

Be the 1 Youth Suicide Prevention Committee
 Carroll County Coalition for Public Health
 Agenda for June 21, 2023

1. Attendance: Sign in to chat with your name, email address and organization.

Mckenzie Webb	Northern Human Services
Jennifer Thomas	C3PH
Catalina Kirsch	C3PH
Crystal Sawyer	Carroll County Adult Ed
Eric Moran	White Horse Recovery
Jillian Dubois	New Futures
Brodie Deshaies	NH Hunger Solutions
Chris Lalmond	Apprenticeship NH
Shamera Simpson	Am Foundation for Suicide Prevention
Rich Melillo	Northern Human Services

2. Icebreaker-5 mins

- a. Time/participant permitting
- b. Pull up info on cultures
 - Pick 5 cultures you identify with
 - Choose 2 to eliminate
 - Next step
- c. To ruminate on:
 - How did you feel about eliminating parts of your identity?
 - How do you think this impacts mental health for youth if need to hide their identities for extended lengths of time?
- d. Connection between culture/identity and mental health and prevention
 - Everyone has different cultures with different values, customs and beliefs
 - This impacts how we interact with the world and what we view as important
 - Taking the time to learn about those we work with builds our capacity to support
 - It also allows us to tailor our approach to the meet peoples' needs
 - Creates safe and supportive environment
- e. To ruminate on:
 - How did you feel about eliminating parts of your identity?

- How do you think this impacts mental health for youth if need to hide their identities for extended lengths of time?
3. Goal 1 – Any identified needs, gaps or information on high-risk populations
 - a. 18-24 year old or young adult engagement
 - b. GLS and WMCC group updates – Susan Ward
 - c. Apprenticeship NH – Chris Lalmond - Working with to assess barriers for community members to find and participate in registered apprenticeships. Small group meeting, representing Adult Ed and Higher Ed, WMCC, to learn about the state of peoples’ understanding of availability of apprenticeship programs. Many in Northern NH don’t continue to post-secondary ed or complete HS and Apprenticeship NH is building registered apprenticeships and finding ways to raise awareness about the opportunity.
 - d. Pride Month – White Mountains Pride June 24, North Conway
 - e. Summer subcommittee to review Carroll County YRBS – if interested, notify Jennifer or Catalina. Mckenzie would like to attend.
 - f. NH Hunger Solutions – Brodie Deshaies – bdeshaies@nhhungersolutions.org, Information, policy work, advocacy, food security, access and awareness to food programs, outreach to Carroll, Coos, Upper Valley.
 4. Goal 2 – Establish protocols and evidence-based practices within and across systems
 - a. Northern Human Services Care Liaison -Mckenzie Webb
 - Has forms available. Referral Process. Ages 10-24, at risk for suicide. services for 90 days. Referrals can come from service providers who work with youth.
 - Services are grant funded. No insurance needed.
 - For more information contact mwebb@northernhs.org
 - b. Update from SAU 49 Systems of Care District Community Leadership Team
 - Staff transition-
 1. Sarah Skoglund is leaving SAU 49.
 - From Anika Hastings
 1. Meeting with Assist. Superintendent and special ed. Director
 2. In regards to how meet SB 282 (requirement for public school personnel to receive 2 hours suicide prevention training annually) for next school year. Shamera Simpson offered to share resources. Please connect SAU 49 to AFSP NH. Shamera Simpson, Executive Director, ssimpson@afsp.org SAU 49 looking for support to train all counselors not trained yet.
 3. Looking to train more students in CONNECT Youth Leader Training

- a. To blanket train many areas of school activities
 4. Working to refine suicide prevention process
 - a. Met with Hampstead Hospital
 5. Asked to present at NH Suicide Prevention Conference in November
 - a. Waiting to see if proposal accepted
 - c. Update from SAU 9 Youth Behavioral Health Collaborative
 - Last meeting held June 13. They have completed some work with Heather Clogston, NH DOE, to complete an MTSS-B fidelity inventory
 - SAU 9 is partnered with UNH Institute on Disabilities to submit a HRSA (Health Resources and Services Administration) grant proposal to run a Building Futures Together 2.0 mentoring program to match students with persons with lived experience in Carroll County. It would provide training to participating school personnel. Update on grant award decision in September. Regardless of grant award status, UNH will continue to be available for resources and training.
 - The group would like to strengthen systems for resource and referral within Carroll County. They have workgroups for the following focus areas: Prevention, Resources, Procedures.
 - d. NAMI NH CIT (Crisis Intervention Training) for Law Enforcement hosted at Conway PD – Jennifer and Catalina presented to law enforcement about what Public Health does locally.
 - e. Update from NH Rapid Response Access Point/Northern Human Services Mobile Crisis Team – Kara Washam and/or Rich Melillo – Recent community meetings with first responders – Sun – Fri 5pm – midnight, mobile crisis deploys. Have met with Chiefs of Police in three counties. Creating a mental health liaison position to link law enforcement to mental health. Communication cards handed out to the police. Card with workflow and Columbia screening on the back in development. Hopefully they will be seven days a week later this summer. Focus is Carroll County after three regional meetings.
5. Goal 3 – Engage in regional, state, and national initiative and information as it relates to the project including webinars, conferences, meeting, subcommittees, etc.
 - a. For Pride Month: Wide variety of webinars on LGBTQIA+ mental health
 - New England School of Addiction and Prevention Studies - June 5 - 8, 2023, Summer School Diversity Inclusion Project Showcase

- Jen Attended
 1. Several LGBTQIA+ groups in NE presented
 - a. Outright Vermont
 - b. Center of Excellence on LGBTQ+ Behavioral Health Equity- SAMHSA
 - c. Out Maine
 - NAMI NH LGBTQ Mental Health Resources
<https://www.naminh.org/lgbtqia/>
- b. Magnify Voices Expressive Arts Contest recap : Magnify Voices Expressive Arts contest update – Congrats to Kingswood Youth Center! One of their students received an award for her poetry submission and was recognized at the May 24 event at Plymouth State University. It was the first time the event had come as far north as Plymouth. FMI <https://nhcsoc.org/magnify-voices/> Get a taste of the event here on Facebook:
<https://www.facebook.com/MagnifyVoicesExpressiveArts/videos/2184141971771769>
 - c. No Safe Experience media campaign is still ongoing:
<https://nosafeexperience.org/> . NH DOE has some wristbands available. Contact Jennifer Hunter at DOE jennifer.f.doris@doe.nh.gov
 - d. New Futures My Voices Project – Janet Hunt - From: Janet Hunt jhunt@new-futures.org Subject: Overview of My Voice Matters Project, When: Thursday, June 22, 2023 10:00 AM-11:00 AM (UTC-05:00) Eastern Time (US & Canada). Where: <https://us06web.zoom.us/j/84813353243?from=addon>
 Jillian Dubois – legislative session just wrapped. MTSS-B work is being supported in the budget. Also support for 988 NH Rapid Response Access Point. Heading to Governor. Parental Bill of Rights proposed legislation defeated.
jdubois@new-futures.org 603-724-4047
 - e. Veterans and Military Families – Regional formation of a Suicide Prevention Coalition – Justin Moeling, VA – update on local efforts. Fmi
john.moeling@va.gov
 - f. NH Behavioral Health Planning and Advisory Council (NH BHPAC) – Catalina
 - Catalina was invited to participate in this new statewide advisory council. “The Council is made up of Representatives from State agencies, Representatives of Advocacy Groups for individuals living with mental illness and/or substance misuse disorder, Service providers, Individual advocates, Individuals in recovery from serious mental illness &/or substance misuse disorders, Family members of individuals in

recovery from serious mental illness &/or substance misuse disorders, and Parents/guardians of children with a serious emotional disturbance.

Purpose: The Behavioral Health Planning & Advisory Council is responsible for reviewing, monitoring, and evaluating the adequacy of behavioral health services for its state. It reviews issues and services for persons with mental disorders and/or substance misuse and substance misuse disorders.” For more information &/or a Behavioral Health Planning & Advisory Council Application, please contact: Michelle Wagner, NHBHPAC Chair
mwagner@naminh.org

- g. American Association for Suicide Prevention -Shamera Simpson
 - Gizmo story program for children - <https://afsp.org/story/gizmos-pawesome-guide-to-mental-health>
 - Provide education, training
 - Partner with local coalitions
 - Fmi <https://afsp.org/chapter/new-hampshire#programs>
6. Goal 4 – Education and trainings Update – Susan Ward
 - a. Discussing scheduling for Connect suicide prevention Train the Trainer for employees at WMCC and NHTI
 - b. Early planning for CALM Train the Trainer in the fall
7. Goal 5 – Community awareness activities
 - a. Anxious Nation Screening recap – Event held at Kingswood Arts Center. About 30pp attended.
8. Goal 6 – Tobacco/nicotine/vaping prevention activities
 - a. Jen
 - Materials distributed to Wakefield SAU
9. Goal 7 – Postvention activities – no update
10. Updates-additional
 - a. Susan-Riverbend is looking to hire a new Care Liaison
 - <https://pm.healthcaresource.com/CS/riverbend#/job/2424>
 - a. [Behavioral Health Workforce Education and Training-Children, Adolescents, and Young Adults \(BHWET-CAY\) Program for Professionals \(HRSA-23-131\)](#) - The Health Resources and Services Administration (HRSA) released a new Notice of Funding Opportunity (NOFO) to address the behavioral health needs of children, adolescents, and young

adults by increasing the supply and distribution of behavioral health providers in rural and underserved communities.

The Behavioral Health Workforce Education and Training-Children, Adolescents, and Young Adults (BHWET-CAY) Program for Professionals will enhance trainees' knowledge, skills, and expertise through clinical and experiential training. The program also invests in the supply of, and training for clinical supervisors.

HRSA will award approximately \$9.7 million to up to 18 grantees over a period of two years through this funding opportunity.

- b. Other updates
 - White Horse Recovery, looking for a clinician to serve youth, two events, golf tournament, car show; standing up another RCO in Berlin.

11. Proposed actions before next meeting?

- a. Jen
 - Look into more tobacco prevention programs at selective level (tier 2/3)
 - Invite Jesse Brooks of Getting to Y to present?
 - Invite John Knorr/Chris Lalmond of ApprenticeshipNH to formally present?
 - Is there a topic you want to hear about. Contact jennifer.thomas@graniteuw.org
 - Eric : would like to hear about seasonal affect disorder and preventing depressive symptoms in fall/winter. Catalina and Jennifer will research this topic.

12. Close

- a. Next meeting July 19th at 1300. You are invited to a Zoom meeting. When: Jun 21, 2023 01:00 PM Eastern Time (US and Canada) Register in advance for this meeting:
<https://us02web.zoom.us/meeting/register/tZMscumvpzsoH9fCbMtMlsm7ce7NP Mn74aDy>

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

- b. Minutes will be emailed to everyone. Thank you all. Please reach out with any questions, ideas or resources you would like to add to the minutes.
- c. Additional resources and news for June will be emailed with Minutes
- d. Resource Links
 - NAMI NH Mental Health Resources <https://www.naminh.org/resources-2/lgbtq/>
 - White Mountains Pride <https://www.whitemountainspride.com/resources>

- NH DHHS HIV Prevention <https://www.dhhs.nh.gov/programs-services/disease-prevention/infectious-disease-control/hiv-prevention>
- LGBTQ Youth and Families Resource Guide
- <https://www.chadkids.org/sites/default/files/2020-03/NH-PIP-LGBTQ-Brochure-2018.pdf>
- Legal Aid <https://nhlegalaid.org/your-rights-lgbtq-person-new-hampshire>
- Gender Diverse Care Coalition <https://genderdiversecarecoalitionnh.com/gender-affirmative-resources-in-nh-and-surrounding-areas/>
- TLC Family Resource Center <https://www.tlcfamilyrc.org/rural-outright-resources.html>
- The Trevor Project <https://www.thetrevorproject.org/>
- Youth Homelessness <https://www.nhyouthsuccess.com/>
- PFLAG NH [Leading With Love – Leading With Love \(pflagnh.org\)](http://pflagnh.org)
- Crisis Resource guide
<https://www.dropbox.com/s/j9mt98hhv4cxf9/2022%20Crisis%20Resource%20Guide.pdf?dl=0>
- Trauma Resource guide
<https://www.dropbox.com/scl/fi/i1671aeh58h7vzzi90lge/2022-Trauma-Resource-Guide.docx?dl=0&rlkey=r6gmlztok39gzxuswe1ra2dw9>
- Find a therapist
<https://www.psychologytoday.com/intl/counsellors?domain=www&cc=us&cl=en>
- Low or no cost therapy
<https://www.dropbox.com/s/vt5lnnkvrkerjo9r/2022%20Low%20Cost%20No%20Cost%20Therapy%20Resources.pdf?dl=0>