


<p>Carroll County Youth Wellness Team Agenda</p> <p>Time: 1200 PM Eastern Time (US and Canada) Every month on the Second Tuesday, until Jun 10, 2026, 14 occurrence(s)</p> <p>Join Zoom Meeting https://us02web.zoom.us/j/81151211790 fmi jennifer.thomas@graniteuw.org</p>	 <p>CARROLL COUNTY COALITION FOR PUBLIC HEALTH An Initiative of Granite United Way</p>
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1. Introductions

Name	Organization
Nick Hanks	White Horse Recovery, North Conway
Maggie Weaver	Executive Director of SOS Recovery
Logan Mills	SOS Recovery
Crystal Sawyer	Carroll County Adult Ed
Tyler Ramos	Family Liaison, Paul School, Wakefield
Shannon Cloos	Kingswood Regional High School
Rachel Miller	Clinical Outreach Manager, Charlie Health rachel.miller@charliehealth.com 603-307-9988
Joy Burrill	White Horse Recovery, North Conway
Marti Bolduc	School Social Worker, Moultonborough School District, carrollcountydiversion@sosrco.org
Catalina Kirsch	Continuum of Care Facilitator, C3PH
Jen Thomas	Prevention Coordinator, C3PH
Emily McArdle	Outreach, C3PH

2. Guest Speakers

- a. none

3. Partner Updates

- a. New Futures- <https://new-futures.org/thisweek>
- b. Crystal/ Carroll County Adult Ed-
 - i. Suicide Prevention Training date changed to May 28 in Tamworth, 9:30am-12pm
 - ii. Social fundraiser with food and music on May 14, 4pm-6pm at the Pope Memorial Library, \$25 a ticket, to raise money for Carroll County Adult Ed.
- c. Joy Burrill/ White Horse Recovery- No updates

- d. Nick Hanks/ White Horse Recovery- New to White Horse Recovery, learning about resources in the community
- e. Rachel Miller/ Charlie Health-
 - i. Program offers fully virtual mental health intensive outpatient (IOP) treatment for kids, teens, and adults
 - ii. Happy to connect with anyone that's interested, trying to ensure people know about their services
- f. Shannon/ Kingswood Regional High School
 - i. Getting ready for Peer-to-Peer Suicide Prevention training- Upper classmen train the lower classmen, have about 80 participants among the trainers and trainees
- g. Typer Ramos/ Paul School in Wakefield-
 - i. Animal shelter drive in town going well
- h. Maggie Weaver and Logan Mills/ SOS Recovery
 - i. Carroll County Diversion program just launched in Carroll County, going through accreditation and can start taking cases
 - ii. Talked with Jen about ways to use youth peer support services in the area and different ways to support youth and families
 - iii. Discuss having Maggie do a more informational Q&A next month or the following month
 - iv. FMI: <https://sosrco.org/what-we-do/carroll-county-juvenile-diversion/> or carrollcountydiversion@sosrco.org
- i. Marti Bolduc/ Moultonborough School District
 - i. Planning for Mental Health Awareness Month in May, will be doing lunch activities with students and an afternoon mental health walk- Jen will connect about C3PH doing a table during lunch
 - ii. Recently did Project Safeguard- All day conference with workshops geared towards prevention and safety topics relating to teens, every 8th grader brings at least one important adult in their life- some workshops for students alone, some for parents alone, and some for both students and parents together

4. C3PH Updates

a. Catalina-

i. Available trainings:

1. YRBS Data- Building Bridges to Better Outcomes for Youth. A YRBS Data Review for Carroll County 2019-2023
2. A.I.D. (Awareness, Interaction, Direction)- Mental health, SUD awareness and referral to help. 90 min. May 19, Jun 16, July 14 and more dates. [Click here for more info and to register.](#)
3. Mental Health First Aid, Adult & Youth- 6.5 hr [Click here for more info](#)
4. Responding to Addiction- By Addiction Policy Forum. 2.5hr [Click here to host a training.](#)
5. Narcan/Naloxone- [Naloxone Training and Distribution](#) 1 hour
6. CONNECT Suicide Prevention Training- [CONNECT Suicide Prevention Training 2.5 hour May 28 at Carroll County Adult Ed, Tamworth](#)
7. Alcohol Use Disorder 101- April is Alcohol Awareness Month. [Alcohol Use Disorder 101](#) is a science-based online course from Addiction Policy Forum designed to increase awareness and support safer, healthier choices around alcohol use. This 15-minute, self-paced course introduces key concepts about how alcohol affects the body and brain.
8. Crisis Intervention Stress Management Trainings Summer 2026. **CISM 2026 Training Opportunities – Free for School Personnel.** [Click here to download the flyer with registration details](#) The Bureau of Mental Health Services is offering a series of Crisis Intervention Stress Management (CISM) trainings in Summer 2026. These sessions are free of charge for individuals working in school settings and are funded by the Bipartisan Safer Communities Act. CEUs are available for all courses.
9. [Click here for list of Webinars and Training Available, from Bureau of Drug and Alcohol Services](#)

- ii. Discuss doing a training with White Horse Recovery The Shed
- iii. Info and links for the following events:
 1. Community Baby Shower on April 17, 4pm-6pm, Settlers Green
 2. DEA Take Back Day April 25- <https://www.dea.gov/takebackday> Safe disposal of expired, unused prescription medicine at a local police department near you
 3. **May 6 NH Fiscal Policy Institute, State Budget What you Need to Know**, North Conway Community Center
 4. Day of Caring on May 15- Volunteer registration is officially open for **Granite United Way's Day of Caring on Friday, May 15, 2026!** Volunteers will support projects that strengthen local nonprofits and community organizations across NH. **When:** Friday, May 15, 2026; **Where:** Nonprofits across the state **Who can participate:** Individuals, families, workplace teams. Sign up! Click to [register as an individual volunteer](#) or [set-up a team!](#) **Click here to browse and sign up for opportunities.**
 5. **White Horse Recovery Family Support Group, 2nd and 4th Mondays, 5-6pm, Center Ossipee**
 6. **NAMI NH Mental Health Peer, Family, Parent Support Groups.**
 7. Carroll County SUD Conference- **June 20 Save the Date.** MaineHealth Memorial Hospital, C3PH and White Horse Recovery are partnering to present the Carroll County SUD Conference, Jun 20 in Conway. [Register here](#) ; [Flyer Here](#) ; [Table Registration Here](#)
 8. **NH Teen Institute 2026 Summer Leadership Program Register Today**
 9. **Granite United Way Opioid Abatement Community Grants Program**
 10. There is a **NH Perinatal Quality Collaborative** for MWV, part of a larger statewide effort to support maternal health out of Dartmouth. Fmi <https://nhpqc.org/>

b. Emily

- i. Magnify Voices- **April 26 deadline. Magnify Voices Expressive Arts Contest.** Please promote among students grades 5-12 to submit art to raise awareness for mental health. <https://nhcsoc.org/magnify-voices/> Awards event at Kingswood Art Center, Wolfeboro Wed May 27 . Organizations invited to table. <https://nhcsoc.org/magnify-voices-celebration-event-to-be-held-in-wolfeboro/>

c. Jen

- i. Juvenile Diversion program-
 - 1. Will have Maggie give a brief overview next month
- ii. CCVC Conference
 - 1. On Saturday, April 18, 10am-2pm at the Wright Museum of World War II in Wolfeboro
 - 2. Free event, with networking and presentations
- iii. New Mental Health Suicide Prevention Training
 - 1. Be Sensitive Be Brave on June 4, Jen will add the flyer
 - 2. Different approach, hosted by CCVC/C3PH and Harbor Care
- iv. Project Safeguard
 - 1. See update above
- v. Unregulated Substances
 - 1. Cannabis mailers for out of state recreational cannabis and billboard in Ossipee
 - 2. Difficult to enforce, working with a state-wide prevention group to address it legislatively and locally
 - 3. Working on ways to regulate marketing and advertising
 - 4. Kratom- Trying to put an age limit to buy kratom, legislative process, can be dangerous and easy to access, is going up to either the House or Senate to vote on that, along with legislation for Nitrous Oxide and other unregulated products
 - 5. FMI: https://new-futures.org/Addictive-Products?utm_campaign=thisweek&utm_source=april132026&emci=

[75c91300-4237-f111-8ef2-000d3a14b640&emdi=76926c36-5a37-f111-8ef2-000d3a14b640&ceid=9901237](https://www.samhsa.gov/75c91300-4237-f111-8ef2-000d3a14b640&emdi=76926c36-5a37-f111-8ef2-000d3a14b640&ceid=9901237)

6. **Unregulated Intoxicants Flyer**

- vi. Mental Health Crisis and what to expect
 - 1. Working on creating a brief or flowchart
 - 2. Heidi from NAMI is the Navigator for youth in the Emergency Department, will be speaking next month to give a brief overview (or maybe a panel?), flyer incoming
 - 3. Catalina- New presentation from the new company that manages NH 988 Rapid Response- Could come to a future meeting and answer questions about Rapid Response
- vii. April – Alcohol Awareness Month
 - 1. [How alcohol affects your kids' brains \(VIDEOS\) – Ask, Listen, Learn](#)
 - 2. [Alcohol Awareness Month | SAMHSA](#)
 - 3. [Drug & Alcohol Use Prevention: Video Series | Get Smart About Drugs](#)
- viii. May – Mental Health Awareness Month
 - 1. Resource table at Moultonborough Academy
- ix. National Prevention Week – May 10-16th
 - 1. [National Prevention Week | SAMHSA](#)
 - 2. Resource Table at Kennett Middle School

5. Presentation

- a. None

6. Questions and Discussions

- a. Final Discussion on Priority areas
- b. Addressing increase in bullying
 - i. Barriers- Happens outside of school, can be difficult to address, working on parent education and monitoring online activities which is difficult because youth can hide things
 - ii. Traditional bullying occurs, but more cyberbullying

- iii. Solutions- Moultonborough has SEL curriculum from elementary to 12th grade, educate parents/caregivers, look into bringing a cyberbullying workshop into the region
- iv. Discuss doing a short easy to digest article for school newsletters about cyberbullying- that it happens, what kind of conversations you can have with kids about not engaging and what to do if it does happen
 - 1. Or make list of topics to share with newsletters
 - 2. Starting Point also has a curriculum for bullying that could be incorporated
- v. Low awareness of public health messaging
 - 1. Discussion about how students may not be understanding the question about what public health messaging is
 - 2. Meredith Village Savings Bank allows nonprofits to put up messages on their smart screen
 - 3. Request to fix or add an example about what public health messaging is in the YRBS question
 - 4. Could add info about public health messaging to school health programs- education, community scavenger hunt where kids look for public health messaging in the community
 - 5. Education for students about media literacy because so many youth are seeing content online

7. Resources and Activities

- a. DEA National Take Back Day
 - i. April 25th from 1000-1400 hrs
 - ii. Check with local police department on participation and location of drop off
- b. [New Futures | Home](#)
- c. [Current Legislation Search](#)
- d. [New Hampshire Outright | LGBTQ+ Youth Support](#)
- e. [New Hampshire Teen Institute](#)
- f. May – Mental Health Awareness Month
 - i. [Mental Health Awareness Month Toolkit | SAMHSA](#)

- ii. [Mental Health Awareness Month | NAMI](#)
 - g. Harm reduction for Cannabis- brief video
 - i. <https://youtu.be/66DodL1bHa0?si=DhxaTULrckPOOSud>
 - h. Resources and Trainings on substances
 - i. [New England PTTC - Prevention Technology Transfer Center \(PTTC\) Network](#)
 - ii. [Grayken Center for Addiction TTA | Boston Medical Center](#)
- 8. Continued discussion on priority areas
 - a. Addressing increase in bullying
 - i. Factors that can fill areas of need-
 - b. YRBS- Public Health Messaging awareness was very slow
 - i.
- 9. Next Steps
 - a. Capacity review
 - b. Action planning
- 10. Close and Thank You!

Action Plan

Action	Who	Resources	When	Notes
Discuss having Maggie talk about Juvenile Diversion Program during a future meeting	Jen, Maggie	Email	5/12	
Discuss C3PH tabling for Moultonborough Mental Health Awareness	Jen, Emily, Marti	Email	5/12	Done
Continue working on the Brief for Youth in the Emergency Department	Jen, Emily			

Discuss having someone from 988 come to answer questions at a future meeting	Jen, Catalina	Email		
Look into bringing a cyberbullying prevention program into the area	C3PH			
Bullying/ health related info for newsletters	C3PH			
Look into adding a change to YRBS question about public health messaging	C3PH			

3rd ANNUAL CARROLL COUNTY VETERANS CONFERENCE



CALLING ALL CIVILIAN COMMUNITY PARTNERS:

Do you know which of your participants 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.,
Wolfeboro, NH 03894

Register now: <https://tinyurl.com/4dmyrzyd>

FMI: jennifer.thomas@graniteuw.org



DEA NATIONAL ^{Rx}
TAKEBACK



**Turn in unneeded medication
for safe disposal.**

**Saturday, April 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.



Community Baby Shower!!!

ALL NEW AND EXPECTANT PARENTS AND THEIR FAMILIES IN CARROLL COUNTY ARE INVITED TO THIS FREE EVENT!

Friday, April 17th from 4PM-6PM

Settlers Green Outlet Village 2 Common Ct. Suite C4
(near American Eagle)



Pizza, Cupcakes and Refreshments

Shopping at our FREE "Boutique"

Raffle Prizes

Family Photos

Meet local non-profits and pediatric providers



For more ways to participate and support this event please contact Cathy Livingston at 603-901-9053 or email at clivingston@childrenunlimitedinc.org or Cheryl Frankowski at 603-447-8900 or email at cfrankowski@whitemountainhealth.org



EIGHTH ANNUAL

MAGNIFY VOICES

EXPRESSIVE ART CONTEST

SUBMISSIONS
ARE NOW
OPEN

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

WOLFEBORO

AN INITIATIVE OF  CSoC
Community Support of Children

FREE Training
+ CE Credits



BE SENSITIVE, BE BRAVE FOR MENTAL HEALTH

A Culturally Infused Workshop on Mental Health for Community Members

BSBB for Mental Health is a 2-hour interactive, first-of-its-kind culturally infused workshop in NH that prepares community members to help friends and loved ones during times of distress. Delivered through SSG Fox SPGP by the state's only BSBB-certified trainer.

LEARN

- Identify if someone is in mental distress
- Practice being sensitive and brave in helping other
- Build resilience using a recipe for mental health
- build cultural sensitivity around mental health
- Respond to community needs and decrease stigma

JOIN US

Workshops are designed for community members at large, with a unique, audience-specific curriculum available exclusively for first responders and veterans through the SSG Fox Suicide Prevention Program.

CRISIS SUPPORT

If you know someone who is in suicidal crisis or emotional distress, free and confidential support is available 24/7: Call or text 988, or text "HOME" to 741741.

CommunityConnections
Psychological Associates, Inc.

Time ::: 10 am - 12 pm

Date ::: Thu, June 4, 2026

Location ::: Virtual

Note: Registration is required

Register
Now!
(Limited Seats)



 **Harbor Care**
HOUSING \ HEALTHCARE \ VETERAN SERVICES

SSG Fox offers a variety of free suicide prevention and mental health trainings led by a certified trainer, all providing free CEs approved by OPLC and NHNASW. For more information contact: a.baer@harborcarenh.org