

**Carroll County Responds to Substance Use Disorder
Prevention / Continuum of Care Work Group**

MINUTES

DATE: JUNE 4, 2019

PRESENT	Jennifer Selfridge, Doug Wyman, Dana Littlefield, Chuck Henderson, Sheryl Power, Deb Bunting, Lance Zack, Jess Warning, Caleb Gilbert, Christian Seaholtz (office of Congressman Pappas), Eve Klotz, Donna Sargent, Lisa Ransom, Sam Lewandowski, Robert Nylin, Yvonne Meisner.
ABSENT	
NOTE TAKER	Catalina Kirsch
START TIME	9:00

MEETING END TIME	11:30
DATE OF NEXT MEETING	October 1, 2019 (NO MEETING IN AUGUST)
AGENDA ITEMS FOR NEXT MEETING	
SPECIAL NOTES	We will skip meeting in August. Happy, healthy summer to all! If you have any time sensitive updates that you would like us to share out to our Carroll County Responds email list, please forward them to continuum @c3ph.org and we are happy to spread the word!

Agenda topics

Topic: New Timeline for development of our 2019 Substance Misuse Prevention Plan

DISCUSSION	The state deadline for regional substance misuse prevention plans is now Oct 2019. An advantage for Carroll Co is that we will now be able to include new data that will be available by then, like the Huggins Hospital needs assessment data.	
	Jennifer will be compiling an annual prevention report. The plan will include expanded awareness of the importance of prevention across the lifespan, not just for youth populations.	
CONCLUSIONS	The public health reports that will be completed by C3PH will include 2019 Annual Prevention Report and the Strategic Prevention Plan	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Interviews for data gathering will occur over the summer.	Jennifer	Summer 2019

Topic: Highlights of the year

DISCUSSION	Accomplishments include <ul style="list-style-type: none"> Youth Leadership Conference Jan 2019; Marijuana Legalization is on hold; Drug Court (around 6 cases, with capacity for more; seeking to create a Drug Ct IOP) Bob Nylin, NHS, Drug Treatment Court: Due to sentencing changes, if someone faces 6 months vs drug treatment, some are choosing six months (trend); incentives are given out to participants for positive progress moving through the program. Drug court has one full year in operation. Planning for second year contract. 	
Highlights: <ul style="list-style-type: none"> There is full participation in Youth Risk Behavior Survey by all 3 high schools in Carroll County. There is an increased focus on ACEs and trauma informed care in healthcare, education, public safety and social services. Huggins Hospital was awarded a Rural Health Planning grant. There is a new program through employment security called NH Works for Recovery. LEAD, Law Enforcement Against Drugs, is expanding in the region (Doug) and across the age span with plans to expand down to preschool. Too Good for Drugs was developed by Mendez Foundation and meets Health and Guidance credit requirements for NH DOE and is meant to be taught in partnership between teacher and police officer. 		
CONCLUSIONS		
FMI www.leaddrugs.org		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE

Topic: Prevention Roundtable

DISCUSSION	Issue of Methamphetamine <ul style="list-style-type: none"> Emerging Trend: Methamphetamine. (Lance, Dana, Doug) Intensity of dosage on the street very high. Access by internet shipping. Drug deaths trend is other drugs mixed with fentanyl. Perception of harm is not high. https://www.wmur.com/article/law-enforcement-officials-warn-of-states-next-drug-threat-methamphetamine/27471953 http://drugfreenh.org/get-information/drug-guide/methamphetamine-meth 	
<ul style="list-style-type: none"> Screen Time: cell phones, violent response to taking phones away, exposure to unhealthy info and activity; distracted driving; cultural expectation Dana: Importance of the issue of screen time. Police intervention being called in for behavioral acting out because a phone was taken away. Access to unsafe information, imagery, messaging, sexting, social media, YouTube. The group discussed trends/observations around the issue of screen time and the healthy development of youth. Perhaps this is an issue that can be addressed in prevention activities in the coming year, July to June. National Campaign: Wait Until 8 (wait until 8th grade before kid's cell phone) https://www.waituntil8th.org/ 		
<ul style="list-style-type: none"> Importance to keep focus on root causes and social determinants of health to add to the focus on specific drugs and their impact. 		
<ul style="list-style-type: none"> Other highlights: 3rd yr. Red Ribbon Week in Kingswood, awareness raising activities (Deb B); 		
<ul style="list-style-type: none"> Need for prevention: info around "sexting ": (Lance) in middle school; all schools in the region facing it. How do we deal with this? Judicial system has a limited role. Gets into sexual offense 		

arena. WMRJ is working with Starting Pt and WMCHC to develop prevention curriculum. Concern: victimization of minors, permanence of social media posts – has reached out to Office of Student Wellness – has reached out to sexual violence advocacy group in Rochester for resources to develop curricular. Skylar Berry from New Beginnings in Lakes Region could be a resource.

CONCLUSIONS	The issue of screen time, cell phone use, sexting, cyber bullying may be of enough interest and prevalence that our committee can discuss a possible community response and plan activities on this theme.
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Some resource links, screen time:
<https://www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/early-child-care/early-child-care-activity-screen-time-sleep-practices-obesity-prevention/>
<http://fortune.com/2018/12/11/nih-kids-screen-time-study-2018-brain-development/>
<https://www.nytimes.com/2019/04/24/health/screen-time-kids.html>
<https://www.zerotothree.org/espanol/screen-time>

Resources, Cyber Bullying and Sexting

<https://www.stopbullying.gov/cyberbullying/what-is-it/index.html>
<https://cyberbullying.org/sexting-advice-teens>
<https://cyberbullying.org/>
<https://www.psychom.net/teen-sexting/>

ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Contact Jennifer Selfridge to discuss possible follow up ideas, activities related to screen time, sexting, Wait Until 8th & public health	All	July 2019.

Topic: Northern Human Services update, Eve Klotz

DISCUSSION	Building LADC capacity; about to hire an RN certified in addictions and psychiatric to work with individuals with co-occurring diagnoses. Close to fully staffed in Carroll County. With help of UNH and PSU interns to train. Full ACT team in Carroll (Assertive Community Treatment) with significant emotional disturbance. Supportive Employment Program going well, providing individuals with severe mental illness work opportunities. Job developers working with individuals. Stigma around Mental Illness is being reduced. REAP, support for elders 62+ with mental health needs and their caregivers is available. It is being promoted by the MWV Age Friendly Communities initiative. Plans to expand to Coos and Grafton regions served by No Human Services.
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CONCLUSIONS	REAP Brochure here: https://www.dhhs.nh.gov/dcbcs/bdas/documents/reap.pdf
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ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Send out electronic brochure	Catalina	

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Focus on Treatment and Recovery

Topic: RFW, Recovery Friendly Workplace, Samantha Lewandowski

DISCUSSION	Sam Lewandowski spoke about RFWs- Work with businesses to empower to provide support to people in recovery or those impacted by SUD. Businesses submit letter of interest through RFW website and then are contacted by the program. See folder for checklist guidance to becoming an RFW. Focus is on tailoring support for the business based on their needs. In Carroll County: Premier Rental in North Conway and MWV Supports Recovery. Hoping for this initiative to spread through word of mouth throughout the county. Use RFW as a tool to help with workforce issues in the county. Nonprofits are welcome to join, work with school districts is ongoing. Braided funding sources support RFW, there is hope that it can be sustained through changes in state government, etc.	
CONCLUSIONS	This is something we can take back to our employers and we can also spread the word about the initiative to our contacts.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Bring back to our employers where applicable and spread the word to our contacts.	Group	Ongoing

Topic: Highlights of the Year, the Continuum of Care in SUD services

DISCUSSION	Growth of the SUD Workgroup- over 35 agencies and 50 individuals have attended the CC SUD meeting. Diverse makeup of the group (many sectors represented). Promotion and TA for 211 integration in the county- through increasing capacity in the county.	
	Recovery Boys Screening and Discussion- well attended and rich community conversation (over 100 participants).	
	Meet the Hubs Event- held in February in Ossipee. Offered a chance to enhance communication between hubs established through Doorway NH and local CC providers. Hubs have been very willing to work with CC providers, knowing distance and proximity cause issues.	
	Green Mountain Treatment Provider tour- offered a chance for local providers to build relationships with this treatment provider.	
	Mental Health First Aid training for Public Safety- worked with Chris Perley to offer a training for Jackson Officers. Trying to bring a training to the region.	
	Resilience Screening and Discussion- well attended and rich community conversation. Chief Littlefield reports that the film offered useful information for police to help bridge the gap between behavior seen in community and in schools. A follow-up event is being planned and the next event will try to move our communities from the awareness raising phase to action phase.	
	Discussion needs of youth during the summer (food, activities, behavioral supports, etc.). Brought up the Summer Food Service Program and a need compile a list of CC locations was identified.	
	Recovery Friendly Workplace- RFW was discussed at recent Eggs and Issues event in Conway.	

White Horse- still providing transportation to Hub locations and beyond. Looking for fuel-efficient transportation (SUVs preferable). Met with Laconia Doorway Location and will continue to partner with LRGH.

CONCLUSIONS	FMI on Summer Food Programs, see: https://www.fns.usda.gov/summerfoodrocks Carroll County locations listed so far include the elementary schools in Conway, Ossipee and Effingham with more sites possibly to be announced.
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ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Catalina will follow up with Nami and Chief Perley to bring training to the region. Compile list of Summer Food Service Program sites in CC and disseminate to partners.	Catalina and Caleb	6/11/2019
FMI on Summer Food Programs, see: https://www.fns.usda.gov/summerfoodrocks Carroll County locations listed so far include the elementary schools in Conway, Ossipee and Effingham with more sites possibly to be announced.	all	July 2019

Topic: Training for Young Adults

DISCUSSION	Free training being offered for young adults June 20. Contact Catalina with any suggestions of young adults out think may want to attend.
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CONCLUSIONS	Seeking help with recruiting. Please share!
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Link to training here: <https://www.eventbrite.com/e/prevention-training-for-young-adults-tickets-58118677529>

ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Catalina will send a link with meeting minutes. https://www.eventbrite.com/e/prevention-training-for-young-adults-tickets-58118677529	Catalina	June 2019

Topic: Other

DISCUSSION	Garrett Lee Smith Grant for Carroll County- “Connect” Suicide Prevention trainings to be offered for various age groups in partnership with NAMI NH. Middle age men most at risk for suicide. Support staff in schools could be a target population for training (food service, bus drivers, custodial, etc.) FMI https://www.sprc.org/grantees/new-hampshire-nami-new-hampshire
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White Horse- working to increase community involvement through the Shed (community garden space, etc.) working with Ossipee Roundtable.

Prevention Annual Report- draft will be sent to group for review in July.

CONCLUSIONS	
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ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE