

Carroll County Youth SMP Subcommittee

(Substance Misuse Prevention)

Sept 19, 2022, 2:00-3:30pm

Minutes, Caleb Gilbert

	Follow-up Action. By Whom?
<p>1. Introductions</p> <p>Attendance: Kim Coronis, Breathe NH (guest speaker); Heather Clogston, NH DOE Office of Social and Emotional Wellness; Lauren Orsini, Children Unlimited; Charlotte Helvie, Memorial Hospital; Crystal Sawyer, CC Adult Education; Lisa Ransom, Inter-Lakes School District; Chuck Henderson, Sen/ Shaheen’s Office; Janet Hunt, New Futures; Jen Doris, NH DOE Office of Social and Emotional Wellness; Anika Hastings, SAU 49; Jane Johnson, Memorial Hospital; Christian Seasholtz, Rep. Pappas’ Office; Corey Dowe, SAU 9; Catalina Kirsch, C3PH (facilitator); Caleb Gilbert, C3PH (notes).</p>	
<p>2. Guest Presenter: Kim Coronis, Breathe NH</p> <p>An overview of the Vaping Unveiled Presentation available to public schools, parents/caregivers, and community organizations. See attached resources.</p> <p>Breathe NH – Been around for 100years – focus on lung health.</p> <p>Vaping unveiled has versions geared toward middle schoolers, high schoolers, and adults. Focuses on “Nicotine Products” - electronic vaping devices, chewing tobacco, dissolvable nicotine. Can provide both physical and/or electronic materials. Can tailor the material for different size groups, but preferred setting is smaller groups.</p> <p>Breathing Easier – adult resources for quitting nicotine products. Work with Merrimack County diversion program.</p> <p>Resources for Vaping amongst Teen population: https://nhdoe.instructure.com/courses/37/pages/what-are-restorative-practices-in-schools?module_item_id=271</p>	<p>Resources for student violations of tobacco/nicotine/substance use policies?</p> <p>Best Resources they have to offer is My Life My Quit: https://www.nh.mylifemyquit.org/index</p> <p>Checkout Breathe NH’s website: https://www.breathenh.org/</p> <p>Contact info for Breathe NH or Vaping Unveiled:</p> <p>Info@breathenh.org Kcoronis@breathenh.org</p> <p>Kim Coronis Policy and Program Manager Breathe New Hampshire 145 Hollis St., Unit C Manchester, NH 03101 Tel. 603.669.2411 x104 BreatheNH.org</p> <p>For information: Breathe NH Vaping Unveiled</p>

3. Goals for Quarter 1 & 2– July-Sep, Oct-Dec 2022	
4. Discussion – Planning for 2022-2023 – Challenges and Opportunities and wish list	
<ul style="list-style-type: none"> • Goal: Addressing substance misuse across the lifespan 	
<ul style="list-style-type: none"> • Strategy 1:1 Regional Network Facilitation. Prevention Leadership Team, work with SAUs, Work with Law Enforcement, local officials, youth subcommittee, ACEs trainings. 	The Group will continue to meet bimonthly, in odd months of the academic year (Carroll County Responds full-meeting will meet even months).
<ul style="list-style-type: none"> • Strategy 1:2 Information Dissemination. Brochures, social media, special populations/LGBTQ 	<p>Connection to community resources for school health educators are needed.</p> <p>Strategies and efforts to reach the older child-age/younger adolescent (5th to 6th graders, and their families/caregivers).</p> <p>Presence at the White Mountains Pride Festival in June 2023.</p>
<ul style="list-style-type: none"> • Strategy 1:3 Community Education. Advocacy? Legislative forum? Suicide Prevention? 	C3PH will be working with the NH Charitable Foundation on an Advocacy Grant. This group can partner with this effort. Work
<ul style="list-style-type: none"> • Goal: Reduce CC Youth self-reported use of tobacco, alcohol, marijuana, prescription drugs as measured by YRBS 	*Catalina will share a list of community resources compiled by SAU 45 (Moultonborough).
<ul style="list-style-type: none"> • Strategy 2.1 Community Education / information dissemination. Brochures, social media, special populations (LGBTQ) 	C3PH will continue to share vetted information on youth substance youth prevention and partners are welcome to share this information to their constituents.
<ul style="list-style-type: none"> • Strategy 2.2 Youth Empowerment – TA to student groups, student group presentations, promote Life of an Athlete 	Work with Moultonborough to learn more about their Experience with “Getting to Y.”
<ul style="list-style-type: none"> • Goal: Respond to emerging threats 	
<ul style="list-style-type: none"> • Strategy. Compile and share data 	C3PH will monitor data and share with the members of this group.

<p>5. Roundtable Updates</p> <p>Office of Rep. Pappas: Monitoring situations related to Federal Budget, rising energy costs, and the fallout. If anybody wants to share info with Rep. Pappas' Office, you can reach out to Christian Seasholtz: Christian.Seasholtz@mail.house.gov</p> <p>NH DOE Office of Social and Emotional Wellness: Heather is a new coordinator for the North Country and Lakes Region. She is currently conducting outreach to schools in her service area.</p> <p>Office of Sen. Shaheen: Chuck will be attending the Avesta official groundbreaking. Lots of focus on Housing as a main component of SDOH. Has been working with Way Station.</p>	<p>C3PH will connect Heather Clogston, NH DOE OSEW, to SAU 9 Wellness Committee.</p>
<p>6. Next meetings: Youth Prevention subcommittee update: This subcommittee will continue to meet while we work at C3PH to fill the SMP position opening. Meetings will be held on the third Tuesday of Sept, Nov, Jan, Mar, May (summer off) 2-3:30pm, by zoom, https://us02web.zoom.us/j/89220970878 or join by phone at One tap mobile +13017158592,,89220970878# or dial +1 301 715 8592 , meeting id 892 2097 0878</p>	
<p>September is</p> <ul style="list-style-type: none"> - Sep 7-12, National Suicide Prevention Week - Suicide Prevention Month - Recovery Awareness Month <p>See some related resources below.</p>	
<p>Carroll County CONNECT eLearning Slots</p> <p>ONLINE TRAINING SPOTS ARE AVAILABLE FOR CARROLL COUNTY</p> <p>MODULES AVAILABLE FOR “GATEKEEPER”, “HEALTHCARE”, “SCHOOL PERSONNEL”, “MENTAL HEALTH PROVIDER”</p> <p>http://www.c3ph.org/initiatives/youth-suicide-prevention/online-training-modules</p> <p>-----</p>	

NAMI WALKS Sunday 10/8

<https://www.naminh.org/nami-nh-events/namiwalks-nh/>

Crisis Text Line Back to School Toolkit (there are versions for teens and college students). The page also includes content intended for social media messaging. <https://www.crisistextline.org/school/>

NAMI NH Suicide Prevention Page for warning signs, resources, information about stories of lived experience, NAMI NH’s social media channels that will have daily messages, and facts about individual and community impacts from suicide: <https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month->

NAMI NH Calendar: Anyone can submit an event, activity, webinar, training, etc. for suicide prevention month. For anyone that may want to share community events for suicide prevention! <https://airtable.com/shrpxBzamyRAG5ug6>

Department of Education – Office of Social Emotional Wellness

OSEW Toolkits:
<https://nhdoe.instructure.com/courses/37/pages/osew-toolkits>

SAMHSA Shareables:
<https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables>

September

RECOVERY AWARENESS MONTH RESOURCES	
<ul style="list-style-type: none"> • https://nhrecoveryhub.org/ 	
<ul style="list-style-type: none"> • https://www.sosrco.org/what-we-do/family-recovery-program/ 	
<ul style="list-style-type: none"> • https://whitehorserecovery.org/ • White Horse Recovery Community Organization Shed North, 2977 White Mtn Hwy. N. Conway, NH (603) 651-1441, Ext. 2 • Recovery Community Organization The Shed, 70 Route 16B Center Ossipee, NH (603) 651-1441, Ext. 4 	
<ul style="list-style-type: none"> • https://www.mwvsupportsrecovery.org/ MWV Supports Recovery Coalition 1620 East Main St. Center Conway NH 03813 603-662-0668 	
<ul style="list-style-type: none"> • NH 2-1-1 The Doorway https://www.thedoorway.nh.gov/ <ul style="list-style-type: none"> - Screening and evaluation - Treatment, including Medication Assisted Treatment - Prevention, including naloxone - Supports and services to assist in long-term recovery - Peer recovery support services 	
<p>October is</p> <ul style="list-style-type: none"> - Healthy Lung Month – American Lung Association, www.lung.org - World Mental Health Day – October 10 - National Depression Screening Day Oct 13 - National Health Education Week – Oct 17-21 - Red Ribbon Week - https://www.redribbon.org/ Oct 23-31 - October 29 National Rx Take Back Day https://www.dea.gov/takebackday 	
<p>November is</p> <ul style="list-style-type: none"> - Daylight Savings – Fall Back Nov 6, 2am – days get darker, - The Great American Smokeout, Nov 17 - Movember – men’s health – men’s suicide prevention – men grow their mustache to raise awareness 	

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| <ul style="list-style-type: none">- Gratitude Month – the season of thanksgiving can be very difficult for persons facing numerous personal challenges. For students, mid-terms and other social, academic challenges can bring stress levels high.- What else? | |
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C3PH Carroll County is inviting you to a scheduled Zoom meeting.

Topic: Carroll County Youth Substance Misuse Prevention

Time: 2:00-3:30pm

third Tuesday of Sept, Nov, Jan, Mar, May, (summer off)

Join Zoom Meeting

<https://us02web.zoom.us/j/89220970878>

Agenda

- Prevention Updates by Goals and Activities
- Coordination, Data, Health Disparities
- Roundtable Updates, Announcements, Collaborations

Meeting ID: 892 2097 0878

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