

## GLS Youth Suicide Prevention

### Implementation Team – Be the 1 Carroll County – Feb 15, 2023, 1:00-2:30pm

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

## Minutes

-Introductions of team members around the table – Welcome Jennifer Thomas.

In attendance: Jennifer Thomas/C3PH, Catalina Kirsch/C3PH, Susan Ward/ NAMI NH, Anika Hastings/ Kingswood Regional HS, Tamara Roberge/ WMCC, Lauren Orsini/Ch Uld, Kara Washam/Beacon Health, BJ Parker/Town of Conway, Justin Moeling/Manchester VA, Eric Moran/ White Horse Recovery, Brittini Cusson/ Kennett HS, Crystal Sawyer /Carroll County Adult Ed, Richard Melillo/ Northern Human Services Mobile Crisis Team, Jamie Rose Kelley /Northern HS Mobile Crisis, Sara Fenton / Northern HS.

**Guest Presenter: Kara Washam, Beacon Health. An update on NH Rapid Response Access Point.** Call/Text 833-710-6477 or chat at <https://www.nh988.com/> [kara.washam@beaconhealthoptions.com](mailto:kara.washam@beaconhealthoptions.com)

- Trained responders answer calls. Crisis is defined by the caller not the call center. They work to de-escalate by phone conversation but stand ready to dispatch a mobile crisis team when indicated. Referrals are made to community mental health centers (CMHCs) For Carroll County, it is Northern Human Services. They have some follow up with persons served.
- Background. 988 launched nationally in July 2022. In preparation NH Rapid Response Access Point set up to take calls and support mobile crisis team deployment. Mobile Crisis Teams consist of a Licensed Clinician and Team Support. In Northern NH , the mobile crisis team consists of two peer support persons and access to clinician via telehealth.
- Moving forward, 988 calls for NH will be managed by Headrest, and then flow to Beacon
- Text/Chat messages will be managed by Beacon. Eric Moran: Important for the kids to know they can also text
- So far the system has made 22, 200 contacts. As a result, there have been 7084 instances of Mobile Team dispatch, representing about 31% of calls
- They receive about 4,000 calls per month. (they initially estimated they would receive 1500 calls per month)
- 17% of incoming calls are persons ≤ age 18
- 42% of Mobile Crisis Team deployment calls are for persons under 18. Parents are involved in those cases.
- Schools can facilitate calls to NH RRAP/988. When a school calls, there is an abbreviated intake in order to get teams out more quickly.
- Rich Melillo, Northern Human Services added: in Carroll County, since schools are considered a secure location for a youth, they don't need to deploy an in-person team. *School staff can start the call to NH RRAP, and then Mobile Team is contacted and requests a telehealth assessment for a student with the help of school personnel.*
- Question from Jamie McCaffrey: Can parents call NH RRAP / 988 over concern for child? Answer: Yes. If a parent is specifically seeking a Mobile Crisis Team response, it is important to communicate that very clearly. Otherwise, they may receive phone support and be given resource phone numbers to call for follow up mental health care. Some of the call center staff are clinicians, some are clinically trained but not clinicians. If a parent is seeking an assessment, it is important to communicate that.

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
Strategic Planning – Identify needs, gaps & high-risk populations	<p><b>Discussion.</b></p> <p>SAU 9 Youth Behavioral Health Collaborative</p> <p>Brittini Cusson –</p> <ol style="list-style-type: none"> <li>1) Review of last week’s meeting <ul style="list-style-type: none"> <li>• ID need</li> <li>• Intervention Ideas</li> <li>• Use of telehealth in schools</li> <li>• FERPA &amp; HIPPA interaction/difficulties</li> <li>• Outpatient Referrals</li> <li>• Heather Clogston collaboration on MTSS-B</li> </ul> </li> </ol> <p>Additional note:</p> <p>White Mountains Pride 2023 is happening June 24, 2023 fmi for Check out our scheduled calendar of events at <a href="http://whitemountainspride.com/events">whitemountainspride.com/events</a>. Please review our <a href="#">sponsorship information</a> and fill out a <a href="#">sponsorship form</a> to become a sponsor of White Mountains Pride in 2023!</p>	<p><b>Catalina – Looking into the FERPA &amp; HIPPA interrelation in schools</b></p> <p>All:</p> <p>White Mountains Pride 2023 is happening June 24, 2023 fmi for Check out our scheduled calendar of events at <a href="http://whitemountainspride.com/events">whitemountainspride.com/events</a>. Please review our <a href="#">sponsorship information</a> and fill out a <a href="#">sponsorship form</a> to become a sponsor of White Mountains Pride in 2023!</p>
Strategic Planning – Establish Protocols and Evidence Based Practices within/across systems	<p>SAU 49 Systems of Care District Community Leadership Team</p> <p>Anika Hastings– NAMI Youth training April 14. 30 youth and 10 adults will be trained.</p> <p>SAU 9 - Youth Behavioral Health Collaborative has formed. Have met twice. Met with Heather Clogston of DOE to learn more about MTSS-B systems of care development and resources available. Are interested to know if telehealth crisis response is being used at Kennett HS/ SUD 9 schools. Are interested in understanding the crosswalk between FERPA/HIPAA. Are seeing the need for more youth intensive outpatient program options for cases where a youth needs more than therapy but does not need inpatient hospitalization.</p> <p>Kennett High School will be hosting a Mental Health Fair May 11, 11am-1pm. Seeking organizations to host tables, activities, resources.</p>	<p>Fmi SAU 49</p> <p><a href="mailto:sskoglund@govwentworth.k12.nh.us">sskoglund@govwentworth.k12.nh.us</a></p> <p><a href="mailto:ahastings@sau49.org">ahastings@sau49.org</a></p> <p>FMI SAU 9</p> <p><a href="mailto:b_cusson@sau9.org">b_cusson@sau9.org</a></p> <p>Mental Health Fair</p> <p><a href="mailto:c_furtado@sau9.org">c_furtado@sau9.org</a></p> <p>FMI MTSS-B NH DOE (Multi-Tiered Systems of Care – Behavioral Health)</p> <p><a href="mailto:heather.m.clogston@doe.nh.gov">heather.m.clogston@doe.nh.gov</a></p>
Strategic Planning – Planning at Community College and National	<p>WMCC Collaboration update – Wellness Walk?</p> <p>Tamara &amp; Chris – Planning for more engagement activities for students, promote</p>	<p><b>Catalina – Collaborate with WMCC to plan a Whittaker Woods Walk</b></p>

<p>Guard to reach 18-24 year olds</p>	<p>mental health awareness and determine resources</p> <ul style="list-style-type: none"> <li>Wellness Walk</li> <li>Hikes</li> <li>Bonfires</li> <li>Move your Body, Move your Mind newsletter</li> </ul> <p>National Guard Update – Susan Ward</p> <ul style="list-style-type: none"> <li>Completed Connect training on 5 soldiers</li> <li>Aim of TTT is to provide sustained suicide prevention to new recruits</li> <li>Aim to increase help-seeking behaviors</li> <li>Aim to provide substance misuse resources</li> </ul> <p>Kevin Peare Memorial Skate Park</p> <p>Catalina – Working on aligning goals &amp; objectives of KPMSKP and suicide prevention</p>	<p>Contact Tamara Roberge at WMCC <a href="mailto:troberge@ccsnh.edu">troberge@ccsnh.edu</a> or Chris Lalmond at WMCC, <a href="mailto:clalmond@ccsnh.edu">clalmond@ccsnh.edu</a></p> <p>Susan –</p> <p>Will continue to provide training to National Guard</p> <p>Continued check-ins to assess further need for training</p> <p>More upcoming trainings will be made available</p> <p><b>Catalina</b> –Continued partnership to get the park initiatives enacted and align objectives</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>	<p>Magnify Voices – Student Art Contest Gr 5-12</p> <p>Catalina – Information on MV distributed to all school districts.</p> <p>NH Governor’s No Safe Experience Campaign</p> <p>Catalina – Campaign to raise awareness on the dangers of taking non-prescribed medication</p> <ul style="list-style-type: none"> <li>No use of “scare tactics”</li> </ul> <p>NAMI NH Trainings coming up</p> <ul style="list-style-type: none"> <li>2/22 NAMI NH Volunteer Orientation</li> <li>3/6-4/17 NAMI Basics Virtual</li> <li>3/13/-5/8 NAMI Family to Family</li> <li>5/10 NAMI NH Annual Conference</li> </ul>	<p>Catalina –</p> <p>Work on providing MV information to Robert Frost, Northeast Woodland Charter School</p> <p>Catalina -</p> <p>Increase distribution of the campaign</p> <p>Resources</p> <p>Magnify Voices flyer <a href="http://www.c3ph.org/assets/pdf/Magnify_Voices_PSU_2023_Flyer.pdf">http://www.c3ph.org/assets/pdf/Magnify_Voices_PSU_2023_Flyer.pdf</a></p> <p>No Safe Experience <a href="https://www.governor.nh.gov/news-and-media/governor-sununu-announces-no-safe-experience-psa-campaign">https://www.governor.nh.gov/news-and-media/governor-sununu-announces-no-safe-experience-psa-campaign</a></p> <p>NAMI NH Events <a href="https://www.naminh.org/calendar/">https://www.naminh.org/calendar/</a></p>

Education and Training - NAMI Update – Susan Ward	<ul style="list-style-type: none"> <li>- National Guard Young Adult Training</li> <li>- Connect Postvention Train the Trainers</li> <li>- Connect Youth Leader</li> <li>- Connect Young Adult Leader</li> <li>- In Our Own Voices / Survivor Voices training, rescheduled for May 20!</li> <li>- Connect Online Training Slots</li> <li>- CALM Training</li> </ul>	<p>WMCC</p> <p><a href="mailto:troberge@ccsnh.edu">troberge@ccsnh.edu</a></p>
Community Awareness	<ul style="list-style-type: none"> <li>- Winter Wellness Activity Bingo – 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.</li> <li>- 988 NH Rapid Response Access Point update</li> <li>- Media recommendations</li> <li>- Broad targeted dissemination of 988/NSPL materials to reach vulnerable 18–24-year-old population</li> </ul>	<p><a href="http://www.c3ph.org/initiatives/MWV-Wellness_Challenge">http://www.c3ph.org/initiatives/MWV-Wellness_Challenge</a></p> <p><a href="https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables">https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables</a></p> <p>C3PH Folder of 988 Shareables:  <a href="https://drive.google.com/drive/folders/1EF4t54wpglU5akkOGKEIRu4pWmIf6BKZ?usp=sharing">https://drive.google.com/drive/folders/1EF4t54wpglU5akkOGKEIRu4pWmIf6BKZ?usp=sharing</a></p> <p>NAMI NH Media recommendations  <a href="https://www.naminh.org/media/">https://www.naminh.org/media/</a></p>
Tobacco and Nicotine Use Prevention	<ul style="list-style-type: none"> <li>- Targeted dissemination of materials – update on progress – SYNAR certificates and recognition of local tobacco vendors. Catalina and young adult volunteer Emily McArdle are delivering certificates to Carroll County vendors in compliance.</li> <li>- Quit Kits – Catalina has received some materials to create quit kits and will meet with Kingswood students to put them together.</li> </ul>	<ul style="list-style-type: none"> <li>- Catalina and Jennifer will work with volunteer Emily McArdle to distribute certificates.</li> </ul>
Response to local loss	<ul style="list-style-type: none"> <li>- Town of Jackson update: the Town of Jackson will host a Mental Health First Aid Training March 25</li> <li>- Children Unlimited grief support</li> </ul>	<p>Lauren Orsini wants to form peer support groups at Family Resource Center.</p>

SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
Middle/High School/Higher Ed - WMCC Updates	Carroll County Adult Ed – Teen Mental Health First Aid?	
Healthcare Updates		

First Responder Updates		
Social Services, Other		
Awareness Campaigns	Follow U25 Carroll County NH Linktree Love is Respect Campaign – relationship safety – Teen Dating Violence Prevention	<a href="https://linktr.ee/u25carrollcountynh">https://linktr.ee/u25carrollcountynh</a> <a href="https://www.loveisrespect.org/">https://www.loveisrespect.org/</a>
Advocacy – New Futures.	Follow <a href="https://new-futures.org/take-action/overview">https://new-futures.org/take-action/overview</a> for opportunities to Advocate, Share Your Story, Learn How to Contact Your Legislator, Learn How to Write a Letter to the Editor. New Futures New Futures is a nonpartisan, nonprofit organization that advocates, educates and collaborates to improve the health and wellness of all New Hampshire residents. Here’s an overview of the issues they follow: <a href="https://new-futures.org/issues/overview">https://new-futures.org/issues/overview</a>	Links to recent recorded webinars <a href="#">Alcohol Fund Webinar</a> (1/31/23) <a href="#">Child Care Webinar</a> (1/24/23) <a href="#">Budget Process Webinar</a> (1/19/23) <a href="#">Advocacy Webinar</a> (1/10/23) Fmi <a href="https://new-futures.org/advocacy/webinars-demand">https://new-futures.org/advocacy/webinars-demand</a>

Next Steps for the Implementation Team-

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

Topic: BE THE 1 CARROLL COUNTY - Youth Suicide Prevention Team

Time: Feb 15, 2023 01:00 PM Eastern Time (US and Canada)

Every month on the Third Wed, until Dec 20, 2023, 12 occurrence(s)

	May 17, 2023 01:00 PM	Sep 20, 2023 01:00 PM
	Jun 21, 2023 01:00 PM	Oct 18, 2023 01:00 PM
<b>Mar 15, 2023 CANCELLED</b>	Jul 19, 2023 01:00 PM	Nov 15, 2023 01:00 PM
Apr 19, 2023 01:00 PM	Aug 16, 2023 01:00 PM	Dec 20, 2023 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-3xmGJBgvpbv3IFw1fcQ6hNecVHIJSHo-E](https://us02web.zoom.us/meeting/tZMscumvpzsoH9fCbMtMlsm7ce7NPMn74aDy/ics?icsToken=98tyKuGvrz4qHd2VshyERpwEBY_4c-3xmGJBgvpbv3IFw1fcQ6hNecVHIJSHo-E)

Join Zoom Meeting

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

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