

Youth Suicide Prevention Team – Carroll County – November 17, 2021, 1:00-2:30 pm

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZMscumvpzsoH9fCbMtMlsm7ce7NPMn74aDy>

NAMI-NH, Northern Human Services & Carroll County Coalition for Public Health

Garett Lee Smith Grant – NH Nexus Project 2.0

Agenda

-Introductions of team

Attendance: Emily McArdle, Susan Ward, Melissa Kanter, Anika Hastings, Alice Lacroix, Kera Favorite, Cheryl Frankowski, Eric Moran, Lauren Orisini, Kaitlyn Dion, Kim Perkinson, Catalina Kirsch, Heather Nelson

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action – By Who?
Strategic Planning – Postvention Planning	Completed in October. Follow up items.	none
Strategic Planning – Young Adults Training. Partnership with NHTI	NHTI will be providing a training on Dec. 2 with NAMINH. C3PH is partnering with Carroll County Adult Ed who will provide the learning space for young adult to attend the training. Kaitlyn has some people that would like to participate and would like to be part of the in person at CC Adult Ed. This training is for 18 year olds plus	Promote Dec 2 event and recruit participation. Kim Perkinson, Catalina Kirsch, Crystal Sawyer, Katelyn Dion, Emily McArdle
Education, Training – eLearning Slots	We still have plenty of slots for the online e-learning slots. Contact Kim or Catalina	Promote via email promotion. Catalina Kirsch Staff recruitment – Kera Favorite, Huggins Hospital

Education & Training – deliver CONNECT Training	We are able to provide in person and or live virtual trainings	pending
Community Awareness – Media Recommendations & Safe Messaging	No updates	n/a
Community Awareness – Social Media Volunteer	Emily McArdle-intern C3PH has been posting to C3PH media around public health issues including tobacco, suicide prevention, mental health issues, etc. Go to https://www.instagram.com/u25carrollcountynh/ https://www.facebook.com/AdultingCarrollCountyNH	Ongoing posts in December for Impaired Driving Awareness Month, Mental Health resources for the holiday season, more. Emily McArdle

SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
School Updates	Anika-Kingswood High School, group of staff coming together to come up with a long-term plan for the yearly training for suicide prevention Heather-Moultonborough School District-into 3 rd year plan for yearly suicide training plan. Has done e-learning slots, More Than Sad, Youth Mental Health First Aid. Now working on Teen Mental Health first aid training. Working on Getting to Y for the youth voice in YRBS Lauren-Children Unlimited will be in touch with Kim for eLearning	Kim-follow up with Anika about trainings Kim-follow up with Heather and Getting to Y Lauren – follow up with Kim
Healthcare Updates – Memorial Hospital Community Health Need Assessment	Kera-Huggins Hospital focusing on outreach on training available for staff including the Connect e-learning slots. Melissa-Memorial Hospital, focused on the Community Needs Assessment -Mental health was high in priority. Catalina-Social Determinants of health was a priority Eric-Whitehorse Recovery-working with Northern Human Services on mobile crisis center. Providing training and groups that could be dispatched to community members in need of	Catalina & Kim outreach email for health professionals for e-learning slots

	services as a way to prevent possible hospitalizations and connect members to services meeting them where they are at.	
Social Services Updates – Health Market Connect Health Navigator	<p>Kaitlyn-Northern Human Services-schools are back in session and has been a little easier to work with and engage compared to last year with COVID. Working on LGBTQ support options for the community.</p> <p>Health Market Connect – NH Health Navigators available in person or over the phone. Email help@hncnh.com or call 603-309-2021 or toll free 800-208-5164 See flyer here: http://www.c3ph.org/assets/pdf/Health_Market_Connect_insurance_assistance_2021.pdf</p>	

-Community Awareness and Support: LGBTQ Awareness & Sensitivity Resources

- LGBTQIA Health Education: On this site you can create a user name and password and then you can view the webinars for free! Tons of recorded webinars on various health topics. Homepage: <https://www.lgbtqiahealtheducation.org/>
Mental Health Providers and LGBTQIA Awareness: <https://www.lgbtqiahealtheducation.org/courses/decolonizing-gender-how-mental-health-providers-can-break-out-of-the-binary-2021/>
- THE SAFE ZONE PROJECT IS A FREE ONLINE RESOURCE FOR POWERFUL, EFFECTIVE LGBTQ AWARENESS AND ALLY TRAINING WORKSHOPS <https://thesafezoneproject.com/>
- Next Steps NH <https://nextsteps-nh.org/resources/cultural-and-linguistic-sensitivity/>
Cultural and Linguistic Sensitivity

Definition: Educators, community services providers, students, families, and employers work together to identify and address transition education and service needs of individual students in ways that are responsive to their cultural and linguistic backgrounds.

- Think Cultural Health US DHHS <https://thinkculturalhealth.hhs.gov/education>

November Happenings

Movember.com - Movember looks at mental health through a male lens, focusing on prevention, early intervention and health promotion. We're working towards a world where men take action to be mentally well and are supported by those around them. FMI <https://us.movember.com/>

Nov 18, 2021 – The Great American Smokeout – fmi <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html> **The Great American Smokeout®** Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit.

Nov 20, 2021 - International Survivors of Suicide Loss Day is an event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience. This year, International Survivors of Suicide Loss Day is Saturday, November 20, 2021. [You can find a current list of registrations here.](#) If you have questions please contact your [local AFSP chapter](#) or email survivorday@afsp.org.

Gilford Public Library is hosting the following event: <https://isosld.afsp.org/gilford-new-hampshire/>

New England Virtual event for Connecticut, Massachusetts, Maine, New Hampshire, Rhode Island and Vermont:
<https://isosld.afsp.org/new-england-virtual/>

December Happenings

Dec 6-7 - NH Behavioral Health Summit. The New Hampshire Behavioral Health Summit is the exclusive statewide event in NH for behavioral healthcare providers and organizations, including mental health and substance use disorders. There is no better opportunity for companies to gain access to many professionals. FMI <https://www.nhbhs.com/>

2:15 Next Steps for the Implementation Team-

- Shall we meet on Dec 15? Question was put out to the group. Decided we will meet on the 15th. Wear your Santa hat HAHA
- Other?

You are invited to a Zoom meeting.

When: Dec 15, 2021 01:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZMscumvpzsoH9fCbMtMlsm7ce7NPMn74aDy>

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

Thank you!

Kim Perkinson, prevention@c3ph.org

Catalina Kirsch, continuum@c3ph.org