

GLS Youth Suicide Prevention

Implementation Team – Be the 1 Carroll County – July 17, 2024, 12:00-1:30pm

Register in advance for this meeting:

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

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

Agenda

-Introductions of team members around the table

Mckenzie Webb	NAMI GLS Care Liaison at Northern Human Service, mwebb@northernhs.org
Susan Ward	GLS Grant Manager at NAMI NH, sward@naminh.org
Jillian Andrews Dubois	Early Childhood and Childhood/Youth Behavioral Health Community Engagement Coordinator at New Futures, jdubois@new-futures.org
Heather Clogston	Prevention Coordinator for Office of Social and Emotional Wellness at NH Department of Education, heather.m.clogston@doe.nh.gov
Chris Lalmond	Northern Region Hub Developer at ApprenticeshipNH, clalmond@ccsnh.edu
Crystal Sawyer	Executive Director at Carroll County Adult Education, csawyer@nhadulted.org
Catalina Kirsch	Continuum of Care Facilitator at C3PH, catalina.kirsch@graniteuw.org
Emily McArdle	Young Adult Outreach at C3PH, u25carrollcounty@outlook.com

Suicide Prevention Best Practices	Key considerations for Carroll County in 2024 and beyond	Follow up Action (By Who?)
#1 Recognition of Risk Factors and Warning Signs: Information, resources, and education about suicide prevention is made available throughout the year and is given elevated visibility, particularly at times of high risk.	<ul style="list-style-type: none">- This is happening in the public-school systems- staff are trained to recognize risk factors and warning signs.- Crystal/CC Adult Ed has done suicide prevention trainings and is doing a Train the Trainer with NAMI/Connect and the Department of Education on August 12, 13, and 14 with a colleague. Then they will be providing that training to other adult education educators throughout NH next year.- Heather/DOE- Will also be taking the Train the Trainer training along with consultants at the DOE office. The Concord Train the Trainer is full, but the Peterborough location may have openings if anyone is interested. Working on expanding the Train the Trainer options so they can train other schools. Link to professional development opportunities and Suicide Prevention Training opportunities:	Crystal will be providing trainings to adult education educators across NH.

	<p>Professional Development & Community Education: OSEW Support for Districts and Educators (instructure.com)</p> <p>You are also welcome to reach out to Heather at heather.m.clogston@doe.nh.gov if you have questions</p> <p>E-learning slots still available- Could offer to business owners that have apprenticeships in Carroll County, Northern Region, or Capital Area- Chris could bring this up at the ApprenticeshipNH Equity Advisory Council and Catalina/Susan/Vanessa could come to one of their meetings. Susan is also interested in connecting young adults in the workforce to the Connect Young Adult Leader training- Chris could set up a meeting with the ApprenticeshipNH grant manger.</p>	<p>Chris, Catalina, and Susan will follow-up about providing E-learning slots to business owners and attending one of ApprenticeshipNH's Equity Advisory Council meetings.</p> <p>Susan and Chris will also follow-up about connecting apprentices to the Connect Young Adult Leader training.</p>
<p>#2 Protocols for Situations Involving Suicide Risk:</p> <p>There are protocols for referral and care pathways for persons at risk for suicide.</p>	<p>Brewster Academy has created and implemented protocols for suicide prevention.</p> <p>Crystal/CC Adult Ed- Have protocols in place if students reach out for help (provide them with a youth mental health resource list) and provide all students with the C3PH resource guide when they register.</p> <p>Memorial Hospital/Maine Health is working on Zero Suicide protocols.</p>	
<p>#3 Protocols for Situations Involving a Suicide Attempt, Including firearms:</p> <p>Our community has protocols and a crisis team trained to respond as needed to a suicide attempt.</p>	<p>Mckenzie and Catalina are CALM trainers and are working on providing a CALM training in the fall with the Carroll County Veterans Coalition.</p>	
<p>#4 Suicide Incident Documentation:</p> <p>Our community has a protocol for reporting high-risk situations and attempts in a way that maintains confidentiality of the person involved and ensures appropriate follow-up.</p>	<p>N/A- Public schools/law enforcement are not present at the meeting today.</p>	
<p>#5 Safe Messaging in public information:</p> <p>Safe Messaging is used to guide public information and promotional materials.</p>	<p>Reach out to Nick News about safe messaging and confidentiality- Thank them for providing information and keeping the community up-to-date and frame it as we can be a partner/resource and we also focus on public safety. Then share guidelines for safe messaging when talking about crisis events.</p>	<p>Catalina will reach out to Nick News as a partner and share safe messaging guidelines.</p>

<p>#6 Info on local and national resources are available & shared:</p> <p>Information and education about suicide prevention is made available throughout the year and given elevated visibility at times of high risk.</p>	<p>C3PH sharing 988 and NH Rapid Response cards, information and resources. Holding information tables at community events and schools. Sharing information and resources on social media.</p>	<p>C3PH will continue sharing information and resources in-person and online.</p>
<p>#7 Protocols for resource referral when family declines/refuses treatment:</p> <p>Persons at risk and their family members including parents/guardians are informed about resources and supports related to mental health and suicide prevention if their loved one is at risk.</p>	<p>Law enforcement and public schools are not present at this meeting today.</p> <p>Heather/DOE- Believes it's up to the individual schools/districts and their protocols. Discussed the importance of having these protocols in place before these situations happen.</p> <p>Mckenzie/Care Liaison- If clients decline services with her, she provides them with the 988 and NH Rapid Response Access Point numbers, along with the Northern Human Services local number and her number and lets them know if anything changes, they can always call her.</p> <p>Susan/NAMI- Connect trainings have guidelines for if someone is not high risk or if they are high risk.</p>	
<p>#8 Persons receiving MH services receive advice on treatment options specific to suicide risk/prevention:</p> <p>Persons receiving mental health services and their support system are advised of what evidence-based treatment options exist specifically to address suicide risk.</p>	<p>N/A- No clinicians are present at the meeting today.</p>	
<p>#9 Confidentiality. Providers are informed on parameters of confidential exchange of information:</p> <p>Providers and community members are informed about the parameters of confidentiality to include how and when to share/exchange information in potentially life-threatening situations.</p>	<p>In the past there have been some concerns from people in public education about how much info get shared between school personnel about a particular youth/family and the communications between guidance/nursing/etc. and with emergency room or law enforcement and the family. In the past, there was also confusion about student privacy and health information, HIPPA, consent and release about information.</p> <p>Susan/NAMI- Discussed importance of creating, following, and revisiting these protocols and procedures (consider school districts with multiple schools and siblings in different schools). If it's a life-threatening situation, then those policies don't apply.</p>	

<p>#10 Lethal Means Reduction training:</p> <p>Our community has had training in and understands the concept and effectiveness of Lethal Means Reduction.</p>	<p>Catalina and Mckenzie will be providing a CALM training in the fall.</p> <p>If you have any ideas on where to provide this training or to who, reach out to them.</p>	
<p>#11 Strength based client centered safety planning:</p> <p>Crisis and safety planning are strength-based and driven by the individuals at risk and the support system they have identified.</p>	<p>N/A- No clinicians are present at the meeting today.</p>	
<p>#12 Stakeholder Collaboration:</p> <p>Key stakeholders have protocols that reflect an evidence-based, integrated approach.</p>	<p>Chris/ApprenticeshipNH- WMCC used to share info with their Student Senate, it would be great if we could have young adults come to these meetings to have youth voice and involvement in this last year. C3PH could do a subcommittee, come to a location, or do an evening zoom meeting.</p> <p>If Crystal/CC Adult Ed had a group of students interested, they could get volunteering credit, Emily could help with that (do something about safe messaging re mental health?).</p> <p>KHS GSTA is interested in getting involved and maybe a group at Kingswood High School would also be interested in getting involved.</p>	<p>Catalina, Emily, and Crystal will follow up about getting young adults involved and potentially doing something for volunteer credit at Carroll County Adult Ed.</p> <p>Catalina and Emily will follow up with ideas for getting students at KHS and Kingswood involved.</p>
<p>#13 Re-entry/Transition plans:</p> <p>Our community has protocols and a system for interface with key stakeholders including persons at risk and their families regarding a transition plan after an attempt.</p>	<p>N/A- Public schools are not present at this meeting today.</p>	
<p>#14 Proactive Suicide Prevention Protocols: Our protocols reflect the role of different providers or individuals associated with the plan to ensure a comprehensive, integrated approach.</p>	<p>N/A- Public schools are not present at this meeting today.</p>	
<p>#15 Reducing Stigma and Increasing Help-Seeking with Natural Supports (e.g. lived experience): Persons with lived experience have the opportunity to share their stories safely to inspire hope in others.</p>	<p>September is Recovery Month- White Horse Recovery doing Hope is Real event at Schouler Park in North Conway on September 14, 11am – 3pm.</p>	
<p>Additional Resources:</p>		

<p>Strategic Planning - Engage in regional, state and national initiatives and information as it relates to the project including webinars, conferences, meetings, subcommittees, grand rounds, etc.</p>	<ul style="list-style-type: none"> - NH Suicide Prevention Council: Save the Date: Nov. 14 NH Suicide Prevention Conference. See flyer below. - Stay tuned – Carroll County will aim to hold an International Survivors of Suicide Loss Day observation event in November. Reach out to Catalina if you'd like to be involved. 	
<p>Advocacy – New Futures</p>	<ul style="list-style-type: none"> • https://new-futures.org/ways-to-advocate • Senate Bill 411- Changes to insurance coverage for mental health services, committee to study emergency mental health services, it was signed into law by the Governor which is great. • Expecting word on whether Governor Sununu will sign bills targeting LGBTQIA+ youth. Contact him to have your voice heard- New Futures has phone script email scripts. 	<p>https://new-futures.org/childrens-behavioral-health</p> <p>https://new-futures.org/Youth-Mental-Health</p> <p>https://new-futures.org/anti-lgbtq-bills</p>
<p>Community Awareness</p>	<ul style="list-style-type: none"> - Broad targeted dissemination of 988/NSPL materials to reach vulnerable 18–24-year-old population <p>Youth Employment in NH, FAQs</p> <ul style="list-style-type: none"> - https://www.nh.gov/labor/faq/youth-employment.htm <p>Young Adult 18+ employment training and opportunities</p> <ul style="list-style-type: none"> - NH Summer Virtual Job Fairs; NH's Great North Woods and White Mountains Regions Virtual Job Fair July 23rd, 2024 - 11:00 AM - 1:00 PM - https://nhworksjobmatch.nhes.nh.gov/vosnet/Default.aspx - Workforce Innovation & Opportunity Act (WIOA) provides eligible adults with professional career counseling and access to a wide range of employment and training related services. This can include up to \$6,500 of tuition assistance and \$1,500 of support services that can help eliminate various barriers to employment. https://www.snhs.org/services/wioa 	<p>https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables</p> <p>C3PH Folder of 988 Shareables: https://drive.google.com/drive/folders/1EF4t54wpglU5akkOGKEIRu4pWmIf6BKZ?usp=sharing</p>

Tobacco and Nicotine Use Prevention	<ul style="list-style-type: none"> - Addressing Pediatric Tobacco and Nicotine Use: Considerations for Clinicians - Youth Tobacco Cessation Toolkits - Tobacco Prevention & Cessation: https://www.dhhs.nh.gov/programs-services/population-health/tobacco-prevention-cessation - My Life, My Quit™ is the free and confidential way for NH teens to quit smoking or vaping. Text "Start My Quit" to 36072 or click to chat with a Coach. We are here for you every step of the way. It's YOUR LIFE and we're here to help you live it YOUR WAY. https://nh.mylifemyquit.org/en-us/ 	
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SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
Middle/High School/Higher Ed - WMCC Updates	<p>Crystal/CC Adult Ed- Will be partnering with New Futures for an Extended Learning Opportunity- Jess will teach an Advocacy 101 training online with a final project for students. Will also be providing other free workshops and classes for students and for the community- Hand radio licensing class, suicide prevention training, courses with WorkReadyNH and Botvin Life Skills training.</p> <p>Chris/ApprenticeshipNH- Working with A Place to Grown childcare franchise, went through the process to get the Childcare Director occupation approved for apprenticeship on the national level and working to create 3 stackable apprenticeships (associate teacher to lead teacher to director)- should be available by September. NH Bringing Back the Trades event at NHTI on Nov. 15. Mike Rowe is a keynote speaker, ApprenticeshipNH will be there and will have a flyer sent out (Crystal would like a flyer). Working with PACE coordinators to get a bus so students could come down there, potentially a scholarship for tickets if prices are high.</p> <p>Heather/DOE- Will be doing a NAMI Connect training and Train the Trainer. Summer Professional Development opportunities with professional development certificates available. Will be meeting with DHHS about youth suicide prevention and will have updates about that for the next meeting. Professional Development Opportunities: Professional Development & Community Educati</p>	<p>Crystal will send Catalina/Emily flyers for upcoming courses so C3PH can share on social media.</p> <p>Chris will send Catalina and Crystal a flyer for the NH Bringing Back the Trades event.</p>

	on: OSEW Support for Districts and Educators (in structure.com)	
Healthcare Updates – Memorial Hospital Community Health Need Assessment	Mckenzie/Care Liaison- Taking a training next week about suicide prevention in rural communities and will be doing a Train the Trainer Connect training on August 7.	
First Responder Updates		
Social Services, Other		
Faith Community Updates		
Awareness Campaigns	<p>July</p> <ul style="list-style-type: none"> - Minority Mental Health Month - Disability Pride Month - July 24 – International Self Care Day <p>August</p> <ul style="list-style-type: none"> - Back to School 	<ul style="list-style-type: none"> - NAMI NH BIPOC/ AAPI/LATINX MH RESOURCES - Disability/ Developmental Services and resources - Mental Health America Back to School Toolkit
Other	<p>Emily/C3PH- Continuing messaging on social media for Minority Mental Health Month, along with the general messaging about mental health, opportunities for young adults, binge drinking prevention, tobacco prevention, and substance use prevention.</p> <p>Catalina- C3PH will be involved in Sequential Intercept Mapping, a 1.5 day training and planning session to examine the points of contact between law enforcement and the public and where they can identify people’s needs relating to alcohol and substance use and connect them to resources/make referrals.</p> <p>Susan/NAMI- NAMI recently did a Survivors Voices training, hoping to hear more info about that soon. NAMI will be doing a Connect Youth Leader training in Colebrook in Sept. and planning for a Young Adult Leader training. Upcoming Train the Trainer will target peer support agencies, family support services, etc.</p>	<p>Follow C3PH on Facebook and Instagram</p> <p>Follow Under 25 Network of Carroll County on Facebook and Instagram and share with young adults.</p>

Next Steps for the Implementation Team-
C3PH Carroll County is inviting you to a scheduled Zoom meeting.

Topic: BE THE 1 CARROLL COUNTY - Youth Suicide Prevention Team

You are invited to a Zoom meeting.

When: Aug 21, 2024 12:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

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

After registering, you will receive a confirmation email containing information about joining the meeting. Thanks! Save to your calendar to register once and attend any of our monthly meetings.

Jennifer Thomas

Jennifer.thomas@graniteuw.org

Catalina Kirsch

catalina.kirsch@graniteuw.org



CONGRATULATIONS GRADS!



Congrats on your incredible achievement!
 As you begin the next chapter of your life, the Under 25 Network of Carroll County is here to support you. Scan the QR code below to access a variety of resources designed to help you thrive.

You are not alone!

RESOURCES INCLUDE:

- Adulting Tips
- Health & Mental Healthcare Resources
- Finances
- Healthy Relationships
- Safety
- Diversity, Equity, and Inclusion
- And more!

SCAN HERE TO GET STARTED!



Or go to:
<https://tinyurl.com/z23cdf7j>

CARROLL COUNTY COALITION FOR PUBLIC HEALTH
 United Way An Initiative of Granite United Way



And follow us for more tips!
www.facebook.com/u25carrollcountynh
www.instagram.com/u25carrollcountynh

FRIENDS, FUN & **FREE MEALS!**

2024 CARROLL COUNTY SUMMER MEAL SITES

Sponsored by the NH Food Bank, USDA's Summer Nutrition Programs for Kids (SUN) is a federally-funded, state-administered program which provides kids & teens with access to tasty, nutritious meals during the summer months.



Meals will be provided on a first-come, first-served basis at the sites and times below.
PLEASE NOTE: Dates and times are subject to change.

LOCATION	MEAL SERVICE TIME(S)	ADDRESS	DATES	DAYS OF MEAL SERVICE
Ossipee, NH				
Ossipee Central School	BREAKFAST 7:30am - 8:00am LUNCH 11:30am - 12:00pm	68 Main Street Center Ossipee, NH	7/9 - 8/8	Tuesday - Thursday

Please note: Meals must be consumed on-site during designated meal service time.

FOR KIDS AND TEENS UNDER 18.
NO REGISTRATION OR APPLICATION REQUIRED.

NHFOODBANK.ORG/SUMMERMEALS



Save the Date

21st Annual New Hampshire Suicide Prevention Conference

Where You Are:

**Building Hope and Preventing Suicide
in the Places Where We Work, Live, & Play**

November 14, 2024

Grappone Conference Center

Concord, New Hampshire

The 2024 NH Suicide Prevention Conference is presented by the NH Suicide Prevention Council and its partners.

More information about the NH Suicide Prevention Council and the NH Suicide Prevention Conference can be found at preventsuicidenh.org.



NH
**SUICIDE
PREVENTION
Council**

JOIN THE 2024 ART & POETRY CHALLENGE

SUBMIT AN
ORIGINAL POEM
OR ARTWORK
INSPIRED BY
THIS YEAR'S
THEME:



CASH PRIZES IN FIVE CATEGORIES

K-2 | 3-5 | Middle School
| High School | Adult



TOTALING
\$6,000!

BELONGING

WHAT DOES IT FEEL LIKE TO BELONG? OR.. NOT BELONG?

Hosted by :



SUBMIT BY
AUGUST 31, 2024

For more information, visit:
racialunityteam.com/art-and-poetry-challenge.
A community-sponsored event



Poster by
Jana Markmanrud





What Are Alternative Peer Groups?

Creating Connections NH is building supportive recovery communities called Alternative Peer Groups (APGs) for youth and young adults with substance use challenges. APGs offer young people a chance to connect at least once a week with peers in an environment that is fun, safe, substance-free, and recovery-focused.

APGs Provide...

- Connection through a supportive peer environment
- Fun, substance free activities
- Sense of belonging
- Focus on health and wellness

More Than Just Meeting Up

- APG Facilitators are trained recovery support professionals
- Youth help choose fun group activities that match their interests
- Opportunities for family/ caregiver involvement

Connect with a Group Near You

Southern NH

Revive Recovery (Nashua)

reviverecovery.org | 888.317.8312

Seacoast Area

Safe Harbor Recovery Center (Portsmouth)

granitepathwaysnh.org | ph. 603.570.9444

Live Free Recovery (Dover, Somersworth)

livefreerecovery.com | ph. 603.702.2461

Franklin/ Tilton/ Concord/ Plymouth

Archways of Greater Franklin and Plymouth

archwaysnh.com | ph. 603.286.4255

Carroll County

Kingswood Youth Center (Carroll Cty. South)

zachary.porter@thekyc.org | ph. 603.569.5949

Terra Equine Center (Carroll County North)

ph. 603.487.6745



**University of
New Hampshire**

✉ IOD.CBH@unh.edu

🌐 iod.unh.edu/creating-connections-nh

Creating Connections NH is a project of the UNH Institute on Disability (IOD).

The IOD promotes full access, equal opportunities, and participation for all persons by strengthening communities and advancing policy and systems change, promising practices, education, and research.

Supported by funding from the NH Department of Health and Human Services.