does mental health training for law enforcement- NAMI CIT training, some attend suicide prevention trainings, are there any
  6. Where are people looking for wrap around services- Schools, welfare offices, town halls, churches, libraries, Carroll County Adult Ed, White Horse Recovery (White Horse has showers and laundry available, can give out clothes from the thrift center, food, camping supplies)
- b. Improving help-seeking behaviors and self-advocacy
- i. Going into schools and sharing YRBS data (like at Carroll County Adult Ed) opens up that conversation, gives students an opportunity to speak up
  - ii. Barrier- Kids may be interested in services, but families are overwhelmed, don't have capacity to find the services

- iii. Barrier- School culture and family culture may be different, lots of opportunities for education for families but need to connect with the families
  - iv. Solutions- Targeted communication between partners and families, increase knowledge for families, look into youth liaison or peer leaders, share resources with people where kids are spending time- Coaches, parks and recreation departments, faith communities, etc.
    - 1. Justin from Ossipee Parks and Rec director would likely be interested in sharing resources
- 5. Alternative times for meeting- Most in the group agree that 1pm may work for next month
- 6. Resources and Activities
  - a. [Get Smart About Drugs: Homepage | Get Smart About Drugs](#)
  - b. [Child Mind Institute | Transforming Children's Lives](#)
  - c. [Carroll County Food Access Network | Extension](#)
  - d. [MWV HomeShare – Overview & Benefits | MWV Age Friendly](#)
  - e. Trainings, Tech Assistance and information on addiction
    - i. [Grayken Center for Addiction TTA | Boston Medical Center](#)
  - f. [Partnership to End Addiction - Partnership to End Addiction](#)
  - g. [Free 24/7 Support for Military Life | Military OneSource](#)
  - h. [How to Help Your Teen Quit Vaping and Nicotine: Signs, Risks, and Proven Tools for Parents - Partnership to End Addiction](#)
  - i. [What Is ZYN? A Parent’s Guide to Nicotine Pouches, Risks & How to Protect Your Teen - Partnership to End Addiction](#)
  - j. Bureau of Drug and Alcohol Services – resources and trainings
    - i.  01-14-2026%20Available%20Resources.doc
  - k. Other trainings
    - i. [The Mind-Risk Connection: How Mental Health Can Influence Substance Use](#)

- ii. [Cannabis and Nicotine Series for Youth and Adult Care](#)
- iii. [Cannabis and Nicotine Series for Youth and Adult Care](#)

1. New England Youth Diversion Summit – June 9

- i. [About - NH Juvenile Court Diversion Network](#)

7. Next Steps

8. Close and Thank You!

Action Plan

<b>Action</b>	<b>Who</b>	<b>Resources</b>	<b>When</b>	<b>Notes</b>
Reach out to Alex about KHS Mental Health Fair	C3PH, White Horse, Memorial, KHS	Email	After 2/12	
Discuss mental health awareness activities at Kingswood	Jen, Emily, Shannon	Email	Before May	
Discuss sharing resources on SAU 9 ParentSqaure	Jen, Alex	Email	3/11	
Connect with Justin from Ossipee Parks and Rec about sharing resources	Jen	Email	3/11	



<https://youtu.be/MrxIH9mA1SU?si=dVQsK1tJPVdWboSR>



NEW HAMPSHIRE  
**FOOD ACCESS  
COALITION**

Thank you to those that attended our January 28th NH Food Access Coalition meeting. The meeting [notes](#) and [slides](#) are attached.

The NHFAC kicked off the first meeting of the year by reviewing our foundational goals as a coalition, celebrating our 2025 accomplishments, and looking ahead to our 2026 goals.

Key partner updates included hearing NH Food Bank's milestone of surpassing 20 million pounds of food distributions in 2025 (a 17% increase over 2024!). NH Hunger Solutions shared updates on key bills in the NH legislature this season that will impact food access. *Slides 14-17 in the slideshow attached to this email include the latest updates as of February 5th on these bills.*

**Strong advocacy is needed during this legislative season to ensure that Granite Staters continue to have access to SNAP, the most powerful food security tool in our toolkit! Please make sure you are receiving our action alerts so that you can share your voice on these important issues.**

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[Sign Up For Our Action Alerts!](#)

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The 6.18  
Network  
Est. 2025



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

(603) 301-1252

**603 AXES**

(603) 512-3509

 603\_axes

# First Responder Thursday's

1st Thursday of every month @ 603 Axes

- Complimentary Throwing for all active Carroll county Police, Fire, Dispatchers, and EMS
- Closed to the Public. Only guest 13 & up of First Responders are permitted entry. \$20 fee for throwing

Food and Drinks will be available.

- Pizza
  - Cheese \$12
  - Pepperoni \$14
  - Prosciutto \$14
- Bacon Wrapped Jalapeno Poppers (5) \$10
- Mozzarella Sticks w/ Marinara (5) \$8
- Cup of Chili \$4.5
- Bucket special: 5 Domestic bottles \$20

Specially designed Merch will be available

- starting at 8pm we will be hosting a Tournament for responders only. best of 3 rounds wins a personal laser engraved axe and Gift Card. \$5 Entry Fee



# NAMI NH CONNECT PROGRAM

## COMMUNITY HELPER TRAINING

FREE VIRTUAL EVENT!



MARCH 4, 2026 1100 AM

- ✓ Introductory Suicide Prevention
- ✓ Build capacity to support
- ✓ Comprehensive approach

FMI OR REGISTER

 [jennifer.thomas@graniteuw.org](mailto:jennifer.thomas@graniteuw.org)

**REGISTER HERE**

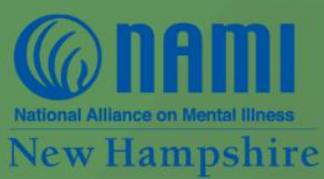


OR



SCAN HERE

 [www.c3ph.org](http://www.c3ph.org)  
[www.carrollcountyveteranscoalition.org](http://www.carrollcountyveteranscoalition.org)



# 3<sup>rd</sup> ANNUAL CARROLL COUNTY VETERANS CONFERENCE

04.18.2026

## CALLING ALL CIVILIAN PROVIDERS:

Do you know which of your clients are veterans or military family members? More importantly, do you know how to help them once you find out? Join us to learn the importance of Asking the Question and how to bridge the gap between civilian care and military resources, plus engage in networking and learn about resources in Carroll County.

## CALLING ALL VETERAN SERVICING ORGANIZATIONS:

Strengthen your network and elevate your mission. How do we ensure no service member, veteran or family member fall through the cracks? By making sure civilian providers know exactly what your organization provides. Join us to connect with civilian providers, share your mission, network with others, and learn about resources in the area.

**Plus, special presentations on Women in the Military and Ask the Question!**

**When:** Saturday, April 18,  
10am - 1pm (1000 - 1300 hours)

**Where:** Wright Museum  
of World War II  
77 Center St.,  
Wolfboro, NH 03894

**Register now:** <https://tinyurl.com/4dmrzyd>

**FMI:** [jennifer.thomas@graniteuw.org](mailto:jennifer.thomas@graniteuw.org)





EIGHTH ANNUAL

# MAGNIFY VOICES

EXPRESSIVE ART CONTEST

SUBMISSIONS  
ARE NOW  
**OPEN**

Artwork Deadline  
**04/26/2026**

[tinyurl.com/MVinfo2026](https://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](mailto:magnifyvoices@gmail.com)

# MAGNIFY VOICES

AN INITIATIVE OF  CSoC

## RESOURCES

### [K-12 Mental Health Tech Navigator](#)

The K-12 Mental Health Tech Navigator is here to help schools and districts choose and use effective digital tools for student mental health and well-being. Wherever possible, guidance has been included on how to integrate these digital health products into a broader, more comprehensive approach to student mental health. While digital health products can provide important support to students, integrating these products effectively requires care and expertise.

### [School Cell Phone Policies: Mental Health Guidance for School and District Leaders](#)

Across the United States, there are local, state, and federal movements to ban or significantly limit the use of cell phones and similar devices in K–12 classrooms. Adopting phone-free policies can be an effective way to improve student learning, behavior, and overall well-being, but The Jed Foundation (JED) recognizes that phone use on school campuses is a complex problem and that all schools and communities have unique needs. [The Jed Foundation](#) strongly recommends taking a balanced and strategic approach, engaging stakeholders in collaborative, meaningful, and productive conversations to center the specific needs of each school and district. Having the community’s support is essential to ensure a smooth rollout, effectively support student well-being, and monitor and refine policy.

For school and district leaders:

- [Cell Phone Policy Guidance](#)
- [Cell Phone Policy Overview for Parents and Caregivers](#)
- [Tips for Talking to Your Teen About School Cell Phone Policies](#)
- [Frequently Asked Questions About Cell Phone Policies](#)

For educators:

- [A poster to display in your classroom or school about screen-time habits](#)

For students:

- [Cell Phone Ban in School? Here’s How to Cope](#)

### [The Children and Screens Guide for Childhood Development and Media Use: Middle Childhood Ages 6-11](#)

Children ages 6-11 (also known as “middle childhood”) are continuing the rapid developmental trajectory started in the first five years of life but with increasing sophistication in cognitive and social/emotional development. It is also a time where many children increase their media use and build skills for self-regulation and critical thinking. Children and Screens has summarized insights from current research and experts in the field to help parents and caregivers of children in middle childhood continue to build a foundation of healthy brain, neural, and social development — as well as help determine how to intentionally and most beneficially incorporate media use into their child’s life.

### [Handbook of Children and Screens: Digital Media, Development, and Well-Being from Birth Through Adolescence](#)

This comprehensive guide helps policymakers, educators, healthcare professionals, and parents navigate digital media’s impacts on children and adolescents. We’re deeply grateful to the nearly 400 contributors whose expertise made this one-of-a-kind resource possible. If you haven’t

explored it yet (or want to share it with colleagues), now's a great time to take a closer look and bookmark your favorite chapters.

### [Scrolling and Stress: The Impact of Social Media on Mental Health](#)

Social media offers instant gratification: a like, a comment, a quick hit of dopamine. But that feel-good feedback loop is by design - and it's taking a toll on our health. According to Pew Research Center, 69% of U.S. adults and 81% of teens use social media—putting a huge portion of the population at risk. And the impact goes deeper than feelings: Studies link social media use to poor sleep, memory issues, and academic struggles. The brain-body connection means stress can turn into headaches, nausea, or even tremors. Click the link to discover the hidden costs of social media use—and what we can do to protect our mental health in an always-on world.

### [Screen Deep Podcast Episode: Ethics of AI Chatbots and Characters for Children](#)

Children are increasingly encountering AI characters for both educational and entertainment purposes, but many of these chatbots and other AI products are not designed with child development and safety in mind. On this episode, we shall pull back the curtain on AI and child-centered design with Dr. Sonia Tiwari, a children's media researcher and AI design expert. Dr. Tiwari explores how children think about and are drawn to AI characters, why AI products often fall short when it comes to children's needs, and the primary risks these technologies can pose.

### [APA Health Advisory on the Use of Generative AI Chatbots and Wellness Applications for Mental Health](#)

The American Psychological Association's new health advisory reveals that young people are increasingly turning to artificial intelligence (AI) tools for emotional support. Using AI for mental health needs presents unique risks for young people, because the tools were not designed or evaluated for delivering mental health care. The advisory outlines key risks, such as AI tools' inability to safely support users in crisis, and urges AI companies to adopt strong safeguards to reduce potential harm. JED is actively partnering with technology companies, policymakers, and educators to promote safer AI design, strengthen protections, and provide guidance for students and families.

### [2025 State of Mental Health in America Report](#)

[Mental Health America](#) has released their 2025 State of Mental Health in America Report, which highlights the latest national data and state-level rankings on mental health and well-being in the country. Each year, they use the most recent publicly available federal data to rank all 50 states and the District of Columbia as well as offer critical insights to drive policy, improve care, and support people living with mental health conditions across the country. This year's report is published in tandem with a [youth spotlight on mental health advocacy](#), created by MHA's Young Leaders Council. This supplemental report shows how young people are already turning awareness into action and provides strategies and inspiration for others to follow.

### [Opioid Prevention Campaign](#)

The Opioid Prevention Campaign is a public health media campaign to help prevent adolescent substance use. Take action today to prevent opioid use disorder among teens and adolescents.

Explore these resources:

- [12 Things Parents Can Do Workbook](#)
- [Addiction and the Brain One-Pager](#)

- [How Addiction Hijacks the Brain Infographic](#)
- [Teens and Opioids One-Pager](#)
- [How to Practice Refusal Skills](#)
- [Partner Toolkit](#)

### **[Communication Campaign Toolkits Released for Naloxone, Fentanyl and MAT Awareness](#)**

The HEALing Communities Study (HCS) has developed a series of ready-to-use communication campaigns designed to increase awareness about substance use disorders and effective response strategies to help strengthen local prevention, treatment, recovery, and overdose prevention efforts. These free toolkits make it easy for you to share critical information in your community through social media, radio, print materials, and more. Whether you're part of a community coalition, local agency, business, school, university, nonprofit, or faith-based organization, you can use these resources to share information about evidence-based solutions to prevent and reduce opioid overdose deaths and address addiction-related stigma in communities.

### **[Carsey Policy Hour: The Impact of Rising Housing Costs in New Hampshire](#)**

For the December Carsey Policy Hour we were joined by Emmy Ham, Executive Director of the Workforce Housing Coalition of the Greater Seacoast, for a timely discussion on rising housing costs in NH and the effects on the community. [Webinar Slides](#)

### **[Feeling lonely? You are Not Alone: Tips and Resources for the Holiday Season](#)**

### **[Judge Blocks HUD Homelessness Overhaul, Rebukes Agency for Causing 'chaos'](#)**

### **[SAMHSA Awards More Than \\$45 Million in Supplemental Funding to Support Young Adult Sober Housing Services](#)**

### **[VA to improve health care choice and quality for Veterans with new community care contracts](#)**

### **[White House Issues Executive Order on Increasing Medical Marijuana and Cannabidiol Research](#)**

### **[Fact Sheet: President Donald J. Trump is Increasing Medical Marijuana and Cannabidiol Research](#)**

### **[Using Cannabis or Alcohol to Fall Asleep May Harm Sleep Quality, UMich Study Confirms](#)**

### **[GLP-1 Agonists Show Promise in Treating Substance Use Disorders](#)**

### **[10 Key Breakthroughs: Recent Studies Advancing our Understanding of Addiction and Treatment](#)**

### **[Communities Nationwide Join DEA and its Partners to Safely Dispose of 571,000 pounds of Unwanted Medications](#)**

### **[Here's what's in the opioid settlement against OxyContin maker Purdue and the Sackler family](#)**

[Massachusetts Expands Access to Substance Use Treatment](#)

[Envisioning Nearly All Health Care at Home](#)

[DEA Extends Telemedicine Flexibilities to Ensure Continued Access to Care](#)

[CMS Announces \\$50 Billion in Awards to Strengthen Rural Health in All 50 States](#)

[New Hampshire Awarded Over \\$204 Million to Transform Rural Health](#)

[New Hampshire Submits Innovative Plan to Transform Rural Health Care](#)

[From drones to telehealth: How your state plans to use millions in rural health funding](#)

[Trump administration sends letter wiping out addiction, mental health grants](#)

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