

Carroll County Youth Substance Misuse Prevention Subcommittee

Minutes

September 19th, 2023

1. Please sign in with name, organization, and email address

Jennifer Thomas C3PH

Catalina Kirsch, C3PH

Brianna Valdepena, Family Liaison, Paul School

Rose Normandin, MWVSR

Sara Rodriguez, School Nurse, J Bartlett School

David Coleman, Dean of Students, Gr 11-12, Kennett HS (taking over for Nicki
Chewning, formerly in 9-10 position)

Jess Tilton, Dean of Students, KHS, j_tilton@sau9.org

Eric Moran, White Horse Recovery

Anika Hastings, School Social Worker Kingswood Reg MS/HS

2. Welcome Back!

3. Vision of this workgroup

- a. What do you want to get out of this workgroup?

- b. Where do you want to see it go?

- Rose - would like to see peer support groups at elementary school level for students impacted by SUD, loss, trauma, lived experience of parents. Peer led efforts would be valuable. Importance of identifying concerns early like 9th grade. There are high school students who use substances, k-12 there are students whose parents actively use substances, k-12 there are students who have lost a loved one to substance misuse, including parents, including students who are being raised by relatives/grandparents.
- Eric - would like to see alateen at the high schools
- David Coleman - Dean KHS Gr 11-12. Here to learn more about this group and its purpose. Facing challenges like response to vaping and possibly edibles, for example. KHS has graduating discipline matrix, and yet continues to be challenged by emerging issues, such as substance infused beverages and foods, possibly. Seeing challenge of shift especially related to cultural acceptance

of THC products. Seeking creative, thoughtful understanding and strategies, restorative practices. Working to develop restorative, progressive practices in school discipline

- Brianna Valdepena, Family Liaison, 504 Coord, Paul School Wakefield. Seeing 504 students with concerns related to mental health and substance use.
- Jess Tilton, new Dean of Students, gr 9-10, Kennett HS
- Sara Rodriguez – School Nurse, Bartlett Elem School, Health Teacher. Seeking to keep aware and to access resources for use in school.
- Anika Hastings, Social Worker, Kingswood Regional MS/HS. Back to school and regrouping. Had plans for a grant to address restorative justice for use of nicotine products, but that is uncertain. Still seeking strategies based in restorative justice to meet this need.
- Eric Moran, White Horse Recovery, RCO Director. Leads prevention work at Kingswood Youth Center and working to open a community center in Ossipee. Would like to empower kids to help their peers to identify concerns and connect to help. Peer education and support programming would be great. Alateen for example.
- Jen Thomas – would like to have youth voice involved.

4. Round Table introductions and updates

5. Goal 1: Addressing substance misuse across the life span.

- a. Jen- Updates
 - Working on finding more viable prevention programming
- b. Truth Initiative Tobacco/nicotine programming
 - [Vaping Know the truth One Pager 5.31.22 v2 0.pdf \(truthinitiative.org\)](#)
- c. Distribution of materials and social media
 - Farmers markets for overdose awareness
 - SM posts from Emily McArdle, Young Adult Outreach Contractor, C3PH
 - Annual Breast-Feeding awareness labeling
 1. Dangers of substances and breastmilk
 - a. [Marijuana | Breastfeeding | CDC](#)
 - Nicotine/tobacco/Vaping messaging available
 - Distribution at open-houses

- d. Community education, advocacy, legislation, suicide prevention
 - Trainings and webinars
 - 1. From NHED
 - a. Search Institute September Workshops (Virtual)
 - i. [Information and Registration](#)
 - b. Unpack the Child Nutrition Director's Information Lunchbox
 - i. [Information](#)
 - c. Why Parents/Caregivers Should Consider Filling out Your School's Meal Application
 - i. [Information](#)
 - d. Funding Opportunity: Promising Futures
 - i. [Information](#)
 - e. Practical Guidance for Framing the Conversation Around Youth Substance Use Prevention
 - i. [Information and Registration](#)
 - f. MTSS-B Framework Training for NH School-Level Teams
 - i. [Information and Registration](#)
 - 2. C3PH Attending Open-houses to engage more families
 - 3. Suicide prevention
 - a. ASIST Training
 - i. 2 day comprehensive crisis intervention
 - b. EConnect no cost self paced suicide prevention module: <https://www.c3ph.org/initiatives/youth-suicide-prevention>
 - c. VA Save
 - d. <https://preventsuicidenh.org>
 - e. Suicide Prevention Week
 - i. www.boston.com/news/health/2023/09/10/new-hampshire-announces-suicide-prevention-week-and-new-website
 - Adverse Childhood Experiences (ACEs)
 - 1. Special invite to hear about ACEs
 - a. Be the 1 September 20th at 1200
<https://www.c3ph.org/initiatives/youth-suicide-prevention>
 - b. Meeting zoom:
<https://us02web.zoom.us/j/87150790253>
 - Restorative Practices in schools

1. [What should educators do if they catch students vaping at school? \(truthinitiative.org\)](https://truthinitiative.org)
 2. Restorative Practices presentation coming up in November
 - a. Lee Ann Dodge of SoPo Unite
 - New Hampshire Strong as Granite Campaign
 1. www.dhhs.nh.gov/programs-services/health-care/behavioral-health/strong-granite
6. Goal 2: Reduce CC youth self-reported use of tobacco, alcohol, marijuana, prescription drugs as measured by YRBS
 - a. YRBS 2021
 - [carroll-yrbs-results-2021.pdf \(nh.gov\)](#)
 - 10 year trend report
 1. [2021nhh-trend-report-10-years 0.pdf](#)
 - Working on producing an infographic with Growth Partners
 - What pops at you?
 - b. Any anecdotal or observational data?
 - c. YRBS 2023
 - Seeking 4 or 5 partners to review when available
 - Opt-in policy information?
 - d. Getting to Y
 - Knowledge of?
 - Interest?
 - Would like to know more?
 - e. How to get more participation in YRBS
 - Barriers?
7. Goal 3: Respond to emerging threats
 - a. Vaping/Nicotine/Tobacco
 - Raise awareness
 1. [Going back to school may lead to more vaping \(truthinitiative.org\)](https://truthinitiative.org)
 - b. Xylazine
 - c. Synthetic opioids
 - d. Cannabis and cannabinoids
 - e. methamphetamine
8. What are you interested in learning about?
 - a. Ideas for speakers

- b. Jen's ideas
 - Risk and protective factors for substance misuse
 - Trauma informed practices
 - Alcohol and other drugs
 - 1. Technical data
 - Thoughts?
9. How is the week, day and time of this meeting working for you?
- a. Poll
 - <https://www.surveymonkey.com/r/XIBDPVJ>
 -
 - b. Please feel free to email me with ideas or questions
 - Jennifer.thomas@graniteuw.org
10. Additional Resources and Information
- a. Join SAMHSA for Special Release of Research Findings on Recovery
 - www.zoomgov.com/j/1605738458?pwd=VXRXRGRhXMGZEOTl1V29wN1FaTHZqdz09
 - b. The Importance of Advocacy for Prevention: What It is and Tips for Conducting It
 - [The Importance of Advocacy for Prevention: What It is and Tips for Conducting It | Prevention Technology Transfer Center \(PTTC\) Network \(pttcnetwork.org\)](#)
 - c. Increasing Access to Behavioral Health Services for Underrepresented Communities
 - [Webinar Registration - Zoom](#)
11. Next meeting November 21st, 1400 hrs
- a. Guest Speaker on restorative practices