

Carroll County Youth Substance Misuse Prevention (Youth SMP)
Subcommittee

Minutes for May 16, 2023

Facilitator : Jennifer Thomas, jennifer.thomas@graniteuw.org

Notes: Catalina Kirsch, catalina.kirsch@graniteuw.org

Attendance:

Jen Thomas/C3PH; Catalina Kirsch/C3PH; Ariel Hayes, she/her, Youth Success Project, nhyouthsuccess@gmail.com; Sharon Gulla Moultonborough Public Library; Eric Moran, White Horse Recovery, eric@whitehorseac.com; Brianna LaMarche, she/her, youth success project, brielamarchee@icloud.com; Ashley Sullivan, Granite United Way, Ashley.sullivan@graniteuw.org; Lori Cook, Paul School, Wakefield; Maddie Lemay she/her, leader with YSP. maddieysp@gmail.com; Melanie McBrian, Principal, KA Brett School, Tamworth, Heather Clogston, NH DOE, Sara Rodriguez. School Nurse, J Bartlett Elementary School (12 participants)

1. Guest speakers: Youth Success Project, Ariel Hayes
 - a. “The Youth Success Project is a board of young people who have experience unaccompanied homelessness (without a parent or guardian). They bring lived experience and youth voice to the work of ending youth homelessness in New Hampshire.”
 - b. Presentation – 10-15 minutes Mission and vision. To meet the needs of young people and create a platform for an equitable voice. Program Structure includes Directors, Leaders and Members. All are young adults with lived experience with unaccompanied homelessness. Projects include homelessness demonstration project, youth count, outreach in Central NH, homelessness in higher ed, MV liaisons in elementary schools. Shared about Higher Ed Summit. Working on publishing an art book including works of young people who have experienced homelessness. The group does tabling events. They do social media outreach. They will be at Portsmouth Pride this year. They educate the community about the unique experience of youth homelessness versus adult homelessness.
Maddie: Shared about the Ending Youth Homelessness Coordinated Plan. Surveying young people for continuing progress improvement. Serves on Exec Committee for Homelessness Continuum of Care for Balance of State. Participated in Granite State Leaders Program. Had a leaders retreat in April to do strategic planning. Has met with Kingswood Youth Center. They have met with educators at Kingswood Regional HS and at Plymouth Regional HS.

Brianna: How can we partner? The group wants to meet young people with lived experience. They seek community events and outreach activities. They want to connect to other organizations who serve youth. They offer training, like raising awareness about youth homelessness.

- c. Questions – FMI <https://www.nhyouthsuccess.com/>
<https://www.facebook.com/YouthSuccessProject>
2. Jen Thomas to introduce herself as new facilitator of the meeting
 - a. Goals. Jen gave an overview.
 - i. Broaden scope and depth of the meeting given the increased capacity to do so.
 - ii. Would like to increase actionable items.
 - iii. Would like to increase attendance.
 - b. Changes
 - i. Redesigned the minutes but core content is the same.
 - ii. Would like input from participants on:
 1. Any format changes desired
 2. Any time changes desired
 3. Any topic or guest speaker ideas
 4. Possible new participants
 5. Feedback about all aspects of the meeting
 6. Need for alternative materials or meeting delivery
 7. Send ideas to jennifer.thomas@graniteuw.org
 - c. Jen's proposed topics ideas (subject to change to meet need)
 - i. Guest speaker on ACEs and how they are related to youth substance misuse.
 - ii. Risk and protective factor overview
 - iii. Trauma informed practices at Tier 1, 2, 3 and how related to prevention
 - iv. Guest speaker on technical/scientific aspects of Alcohol and Other Drugs, substance use disorder.
 - v. Send ideas to jennifer.thomas@graniteuw.org
3. Goal 1-Addressing Substance misuse across the life span.
 - a. Team Network Facilitation
 - i. Educators updates
 1. Heather Clogston, NH DOE, NHED Office of Social Emotional Wellness Professional Development offerings
<https://nhdoe.instructure.com/courses/37/pages/professional>

- [-development-and-community-education](#) ; Heather is starting to work with SAU 9 related to behavioral health
- ii. Youth organizations – Whitehorse Recovery / Kingswood Youth Center – Success story: Eric brought a person in recovery to the youth group who is living with health issues related to alcohol abuse. He has made gains in his health and recovery and will be visiting the youth center again to share his positive health changes.
 - b. Materials and information distribution, social media
 - i. Including special populations – C3PH will be at White Mountains Pride June 24 in North Conway to share resources with LGBTQ youth and allies. Fmi <https://www.whitemountainspride.com/>
 - ii. Prevention materials distributed at wellness fairs
 1. Kennett HS mental health fair was May 11
 2. Kennett Middle School lunchtime info table was May 15
 3. Let us know if you would like us to table at your school or organization.
 - c. Community education, advocacy, legislation, Suicide prevention
 - i. Anxious Nation Film Screening: May 23, 2023 Wolfeboro.
https://www.c3ph.org/assets/pdf/Anxious_Nation_Kingswood.pdf
Register here: <https://bit.ly/AnxiousNationKingswood>
 - ii. Please read about the NH Alcohol Fund and learn how you can help advocate with a quick message to your legislators to make sure that dollars raised from alcohol profits will go to fund prevention work in NH. <https://new-futures.org/issues/access-treatment/funding-alcohol-fund>
 - iii. Suicide Prevention e-learning spots are available at no cost to you. Take a training online in your own time:
<https://www.c3ph.org/initiatives/youth-suicide-prevention/online-training-modules>
4. Goal 2 - Reduce CC youth self-reported use of tobacco, alcohol, marijuana, prescription drugs as measured by YRBS
- a. Community education/information distributed; including social media and special populations. C3PH has some educational materials from The Partnership for a Drug Free NH. Contact Jennifer.thomas@graniteuw.org to receive some for your school/organization
 - b. Youth empowerment updates; provided Technical Assistance to student groups; student led presentations; Life of an Athlete
 - i. Getting to Y information
 - c. Treating Tobacco & Nicotine Dependence and Motivational Interviewing and Role Play training

- i. Registration link
 - 1. <https://airtable.com/shrYBAW5nRk4NU206>
 - d. Train the Trainer: Cannabis Prevention: Alternative to Suspension Program
 - i. Registration link
 - 1. <https://pttcnetwork.org/centers/new-england-pttc/event/train-trainer-cannabis-prevention-alternative-suspension-program-hhs>
- 5. Goal 3 – Respond to emerging threats
 - a. Sharing data/information
 - i. YRBS data now available for Carroll County
<https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/carroll-yrbs-results-2021.pdf>
 - ii. The Alcohol Fund. Opportunity to advocate for prevention work.
<https://new-futures.org/issues/access-treatment/funding-alcohol-fund>
- 6. Updates-round table style
 - a. Any additional pertinent information?
 - i. Lots of prevention webinars and trainings-Jen will send along those resources with the minutes
- 7. Close
 - a. Next meeting September 19, 2023. See info below.
 - b. Resources and news will be emailed with the minutes
 - c. Agendas and minutes can be found at
<https://www.c3ph.org/initiatives/substance-misuse-prevention>
 - d. Thank you all!
 - i. Please reach out with any questions or ideas

Next meetings:

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

Topic: Carroll County Youth Substance Misuse Prevention

Time: May 16, 2023 02:00 PM Eastern Time (US and Canada)

Every 2 months on the Third Tue, 5 occurrence(s)

May 16, 2023 02:00 PM

Sep 19, 2023 02:00 PM

Nov 21, 2023 02:00 PM

Jan 16, 2024 02:00 PM

Mar 19, 2024 02:00 PM

Please download and import the following iCalendar (.ics) files to your calendar system.

Monthly:

https://us02web.zoom.us/meeting/tZ0vdemhqTsiHdzACI7kO17xk3xVoAjz1NtD/ics?icsToken=98tyKuGhrDkqE9OVuB6PRpx5Aljoc_PwtmJHggdHvTzMVCt8M1TuPbFaBL1eGsKB

Join Zoom Meeting

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

Meeting ID: 892 2097 0878

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