

GLS Youth Suicide Prevention

Implementation Team – Be the 1 Carroll County – 4/17/23, 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

Agenda

-Introductions of team members around the table: Heather Nelson/ Moultonborough Academy; Susan Ward/NAMI; Chris Lalmond/WMCC; Mckenzie Webb/Northern HS; Jen Thomas/C3PH; Catalina Kirsch/C3PH; Lauren Orsini/Ch Ultd; Anika Hastings/GWRSD; Jillian Dubois/New Futures; Rich Melillo/Mobile Crisis Team, NHS;

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
	Discussion.	
<p>Welcome New Care Liaison: Mckenzie Webb mwebb@northernhs.org</p>	<p>Overview of Care Liaison Role. Partner share previous experience. Youth and young adult prevention coordinator. Partner with NAMI and GLS grant. NHS, north country and Carroll County. High risk youth 10yo up to 24yo, 30-90 interaction. Works with families and client etc, have safety plan, connections to schools etc. Referrals come from hospital, school, NHS counselors. She is ready to start seeing clients. BHII data analysis. High risk youth can be referred to Mckenzie.</p>	<p>Mckenzie: Has informational flyers and documents if we would like. Formal referral process being established. Discharge criteria established. Logistical items related to family and client interactions.</p>
<p>Strategic Planning – Identify needs, gaps & high-risk populations</p>	<p>Focus on Upper Elementary & Middle School</p> <ul style="list-style-type: none"> - Jen is still reaching out to partners - Kennett Middle School lunch engagement. National Alcohol and Drug Facts Week. We did a computer quiz and prizes. Would like to do more engagement. - Outreach to Big Brothers Big Sisters. Jen has reached out to explore growing that in Carroll County. - White Mtns Pride June 24 	<ul style="list-style-type: none"> - Mindspring Mental Health alliance – Lauren Orsini – recorded webinar available: Understanding Self-Harm: Cutting, Self-Injury, and Self-Mutilation. Please submit your questions or comments to: info@mindspringhealth.org. The webinar recording is available on-demand & is sharable: https://us06web.zoom.us/rec/share/XvUxK4OBu9_x5NqEi8RyK1F8NntBgkAaCPm-ORo3E27rW2HSKH9qrH4WDXP4eHC.Hqgfd_Clamd1yN9L?startTime=1665594036000

	<ul style="list-style-type: none"> - Jen Reaching out to schools to determine needs. - Concerns with self-harm in schools - Where/ How else can we serve this population before the end of the school year? Plans for Summer/Fall? - 	<p>Information on upcoming webinars & registration links available here: https://www.mindspringhealth.org/get-involved/webinars-and-events</p> <ul style="list-style-type: none"> - NAMI will check into further resources - Peer youth support group at KYC started. Lauren Orsini. Would like to see more getting started in No Conway. - Catalina-mail out some more information on grant that trains community partners who have lived experience to be peer support person. Information session coming soon for those organizations that are interested in learning more. Building Futures Together, UNH Institute on Disability is looking to write a grant to extend their work beyond their current funding in 2024. They need partner organizations. https://iod.unh.edu/building-futures-together/about - Information session April 27 https://iod.unh.edu/building-futures-together/about - Join from PC, Mac, Linux, iOS or Android: https://unh.zoom.us/j/96472936646?pwd=QVVOQTlHNmttWVQvby9VWkpIVIA2dz09 - Password: 318679 - Keyboard shortcuts are available to navigate this Zoom meeting or webinar: https://support.zoom.us/hc/en-us/articles/205683899-Hot-Keys-and-Keyboard-for-Zoom
<p>Strategic Planning – Establish Protocols and Evidence Based Practices within/across systems</p>	<ul style="list-style-type: none"> - Update from Kingswood Systems of Care Team – Anika - Update from Moultonborough Academy - Update from Kennett HS Youth Behavioral Health Collaborative - Brittini - How can we help the rest of the school year? Summer? Fall? 	<p>Anika- trained 16 students (in CONNECT Youth Leader). Diverse group. Excellent experience. Group goals for rest of the year-plan for the fall and meet with other student groups. Catalina-MH month, perhaps we can have a table during lunch.</p> <p>C3PH follow up with Anika on table</p> <p>May 23 515pm : Anxious Nation screening at lecture hall at Kingswood High. Questions and answers with NHS after the screening.</p> <p>https://www.c3ph.org/assets/pdf/Anxious_Nation_Kingswood.pdf</p> <p>Possible live streaming of event?</p>

		<p>Have to reserve? How?</p> <p>Catalina is reaching out to see if refreshments etc can be provided.</p> <p>Fmi Dave Poland, dpoland@northernhs.org</p> <p>Heather-trained youth in Youth Connect earlier in the year. Project Safeguard for students and parents. Students trained the parents. Open, positive discussions ensued.</p> <p>Hired full time mental health clinician.</p> <p>Peer support at middle level; need to have lots of training</p> <p>Getting to Y information; 2nd year using it. Liking what has been seen so far, lots of engagement.</p> <p>Sunshine boxes. Students created kits that included fidget, inspirational messages and other items to lift a person's mood and promote positivity and wellness.</p> <p>Catalina-restorative practices to respond to vaping/nicotine use in youth during citations. Waiting for updates from BDAS</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"> - Magnify Voices Expressive Arts Contest for Students gr 5-12, submissions closed Apr 17. May 24 event at PSU - NH Suicide Prevention Council - Dartmouth ECHO opportunity: Recognizing and Responding to Youth in Distress ECHO - SOS RICH Conference, (Recovery, Inclusion, community, Harm Reduction) See available slidedecks google folder - MHFA May 11, Chocorua - Youth MHFA, May 12, Chocorua 	<p>Follow up</p> <p>Magnify Voices, fmi: https://nhcsoc.org/magnify-voices/</p> <p>NH Suicide Prevention Council - https://www.dhhs.nh.gov/about-dhhs/advisory-organizations/suicide-prevention-council</p> <p>Dartmouth ECHO Youth in Distress https://connect.echodartmouth-hitchcock.org/Series/Registration/1593</p> <p>RICH Conference slidedecks. Must have a google account to view - https://drive.google.com/drive/folders/1RX0zDJNH CkBbiEDXQthxrUTWHruXqZu?usp=share_link</p> <p>May 11 Mental Health First Aid Chocorua \$50, scholarships contact C3PH http://www.c3ph.org/assets/pdf/AHEC_SUDPreventionSeriesMHFA_2023_05_11.pdf</p> <p>May 12 Youth Mental Health First Aid Chocorua \$50, scholarships contact C3PH</p>

		http://www.c3ph.org/assets/pdf/AHEC_SUDPreventionSeriesYouthMHFA_2023_05_12.pdf
<p>Education and Training - NAMI Update – Susan Ward</p>	<ul style="list-style-type: none"> - Connect Postvention Train the Trainers happened in January - Connect Youth Leader – Kingswood. Concord. - Connect Young Adult Leader - In Our Own Voices / Survivor Voices training May 20. - Connect Online Training Slots available - New Care Liaison at NHS is ready to start seeing clients. Riverbend is looking to hire a new Care Liaison. See job description: https://pm.healthcaresource.com/CS/riverbend#/job/2424 - Jennifer-some schools looking for more comprehensive MH trainings-with operationalized actions and communication skill building 	<p>Susan-Completed Connect Youth Leader training at Concord Tech. Institute.</p> <p>In Your Own Voice: Young adults train to speak about their own personal mental health journey.</p> <p>Elearning seats for Connect Suicide prevention training are available. https://www.c3ph.org/initiatives/youth-suicide-prevention</p> <p>https://www.c3ph.org/initiatives/youth-suicide-prevention/online-training-modules</p> <p>Safe message guidelines for 988 have been updated. Sent to C3PH</p> <p>Here is the newer version of SAVE’s Media Recommendations, with 988 referenced: https://reportingonsuicide.org/wp-content/uploads/2022/12/ROS-One-PageUpdated2022.pdf</p> <p>Please use this one with 988 going forward.</p> <p>These are good supporting documents:</p> <p>While SPRC no longer publishes the handout that you sent, you could likely use the following Action Alliance web pages intended for public audiences rather than journalists by putting them into a handout form. They don’t mention 988 specifically, but they don’t use the longer lifeline # either.</p> <p>https://suicidepreventionmessaging.org/safety/messaging-donts</p> <p>https://suicidepreventionmessaging.org/narrative/tips-conveying-positive-narrative</p> <p>You may also wish to use the following resource for speakers (however, it’s Australian): A guide for speaking publicly about suicide https://mindframemedia.imgix.net/assets/src/uploads/A-Guide-for-Speaking-Publicly-About-Suicide.pdf</p> <p>Safe messaging guidelines for Nackey S. Loeb School of Communication on a webinar.</p>

Community Awareness	<ul style="list-style-type: none"> - Jen-Dissemination of educational/awareness materials and resources - Media recommendations – does NAMI have some new guidance online? - Broad targeted dissemination of 988/NSPL materials to reach vulnerable 18–24-year-old population. Where else can we disseminate information? - Kennett HS Mental Health Fair May 11 - White Mountains Pride June 24 	https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables 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 – Need to follow up with Kennett HS, Moultonborough Academy - Jen-Providing educational materials, awareness materials, best practices and resources to guidance counselors/LSW 	
Community response to suicide events.	<ul style="list-style-type: none"> - List any pertinent updates or invite speakers to share info. - There are two Mental Health First Aid trainings coming to our region. See links above. 	

SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
Middle/High School /Higher Ed -WMCC Updates	<ul style="list-style-type: none"> - Anxious Nation Film Screening May? (Northern Human Services, Kingswood) - WMCC 	Tamara-Robust DEI groups to network and connect. WMCC Cares is a new group of trained individuals who can help when people are concerned about others. Working to get representatives from those groups up to speed before she retires. Pride Day in fall at Berlin Campus! Still in its infancy.
Healthcare Updates –	<ul style="list-style-type: none"> - Hospital Community Health Need Assessment Updates? - Other provider updates? 	https://www.nh988.com/ for more information on data etc.
First Responder Updates	<ul style="list-style-type: none"> - Update from 988 NH / NH Rapid Response Access Point - National DEA Take Back Day is April 22, see attached flyer. Please promote. 	<ul style="list-style-type: none"> - All: please promote Take Back Day http://www.c3ph.org/assets/pdf/DE

	<ul style="list-style-type: none"> - C3PH(Granite United Way) is Hiring a Public Health and Emergency Preparedness Coordinator. 	<p>A TakeBack Poster 8.5x11 Carroll County 2023 04 22 .pdf</p> <ul style="list-style-type: none"> - Emergency Preparedness Coordinator Job Posting: https://g.co/kgs/xXo44W
Social Services, Other	<ul style="list-style-type: none"> - Children Unlimited? - Other? 	<p>New Futures-Jillian- Medicaid expansion; cannabis bill 4.20.23; Childcare meeting in Conway-childcare committee looking for general input from general public. No virtual option but please see the webpages below.</p> <p>https://www.new-futures.org/childcare</p> <p>https://gencourt.state.nh.us/house/committees/committeedetails.aspx?id=1623</p>
Awareness Campaigns	<p>May is</p> <ul style="list-style-type: none"> - MENTAL HEALTH MONTH - May 7-13 is National Prevention Week - May is Better Sleep Month - May 31 is World No Tobacco Day 	<p>Resources:</p> <ul style="list-style-type: none"> - https://mhanational.org/mental-health-month - https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month - https://www.samhsa.gov/prevention-week - https://www.samhsa.gov/programs/mental-health-awareness-month - https://nationaltoday.com/better-sleep-month/ - https://www.who.int/europe/news-room/events/item/2023/05/31/default-calendar/world-no-tobacco-day-2023--we-need-food--not-tobacco
	<p>June is</p> <ul style="list-style-type: none"> - June 2: Wear Orange Day – National Gun Violence Awareness Day. - Gun Violence Awareness Month - PRIDE MONTH - JUNETEENTH 	<p>Resources</p> <ul style="list-style-type: none"> - Wear Orange: https://everytownsupportfund.org/how-to-participate-in-wear-orange/ - White Mountains Pride https://www.whitemountainspride.com/ - NAMI LGBTQ resources https://www.naminh.org/lgbtqia/ - Juneteenth https://www.juneteenth.com/ - Gun Violence Prevention https://momsdemandaction.org/

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: Jan 18, 2023 01:00 PM Eastern Time (US and Canada)

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

Apr 19, 2023 01:00 PM

Jul 19, 2023 01:00 PM

Oct 18, 2023 01:00 PM

May 17, 2023 01:00 PM

Aug 16, 2023 01:00 PM

Nov 15, 2023 01:00 PM

Jun 21, 2023 01:00 PM

Sep 20, 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

Join Zoom Meeting

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

Meeting ID: 871 5079 0253

One tap mobile

+13052241968,,87150790253# US

+13092053325,,87150790253# US

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 871 5079 0253

Thank you!

Jennifer Thomas

Jennifer.thomas@graniteuw.org

Catalina Kirsch

catalina.kirsch@graniteuw.org