

GLS Youth Suicide Prevention – November 16, 2022 – 1-2:30pm

Implementation Team – Be the 1 Carroll County –

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; Anika Hastings, SAU 49; Soyla Hernandez, C3PH; Melissa Kanter, Memorial Behavioral Health; Kera Favorite, Huggins Hospital; Caleb Gilbert, C3PH; Catalina Kirsch, C3PH; Jillian Dubois, New Futures; Heather Clogston, DOE - OSEW

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
	Discussion.	
Activity Implementation Tool	1. Collaboration with Key Stakeholders and Resources	Section Completed, contact Catalina to see copy of tool.
	2. Creating a Culture Around Hope and Help-Seeking	Section Completed, contact Catalina to see copy of tool.
Strategic Planning – Identify needs, gaps & high-risk populations	Focus will be on Upper Elementary & Middle School	Catalina will reach out to Carroll County schools to plan activities for spring 2023
Strategic Planning – Establish Protocols and Evidence Based Practices within/across systems	Share what the team has done for this objective or make a plan for activities related.	SAU 49 is doing a review of protocols related to postvention. NAMI NH Postvention training coming up. Toolkit available from NAMI NH.
Strategic Planning - Engage in regional, state and national initiatives and information as it relates to the project including webinars, conferences, meetings, subcommittees, grand rounds, etc.	See prevention resources attached. November 19 is International Survivors of Suicide Loss Day. New England VIRTUAL Survivors of Suicide Loss Day Event in Sunday Nov 20 10am-12pm online REGISTER: https://new-england-virtual.isosld.afsp.org/ <i>New England VIRTUAL event for Connecticut, Massachusetts, Maine, New Hampshire, Rhode Island and Vermont</i> 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.	Bring Beacon Health back to present to key groups (education, first responders, healthcare +); Melissa K will share Beacon presentation. We are interested in data around who is accessing the service.

	<p>This online event is FREE and open to Survivors of Suicide Loss only</p>	
<p>Education and Training - NAMI Update – Susan Ward</p>	<p>GLS Connect Young Adult Training for NH National Guard- 5 members have been identified to become trainers. Solidifying training date by next week.</p> <p>GLS Connect Postvention TTT Rescheduled for January – TBD (We will still have the scheduled Nov 30th Postvention training, but it will be under a different grant. Training day is currently full)</p> <p>GLS In Our Own Voice (IOOV) training is scheduled for 1/14/23 We are looking for 4-5 young adults interested in learning how to write and prepare their own story of mental illness and recovery. The free training consists of 8 hours of self-paced online training and 8 hours of facilitation virtual (zoo) training. Creating your own story helps reduce stigma and change people’s view of mental illness and inspire others. (Flyer attached)</p> <p>Huge need to fill the GLS Care Liaison position. The job posting will be re-written for two part-time positions, one North Country and one in Carroll County.</p> <p>Still have 494 eLearning seats to use by January 14, 2023.</p> <p>-</p>	<ol style="list-style-type: none"> 1. Please help recruit trainees for In our own voices Training 2. Please help recruit a new GLS Care Liaison staff person for Carroll County 3. Please help recruit participation in eLearning slots.
<p>Community Awareness</p>	<ul style="list-style-type: none"> - Media recommendations - - Broad targeted dissemination of 988/NSPL materials to reach vulnerable 18–24-year-old population 	<p>Upcoming meeting between Huggins, SAU 49 and Northern Human Services to review communication standards.</p> <p>December social media posts to include</p> <ul style="list-style-type: none"> - Domestic violence awareness - https://www.facebook.com/optioncommunity - 988 holiday theme messages - sober celebrating over the holidays <p>https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables</p>

		C3PH Folder of 988 Shareables: https://drive.google.com/drive/folders/1EF4t54wpglU5akkOGKEIRu4pWmIf6BKZ?usp=sharing
Tobacco and Nicotine Use Prevention	<ul style="list-style-type: none"> - Targeted dissemination of materials – update on progress – Catalina will order promotional materials from the state mylifemyquit program. 	<p>To request a vaping unveiled program for your school/organization contact:</p> <p>Kim Coronis, kcoronis@breathenh.org 603-669-2411 x104</p> <p>Program request form here https://www.breathenh.org/programs/vaping-unveiled</p> <p>Upcoming vaping unveiled virtual March 15 2023 6:30-7:30 pm https://drugfreenh.org/event/vaping-unveiled/#:~:text=Vaping%20Unveiled%E2%84%A2%20is%20a,latest%20trends%20in%20New%20Hampshire.</p>
Community response to suicide events.	<ul style="list-style-type: none"> - List any pertinent updates or invite speakers to share info. 	

SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
Middle/High School/Higher Ed - WMCC Updates	Chris L., WMCC: Spring onboarding has started. Still utilizing the resource packet provided by C3PH.	Create more packets for spring semester
Healthcare Updates – Memorial Hospital Community Health Need Assessment	Melissa w/ Memorial: Will be losing a therapist (Nancy L.) in the near future. Program in place to help connect PCP patients to resources. Still have a Psych. NP position open.	
First Responder Updates		
Social Services, Other	DOE, Office of Social and Emotional Wellness: Heather has been making visits with early childcare providers in our region.	
Awareness Campaigns		
	<p>November is</p> <ul style="list-style-type: none"> - Daylight Savings – Fall Back Nov 6, 2am – days get darker, See info on Seasonal Affect Disorder - The Great American Smokeout, Nov 17 - Movember – men’s health – men’s suicide prevention – men grow their moustache, or anyone can pledge to “move” and run/walk 60 km or miles to raise awareness, prevent male suicide. C3PH would like to promote strength 	<p>Resources:</p> <p>SAD: https://kidshealth.org/en/parents/sad.html?ref=search</p> <p>Great American Smokeout: https://www.cancer.org/healthy/</p>

	<p>based and solution focused awareness raising (rather than focus on 60 lives lost every hour)</p> <ul style="list-style-type: none"> - Gratitude Month – the season of thanksgiving can be very difficult for persons facing numerous personal challenges. For students, mid-terms and other social, academic challenges can bring stress levels high. - Nov 29 is #Giving Tuesday 	<p>stay-away-from-tobacco/great-american-smokeout.html</p> <p>Movember: https://go.movember.com/</p> <p>Gratitude challenge for students https://www.meehanmentalhealth.com/the-playful-therapist-blog/30-day-gratitude-challenge-for-kids-and-families</p> <p>Giving Tuesday: https://www.givingtuesday.org/united-states/#USmap</p>
	<p>December is</p> <ul style="list-style-type: none"> - World AIDS Day is Dec 1 - Of course, the season of giving, which can be especially difficult for some students who are facing various personal challenges. <p>There are various holiday gift drives happening across the community.</p>	<p>World AIDS Day https://www.worldaidsday.org/</p> <p>Angels and Elves: https://www.mwvkiwanis.org/mwv-kiwanis-home/angels-and-elves/</p> <p>Governor Wentworth Regional School District area holiday giving resources: https://docs.google.com/document/d/1ovhjuK7dWetqjxx0hRqYjrGTbsuEY6jDvouybtFYJY/edit?usp=sharing</p>

Next Steps for the Implementation Team-

You are invited to a Zoom meeting.

When: Dec 21, 2022 01:00 PM Eastern Time (US and Canada) Save the dates for the third Wed of each month, 1:00-2:15pm by Zoom.

Register in advance for this meeting:

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

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

Topic: Carroll County Youth Suicide Prevention Team

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

Every month on the Third Wed, until Dec 21, 2022, 13 occurrence(s)

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/join/98tyKuGvrz4qHd2VshyERpwEBY_4c-3xmGJBgvpbv3IFw1fcQ6hNecVHIJSHo-E

Thank you!

Catalina Kirsch

catalina.kirsch@graniteuw.org