

Minutes - Youth Suicide Prevention Team – Carroll County – Jan. 19, 2022, 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
 Garrett Lee Smith Grant – NH Nexus Project 2.0

-Introductions of team

Attendance: Damian Santana, Susan Ward, Catalina Kirsch, Crystal Sawyer, Lauren Orsini, Eric Moran, Melissa Kanter, Kim Perkinson, Caleb Gilbert, Anika Hastings, Kera Favorite, Dave Poland

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action – By Who?
Welcome to Year Three – an Overview	<p>Susan Ward gave update on trainings for year 3 (see addendum): Suicide Prevention Train the Trainer, suicide Postvention train the trainer, CALM training, Connect Youth Leader Training (will be in Carrol County or Capital Region), Connect Young Adult Training, NH National Guard Young Adult, Survivor Voices Training. Will continue to have E Learning Seats.</p> <p>Personnel update: Kim’s last day is 1/21/22, Catalina and Caleb will work together on the GLS work until Kim’s position is filled.</p>	<p>Review Addendum. – All</p> <p>Contact Catalina with questions</p>
Strategic Planning – high risk populations	<p>Lakes Region Veterans Coalition: http://lrvcnh.org/</p> <p>Next meeting is Wed 1/26, 9am</p>	<p>Kim will bring back to group after next board meeting</p>
Strategic Planning – Postvention Planning	<p>Completed in October. Mobile Crisis / Rapid Response Update. Online Training coming up Jan 27, 12pm (flyer attached)</p> <p>https://www.naminh.org/events/nh-rapid-response-access-point-a-new-system-for-navigating-mental-health-crises/</p>	
Strategic Planning – Young Adults Training. Partnership with NHTI, CCAE	<p>Completed Dec 2. We were able to train 8 students, some were diploma candidates and were able to earn diploma credits for participation.</p>	<p>Catalina & Crystal</p>
Education, Training – eLearning Slots	<p>Welcome to Year Three. Year 2 training slots distribution: 453 slots, 42 healthcare(includes 41 NAMI study participants), 31 MH providers, 99 personal school (includes 99 NAMI study participants). 375 of the gatekeeper slots were issued to school personnel.</p> <p>Year Three our Team will be allocated another approximately 580 slots. Team must work to identify priority recipients across sectors in the community to help guide outreach.</p>	<p>All:</p> <p>Please send your input about which youth serving organizations/ workers/ service providers should be prioritized to receive online training slots.</p>

		Send email to continuum@c3ph.org
Education & Training – deliver CONNECT Training	Plan for 2022- Suicide Prevention Train the Trainer, suicide Postvention train the trainer, CALM training, Connect Youth Leader Training (will be in Carrol County or Capital Region), Connect Young Adult Training, NH National Guard Young Adult, Survivor Voices Training.	IT work to get the information out broadly. Stay tuned for dates & times.
Education & Training - scholarships	Training scholarships available through C3PH SUD Expansion Project for training related to behavioral health and/or non-profit administration. Fmi damian.santana@graniteuw.org	If you seek assistance to access professional development, contact Damian.
Community Awareness – Media Recommendations & Safe Messaging	Plan for 2022. Postvention Planning notes from fall 2021 suggest that we pursue continued safe messaging training offerings for local media journalists	
Community Awareness – Social Media Volunteer	988 and iCare --We are working with the iCARE initiative, engaging with a marketing consultant to assist the group in getting the information out broadly to the community. The public health network is receiving funds from NH DHHS Office of Suicide Prevention to support this campaign. Volunteer-Emily has been volunteering at C3PH on our social media posts and engaging young adults on Instagram @U25carrollcountynh, Facebook @aduldingcarrollcountynh.	Catalina, Caleb Please share these pages among Carroll County young adults in your circles.

SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
School Updates	<p>Anika Hastings-Kingswood: They are in the middle of training for staff. Dave Poland will be providing an in-person training for their staff. Workings on creating a 3-5 year plan to keep up with the required and necessary training for schools.</p> <p>Dave Poland-NHS School liaison for SAU 49 to help connect services to NHS and support the school in professional development and areas as needed. dpoland@northernhs.org</p> <p>Crystal Sawyer-Carroll County Adult Ed: New semester started and due to a second-year \$5k anonymous donation, adult ed classes will be no-cost to the students. Has been able to hire a college/career navigator and office assistant. Received ARPA funds. New offerings include Cricut Maker Marketing, English as a Second Language.</p>	Anika will contact Susan and Catalina for assistance in training
Healthcare Updates – Memorial Hospital Community	<p>Kera Favorite-Huggins: They were able to use the Healthcare module for the staff at Huggins. 40 staff are participating in the NAMI NH study related to the efficacy of the CONNECT training.</p> <p>Melissa Kanter-Memorial: Hasn't been able to use the e-learning slots due to a block of google forms by Maine Med. Memorial</p>	Catalina/Caleb to look at different options rather than Google for registering for elearning slots.

Health Need Assessment	Hospital is working on creating a Behavioral Health Safe patient room within the medical/surgical unit. Memorial Hospital now has a second Psychiatric Nurse Practitioner for existing Primary Care Patients. In Feb a new Clinical Social Worker is coming on board with New Life Program (SUD Intensive Outpatient Treatment for Pregnant, parenting mothers)	
Social Services, Other	<p>Lauren Orsini-Children Unlimited: wants to remind the group that they are not counselors, but they are working with families and can refer out if needed.</p> <p>Damian Santana-C3PH: Still has funds available for professional development around SUD</p> <p>Eric Moran-Whitehorse: Working on peer support training for the mobile crisis team. In need of more workers, will be advertising soon. Mobile Crisis Team was deployed for their first two calls. One included a call to a child under 12.</p> <p>The Way Station operated an impromptu Warming Shelter at Nativity Lutheran Church the weekend of Jan 15-16.</p>	

2:15 Next Steps for the Implementation Team-

C3PH Carroll County is inviting you to a scheduled Zoom meeting.

Topic: Carroll County Youth Suicide Prevention Team

Time: Jan 19, 2022 01:00 PM Eastern Time (US and Canada)

Every month on the Third Wed, until Dec 21, 2022, 12 occurrence(s)

Jan 19, 2022 01:00 PM	May 18, 2022 01:00 PM	Sep 21, 2022 01:00 PM
Feb 16, 2022 01:00 PM	Jun 15, 2022 01:00 PM	Oct 19, 2022 01:00 PM
Mar 16, 2022 01:00 PM	Jul 20, 2022 01:00 PM	Nov 16, 2022 01:00 PM
Apr 20, 2022 01:00 PM	Aug 17, 2022 01:00 PM	Dec 21, 2022 01:00 PM

Please download and import the following iCalendar (.ics) files to your calendar system.

Monthly:

https://us02web.zoom.us/meeting/tZMscumvpzsoH9fCbMtMlsm7ce7NPMn74aDy/ics?icsToken=98tyKuGvrz4qHd2VshyERpwEBY_4c-3xmGJBgvpbx3IFw1fcQ6hNecVHIJSHo-E

Join Zoom Meeting

<https://us02web.zoom.us/j/87150790253>

Meeting ID: 871 5079 0253

One tap mobile

+16465588656,,87150790253# US (New York)

Dial by your location

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

Meeting ID: 871 5079 0253

Thank you!

Kim Perkinson, prevention@c3ph.org

Catalina Kirsch, continuum@c3ph.org

A message to share from NH DHHS – BDAS:

The current COVID-19 public health crisis is stressful for all. **You are not alone.** Everyone is feeling some level of anxiety and discomfort right now. It is normal to feel this way. If you or a loved one have struggled with anxiety, other mental health concerns or substance use disorder, this may be an even more difficult time for you.

Mental Health and Substance Use support services and treatment are available to you even during the state of emergency. You can call 2-1-1 to be directed to help.

If you are already connected to a treatment or recovery support provider, stay in touch with them. All Doorways are open and available to connect you to substance use disorder resources. To find your local Doorway, go to thedoorway.nh.gov, or call 211.

- National Suicide Prevention Lifeline 800-273-8255
- Disaster Distress Helpline 800-985-5990

For more behavioral health resources during COVID-19, go to the [NH COVID-19 web site](#).

Trainings

Connect Prevention Train the Trainer: Each region and statewide

Time of Year: Spring 2022 ?

Length of Training: 3 Half Days with 4 participants from Carroll County

Description: Connect Train-the-Trainer builds capacity and sustainability for a community or state to provide ongoing training in suicide prevention and postvention. Participants will acquire presentation skills and mastery of the Connect curriculum in order to co-train with confidence and fidelity to the model.

Connect Postvention Train the Trainer:

Time of Year: Fall 2022

Length of Training: 3 Days with small group, 8 or less, Standard sized group is 9-16

Description: Connect Train-the-Trainer builds capacity and sustainability for a community or state to provide ongoing training in suicide prevention and postvention. Connect training enhances the ability of professionals to provide an effective and appropriate response to suicide across the lifespan and across systems. Participants will acquire presentation skills and mastery of the Connect curriculum in order to co-train with confidence and fidelity to the model.

CALM Training in (each region)

Time of Year: Summer 2022?

Description: Reducing access to lethal means with a suicidal individual can help to prevent suicide. Participants will be able to understand the association between access to lethal means and the risk of suicide death and how reducing access to lethal means can prevent suicide deaths. Participants will acquire skills, language, and resources to collaboratively discuss reducing access to lethal means with individuals at risk for suicide and/or their families

Length of Training: Typically, 1.5-2 hours

Virtual Option: Length of training will be modified.

Connect Youth Leader Training

Time of Year: Spring 2022?

Description: Connect Youth Leader Training is for youth leaders and adult co-facilitators that prepares youth and adults to conduct Connect Youth Suicide Prevention training for teenage audiences. Friends of youth at risk are typically the ones who see suicidal warnings before adults.

Length of Training: 2 Day Training

Virtual Option: Length of training will be modified

Connect Young Adult Leader Trainings

Time of Year: Fall

Description: This training is provided to young adults (18-24) by young adult leaders. Training focuses on suicide risk warnings, identifying substance misuse issues, recognizing stigma. This training is for young adults that have a passion for this public health issue and may be role model to peers in college or in the workforce. Once trained, the participant should provide at least one training per year.

Length of Training: 2 Days or 1 full 6-hour Day

Virtual Option: The training will be modified to a four-hour training.

Connect Online Suicide Prevention Training (approx. 580 for Carroll County)

Gatekeeper, School Personnel, Healthcare Mental Health modules

Survivor Voices/In Our Own Voices Training:

Time of Year: April

IOOV Training Description: Participants are trained to effectively and safely share their story with the public. By speaking about their own experiences, presenters are able to educate communities and organizations about mental illness and help reduce the stigma surrounding it

IOOV Presentation Description: Once trained, the speaker will present a brief (40 to 60 minutes), interactive presentation about mental illness includes a video, personal testimony and discussion—enriches the participant's understanding of how people with these serious disorders cope with their symptoms, recover and lead productive lives with hope, meaning and dignity. The program also empowers those who are faced with mental illness, and provides living proof that recovery is an ongoing reality.

Length of Training: 2 days

Virtual Option: Trainings are currently held virtually

NH National Guard Young Adult: More information to come from Ann Duckless and her contact.

Time of Year:

Description:

Length of Training:

Other Events:

Each and Every Day: Virtual Film Screening at NHTI in February

<https://jedfoundation.org/each-and-every-day/> Description: This is a documentary exploration of youth mental health through the eyes of young people who have attempted suicide or have struggled with suicidal thoughts. The film offers relatable and authentic portraits of young people dealing with suicide and emphasizes help seeking and hope.

New Training in Development: (Currently referred to as Youth Leader 2.0, but name will change) **Goal:** Expand the Connect Youth Leader program to a 2.0 version to be rolled out in March 2022 to address mental health needs of youth. This will include a piece involving Magnifying Voices, conversations between adults and youth, a video message from Young Adults to their younger selves and the youth. (Ann is connected to the schools that will be piloting the program.)



FREE Webinar Series

Thursday, Jan. 27th
12:00 pm - 1:15 pm

NH Rapid Response Access Point: A New System for Navigating Mental Health Crises

Join Beacon Health Options staff to learn about this newly launched resource, available if you or someone you care about is having a mental health or substance use crisis.

***Register for Zoom link:
tinyurl.com/OnwardNHJan27***



New Hampshire
Rapid Response Access Point

— Free and available 24/7/365 —

 **833-710-6477**

 **NH988.com**



Presented by:



Eric Eason, LPC

Eric is a Licensed Professional Counselor and Certified Professional Counselor Supervisor who has worked in the mental health field for nearly 25 years. In his new role with Beacon, he is focused on developing a crisis system that serves the needs of the citizens of New Hampshire and fosters cooperation and partnership among community providers.



Jeffrey Hite, PsyD

Jeff joins Beacon as a licensed Psychologist with 20 years' experience in crisis services and community mental health, having worked with adult and youth populations across outpatient, residential and inpatient levels of care. Current focus within crisis service delivery includes development of less restrictive alternatives to psychiatric hospitalization.