

Youth Suicide Prevention Team – Carroll County – July 20, 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

Minutes

Attendance: Susan Ward, NAMI NH; Chris Lalmond, WMCC; Jillian Dubois, New Futures; Sarah Fenton, NHS; Kera Favorite, Huggins Hospital; Melissa Kanter, Memorial Hospital; Dave Poland, NHS and SAU 49 MH Liaison; Catalina Kirsch, C3PH; Caleb Gilbert, C3PH (note taker)

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
	Discussion.	
Strategic Planning – Identify needs, gaps & high-risk populations	<p>July is Minority Mental Health Month</p> <p>Report out from WM Pride June 25, 2022:</p> <p>Great turnout and distributed many NH Rapid Response Access Point and LGBTQ+ MH and Suicide Prevention resources (booklet of resources for LGBTQ+ individuals and family members).</p> <p>Catalina was able to network with the editor of the Conway Daily Sun and explore opportunities for sharing information about best practices in media recommendations for reporting related to suicide.</p> <p>WMCC – possible partnership activity:</p> <p>In discussion to work with Kevin Peare Memorial Skate Park to host a film screening on mental health. Hoping to host this in September. More info forthcoming.</p> <p>SAU 45- Youth Mental Health First Aid training Sep 1. Catalina will be one of the trainers with Heather Nelson. School Personnel are being trained.</p> <p>Who are we missing?</p> <p>-Discuss – Upper Elementary, Middle School:</p> <p>Melissa Kanter reports observations of mental health crisis and suicidal ideation among younger populations (upper elementary and middle school ages, but some instances of young children). GLS can address populations aged 10 to 24 yo.</p>	<p>Resources</p> <p>https://minorityhealth.hhs.gov/minority-mental-health</p> <p>https://www.naminh.org/resources-2/bipoc/</p> <p>Be on the lookout for Kevin Peare/WMCC film screening. Catalina and Chris L. will remain in contact regarding this. Please share event info with your contacts when it is released.</p> <p>Host a subcommittee of this group to address younger populations. Melissa will work with C3PH to pull together a subcommittee of this group to explore strategies to work with younger children.</p> <p>Caleb will invite Melissa K. to a future Region 7 Preschool Development Leadership Team to discuss MH support for Early Childcare Providers Project.</p> <p>Catalina will conduct some follow-up outreach to folks serving these populations. Virtual Learning Academy is statewide, so focus will remain primarily on Carroll County populations.</p>

	The homeschool or virtual learning population. Virtual Learning Academy Charter School?	
eNAMI Update – trainings	Susan Ward <i>See addendum at the end of this document.</i>	
Year Three Deliverables	Connect Prevention Train the Trainer – completed at QWRSD Connect Postvention Train the Trainer CALM Training – Fall? Connect Youth Leader (Moultonborough?) Connect Young Adult (WMCC?) Connect Online Training Slots Survivor Voices – In Our Own Voices <i>See addendum at the end of this document.</i>	Catalina will reach out to the business community (restaurant/hospitality/tourism) to gauge interest in training for young adults. We will work with the Valley Originals group on this topic. We will also explore combining a community and WMCC student training event.
Tobacco and Nicotine Use Prevention	In conversation with GWRSD about nicotine use related school protocols and restorative discipline Huggins CHNA report is in development and will have data to share related to tobacco/nicotine use in the community *The US FDA has pulled all JUUL Products from retail outlets. See FDA news release here: https://www.fda.gov/news-events/press-announcements/fda-denies-authorization-market-juul-products	Catalina will continue to work with Governor Wentworth Regional School District and sit on the Systems of Care Community Leadership Team to help inform the work on nicotine and tobacco interventions and the MTSS-B systems development work. Huggins will share CHNA results and Implementation Plan when it is published.
Community Awareness – Social Media Volunteer	988 and iCare - Update from NH 988 See DHHS slides attached for more information on 988.	

SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
Middle/High School/Higher Ed - WMCC Updates	Dave Poland, SAU 49 Community Mental Health Liaison: Preparing professional development for staff and faculty. Working on an ED/Hospitalization reintegration back to school/community protocol. Also regularly working with Kingswood Youth Center. WMCC has started a new rural pathways to health careers program. Chris is happy to talk more with partners about this: clalmond@ccsnh.edu . A WMCC student is interested in training opportunities.	

<p>Healthcare Updates – Memorial Hospital Community Health Need Assessment</p>	<p>Memorial CHNA and Implementation plan are still being developed. Should be released in the near future.</p> <p>Memorial has some availability to see Psych. NP provider. This is for Memorial Primary Care Patients.</p> <p>Huggins CHNA and Implementation plan to be released late fall.</p>	
<p>First Responder Updates</p>	<p>None present</p>	
<p>Social Services, Other</p>	<p>Jill From New Futures:</p> <p>New to this team. Her focus is on early childhood and childhood mental health priorities. NF as a whole is establishing policy priorities for the coming legislative session. See policy priorities here: https://www.new-futures.org/issues/2022-bills-were-following</p> <p>Sarah Fenton, NHS:</p> <p>Still seeing an acute/severe shortage of MH professionals. Waitlists exist, but able to assess Suicidal Ideation and or risk of self-harm/crisis, which, when present, can expedite the process.</p> <p>C3PH: New Substance Misuse Prevention Coordinator tentatively slated to start 9/12/22. We will work to bring this new staff-person up to speed and they will be co-facilitating this meeting with Catalina. C3PH also has COVID-19 Rapid Antigen tests and fentanyl test strips available, upon request.</p> <p>The NH Food Bank Mobile Food Pantry is coming to Ossipee on Thursday, 7/28/22. See flyer attached.</p>	<p>Make sure community partners know that there are still MH resources available for those in acute/sever need (NH Rapid Access Point: 833-710-6477).</p>
<p>Awareness Campaigns</p>	<p>July</p> <ul style="list-style-type: none"> - Minority Mental Health Month - Social Wellness Month <p>August</p> <ul style="list-style-type: none"> - National Immunization Awareness Month <p>September</p> <ul style="list-style-type: none"> - Sep 7-12, National Suicide Prevention Week - Recovery Awareness Month 	

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: Aug 17, 2022 01:00 PM Eastern Time (US and Canada)

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

Aug 17, 2022 01:00 PM

Sep 21, 2022 01:00 PM

Oct 19, 2022 01:00 PM

Nov 16, 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-3xmGJBgvpbvx3IFw1fcQ6hNecVHIJSHo-E

Join Zoom Meeting

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

Meeting ID: 871 5079 0253

One tap mobile

+13126266799,,87150790253# US (Chicago)

+16465588656,,87150790253# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 871 5079 0253

Thank you!

Catalina Kirsch, continuum@c3ph.org

Addendum

GLS Year 3 Trainings

Susan Ward, NAMI NH

Connect Suicide Prevention Train the Trainer- **Completed in May** for GLS (*There are people interested in the Capital Region- scheduling that for October*)

- Survivor Voices- **Completed in May**
- Connect Youth Leader- **Scheduled:** 9/29/22 Moultonborough Academy
- CALM Training- **In Process of Scheduling** with IT coordinators for end of September
- Connect Young Adult- **Scheduled:** 8/16 – New England College – WMCC sometime in the fall
- Connect Postvention Train the Trainer- **In Process of Scheduling:** Nov/Dec
- Connect NH National Guard Training- (will work with WMCC and NHTI students in National Guard)
- **620** eLearning Seats: Total for all 3 GLS regions

Asking the Tough Questions Webinar and Resources:

- Recording: <https://youtu.be/tdpnqO4FGfw> A discussion on how to be a supportive LGBTQIA+ ally
- Resources:
 - <https://genderdiversecoalitionnh.com/>
 - <https://www.affirmingspacesproject.org/>
 - <https://www.unomaha.edu/student-life/inclusion/gender-and-sexuality-resource-center/lgbtqia-resources/queer-trans-spectrum-definitions.php>
 - <https://www.genderbread.org/>
 - <http://www.genderwheel.com/pronouns/pronoun-protocol/>
 - <https://www.lgbtqiahealtheducation.org>
 - <https://transcare.ucsf.edu/transition-roadmap>
 - <https://queerintheworld.com/different-lgbtq-flags-and-meaning/>
 - <https://www.pflagnh.org/support-groups>
 - <https://www.pflagnh.org/request-form>
 - <https://www.seacoastoutright.org/>
 - [Lesbian, Gay, or Bisexual Adults Slides for the 2019 National Survey on Drug Use and Health \(samhsa.gov\)](https://www.samhsa.gov)
 - NAMI NH LGBTQIA+ Resources Page - <https://www.naminh.org/resources-2/lgbtq/>



**The National 988 Suicide & Crisis Lifeline is here,
adding to NH's robust crisis landscape**

July, 2022

The National 988 Suicide & Crisis Lifeline is here, adding to NH's robust crisis landscape

- New Hampshire is announcing the launch of 988, the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (NSPL). People can call 988 to be connected with trained counselors that are part of the existing NSPL network.
- 988 is a national system. The 988 call center routes calls by area code, which means that someone calling from an area code outside of New Hampshire will reach a call center in the area code's corresponding state.
- For a response from a New Hampshire provider, regardless of your area code, call or text NH Rapid Response at 833-710-6477.


New Hampshire's current crisis response landscape will remain in place.

For a local response every time, contact NH Rapid Response at 1-833-710-6477.

- 988 adds to New Hampshire's robust crisis response landscape. New Hampshire Rapid Response continues to provide mental health crisis services via phone, text and chat for children, youth and adults who may be experiencing a mental health or co-occurring substance misuse crisis. Rapid Response is available 24/7 365 days/year.
- In addition to the Rapid Response crisis line, mobile crisis teams staffed by New Hampshire's ten Community Mental Health Centers across the state are ready to meet people where they are if they have more intensive needs. As of May, 2022, mobile crisis teams have been deployed 2,840 times.
- **For a response from a New Hampshire provider, call or text NH Rapid Response at 833-710-6477.**
- Over the past several years, the Department has made critical investments in strengthening the mental health system across the state. We remain focused on implementing New Hampshire's 10-Year Mental Health Plan and Children's System of Care, increasing capacity for inpatient treatment, building more community-based services, and ensuring that children, youth and adults have access to the behavioral health supports they need.

Consider 988 an addition to other 3-digit responses such as 911 and 211

- 988 is one more option for people experiencing a mental health crisis, and does not replace New Hampshire's Rapid Response.
- Law enforcement is typically the first responder activated by a 911 call, which may not always be appropriate for mental health situations. 911 will remain in place for deployment of police, fire and EMS services.
- 211 will remain a non-emergency number to connect with community resources and The Doorway, New Hampshire's substance misuse access point.



NEW HAMPSHIRE
DHHS
DEPARTMENT OF
HEALTH & HUMAN SERVICES

The National 988 Suicide & Crisis Lifeline is here,
adding to NH's robust crisis landscape

988 NH AS OF JULY 16 2022

Be The One Carroll County
Youth Suicide Prevention Team

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PRESENTATION TITLE

NSPL is now 988

- National
- By Area Code
- NH Rapid Response is still
- 833-710-6477



NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org



988
SUICIDE
& CRISIS
LIFELINE

9/3/20XX

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The NH Crisis Response Landscape

- NH Rapid Response to reach a NH Provider 833-710-6477
- Mobile Crisis Teams @ CMHCs
- NH 10 Year Mental Health Plan
- NH Children's System of Care

3

3



Options

- 911 – Police, Fire, EMS
- 988 – mental health, does not replace NH Rapid Response 833-710-6477
- 211 – resource and referral

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