

Youth Suicide Prevention Team – Carroll County – March 16, 2022, 1:00-2:30 pm

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZMscumvpzsoH9fCbMtMlsm7ce7NPMn74aDy>

NAMI-NH, Northern Human Services & Carroll County Coalition for Public Health
 Garrett Lee Smith Grant – NH Nexus Project 2.0

Agenda

-Introductions of team

Attendance: Tamara Roberge, WMCC; Lauren Orsini, Children Unlimited Inc.; Susan Ward, NAMI NH; Emily McArdle, C3PH; Chris Lalmond, WMCC; Vanessa Healey, G UW/CAPHN; Kera Favorite, Huggins; Anika Hastings, SAU49; Katelyn Dion, NHS; Catalina Kirsch, C3PH; Caleb Gilbert, C3PH

Guest Speaker: Eric Eason

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
	Discussion.	
Strategic Planning – Postvention Planning	<p>Guest: Eric Eason, Beacon Health. Rapid Response eric.eason@beaconhealthoptions.com; 470-799-8399 https://www.nh988.com/ See video here: https://youtu.be/M6BPxH09tqU</p> <p>Manages the RRAP contract between the Stae of NH and Beacon Health Options. 3 prong approach: 1. someone to call, 2. someone to come help, 3. somewhere to go. Moving toward 988, like 911 for mental health crisis.</p> <p>RRAP is “some to call” call number, chat link, and text number links to crisis specialist who will triage calls and take it from there, case-by-case. Typically, 80% of callers can be helped with RRAP contact alone (with safety planning, etc.). 2nd prong is mobile crisis unit, which can be deployed when needed.</p> <p>NHS operates MCU – currently using a hybrid model due to lack of clinician capacity and geography (2 responders, remote connection to clinician).</p> <p>Best when a professional calls when in direct contact with individual (either in-person or connected via technology, phone, etc.).</p>	<p>Get Help Now: Call/Text 833-710-6477</p> <p>See Website for Chat Link and More info: https://www.nh988.com/</p> <p>This service can be accessed by: Individuals in need, concerned family/friends, professional, first responders, school/college staff and faculty.</p> <p>-For any age</p>
Strategic Planning – Identify needs, gaps & high-risk populations	<p>LGBTQ youth, young adults</p> <p>White Mountains Pride is returning to the Mount Washington Valley this year for their annual festival.</p>	<p>Catalina has invited Katelyn to Join G UW at this event.</p>

	https://www.whitemountainspride.com/events	
NAMI Update – trainings	<p>From Susan Ward: Will be meeting with Heather Nelson from SAU45, re: Youth Connect Training.</p> <p>Bereavement Group Facilitator: Upcoming Trainings with Joanne Harpel, MPhil, CT, JD. President, Coping After Suicide</p> <p>Day 2. March 26, 10-2, Concord. Bereavement Support Group Facilitators.</p> <p>To Register for the FREE event, please visit: https://tinyurl.com/SOSLWorkshop2022</p>	Carroll County Adult Ed is looking for a training opportunity. Susan will follow up with Anne Duckless regarding this and follow-up with Catalina.
Education & Training – deliver CONNECT Train the Trainer. Deliver CONNECT Training	Plan for 2022. Discussion about best time of year.	
Community Awareness – Social Media Volunteer	<p>988 and iCare</p> <p>-Marketing Campaign Update.</p> <p>Emily McArdle has been posting information related to mental health and wellness on the Carroll County U25 Social Media Pages:</p> <p>Facebook: Under 25 Network of Carroll County https://www.facebook.com/AdultingCarrollCountyNH</p> <p>Instagram: Under 25 Carroll County NH https://www.instagram.com/u25carrollcountynh/</p>	Emily will continue to post messages related to mental health, suicide prevention, nicotine and substance use.

SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
Middle/High School/Higher Ed Updates	<p>Lots of discussion about how to utilize crisis services to address the needs of students and families.</p> <p>Chris Lalmond has joined as a rep from the Conway Campus of WMCC. They are working to form a team that will work collaboratively to address Suicide Prevention at WMCC.</p>	Need follow-up on protocol for utilizing Crisis Services (RRAP, MCU, etc.) with school sector partners.
Healthcare Updates – Memorial Hospital Community Health Need Assessment	There is a need for Bereavement Resources. Huggins encounters needs for these services at various times. Would like to know what resources exist for these services.	Caleb will connect Kera to Julie Lanoie, re: Crossings Bereavement Supports.
Awareness Campaigns	<p>March</p> <ul style="list-style-type: none"> - National Traumatic Brain Injury Awareness Month - 2-26 National Poison Prevention Week <p>April</p> <ul style="list-style-type: none"> - 1-7 National Public Health Week - National Minority Health Month 	

	<p>May</p> <ul style="list-style-type: none"> - 3-9 Children’s Mental Health Awareness Week. - Mental Health Awareness Month <p>June</p> <ul style="list-style-type: none"> - Pride Month - National Safety Month 	
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2:15 Next Steps for the Implementation Team-

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

Topic: Carroll County Youth Suicide Prevention Team

Time: Apr 20, 2022 01:00 PM Eastern Time (US and Canada)

Every month on the Third Wed, until Dec 21, 2022,

May 18, 2022 01:00 PM

Jun 15, 2022 01:00 PM

Jul 20, 2022 01:00 PM

Aug 17, 2022 01:00 PM

Sep 21, 2022 01:00 PM

Oct 19, 2022 01:00 PM

Nov 16, 2022 01:00 PM

Dec 21, 2022 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-3xmGJBgvpbv3IFw1fcQ6hNecVHIJSHo-E

Join Zoom Meeting

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

Meeting ID: 871 5079 0253

One tap mobile

+13126266799,,87150790253# US (Chicago)

+16465588656,,87150790253# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

Meeting ID: 871 5079 0253

Thank you!

Catalina Kirsch, continuum@c3ph.org

Resources from Breathe NH – Tobacco, Nicotine, Vaping

- **FDA/Center for Tobacco Products - *Signs & Symptoms of Vaping Addiction*.** Resource links in blue box.
 - Help for Teens: <https://teen.smokefree.gov/>
 - Help for Teachers, Scholastic: <https://www.scholastic.com/youthvapingrisks/index.html>
 - FDA Exchange Lab, *Tobacco Education Resource Library*: <https://digitalmedia.hhs.gov/tobacco>
- **Breathe NH Documents – Ask C3PH for a copy**
 - Breathe NH’s Quit Vaping Resources for Teens – PDF
 - Breathe NH’s Vaping Unveiled Program Outline – PDF
 - Breathe NH’s Program Request Form – PDF
- Breathe NH Vaping Unveiled & resources: <https://www.breathenh.org/programs/vaping-unveiled>

Other:

- **National Institute on Drug Abuse, National Institutes of Health**
 - “Mind Matters” series. <https://nida.nih.gov/publications/mind-matters-series>
Selection grid of topics. PDFs are only 3- 5 pages. Teacher’s manual available.
- **Rescue Agency:** “<https://www.rescueagency.com/>
“National leader in health behavior change marketing. We’re on a mission to make healthy behaviors easier and more appealing for everyone, everywhere.

We do this through groundbreaking strategies that increase knowledge, change policy, and shift norms.”

- Archived webinars: <https://www.rescueagency.com/webinars>

Hope some of this is new information and helpful.

Let me know if you would like us to share Vaping Unveiled with anyone in your community.

I will get in touch if we hear from anyone from your area or if we need outreach assistance.

Thank you-

Kim Coronis

Policy and Program Manager

Breathe New Hampshire

145 Hollis St., Unit C

Manchester, NH 03101

Tel. 603.669.2411 x104

[BreatheNH.org](https://www.breathenh.org)

Currently offering remote and in person *Vaping Unveiled* programs.

For information: [Breathe NH Vaping Unveiled](#)

The  PASS

[The coupon book with the best values in New England!](#)


Resources from iCare NH

<https://www.dhhs.nh.gov/icare/index.htm>

I Care NH is a mental health and wellness initiative of the New Hampshire Department of Health and Human Services and the NH Suicide Prevention Council.

If you or someone you know needs help now, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text HOME to 741741.

Mental Health Resources

- See the list of [Community Mental Health Centers](#) to find mental health services in your region.
- The national [Suicide Prevention Lifeline](#) provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
- [NAMI-NH](#) provides support, education, and advocacy for people affected by mental illness and suicide through support groups and educational programs.
- Learn more about [Peer Support Agencies](#) in New Hampshire
- [Veterans Crisis Line](#): 1-800-273-8255 and Press 1 or send a text to 838255.
- [The Trevor Project](#) is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. Call 1-866-488-7386.
- Read the NH Suicide Prevention Council's [Suicide Prevention Plan, 2021-2024](#) .

Substance Use Resources

- Call **211** or visit [The Doorway NH](#) to find substance misuse resources in your region
- Go to the [Recovery Hub](#) to connect with peer support services in your region

Family Support Resources

- [Waypoint Family Support Warm Line](#) - 1-800-640-6486 (Monday-Friday, 8:30 a.m. - 4:30 p.m.)
- Find a support group at [NAMI-NH: Family Support Groups](#)
- [Family Resource Centers](#)
- Apply for financial, medical or food assistance through the [NH EASY Gateway to Services](#)

For Schools

- Visit the Department of Education (DOE) Toolkits and Information:
 - [DOE Office of Social and Emotional Wellness \(OSEW\) Support for Districts and Educators](#)
 - [Suicide Prevention- 282 in the 603](#)
- During the 2019 legislative session, NH lawmakers passed Senate Bill 282. RSA 193-J codifies suicide prevention education. The bill addresses the critically important issue of suicide prevention for school-age children. Explore resources and information in support of the law
- [NextStep GoodLife](#) is a positivity-based social platform that helps youth access mental health resources. The evidence-based resilience cultivation platform was commissioned by the NH Department of Education for all secondary students across NH.

For Media

- [Best practices and recommendations for reporting on suicide](#) (Reporting on Suicide)
- [Media Messaging](#) (National Action Alliance for Suicide Prevention)
- [Responsible Reporting of Suicide](#) (National Institutes of Health)