

GLS Youth Suicide Prevention

Implementation Team – Carroll County

NAMI-NH, Northern Human Services & Carroll County Coalition for Public Health
 Garrett Lee Smith Grant – NH Nexus Project 2.0
 Meets the 3rd Wednesday of each month, 1:00-2:30pm

Register in advance for this meeting:

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

Minutes – December 21, 2022

Attendance:

Raetha Stoddard, Strating Point; Heather Clogston, NH DOE, OSEW; Chris Lalmond, White Mountains Community College; Lauren Orsini, Children Unlimited; Susan Ward, NAMI NH; Jillian Dubois, New Futures; Kassie Eafrazi, NHS; Eric Moran, White Horse BH; Melissa Kanter, Memorial Hospital; Soyla Hernandez, C3PH; Catalina Kirsch, C3PH; Caleb Gilbert, C3PH; Crystal Sawyer, Carroll Adult Education; Sarah Skoglund; SAU 49; Katherine Partington, NH DOE, OSEW

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
	Discussion.	
Community response to local events.	<ul style="list-style-type: none"> - Catalina Kirsch, Raetha Stoddard. Responding to Collective Trauma & Loss – Mount Washington Valley NH – a guided discussion. See recent article written by Raetha Stoddard published Dec 18 https://www.startingpointnh.org/news/coping-with-trauma/ - Several losses over the last calendar year in the greater MWV. Held a discussion to address this collective loss and trauma. - Jackson community response included a daytime and evening vigil. Starting point staff helped to process grief (made clear they are not grief counselors). The community seeks support groups to attend, a book discussion perhaps; opportunities to come together; possible promotion of organ donor program. - Identified need: Grief counselors - Lauren Orsini – concerned for young adults who may not be connected to social supports. Children Unlimited will organize a support group. - Lauren also suggested that it will be important to share out awareness messages via a social media campaign. 	<p>-There has been an identified need for grief counselors. Catalina will send resource information to Emily Benson and Gail Doktor in Jackson. See links below.</p> <p>-Children Unlimited will be organizing a support grief. Contact Lauren Orsini FMI or Children Unlimited directly: lorsini@childrenunlimitedinc.org or (603) 986-0115 call or text is fine, office number is (603) 901-3052</p> <p>-These resources were shared in during the meeting:</p> <p>Center for Grieving Children: https://www.cgcmaine.org/services/</p> <p>VNHCH Grief Support: https://www.vnhch.org/news-events/support-groups/</p> <p>Friends of Aine: https://www.friendsofaine.com/school-programs.html</p>

		<p>C3PH volunteer will develop social media messages and posts related to where to get help for domestic violence and where to get help for other crises.</p>
<p>Strategic Planning – Identify needs, gaps & high-risk populations</p>	<p>Population: Upper Elementary and Middle School</p> <p>Updates:</p> <p>SAU 9 is facilitating a Behavioral Health Collaborative w/ Memorial Hospital Behavioral Health team</p> <ul style="list-style-type: none"> -Working with school partners to identify needs and identifying/utilizing resources to address needs. <p>Kennett Middle School Outreach</p> <ul style="list-style-type: none"> -Catalina has been working with KMS Health Teacher to plan for outreach to middle school student population. <p>2023 Planning?</p> <ul style="list-style-type: none"> - LGBTQ – WM Pride Festival: looking for a small group to help plan for this. - SOSL Day Fall: Survivor of Suicide Loss Day was 11/19/22 this year. We would like to hold some type of memorial event next year. 	<p>-Catalina will work with school partners to increase presence at events held within schools/within the community.</p> <p>-YRBS data will be publicly available at County level soon. All: follow this page and check it for updates on the 2021 YRBS results: https://www.dhhs.nh.gov/programs-services/population-health/health-statistics-informatics/youth-risk-behavior-survey</p> <p>-Looking for participants to help plan for White Mountains Pride Festival, June 2023. Carroll County Adult Ed will follow up with Catalina.</p> <p>-Looking for Participants who are interested in planning an event for Survivors of Suicide Loss Day, November, 2023.</p>
<p>Strategic Planning – Establish Protocols and Evidence Based Practices within/across systems</p>	<p>GWRSD Systems of Care Community Leadership Team</p> <ul style="list-style-type: none"> -MOU in place for NHS BH Liaison to provide services to students at school. Utilizing resources to address staff suicide prevention training needs. Also working with C3PH to pull together “Quit Kits” to support students struggling with nicotine use. <p>They are planning a Youth Leader Training. They have CONNECT Trainers on staff now. They are waiting on YRBS results to identify areas of need and priority.</p> <p>-----</p> <p>Update from Memorial Hospital - Hampstead hospital is working on a new system to allow youth to be assessed by Rapid Response and avoid having to go through EDs (for youth</p>	<p>District Community Leadership team has a regular schedule of meetings during the school year.</p>

	<p>who are safe to do so via phone contact/telehealth). Maine Health is working to develop a Psychiatric Emergency Department.</p>	
<p>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.</p>	<ul style="list-style-type: none"> - Winter Wellness Activity Bingo – Caleb – link to come soon! Community members can get a bingo card online, complete healthy activities, track them, submit completed activities by email, each completed activity earns a chance to win raffle prizes. See link and please share. 	<p>Resources</p> <p>Winter BINGO Activity: http://www.c3ph.org/initiatives/MWV-Wellness_Challenge</p>
<p>Education and Training - NAMI Update – Susan Ward</p>	<p>Updates from Susan Ward:</p> <p>GLS Update: December 2022</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 first and 8 hours of facilitation virtual (zoom) training. Creating your own story helps reduce stigma and change people’s view of mental illness and inspire others. (Application deadline has been removed.)</p> <p>-CL Position at NHS has been reposted to include part-time positions in Carroll Co and North Country. More applicants have applied and there are three interviews scheduled. Please continue to share.</p> <p>-GLS Connect Young Adult Training for NH National Guard- 5 members have been identified to become trainers. Training date is January 3rd.</p> <p>-GLS Connect Postvention TTT Rescheduled for January – TBD, as Elaine (one of our trainers) has jury duty.</p> <p>GLS Year 4 Trainings: -January 15th is the first day of Year Four in the GLS Grant</p> <p>Connect Suicide Prevention Train the Trainer: 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.</p> <p>Connect Youth Leader Training (Capital Region for Y4): Connect Youth Leader Training is for youth leaders and adult co-</p>	<p>All: Help recruit participants for In Our Own Voice Training. fmi https://drugfreenh.org/event/in-our-own-voice-training-your-story-of-recovery-with-mental-illness/2023-01-14/</p> <p>All: Please help share out job posting. Regional Care Liaison. Northern Human Services</p> <p>Susan W. will send info regarding TTT asap.</p>

	<p>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.</p> <p>Because youth may not know what to do about a friend at risk, or may keep a suicide plan “secret,” it is important for youth to be trained in suicide prevention and intervention. Research consistently shows that peer training is a very effective method for educating youth.</p> <p>Youth leaders should be selected to represent a cross-section of local youth culture and should be offered continued adult support in their role as co-trainers after the training is completed. The training emphasizes that the role of youth is to seek help from an adult when there is a concern, NOT to take on the role of a counselor.</p> <p>Connect Young Adult Training: 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.</p> <p>In Our Own Voice Training: (Scheduled for 1/14/22): 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</p> <p>CALM TTT: This is a Train the Trainer Training. Trainers will be taught how to deliver the CALM Training. Developed by Elaine Frank and Mark Ciocca, CALM: Counseling on Access to Lethal Means is a 1.5 to 2 hour workshop designed to help providers implement counseling strategies to help clients at risk for suicide and their families reduce access to lethal means, particularly (but not exclusively) firearms. It includes a number of components: background on suicide data and lethal means; an introduction to firearms; video presentation that models the counseling strategy; a presentation and discussion on conducting a counseling session; optional role plays; and a course evaluation.</p> <p>Connect eLearning Seats (TBD) There are still slots available from Year 3 allotment. Contact Catalina asap if you have persons at your organization who would like to receive access to these no cost trainings.</p>	<p>All: Help recruit participants for In Our Own Voices Training. See attached flyer.</p>
Community Awareness	<ul style="list-style-type: none"> - Media recommendations - Revolving Closet – North Country Cares, held a successful Holiday Stocking Giveaway event in December. The first twenty families received a folder of 	See these links for best practices regarding public communications surrounding

	<p>resources prepared by C3PH volunteer Emily McArdle. They included contact information for local services and other helpful tips for parents of teens.</p> <ul style="list-style-type: none"> - Postvention - C3PH will help reach out to the community of Jackson to offer any necessary supports or connection to follow up supports as they continue to respond to community trauma. 	<p>sudden death to include suicide.</p> <p>https://www.naminh.org/media/</p> <p>Safe and Effective Messaging Suicide Prevention</p> <p>Best Practice Recommendations Reporting on Suicide</p>
Tobacco and Nicotine Use Prevention	<ul style="list-style-type: none"> - Quit Kits are coming! Materials are being ordered. - Vaping Unveiled – any presentations planned for 2023? If your organization would like to schedule a presentation, contact https://www.breathenh.org/programs/vaping-unveiled 	-C3PH will be assembling and distributing “Quit Kits” in 2023.

SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
Middle/High School/Higher Ed - WMCC Updates	<p>WMCC: Chris has been distributing mental health resource packets within the WMCC system.</p> <p>Heather Clogston, NH DOE, OSEW: Family Engagement Coordinator has been hired. Still awaiting Data to be posted on state website for YRBS.</p> <p>Crystal Sawyer, CCAE: Working on including CCAE students in the next YRBS Survey (2023). Also working to hold a CONNECT Training at CCAE this spring (in partnership with NAMI NH).</p>	Crystal and Catalina will follow up, re: CCAE students working to help with White Mountains Pride and volunteering at Revolving Closet.
Healthcare Updates – Memorial Hospital Community Health Need Assessment	Melissa Kanter, Memorial: Working on additional MHFA training for hospital system employees. Hampstead hospital is working on a new system to allow youth to be assessed by Rapid Response and avoid having to go through EDs (for youth who are safe to do so via phone contact/telehealth). Maine Health is working to develop a Psychiatric Emergency Department. Receiving applications for Psych. NP and therapist. Hoping to increase capacity to address patients in need in the community.	
Social Services, Other	<p>Jillian Dubois, New Futures Update:</p> <p>See attached list of upcoming training announcements</p> <p>-----</p> <p>Eric Moran, White Horse: Working with KRHS and Kingswood Youth Center to engage youth in supporting peers with challenging behaviors.</p>	

Awareness Campaigns	<p>January</p> <ul style="list-style-type: none"> - Teen Driving Awareness Month, https://nhteendrivers.com/index.php - Dry January Campaign https://drugfreenh.org/prevention-campaigns-toolkits/#social-share-dry-january - NH Stronger than You Think Campaign - https://drugfreenh.org/prevention-campaigns-toolkits/stronger-than-you-think/ As a parent or caregiver, you are the number one influence on whether a child you care for chooses to use cannabis, tobacco, alcohol, or other drugs. You are their guide and role model. <p>February</p> <ul style="list-style-type: none"> - Valentine’s Day – Safe Relationships – Love is Anchored in Community interview https://www.nhpr.org/nh-news/2022-02-11/mental-health-valentines-day-nh-mass - NH Coalition Against Sexual and Domestic Violence – Talking to Young People https://www.nhcadv.org/talking-to-young-people.html - One Love Foundation https://www.joinonelove.org/ One Love Foundation is a national non-profit organization with the goal of ending relationship abuse. We empower young people with the tools and resources they need to see the signs of healthy and unhealthy relationships and bring life-saving prevention education to their communities. 	
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Next Steps for the Implementation Team-

Meetings are the 3rd Wednesday of each month, 1:00-2:30pm on Zoom.

Register in advance for this series of meetings in 2023:

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

Thank you!

Catalina Kirsch

Catalina.kirsch@graniteuw.org

New Futures Upcoming Trainings

<https://www.new-futures.org/news/resources/new-futures-announces-2023-public-trainings>

<https://www.linkedin.com/company/new-futures/events/>

<https://www.facebook.com/NewFuturesNH/events/>

Advocacy Webinar

Tuesday, January 10, 2023, 11:00 AM

RSVP: <https://www.new-futures.org/trainings/advocacy-webinar> Facebook event:
<https://www.facebook.com/events/489695723265496>

LinkedIn event: <https://www.linkedin.com/events/advocacywebinar7006988183481507840/>

Learn how to advocate during the 2023 legislative session. This webinar will cover the basics of the NH legislature, how a bill becomes a law and when to advocate in that process, tips on writing your advocacy message, and best practices for different ways of advocating such as testifying at a public hearing, calling your legislator, or writing a Letter to the Editor.

Budget Process Webinar

Thursday, January 19, 2023, 4:00 PM

RSVP: <https://www.new-futures.org/trainings/budget-process-webinar>

Facebook event: <https://www.facebook.com/events/475745554684554/>

LinkedIn event: <https://www.linkedin.com/events/budgetprocesswebinar7006989786016043008/>

It's a budget year in New Hampshire! In this one-hour webinar, New Futures' staff budget expert Kate Frey will provide insight into the budget process in New Hampshire and how to advocate for critical funding.

Child Care Webinar

Tuesday, January 24, 2023 1:00 PM

RSVP: <https://www.new-futures.org/trainings/child-care-webinar>

Facebook event: <https://www.facebook.com/events/861411404887299>

LinkedIn event: <https://www.linkedin.com/events/childcarewebinar7006998113622106112/comments/>

Affordable child care is a critical tool in keeping New Hampshire's families physically and economically healthy. Learn about the Senate bill that aims to ease the burden on Granite State families in this one-hour webinar with New Futures Kids Count Policy Director Rebecca Woitkowski.

Alcohol Fund Webinar

When: Wednesday, January 25, 2023 4:00 PM

RSVP: <https://www.new-futures.org/trainings/alcohol-fund-webinar>

Facebook event: <http://www.facebook.com/events/1588006684981452/>

LinkedIn event: <https://www.linkedin.com/events/alcoholfundwebinar7006999896889171969/>

New Hampshire's Alcohol Fund is an innovative, fiscally responsible, common-sense approach to support programs that address substance use disorder prevention, treatment, and recovery in the Granite State. However, it has been historically underfunded or diverted. In this one-hour webinar, learn more about how your voice is needed to help protect this critical funding from New Futures Vice President of Advocacy Kate Frey.

In-Person Advocacy Training

When: Friday, February 3, 2023 9:00 AM - 2:00 PM ET

Where: New Futures, 100 N Main St Fl 4, Concord, NH 03301

RSVP: <https://www.new-futures.org/trainings/person-advocacy-training>

Facebook event: <https://www.facebook.com/events/8422113714529643/>

LinkedIn event: <http://www.linkedin.com/events/in-personadvocacytraining7007002303740149761/>

Learn how to advocate in the 2023 legislative session in this five-hour in-person training at the New Futures office in Concord covering the basics of the NH legislature, how a bill becomes a law, tips on writing your advocacy message, and best practices for different ways of advocating. This session features breakfast and lunch, guest speakers, hands-on practice, and a tour of the State House.

And we can work with folks on barrier reduction (gas cards, etc.) for the in-person one

988 funding is going to be one of the big bills we're working on this coming year along with YRBS bills.

More resources sent in from partners

- NH Alcohol & Drug Abuse Counselors Association Upcoming Training Events [NHADACA - Home](#)
- New Futures Announces 2023 Public Trainings [New Futures Announces 2023 Public Trainings | New Futures \(new-futures.org\)](#)
- NH Housing AFFORDABLE CONNECTIVITY PROGRAM INFO FOR TENANTS notice (scroll down)
- NASW NH Training Opportunities [Continuing Education \(socialworkers.org\)](#)
- ADDitude Magazine Podcasts [ADDitude Podcast Library: ADHD Webinars on Demand \(additudemag.com\)](#)
- NAMI is hosting an In Our Own Voice training for young adults ages 18-26 (see attached flyer)

In Our Own Voice

Your Story of Recovery with Mental Illness

Would you like to help reduce stigma, change people's view of mental illness and inspire others by sharing your story of recovery?

NAMI NH is looking for individuals between ages 18 and 26 to share their personal story of recovery and resilience.



The free training under the GLS Grant consists of 8 hours of self-paced online training and 8 hours of facilitated virtual (Zoom) training
1/14/2023

Please complete the application here:

<https://naminh.wufoo.com/forms/m254dqq07zjvzz/>

In Our Own Voice presenters offer insight to recovery by sharing their story

The IOOV presentations are held to broaden people's knowledge of mental illness. It replaces misunderstanding, fear and judgment with insight, awareness and acceptance of mental illness.

The training provides insight on:

- How to write your story
- How to prepare for a presentation
- How to modify your story for specific audiences

For more information, please contact

Michelle Wagner, IOOV Coordinator: mwagner@naminh.org

Receive \$40 upon successful completion of the training!

Training made possible with Funding and Support from the US Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) with Support from NAMI NH.

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