



Be the 1 Carroll County
Youth Suicide Prevention Team
Minutes, July, 19th 2023

1) Attendance

Jennifer Thomas	C3PH
Catalina Kirsch	C3PH
Chris Lalmond	Apprenticeship NH
Brodie Deshaies	NH Hunger Solutions
Ellery Hunt	Children Unlimited
Emily McArdle	C3PH
Jillian Andrews Dubois	New Futures
McKenzie Webb	NHS Care Liaison
Melissa Kanter	BH Dept Memorial Hospital
Richard Melillo	NHS Mobile Crisis
Susan Ward	NAMI
Betsy Copland	Student, Memorial Hospital
Gail Doktor	The Way Station, Jackson Community Church

2) Goal 1 - Any identified needs, gaps or information on high-risk populations

1) 18-24 year old or young adult engagement

- Chris Lalmond, Apprenticeship NH-
 1. Updates on Apprenticeship NH survey
 2. Apprenticeships serve as a protective factor and personal advancement opportunity for young adults. They put together a survey to gauge community understanding of apprenticeship and access to apprenticeship opportunities. Other recent similar survey results are being examined to prevent duplication. They are working to identify barriers and address them. They will have an Equity Advisory Committee.
- WMCC meeting 6.28.23 – Susan Ward
 1. The GLS has many parts. Part of that work involves the community college system. New team members at WMCC and NHTI are involved to promote suicide prevention across all the GLS regions (North Country, Carroll, Capital Region). Working on student engagement. The plan is to train Connect Trainers for faculty, staff and student training. Want to get a group of students to become young adult trainers. Working to meet the



needs of online students as well as in-person students. Will meet again Thursday 7/20. Discussions of the importance of faculty buy-in.

- Jen is working with the VA to launch a Carroll County Veterans Suicide Prevention Coalition. First meeting is (insert date and time here) fmi jennifer.thomas@graniteuw.org
- Melissa Kanter – Memorial Hospital seeing consistent behavioral health needs since COVID response. Teen females still feature as a priority.

3) Goal 2 – Establish protocols and evidence-based practices within and across systems

1) Jen

- Deep research into EB mental health/substance use programing for community organizations other than schools and at different IOM levels to implement.
- Cook Memorial Library was looking for community-based prevention programming ideas. They would like to do more programming to help youth.

2) Catalina

- Columbia Screener wallet card for first responders – Rich Melillo created a 4x6 card with instructions for the Columbia Suicide Severity Rating Scale and follow up actions and delivered it to various police departments with more deliveries planned. FMI contact Rich Melillo at Northern Human Services.
- SAU 9 – the Youth Behavioral Health Collaborative group has completed an systems of care inventory with MTSS-B Coach Heather Clogston of NH Dept of Ed. Work will continue in the coming school year to strengthen early identification and referral to care for student behavioral health needs. Also SAU 9 has partnered with UNH Institute on Disability to apply for grant funding to sustain the Building Bridges Together peer mentoring program. Decision of award to come later this fall.
- SAU 49 – District Community Leadership Team will continue to meet in the coming school year. Change of personnel. Sarah Skoglund has resigned. We await an update from SAU 49. They have a grant funded partnership with Northern Human Services. Dave Poland provides some clinical support to Kingswood Regional HS students.
- McKenzie Webb – Care Liaison – Northern Human Services – this position is part of our 5 year Garrett Lee Smith grant, connected to this workgroup. For more information about the services available to young persons in Carroll County through the Care Liaison please refer to this



webpage, which includes links to referral forms. **McKenzie is currently accepting referrals. Please see <https://www.c3ph.org/intitiatives/youth-suicide-prevention/Care-Liaison-Program>**

4) Goal 3 – Engage in regional, state, and national initiative and information as it relates to the project, including webinars, conferences, meetings, subcommittees, etc.

1) Jen

- Has a established a new coalition to prevent veteran suicide and support military families.
 1. Age 18 +

2) Catalina

- Membership in NH BHPAC – NH Behavioral Health Planning and Advisory Council – SUD and BH/MH now working more closely together on block grants. For more information &/or a Behavioral Health Planning & Advisory Council Application, please contact: Michelle Wagner, NHBHPAC Chair, mwagner@naminh.org (see attached flyer)
- Membership in NAMI FEP-ESMI Group (First Episode Psychosis – Early Serious Mental Illness) (<https://www.onwardnh.org/>)
- membership in NH Citizen’s Health Initiative – Leadership Advisory Board fmi <https://www.citizenshealthinitiative.org/> They work on initiatives like advancing nursing education workforce; The Center on Rural Addiction at UVM (UVM CORA); NH Mental Health Access in Pediatrics (NHMCAP); NH Pediatric Improvement Partnership (NH PIP); Trauma Informed Care in Pediatrics; UNH Project ECHO Hub.
- NH Suicide Prevention Council Retreat June 26, 2023 – Topics covered included Strategic Planning and Visioning; Six Subcommittees – Policy, Communications, Data, First Responders, Survivors of Suicide Loss SOSL, Military and Veterans. The Council is legislatively mandated and helps oversee the 10 Year Mental Health Plan for NH. (<https://www.dhhs.nh.gov/about-dhhs/advisory-organizations/suicide-prevention-council>) Contact Person, Amy Cook, Chair, AcCook@naminh.org
- New Futures – Advocacy, legislative Update and Your Voices Matter Project. FMI <https://new-futures.org/issues/childrens-behavioral-health> See New Futures Legislative Wrap UP here <https://new-futures.org/news/resources/2023-legislative-wrap>
 1. Janet Hunt’s project - jhunt@new-futures.org Janet is looking to speak with persons with lived experience. Your life experience - Share your story - Your voice matters. People with lived



experience are those directly affected—including those most impacted or previously harmed—by social, health, public health, or other issues and by the strategies that aim to address those issues. This gives them insights that can inform and improve systems, programs, research, practices, and policies. *If need more information let us know and we can put you in touch with her (<https://www.surveymonkey.com/r/Yourvoicemattersproject>)

2. Jillian DuBois

- Parental rights bill defeated <https://new-futures.org/issues/childrens-behavioral-health/parental-bill-rights>
- SB 85, relative to emergency behavioral health crisis programs. Study committee sustainability funding 988. Passed by both Senate and House and is heading to the Governor’s desk. (reduces red tape insurance for crisis access)
https://www.gencourt.state.nh.us/bill_Status/pdf.aspx?id=13479&q=billVersion
- Sununu Center bill passed. A new 12 bed facility will be built on the Hampstead campus
- Next year: preparing for next season. Will be seeking funding for 988, MTSS-B,
- Budget signed by Governor, so all items included are secured. GenCourt website has updates for specific bills.
- YRBS workgroup with Carroll County partners
 1. Want to examine how to use the Youth Behavior Risk Survey to impact change. The data can inform Superintendents and school leadership. We have requested technical assistance from Bur of Drug and Alcohol Services to help with data analysis.

5) Goal 4- Education and Trainings

1) Jen/Catalina

- Seasonal Affective Disorder – Donna Torney, local mental health clinician. Input from meeting attendees – a lunchtime, virtual presentation would be convenient. More to come.
- Found someone to speak about ACEs
 1. Representatives from UNH Institute of Health Policy and Practice-Pediatric Improvement Partnership
 2. Experts in the field of childhood trauma and the impact on mental health, behavior, substance misuse and families
 3. They have a partner in Carroll County



4. Looking to increase partnership in Carroll County

- Will organize events for the fall. Input: offer it on Zoom, lunchtime, record it.

2) Susan Ward

- Connect Suicide Prevention TTT – WMCC & NHTI
 1. Dates being set for colleges
 2. Space for approximately 40 people
 3. Full for trainers on Day 2
- CALM (Counseling on Access to Lethal Means)
 1. Fall 2023 – finalizing a date for November
 2. From Elizabeth Fenner-Lukaitis (DHHS and Elaine de Mello (NAMI NH)
 3. There is a 2 hr online CALM training available (insert link here)
- Connect Young Adult Leader
 1. Training to students at NHTI and WMCC
 2. Fall 2023
 3. Will be open to young adults in the workforce

3) Catalina

- E-Learning Slots – Need group feedback for 2023 distribution of 500 eLearning Slots for CONNECT Online . For more information and to access the training slots: <https://www.c3ph.org/initiatives/youth-suicide-prevention/online-training-modules>
- CONNECT Trainings – need group feedback for delivery of CONNECT Trainings in 2023 by our current trainers. We have up to six trainers. If you have an idea about where we could deliver a CONNECT Training in the community contact catalina.kirsch@graniteuw.org
- NH DOE has many professional development opportunities coming up. The Office of Social & Emotional Wellness is teaming up with Search Institute to bring you many exciting virtual trainings and in person Train the Trainer opportunities.
 1. [Information and Registration](#)
- The Office of Social and Emotional Wellness' 2023 Summer Professional Development Series See our FREE in-person and virtual trainings this summer. Take a peek at the July and August trainings we will be offering.
 1. [Information and Registration](#)
- UNH Extension FREE Monthly Youth Mental Health First Aid Trainings. Last one of the summer: Wed Aug 2, 9-3:30 [Register here](#) **before July 19**



- Recorded: [Update on Tobacco Use Prevention Efforts in NH](#) As part of National Prevention Week, The Partnership @drugfreeNH hosted a Facebook Live on May 10, 2023, with Martha Bradley, Public Health Consultant at JSI Research & Training Institute, Inc. Host Julie Yerkes, Prevention Programs Manager at JSI, spoke with Martha about why tobacco use prevention is essential, what strategies communities are using to address youth tobacco use (including vaping), and the resources available for prevention, intervention, and cessation efforts.
- Recorded: [Mental Health First Aid](#) We've heard that our State's mental health is in crisis these days. Every time you turn on the news, there is another story about how our youth, young adults, and elders are experiencing depression and isolation. So, what do we do? On May 5, 2023, The Partnership @drugfreeNH hosted a Facebook Live with Kendra Lewis, Youth and Families Resiliency State Specialist at UNH Extension. Host Julie Yerkes, Prevention Programs Manager at JSI, spoke with Kendra about how folks in our State are learning more about mental health, substance misuse, and resilience to support each other and strengthen their communities.
- Recorded: [Supporting Students with Student Assistance Program](#) Student Assistance Programs (SAP) bring students, families, educators, and community resources together to address obstacles to student success. SAPs provide information, support, and resources that will help young people make healthier decisions, learn critical coping skills, and form and strengthen relationships that enable them to learn and flourish. Learn more about the New Hampshire Student Assistance Network, including available resources to support your SAP or how you can start SAP at your school. Presented by The Partnership @drugfreeNH.

6) Goal 5 – Community awareness activities

1) Jen

- Flyers about volunteer opportunities for Big Bros Big Sisters and TriCounty Transit being emailed or delivered to partners and other organizations.

2) Catalina

- Would like to start planning now for a Survivors of Suicide Loss awareness event for November
- Also their

7) Goal 6 – Tobacco/nicotine/vaping prevention activities



- 1) Continued distribution to area partners as requested
 - 2) WM Pride Table, Kennett HS Mental Health Fair, Kennett MS, Moultonborough Library
- 8) Goal 7 – Postvention activities – no updates.
- 9) Additional updates or news

1) Jen

- There will be a day/time change to the meeting
 1. Initial polling has suggested that the 3rd Wednesday afternoon of the month to be a difficult time frame.
 - Additional polling will be done
- My rationale is to improve the amount of people who can attend
- Last month is quiet due to the start of summer session

2) Catalina

- Conway Library Summer Food Program for youth. The NH Food Bank summer meals program for children and youth ages 18 and younger at Conway Public Library started July 5 and runs Monday - Friday, 12:00-12:45pm through August 11th. The link below is for the menu. No questions asked, no forms to fill out.
https://conwaypubliclibrary.org/sites/conwaypubliclibrary.org/files/page-attachments/Summer%20Menu%20CPL%202023.pdf?fbclid=IwAR3ahprjmDEVh8JqIipzo-MYO4w81sy1_Ls1-Lpn32e0JvRbugKwjMYn3IM

- 3) Brodie Deshaies – NH Hunger Solutions. Snap EBT – NH was not going to apply for fed funded support. After advocates reached out to Gov’s office they ended up applying and getting the funding for NH

10) Proposed actions

1) Jen

- Middle of August will reach out to all schools
- Will touch base in the next couple of weeks regarding meeting time change

11) Close

- 1) Minutes will be sent out
- 2) If additional resources come our way, we will send those along with the minutes



Next Meeting:

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

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

Time: Aug 16, 2023 01:00 PM Eastern Time (US and Canada)

Every month on the Third Wed, until Dec 20, 2023, 5 occurrence(s)

Aug 16, 2023 01:00 PM

Sep 20, 2023 01:00 PM

Oct 18, 2023 01:00 PM

Nov 15, 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-3xmGJBgvpbvx3IFw1fcQ6hNecVHIJSHo-E](https://us02web.zoom.us/join/87150790253)

Join Zoom Meeting

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

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