

CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

Minutes – April 2, 2024

Prevention – Continuum of Care Workgroup

Meets First Tuesday of Feb, Apr, Jun, Oct, Dec.

FMI: (603) 301-1252

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

Catalina Kirsch, [catalina.kirsch@graniteuw.org](mailto:catalina.kirsch@graniteuw.org)



See Minutes and Agendas here:

<http://www.c3ph.org/initiatives/continuum-of-care-for-substance-use-disorders>

See Shared Folder for flyers and announcements here:

[https://drive.google.com/drive/folders/1BFsX-kCE6IZ2VfKwWa2gB6IJ0vWaV\\_wr?usp=sharing](https://drive.google.com/drive/folders/1BFsX-kCE6IZ2VfKwWa2gB6IJ0vWaV_wr?usp=sharing)

8:55 Register for Zoom Meeting <https://us02web.zoom.us/meeting/register/tZwtceigqDIuHtRorTn80ou-lizThDOxggR8>

Attendance:

Anika Hastings	School Social Worker, Kingswood Regional Middle/High School
Angelic Macut	Medical Assistant with Memorial Hospital CAM program
Susan Ticehurst	Unaffiliated/Concerned Citizen
Ellery Hunt	Kinship Navigator and Family Support Provider for Children Unlimited Family Resource Center
Jennifer Koener	Community Outreach for Live Free Recovery Services, 603-479-7155, <a href="mailto:jkoener@livefreerecoverynh.com">jkoener@livefreerecoverynh.com</a>
Heather Clogston	Prevention Coordinator for Department of Education, <a href="mailto:heather.m.clogston@doe.nh.gov">heather.m.clogston@doe.nh.gov</a>
Kim White-Feather	Community Member, Way Station Affiliate
Jennifer Smith	Memorial Hospital Primary Care and Addiction Medicine
Chuck Henderson	Senator Shaheen's office
Staci Leclerc	Blue Heron Neurofeedback and Counseling
Jen Thomas	Substance Misuse Prevention Coordinator at C3PH, <a href="mailto:jennifer.thomas@graniteuw.org">jennifer.thomas@graniteuw.org</a>
Catalina Kirsch	Continuum of Care Facilitator at C3PH, <a href="mailto:catalina.kirsch@graniteuw.org">catalina.kirsch@graniteuw.org</a>
Caleb Gilbert	Director of Public Health at C3PH, <a href="mailto:caleb.gilbert@graniteuw.org">caleb.gilbert@graniteuw.org</a>
Emily McArdle	Young Adult Outreach at C3PH

Focus on Prevention: Jennifer Thomas

- Carroll County Youth Substance Misuse Prevention Subcommittee
  - Youth Peer to Peer Groups as prevention, treatment, and recovery support. Update on the start of [Alternative Peer Groups | Creating Connections NH \(unh.edu\)](#)
    - In development for Spring 2024: Youth to youth peer groups for youth ages 12-24 with substance use challenges (doesn't require an official diagnosis), facilitated by a trained facilitator

with lived experience, program based on data and best practices. Working on engagement/outreach to youth and ideas on how to get the word out. There will be two locations- 1. MWV Supports Recovery will lead a group at TERRA Equine Therapy Center in Center Conway and 2. White Horse Recovery will lead a group at Kingswood Youth Center in Wolfeboro.

- Updates from New Futures on salient bills
  - Legislation about Substance Use: (also see update in the attachments)
    - <https://new-futures.org/issues/substance-use>
    - <https://new-futures.org/alcohol-oher-drugs>
- Be the 1 Youth Suicide Prevention meeting. <https://www.c3ph.org/initiatives/youth-suicide-prevention>
  - In Year 5, working on sustainability.
- DHHS/BDAS YRBS workgroups
  - A Statewide group is working on assessing current knowledge/barriers with administrators in schools/districts and developing survey.
  - Kingswood, Kennett, and Moultonborough high schools will most likely be participating in the YRBS.
- Carroll County Veterans Coalition
  - First Annual Conference will be on Saturday, May 4, from 11am – 3pm at MWV Adult Day Center (987 East Main St., Center Conway, NH 03813). Open to all veterans, military members, their families, and veteran servicing organizations. See flyer below.
- DEA Takeback Day is on Saturday, April 27, from 10am-2pm at participating police departments. Turn in unused and expired medication for safe disposal and help spread the word. See flyer below.
- NH DHHS Bureau of Drug and Alcohol Services BDAS – no update
- SAU 49 – District Community Leadership Team 2023-2024 – Anika Hastings: Sees a need for a focus on prevention efforts for substance misuse and tobacco prevention. SAU 49 recently did trainings for suicide prevention for faculty and youth.
- SAU 9 – District Student Behavioral Health Collaborative 2023-2024 – no update
- NH Dept of Ed – Heather Clogston- Botvin LifeSkills Trainings happening around NH, in-person and virtually (including at Carroll County Adult Education on Monday, April 8). NH DOE will be sharing Summer Professional Development trainings soon.
  - Botvin Lifeskills training is also seeking other opportunities to deliver the training, if any organizations or recovery centers are interested, let Let Catalina know.
- Upper Elementary School / Middle School strategies update –
  - Jen Thomas- Will be doing a presentation for parents, on April 3 for parents at Moultonborough Academy about substance misuse prevention, communicating with youth, and finding resources (see

attached Multi-tiered Resource Guide). The presentation can be tailored for other audiences, let Jen know if you're interested.

- Jen Thomas can also help with technical assistance for prevention programs (planning with logic models, capacity, and viability of programs), let her know if you're interested.
- Jen Thomas is almost ready for the NH Certified Prevention Specialist exam!

#### Focus on the Continuum of Care (Early Identification/Intervention, Treatment, Recovery) – Catalina Kirsch

- Assets: What areas of strength right now?
  - Memorial has rolled out Screening, Brief Intervention, and Referral to Treatment (SBIRT) protocol, so every patient is screened for alcohol and substance use and the staff are trained on SBIRT and referrals (White Mountain Community Health Center has similar screening in their protocols).
  - Stacie Leclerc- Blue Heron has begun a Contingency Management Initiative for stimulant use disorder and will expand it to opioid use disorder. Starting with enrollment in MAT and clinical counseling services, then expanding to recovery friendly activities (so clients will be rewarded for those types of activities, not just treatment).
  - Children Unlimited/Ellery Hunt- Kinship Support Program (third Tuesday of the month in Conway and third Wednesday of the month in Ossipee). Offers opportunities for people with similar experiences to connect and helps to reduce isolation. See flyer below.
  - Kim White-Feather- Screenings in the local hospitals and referrals to outside organizations like White Horse and Endeavour house, and Blue Heron are valuable.
- Gaps: Where are the most critical areas of need right now?
  - Jennifer Smith/Memorial- Housing and transportation, it is becoming harder to meet those needs, especially transportation for those in the Berlin area. (New CPS driver for Medicaid in Ossipee).
  - Kim White-Feather- Housing is biggest need, transportation is second biggest need in Ossipee, have seen a decline in services for medical transportation because less insurance carriers are covering medical transportation. Transportation to treatment/methadone clinics is a big need.
  - Jennifer Koener- Live Free Recovery uses Uber Health to transport people to their facility for detox or residential treatment or for aftercare if they need to go to another facility- contact her for more info or if you need help with finding resources for cases- [jkoener@livefreerecoverynh.com](mailto:jkoener@livefreerecoverynh.com)
  - Anika Hastings- Sees a need for in-person services for youth.
    - [Aerie Healthcare](#)- New adolescent IOP (day program) and PHP (after school) therapeutic mental health program in Concord for adolescents. Opened recently, currently does not take Medicaid yet. FMI: 603-244-3187.

- Data – [DMI JANUARY 2024 NH Drug Monitoring Initiative \(click here for entire report\)](#)
  - Drug overdose deaths in New Hampshire appear to decrease from 2022 to 2023. This would be the first decrease in the last four years.
  - Deaths in 2022 increased 11.5% compared to 2021, which was the third consecutive yearly increase in NH. 2022 numbers resembled those from 2016-2018 when drug overdose deaths in NH were at their highest.
  - Trends:
    - For 2023, as of 13 February 2024, there are 408 confirmed drug overdose deaths and 19 cases pending toxicology. Carroll County towns reporting 1-5 deaths between 2/2023 and 1/2024 include Conway, Tamworth, Freedom, Effingham, Ossipee, Moultonborough, Tuftonboro, Wolfeboro and Wakefield.
    - EMS calls involving overdose/substance use between 2/2023 and 1/2024 occurred in all Carroll County towns except Jackson, Chatham, Madison, Eaton, and Brookfield. All reported between 1-25 calls. Conway reported between 26-100 calls.
    - So far for 2023, Hillsborough County has the highest suspected drug use resulting in overdose deaths per capita, at 3.70 deaths. Carroll County = 1.97 per 10,000 population. Coos County follows closely with 3.49 overdose deaths per 10,000 population.
    - The age group with the largest number of drug overdose deaths is 30-39 years, which represents almost 32% of all overdose deaths for 2023.
    - Males account for 70% of the total drug overdose deaths so far in 2023.
    - Males between the ages of 30-39 account for about 23% of the total drug overdose deaths so far in 2023.
  - Outreach to young men under 40 is an important need to focus on.
  - Jen Thomas- Toxicology reports show that around 70% of overdoses involved fentanyl or fentanyl mixed with other substances and very few were non-opioid related.
- Increased communication among providers – If C3PH can be a resource, please reach out.
- Increased capacity and delivery of services
  - [Harm Reduction Supplies. Order here](#) - Still have Narcan, CPR face shields, and a limited number of Overdose Prevention Kits.
  - Met with the Freedom Church, working on safety plan to include response to potential overdose in public.
  - Harm Reduction – Planning for 24 NaloxBox community installations & harm reduction supplies distribution. Please email [catalina.kirsch@graniteuw.org](mailto:catalina.kirsch@graniteuw.org) with input:
    - NaloxBox Installation Update. Seeking locations to install Naloxbox across Carroll County. What are public locations across Carroll County where a wall mounted emergency naloxone

(NaloxBox) will have the greatest chance of helping to respond to overdose? Reach out to Catalina.

- The first NaloxBox will be installed soon at Conway Public Library, potentially another one at a Starting Point location and other conversations in the works.
- FMI: <https://naloxbox.org/> or contact [catalina.kirsch@graniteuw.org](mailto:catalina.kirsch@graniteuw.org)

- Updates from the Field.

- Early Identification/Intervention – Memorial Hospital implementing SBIRT for all patients.
- Treatment/Recovery –
  - Caleb Gilbert/C3PH- C3PH is in conversation with community partners to consider writing a proposal for the HRSA Rural Communities Opioid Response Program grant and has reached out to North Country Health Consortium for a collaborative approach that could benefit Carroll County and North Country combined. There will be 16 awards of the grant across the US, and it is a 4-year grant with up to \$750,000 awarded per year.
  - Stacie Leclerc/Blue Heron- Have opened another office in Laconia (plus locations in North Conway), will be launching a remote/hybrid IOP within 3 months (more info coming soon), and has found the harm reduction supplies from C3PH helpful.
  - Jennifer Smith/Memorial- Will be starting full time addiction medicine position on May 1. Currently doing internal referrals, will have a flyer soon for outside referrals to spread to the community. Has been meeting with counselors from Crooked River Counseling in Bridgton, Maine, and meeting with peer recovery organizations for on-site peer recovery services at Memorial.
  - Kim White-Feather- Way Station is serving lot of unhoused people living with substance use disorder. There are also groups of people who have lost their apartments in Ossipee due to owner sale of property recently who are having to find housing. Seeing a need of having to transport people hours south for treatment/methadone clinics.
- Other updates:
  - Caleb/C3PH- Working on the HRSA grant and trying to look into other funding solutions (looking at IDN funds). White Horse Recovery will host a training on self-administered HIV testing in May- staff will be trained and will offer self-administered HIV testing, plus will be partnering with White Mountain Community Health Center who can also administer HIV testing.
  - Emily/C3PH- Continued outreach on social media for suicide prevention, substance use prevention, alcohol/binge drinking prevention, and tobacco prevention. Will be doing tabling for Mental Health Month in May at Kingswood High School.

- Susan Ticehurst- Looking for suggestions on how to better handle the situation of how the community and law enforcement can respond to substances being dealt in the community.
- Advocacy
  - [Alcohol Fund Fact Sheet](#)
  - [New Futures 2024 Campaign Priorities](#)
  - [Magnify Voices Expressive Arts Contest](#)- Creative arts contest for students in grades 5-12, see flyer below.
  - Catalina Kirsch/C3PH- Is a part of the NH Behavioral Health Planning and Advisory Council and a subcommittee on reducing stigma state-wide. North Country Health Consortium did a training on reducing stigma and Catalina is reaching out to them about expanding that training. Catalina is also certified to deliver the Responding to Addiction training- contact Catalina if you're interested/would like more info.

10:25 Other updates? Announcements?

**Do you have event flyers to share? Please upload them here: [CC Responds to SUD Flyers to Share](#)**

**What's posted there now?**

Do you have other information you would like to share? Please add it to a shared doc here: [CC Responds to SUD Updates to Share](#) Lots of resources attached! Please take a moment to scroll through the flyers and announcements attached!

10:30 Adjourn.

Happy Snowy Spring! Thanks for all you do! If you would like to unsubscribe from this email list, send a message that says "unsubscribe" to [continuum@c3ph.org](mailto:continuum@c3ph.org) .

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

Catalina Kirsch, [continuum@c3ph.org](mailto:continuum@c3ph.org)

Next meeting:

You are invited to a Zoom meeting.

When: Jun 4, 2024 09:00 AM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZwtceigqDluHtRorTn80ou-lizThDOxqgR8>

After registering, you will receive a confirmation email containing information about joining the meeting.

Resources on next page(s) (Information Dissemination)

# CARROLL COUNTY VETERANS COALITION

## 1st Annual Conference

**TO RAISE  
AWARENESS ABOUT  
VETERAN SUICIDE,  
INCREASE  
COLLABORATION,  
AND HEAR YOUR  
VOICE ON  
IMPORTANT ISSUES!**

**WE WELCOME ALL  
VETERANS, MILITARY  
MEMBERS, THEIR  
FAMILIES, AND  
VETERAN SERVICING  
ORGANIZATIONS**

Space is limited, please register below  
or email for more information:  
[jennifer.thomas@graniteuw.org](mailto:jennifer.thomas@graniteuw.org)



Ribbon logo designed by Bekah Peterson

**Saturday  
May 4th, 2024  
1100 – 1500 hrs  
MWV Adult Day Center  
Conway, NH**



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

Scan to register or go to:  
<http://tinyurl.com/ys927jnh>





**DEA NATIONAL <sup>Rx</sup>**  
**TAKEBACK**



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

**Saturday, April 27  
10 a.m.–2 p.m.**

**Keep them safe. Clean them out. Take them back.**

Visit [DEATakeBack.com](http://DEATakeBack.com) for a collection site near you.





Children Unlimited

# Kinship Support Group



Are you raising a child that is not biologically yours? Are you a grandparent or other relative caregiver? Are you looking for support from others who understand your situation and similar circumstances? Are you interested in learning about resources available in your community?



**3rd Tuesday of each month at the Conway Public Library from 9:15-10:15 am**

and



**3rd Wednesday of each month at the First Congregational Church of Ossipee from 1:30-2:30pm**

*\*Childcare provided for both locations\**

**For more information, Contact Samantha Jones at 603-651-7480 or by email [sjones@childrenunlimitedinc.org](mailto:sjones@childrenunlimitedinc.org)**



**SUBMISSIONS**

*Now Open!*



Sixth Annual

MAGNIFY  
**VOICES**

EXPRESSIVE ART CONTEST

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!

- Open to NH students grades 5- 12
- Celebration Date: Wednesday, May 22nd, 2024
- Questions? Reach out to: [magnifyvoices@gmail.com](mailto:magnifyvoices@gmail.com)



LEARN MORE

**Artwork Deadline 04/21/2024**

AN INITIATIVE OF





## 55th New England School of Addiction and Prevention Studies – June 10 - 13, 2024

### *Worcester State University, Worcester, MA and Virtual*

2nd Annual Hybrid Summer School, with 2 Ways to Attend:

Face-to-Face: - Join us in person in Worcester! or Virtual Live Program - Join us virtually!

**2024 Course Proposals: Proposal Deadline: January 25, 2024**

[Click here to download Presentation Proposal Information sheet.](#)

**Online Course Proposal Link:** [https://www.surveymonkey.com/r/nesas24\\_proposals](https://www.surveymonkey.com/r/nesas24_proposals)

#### **About the Summer School**

The New England School of Addiction and Prevention Studies, commonly called Summer School, is an intensive 4-day learning experience to further knowledge, skills, and experience in the field of substance use disorder services. For over 55 years, participants from many disciplines have come together to form a unique, diverse learning community. This year will be our second hybrid year, with options to attend the program in person in Worcester or to attend the program virtually!

We are delighted to return to Worcester State University for a face-to-face program.

Due to the continued strong demand for intensive Summer School programming online, we are happy to also offer a live virtual program.

- Select from many intensive courses from across the continuum of treatment, prevention, and recovery.
- Virtual courses will take place live by videoconference, allowing for course group work and interaction.
- In addition to courses: plenary sessions, community, and more!
- Options are available to attend the full program, or any number of days.
- Earn 26 Contact Hours during the week.

Courses are designed for the extensive demands of today's professionals and organizations:

- Certification, licensing, and re-credentialing;
- Evidence-based practices;
- Addressing health disparities and equity issues;
- Behavioral healthcare and primary care integration;
- Recovery oriented care across the continuum;
- Addressing the opioid crisis, stimulants, and other current drug trends;
- And many other current and emerging topics!

New England summer programs have been developed to respond to specific needs in our regional workforce. Participants may attend offerings specifically for treatment, prevention, or recovery support, or select courses of interest to all.

The Summer School provides wonderful combined learning opportunities for participants working in different areas of the behavioral health services continuum.

Please join us for new knowledge, skills, virtual networking and continuing education contact hours in June!

**Partial New England State Scholarships are available from most New England states.**

The Summer School is appropriate for all who recognize the impact of alcohol, tobacco and other drugs on individuals, families, and communities. **We hope to see you either in person or virtually at this year's Summer School!**

**Complete course information, registration, and scholarship information will be posted to this website in March. [Click here to sign up for the Email List.](#)** Please contact us with any questions at [neias@neias.org](mailto:neias@neias.org) or 207-621-2549.

4/1/2024

Welcome back to another edition of our weekly Upcoming Hearings and Votes email! This week, we are focusing our efforts on several bills that are set for votes in the New Hampshire Senate. Among these are four anti-LGBTQ+ bills, and bills related to expanding access to child care and preventing childhood lead exposure.

Learn more and take action below:

**Jake Berry**  
Vice President of Policy  
**New Futures**  
100 N Main Street, Suite 400 | Concord, NH  
Phone: (603) 493-8781

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## Upcoming Public Hearings - Tuesday, April 2

### 11:10 AM: SB 359 - Child Marriage (Legislative Office Building, Room 206)

The House Children and Family Law Committee is holding a public hearing on [SB 359](#), which would raise the legal age of marriage in New Hampshire from 16 to 18 years old. This bill has already passed the Senate.

[Sign In to Support SB 359](#)

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## Upcoming Executive Sessions

The Senate Finance Committee is expected to vote on a recommendation for the following priority bills on **Tuesday, April 2**. Following the Committee vote, the bills will likely go to a Senate floor vote on Thursday, April 4.

**Oversight of Substance Use Treatment System:** SB 495 would improve New Hampshire's substance use treatment system by strengthening patient protections and ensuring high-quality services. [Email the Senate Finance Committee](#) to urge them to protect the health of individuals battling addiction.

**Preventing Childhood Lead Exposure:** SB 392 increases efforts to make New Hampshire homes and communities lead-safe by allocating additional resources to a fund that helps remove lead hazards from residential buildings. This would help prevent lead exposure in NH children, who are at the highest risk for lead poisoning. [Email the Senate Finance Committee](#) to urge them to protect NH children from the harms of lead exposure.

**Cannabis Commercialization:** HB 1633 is the only bill in the legislature this year attempting to legalize recreational cannabis for adult use. While the amended bill meets many of [New Futures' Principles for Responsible Cannabis Policy](#), it does not include **any** funding for substance use and mental health prevention, treatment, and recovery. [Email the Finance Committee](#) to urge them to prioritize funding to reduce the harms of legalizing another addictive product.



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## Upcoming Senate Votes

This week likely marks the last Senate session before crossover, meaning that many of our priority bills will have votes in the Senate.

**Child Care for Child Care Teachers:** SB 404 provides child care workers with automatic access to the New Hampshire Child Care Scholarship program to help keep qualified early childhood educators in the field. The bill met an unexpected hurdle last week when the Senate Finance Committee passed an amendment that would remove funding needed to help child care teachers access scholarship funds for their own children. [Email your state senator](#) to encourage them to overturn the Senate Finance amendment and pass the earlier version of SB 404.

**Supports for Child Care Centers:** SB 596 would provide child care centers with the necessary resources to care for children with additional developmental and behavioral needs. Last week, the Senate Education Committee unanimously voted not to recommend passage for this bill, however, there is still time to [email your state senator](#) and encourage them to overturn the committee recommendation and pass the bill!

**Mandatory Outing in Schools:** SB 341 would require school employees to disclose the gender identity or sexual orientation of students to parents. Requiring teachers to share sensitive information with parents before the student is ready removes the students' opportunity to feel supported by a trusted adult. Additionally, outing a student to unsupportive parents can threaten their physical and mental health. If you haven't already, [email your Senator](#) to urge them to oppose forced outing bills to protect youth in schools.

**Sports Bans for Transgender Girls:** Both SB 375 and SB 524 would ban transgender girls from playing on school sports teams that align with their gender identity at both the interscholastic and intercollegiate level. Sports and athletics offer opportunities for all students to build a sense of belonging and learn important life skills like teamwork, leadership, confidence, and self-discipline. [Email your Senator](#) to urge them to oppose sports bans for transgender girls so they won't be denied the positive opportunities that sports provide.

**Discrimination in Public Spaces:** SB 562 would allow for discrimination against transgender people by banning them from using bathrooms or locker rooms and participating in sports that align with their preferred gender identity. Bans such as these prohibit transgender youth from participating in typical daily activities and make them feel unwelcome in their communities, which leads to poorer mental health outcomes. [Email your Senator](#) to urge them to oppose bills that discriminate against transgender people in public spaces.

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## Recapping Last Week's House Votes

**Recovery Housing:** The House voted to pass HB 1521, which supports the development of recovery housing in New Hampshire by helping cities and towns develop recovery housing resources. The bill will now advance to the Senate.

**Protecting the Alcohol Fund:** The House voted to send HB 1702 to interim study, meaning it will not advance this session. This bill would have repealed the Liquor Commission Fund and removed the requirement that five percent of gross profits from state alcohol sales be directed to the Alcohol Abuse Prevention and Treatment Fund.

To check in on the status of all our priority bills, visit our [Current Legislation](#) page and select an issue you care about. Thank you for your continued advocacy interests this session!



# Save the Date

We invite you to join us for the unveiling of a no-cost Naloxone vending machine as the latest installment in our Save-One-Life Campaign across the North Country.

- Resources
- Naloxone Training
- Opportunities for connection



We are inviting everyone to this celebration on **April 9<sup>th</sup>, 2024 at 2:00 PM**, located at the main entrance of the **Mt. Eustis Common building**  
**262 Cottage Street, Littleton, NH.**

There is a QR code attached for you to RSVP, no chance to RSVP, that's fine we will still be happy to see you there!

Fmi:

Jennifer Goulet, CHW/RC, AS  
Program Manager  
Email: [jgoulet@NCHCNH.org](mailto:jgoulet@NCHCNH.org)  
Phone: 603-991-0330  
Fax: 833-287-6421  
Website: [NCHCNH.org](http://NCHCNH.org)



For connections to Substance Use Disorder resources visit [AskPETRA](http://AskPETRA.org).

# CHANGING THE GAME

FILM SCREENING &  
DISCUSSION PANEL

6:00 - 8:00 pm EST

**APRIL 16**

TRINITY  
TROJANS



Michael Barnett's dynamic documentary takes us into the lives of three high school athletes—all at different stages of their athletic seasons, personal lives, and unique paths as transgender teens. Their stories span across the U.S.—from Sarah, a skier and teen policymaker in New Hampshire, to Andraya, a track star in Connecticut openly transitioning into her authentic self. The film centers on Mack Beggs, who made headlines last year when he became the Texas State Champion in wrestling and was heralded as a hero by some while receiving hate and threats from others.

Trans athletes have to work harder than their cisgender peers in order to thrive in their field while also having the courage and resilience to face daily harassment and discrimination. The kids in this film have found sports as a way to channel the negativity around them into a positive, to gain a sense of self-worth and validation. This film is their urgent, articulate plea for acceptance.

**ON ZOOM**

Free to attend

\$10 for CE Certificate  
2 Category A CEs  
pending approval by  
NASW NH

**REGISTER**



# April 2, 2024 Newsletter

[View this email in your browser](#)



NH Department of Education

**Bureau of  
Student Wellness  
& Nutrition**

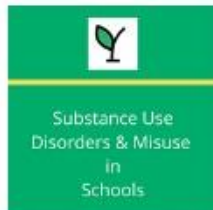
## OSEW Toolkit: Substance Use Disorders and Misuse in Schools



NH Department of Education

**Office of  
Social & Emotional  
Wellness**

Effective drug prevention approaches in schools should be evidence-based, comprehensive, and tailored to the unique needs and challenges of the school and its student population.



[Information](#)

## New Hampshire Harvest of the Month



New Hampshire Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods in the Granite State.

April's Harvest of the Month are **Grains and Mushrooms**.

[Information](#)

## Magnify Voices Contest Submissions - Deadline Approaching



The Magnify Voices arts contest recognizes and celebrates the creativity of youth in order to demonstrate the vital importance of positive mental health for a child's healthy development.

[Submissions](#) open through April 21.

[Information](#)

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## NH Schools Celebrated National School Breakfast Week



Last month was National School Breakfast Week and New Hampshire schools did not disappoint. With decorated cafeterias and hallways, and students and child nutrition service staff dressing up for the event, it looks like all the events were a success!

#SurfsUpWithSchoolBreakfast

[View Photos](#)

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## National Prescription Drug Take Back Day



DEA's National Prescription Drug Take Back Day encourages the public to remove unneeded medications from their homes as a measure of preventing medication misuse and opioid use disorder from ever starting.

**Saturday, April 27  
from 10am to 2pm**

[Find a site](#) near you!

[Information](#)

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## Kids Garden Community - Northeast Regional Group



The Kids Garden Community's mission is to create opportunities for kids to play, learn, and grow through gardening, engaging their natural curiosity and wonder.

[Information](#)

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## Be Kind to the Earth



April 22 is Earth Day.

Breathe New Hampshire's annual [Bag the Butts](#)<sup>™</sup> is a year-round statewide initiative that raises awareness about the environmental impact of cigarette litter and provides education on the risks associated with tobacco use disorder.

[Information](#)

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## WEBINARS

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### **Youth in Crisis: Supporting Youth Through School and Clinic Based Mental Health Programs**

This presentation will offer helpful strategies for addressing youth trauma and grief, substance abuse, and other barriers that can negatively affect students learning, growth, and development



### **Support for Parents and Guardians of Grieving Children**

This organization offers a webinar for parents or caregivers of children who have lost a loved one.

**Saturday, April 6  
from 2pm to 3pm**

through school and clinic-based mental health programs.

**Wednesday, April 3  
from 11:30am to 1pm**

[Information and Registration](#)

[Information and Registration](#)



## When Mental Health and Substance Use Collide

Learn more about co-occurring disorders, their prevalence, and the importance of integrated care.

**Monday, April 8  
from 3pm to 5pm**

[Information and Registration](#)



## Mental Health Literacy: What is it and Why is it Important?

In this webinar participants will learn about the key components of mental health literacy and how to identify outcomes associated with improved mental health literacy.

**Tuesday, April 9  
from 3pm to 4pm**

[Information and Registration](#)



## Cyberbullying:

## Wear Purple on April 15

Purple Up Day is an opportunity to honor military children from all branches of the military. Military children across the country play a significant role in their schools, youth organizations, and community.

**Monday, April 15**  
all day

[Information](#)

## Actionable Strategies for Administrators

Equipping Administrators with the knowledge they need to act, through exercises based on real-world examples and research-based best practices that continue to evolve.

**Thursday, April 25**  
from 1pm to 2:30pm

[Information and Registration](#)



## Embracing Hope Together: A Community Seminar on Suicide Prevention

During this seminar, discover actionable insights to support loved ones and foster resilience.

**Thursday, May 9**  
from 5:30pm to 7pm

[Information and Registration](#)



## Youth Mental Health First Aid Training

Evidence-based training that teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders in youth.

**Wednesday, May 29**  
from 9am to 3:30pm  
(Register by May 15)

[Information and Registration](#)

In response to the needs of local school districts, the Bureau of Student Wellness and Nutrition is comprised of the Office of Social & Emotional Wellness and the Office of Nutrition Programs and Services. Bureau teams work collaboratively with schools and communities to support the development of the whole child and all dimensions of wellness that include Emotional, Personal, Intellectual, Physical, Environmental, Occupational, and Social factors by providing and promoting technical assistance, training resources, and leadership.  
[www.education.nh.gov](http://www.education.nh.gov)

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