

Carroll County Youth SMP Subcommittee

(Substance Misuse Prevention)

November 15, 2022, 2:00-3:30pm

Minutes

	Follow-up Action. By Whom?
<p>1. Introductions</p> <p>Attendance: Anika Hastings, SAU 49; Heather Clogston, NH DOE Office of Social and Emotional Wellness; Chuck Henderson, Office of Senator Shaheen; Janet Hunt, New Futures; Christian Seasholtz, Office of Rep. Pappas; Sarah Skoglund, SAU 49; Caleb Gilbert, C3PH; Catalina Kirsch, C3PH</p>	
<p>2. Goals for Quarter 2 & 3 – Oct-Dec 2022; Jan-Mar 2023</p> <p>From Anika: Can we come up with an action plan to deliver something (education, resources, etc.) to targeted audiences – students, parents/caregivers.</p> <p>Also, Quit Kits are being requested (to help students with vaping/nicotine needs).</p> <p>SAU 49 is working on a re-entry plan for students coming back from some type of out-school disciplinary action.</p> <p>Vaping detectors placed in school?</p> <p>SAU49 and Northern Human Services have an agreement in place and are exploring supports for students.</p>	<p>C3PH staff can work with SAU 49 to develop an action plan to help address SMP among student population. We can use YRBS as a catalyst.</p> <p>Utilize Anika and group of KRHS students to help assemble these kits. Also helps raise awareness.</p> <p>C3PH staff and Heather C. will research information related to vape detecting devices.</p> <p>To access/schedule Vaping Unveiled (Breathe NH), Checkout Breathe NH’s website: https://www.breathenh.org/ Contact info for Breathe NH or Vaping Unveiled:</p> <p>Info@breathenh.org Kcoronis@breathenh.org 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>

<p>3. Discussion – Planning for 2022-2023 – Challenges and Opportunities and wish list</p> <p>Still facing challenges related to more in-depth resources related to SMP and Nicotine use: follow-up resources for students with SUD and nicotine cessation needs.</p>	<p>Questions about data reliability, re: YRBS results: See CDC FAQs related to YRBS data: https://www.cdc.gov/healthyyouth/data/yrbs/faq.htm</p>
<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. 	<p>Current efforts include this Carroll County Youth SMP Team, SAU 9 Wellness, GWRSD Systems of Care Leadership Team, collaboration with Law Enforcement for Take Back Day.</p>
<ul style="list-style-type: none"> • Strategy 1:2 Information Dissemination. Brochures, social media, special populations/LGBTQ: Center for Adolescent Studies is launching a new series on their YouTube Channel, called 2-breath shorts, which will include meditations, affirmations, and other brief thoughts all in 15 seconds or less (i.e., just about two breaths!). Check out our first video by clicking the link. 	<p>https://www.youtube.com/channel/UCiWSw9BYoJpCMvHoUdyafSA</p>
<ul style="list-style-type: none"> • Strategy 1:3 Community Education. Advocacy? Legislative forum? Suicide Prevention? <p>Some priorities from New Futures:</p> <ol style="list-style-type: none"> 1. Medicaid Expansion reauthorization 2. Alcohol Fund related to liquor sales and SMP resources. 3. Early Childhood Education / Child Care 	<p>Meeting with New Futures Nov 17</p> <p>SMP initiatives funded by Governor’s Commission on ATOD?</p> <p>Send any that you know of to Janet at NF: Janet Hunt jhunt@new-futures.org</p> <p>Commission Funded Prevention Programs 2019: see https://1viuw040k2mx3a7mwz1lwva5-wpengine.netdna-ssl.com/wp-content/uploads/2021/02/NH-Cost-Effectiveness-Prevention-2020-Final.pdf</p> <p>For the 2025 plan see</p>
<ul style="list-style-type: none"> • Goal: Reduce CC Youth self-reported use of tobacco, alcohol, marijuana, prescription drugs as measured by YRBS 	
<ul style="list-style-type: none"> • Strategy 2.1 Community Education / information dissemination. Brochures, social media, special populations (LGBTQ): 	<p>Take a look at the Mind Matters lesson plans.</p>

<p>Mind Matters</p>	<p>https://nida.nih.gov/research-topics/parents-educators/lesson-plans/mind-matters/teachers-guide</p>
<ul style="list-style-type: none"> • Strategy 2.2 Youth Empowerment – TA to student groups, student group presentations, promote Life of an Athlete 	<p>Catalina is available to meet with youth/student groups and to support awareness activities, tabling, etc.</p>
<ul style="list-style-type: none"> • Goal: Respond to emerging threats 	
<ul style="list-style-type: none"> • Strategy. Compile and share data - HHS Releases New National Guidelines for Improving Youth Mental Health Crisis Care The U.S. Department of Health and Human Services (HHS), through the Substance Abuse and Mental Health Services Administration (SAMHSA), on Nov 14 released a new report, National Guidelines for Child and Youth Behavioral Health Crisis Care, which describes the urgent need to improve crisis response services for children, youth, and families and provides guidance on how communities can address the existing gaps in care for youth. 	<p>See data report and links.</p>
<p>4. Roundtable Updates</p>	
<p>5. 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>November is</p> <ul style="list-style-type: none"> - Daylight Savings – Fall Back Nov 6, 2am – days get darker, See info on Seasonal Affect Disorder - The Great American Smokeout, Nov 17 - Movember – men’s health – men’s suicide prevention – men grow their moustache, or anyone can pledge to “move” and run/walk 60 km or miles to raise awareness, prevent male suicide. C3PH would like to promote strength based and solution focused awareness raising (rather than focus on 60 lives lost every hour) 	<p>Resources: SAD: https://kidshealth.org/en/parents/sad.html?ref=search</p> <p>Great American Smokeout: https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html</p>

<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. - Nov 29 is #Giving Tuesday 	<p>MOvember: https://go.movember.com/</p> <p>Gratitude challenge for students https://www.meehanmentalhealth.com/the-playful-therapist-blog/30-day-gratitude-challenge-for-kids-and-families</p> <p>Giving Tuesday: https://www.givingtuesday.org/united-states/#USmap</p>
<p>December is</p> <ul style="list-style-type: none"> - World AIDS Day is Dec 1 - Of course, the season of giving, which can be especially difficult for some students who are facing various personal challenges. - There are various holiday gift drives happening across the community. 	<p>World AIDS Day https://www.worldaidsday.org/</p> <p>Angels and Elves: https://www.mwvkiwanis.org/mwv-kiwanis-home/angels-and-elves/</p> <p>Click below for Governor Wentworth Regional School District area holiday giving resources:</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>If your organization is interested in a number of online training slots for your staff, email Catalina at continuum@c3ph.org asap in December.</p>
<p>See attached resource: Prevention Resources Update 11-7-22 from NH BDAS</p> <p>There are a TON of links to resources in this document. Take a look!</p>	<p>http://www.c3ph.org/assets/pdf/Prevention_Resources_Update_11-07-22.pdf</p>

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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