

## GLS Youth Suicide Prevention

**Implementation Team – Be the 1 Carroll County – August 21, 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

## Minutes

-Introductions of team members around the table

Jenifer Varney	The Division of Children, Youth, and Families (DCYF)
Kerry Ali	Account Executive at Carelon (Call center for NH Rapid Response), <a href="mailto:kerry.ali@carelon.com">kerry.ali@carelon.com</a>
Ellery Hunt	Family Support Provider and Kinship Navigator at Children Unlimited, <a href="mailto:ehunt@childrenunlimitedinc.org">ehunt@childrenunlimitedinc.org</a>
Jackie	Children Unlimited
Casey Kariuki	Medical Assistant/Care Coordination at Maine Health Memorial Hospital
Valerie Moyer	Programs Manager at AFSP NH, <a href="mailto:vmoyer@afsp.org">vmoyer@afsp.org</a>
Susan Ward	Garrett Lee Smith Grant Manger at NAMI NH, <a href="mailto:sward@naminh.org">sward@naminh.org</a>
Mckenzie Webb	Suicide Prevention Liaison at Northern Human Services, <a href="mailto:mwebb@northernhs.org">mwebb@northernhs.org</a>
Catalina Kirsch	Continuum of Care Facilitator at C3PH, <a href="mailto:catalina.kirsch@graniteuw.org">catalina.kirsch@graniteuw.org</a>
Jen Thomas	Substance Misuse Prevention Coordinator at C3PH, <a href="mailto:jennifer.thomas@graniteuw.org">jennifer.thomas@graniteuw.org</a>
Emily McArdle	Young Adult Outreach at C3PH, <a href="mailto:u25carrollcounty@outlook.com">u25carrollcounty@outlook.com</a>

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
	<b>Discussion.</b>	
Strategic Planning – Identify needs, gaps & high-risk populations	<p>Focus on Survivors of Suicide Loss – ISOSL Day November 23rd – Guest, Valerie Moyer, AFSP NH – resources for survivors of suicide loss – plans for ISOSL Observance in Carroll County.</p> <ul style="list-style-type: none"> <li>- AFSP holds International Survivors of Suicide Loss Day (ISOSL) events on the Saturday before Thanksgiving every year. It’s typically a morning/midday program- People come together, show a slideshow of photos of loved ones, a memorial activity, video, and then lunch/meal together. Valerie can help</li> </ul>	<p>Catalina will speak to other ISOSL Day organizers to plan for Nov. 23- Save the date- morning/midday. Looking for something easy to put together and easy for the community to access. Consider the needs of young adults. Will partner with Tamworth Public Library and Tamworth Visiting Nurses.</p> <p>Valerie will ask facilitators about programming for youth/young adults for the ISOSL Day event.</p>

	<p>hosts through the process- She makes a website for the event and helps with marketing (flyers and wording)- then hosts can spread the info to the community. AFSP can fund food and cost of materials and will bring educational materials and resources.</p> <ul style="list-style-type: none"> <li>- Catalina- There is interest in an ISOSL Day event in Tamworth, NH- interest from the director of the public library and the new director the visiting nurses organization.</li> <li>- No knowledge of any existing support groups in the area. There is a need/interest in support groups in the area, for adults/families and for youth/young adults (connect with Children Unlimited Kinship Support Group). Al Carbonneau recently started a support group in Lebanon (and runs the ISOSL Day event there), Steve Barnowski may also have info about starting a support group.</li> <li>- Note that a support group isn't needed to host an ISOSL Day event. AFSP doesn't run support groups but can train facilitators- potentially discuss the need/interest for a support group at the ISOSL Day event. (AFSP helps with logistics/infrastructure for the event, NAMI can help lead some of the events on the day).</li> <li>- NAMI resources for survivors of suicide loss: <a href="https://www.naminh.org/sosl/">https://www.naminh.org/sosl/</a></li> <li>- Poll for ISOSL Day organizers from Valerie: <a href="https://doodle.com/meeting/organize/id/bqDYzDpa?authToken=dm1veWVyQGfmc3Aub3JnO1ZhbGVyaWUgTW95ZXI%3D.YE81pwqDaMzLYNK7LW">https://doodle.com/meeting/organize/id/bqDYzDpa?authToken=dm1veWVyQGfmc3Aub3JnO1ZhbGVyaWUgTW95ZXI%3D.YE81pwqDaMzLYNK7LW</a></li> </ul> <p>Focus on Upper Elementary &amp; Middle School – upcoming tabling at school open houses schedule – Emily McArdle</p> <ul style="list-style-type: none"> <li>- Emily has set up C3PH having resource tables at various open houses in Carroll County (Kennett High School, Kingswood High School and Middle School, Bartlett Elementary, Wakefield Elementary, Effingham Elementary, Crescent Lake and Carpenter Elementaries in Wolfeboro). Will provide resources e.g. 988, Strong as</li> </ul>	<p>Catalina will connect Ellery to Mt. Washington Valley Family Support Group: <a href="https://www.naminh.org/support-groups/">https://www.naminh.org/support-groups/</a></p> <p>C3PH will reach out to Al Carbonneau, Steve Barnowski (Susan may have his personal email), and Patti Schmoock about potentially starting a support group in the area for adults and families and/or youth/young adults.</p>
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	<p>Granite, NAMI NH, My Life My Quit, 211, Carroll County Resource Guides, etc.</p> <ul style="list-style-type: none"> <li>- Kerry/Carelon- Is willing to come talk/share info to schools who are interested in learning more- feel free to give out her info.</li> </ul>	<p>Catalina will send Kerry info for Hope is Real in North Conway on Sept. 14 at Schouler Park 11am-3pm- <a href="https://whitehorserecovery.org/hopeisreal/">https://whitehorserecovery.org/hopeisreal/</a></p>
<p>Strategic Planning – Establish Protocols and Evidence Based Practices within/across systems</p>	<p>Carroll County SIM October 31 &amp; Nov 1, by invitation. Criminal Justice and Mental Health resource and referral.</p> <p>Any protocol planning for the school year?</p> <p>Jen Thomas- Working with schools on protocols for identifying youth that are connected to the military. The next Carroll County Youth SMP meeting will be having a military culture training for youth-serving organizations on September 17 at 12pm see flyer below or register <a href="#">here</a></p>	<p>Catalina will send Kerry info about Carroll County SIM.</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>	<p>September is Suicide Prevention Month.</p> <ul style="list-style-type: none"> <li>- How shall we recognize this awareness month as a team?</li> <li>- Sep 9-15 is Suicide Prevention Week.</li> <li>- World Suicide Prevention Day is September 10</li> </ul>	<p>Resources - <a href="https://www.samhsa.gov/newsroom/observances/suicide-prevention-month">https://www.samhsa.gov/newsroom/observances/suicide-prevention-month</a></p> <p><a href="https://988lifeline.org/promote-national-suicide-prevention-month/">https://988lifeline.org/promote-national-suicide-prevention-month/</a></p> <p>Under 25 Network of Carroll County on <a href="#">Facebook</a> and <a href="#">Instagram</a></p>
<p>Education and Training - NAMI Update – Susan Ward</p>	<ul style="list-style-type: none"> <li>- National Guard Young Adult Training, will be presented after October/potentially beginning of Jan., more info coming soon.</li> <li>- Connect Postvention Train the Trainers- Working with peer support for substance use disorder agencies.</li> <li>- Connect Youth Leader- Colebrook on Sept. 27.</li> <li>- Connect Young Adult Leader- Meeting with Chris Lalmond from ApprenticeshipNH- Discuss giving e-learning slots to apprenticeship organizations/participants.</li> <li>- In Our Own Voices / Survivor Voices training- 2 participants, tend to have older adults more involved.</li> <li>- Connect Online Training Slots</li> <li>- CALM Training – October 18, VA Save and CALM- Carroll County Veterans</li> </ul>	<p>Link for families/parents who are looking for support after a child’s suicide attempt, might be a good resource for Mckenzie to share with families: <a href="https://zerosuicide.edc.org/resources-parents">https://zerosuicide.edc.org/resources-parents</a></p> <p>Catalina/Mckenzie will reach out to Susan for a refresher for CALM training.</p>

	<p>Coalition is hosting this at King Pine Ski-see flyer below. Space for ~20 people.</p> <ul style="list-style-type: none"> <li>- Ideas for other screenings, e.g. Each and Every Day by the JED Foundation for young adults.</li> </ul>	
Community Awareness	<ul style="list-style-type: none"> <li>- September is Suicide Prevention Month</li> <li>- Media recommendations</li> <li>- Broad targeted dissemination of 988/NSPL materials to reach vulnerable 18–24-year-old population</li> </ul>	<p><a href="https://www.samhsa.gov/newsroom/ob-servances/suicide-prevention-month">https://www.samhsa.gov/newsroom/ob-servances/suicide-prevention-month</a></p> <p><a href="https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables">https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables</a></p> <p>C3PH Folder of 988 Shareables:  <a href="https://drive.google.com/drive/folders/1EF4t54wpglU5akkOGKEIRu4pWmIf6BKZ?usp=sharing">https://drive.google.com/drive/folders/1EF4t54wpglU5akkOGKEIRu4pWmIf6BKZ?usp=sharing</a></p>
Tobacco and Nicotine Use Prevention	<ul style="list-style-type: none"> <li>- Targeted dissemination of materials <ul style="list-style-type: none"> <li>o School open house info tables planned- will be providing My Life My Quit info/cards</li> </ul> </li> </ul>	
Community response to suicide events.	<ul style="list-style-type: none"> <li>- List any pertinent updates or invite speakers to share info. <ul style="list-style-type: none"> <li>o Tamworth community may be interested in collaborating to promote suicide prevention/ mental health awareness, after a recent loss felt in the community.</li> </ul> </li> </ul>	

<b>SECTOR UPDATES</b>	<b>Status Updates, news, announcements</b>	<b>Follow up Actions? – By Who?</b>
Middle/High School/Higher Ed - WMCC Updates	Sent in from Crystal Sawyer, Carroll County Adult Ed. Crystal has completed CONNECT Train the Trainer. Together with McKenzie and Catalina, she can now offer Connect Training in the community.	
Healthcare Updates – Memorial Hospital Community Health Need Assessment	Maine Health Zero Suicide Prevention- Casey is unsure who the contact is but she can check with Melissa and will get back to Catalina.	Casey is interested in the CALM training- on Oct. 18 at King Pine Ski Area, Jen will email her the registration, and she is interested in an online module.
First Responder Updates		
Social Services, Other	Kerry Ali /Carelton – NH Rapid Response Access Point- DHHS will be releasing dashboard soon which will be public and provide more up-to-date data. Has been meeting with the community and noticing that people don't understand what resources are available here. Trying to get the word out about the resources	

	<p>and NH Rapid Response. Discussion about a flyer/card for what resources to call for what services- a new card will be coming soon. Original info sheet about 988 vs NH Rapid Response <a href="#">here</a></p> <p>Jenifer Varney/DCYF- Discussing with team about prevention protocols. Have talked about partnering with mental health facilities/counselors to get high-risk children in for services faster. Mckenzie works with high-risk youth and young adults 10-24 who have experienced a recent suicidal incident, Mckenzie can step in for up to ~90 days, works to lower their risk and connect them with services (Mckenzie works out of Northern Human Services so she can get children in to services a bit quicker). This service will be available through January (currently discussing how to keep this role going). Referral link: <a href="https://www.c3ph.org/intitiatives/youth-suicide-prevention/Care-Liaison-Program">https://www.c3ph.org/intitiatives/youth-suicide-prevention/Care-Liaison-Program</a></p> <p>Ellery- Kinship support groups continuing, doing well in Conway, Ossipee is struggling with less families- trying to get the word out. See flyer below. Children Unlimited has a new staff member, Jackie, who will be taking over this meeting for Ellery.</p> <p>Mckenzie- Is a CALM and Connect trainer and will be a Youth Mental Health First Aid trainer.</p>	<p>Jenifer is interested in learning more about services available- Jen T. will reach out.</p> <p>C3PH and Mckenzie will discuss offering a Youth Mental Health First Aid training in the fall.</p>
Faith Community Updates		
Awareness Campaigns	<p>September</p> <ul style="list-style-type: none"> <li>- Suicide Prevention Month</li> <li>- Suicide Prevention Week – Sep 9-15</li> <li>- World Suicide Prevention Day Sep 10</li> <li>- Recovery Month</li> </ul> <p>October</p> <ul style="list-style-type: none"> <li>- Health Literacy Month</li> <li>- Oct 2-7 National Youth Sports Week</li> </ul>	<p><a href="https://www.samhsa.gov/newsroom/ob-servances/suicide-prevention-month">https://www.samhsa.gov/newsroom/ob-servances/suicide-prevention-month</a></p> <p>. <a href="https://988lifeline.org/promote-national-suicide-prevention-month/">https://988lifeline.org/promote-national-suicide-prevention-month/</a></p> <p><a href="#">health literacy resources for health professionals</a></p> <p><a href="#">National Youth Sports Week</a></p>
Other	<p>Next Be the 1 meeting (September 18) will have a guest speaker from Seacoast Outright presenting Supporting LGBTQIA+ Youth: Allyship 101 training. Spread the word and see the graphic below!</p>	

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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

Hi there,

You are invited to a Zoom meeting.

When: Sep 18, 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.

Jennifer Thomas

[Jennifer.thomas@graniteuw.org](mailto:Jennifer.thomas@graniteuw.org)

Catalina Kirsch

[catalina.kirsch@graniteuw.org](mailto:catalina.kirsch@graniteuw.org)

Resources sent in from NAMI NH First Episode Psychosis/ Early Serious Mental Illness Stakeholder Group. Fmi Michelle Wagner, [mwagner@naminh.org](mailto:mwagner@naminh.org)

- [NH Rapid Response Access Point](#) – Do you have feedback about NH Rapid Response? [Complete a short anonymous survey](#); Kerry Ali is our NH contact, should you need help, [Kerry.Ali@carelon.com](mailto:Kerry.Ali@carelon.com).
- [Early Recognition and Effective Treatment of Early Serious Mental Illness](#) – SAMHSA 8-page brochure
- [Navigating the Maze: Early Psychosis Treatment Outside the Box](#) – Tennessee Statewide Early Psychosis Summit (virtual), Aug 29 – 30<sup>th</sup>.
- [Descent into Cannabis-Induced Psychosis](#) – article found on the “Just Think Twice” government website.
- [NAMI Mental Health College Guide](#)
- [NH Children’s Behavioral Health Resource Center](#) – is a comprehensive and easy-to-use guide to resources in New Hampshire's System of Care (SoC) for children. The CBH Resource Center is intended to link children, youth, young adults, and caregivers that experience mental health or substance use concerns and the people who support them to high quality, proven practices.

**Seacoast Outright Presents:**

# **Supporting LGBTQIA+ Youth:**

## **Allyship 101 Training**

**Date: Wednesday, September 18**

**Time: 12pm - 1:30pm**

**This virtual interactive training will cover:**

- Foundational LGBTQ+ terms and concepts
- The role of intersectional bias (and, alternatively, supportive spaces) on mental health outcomes
- Practical strategies to support LGBTQ+ youth & families in both your work and broader community

**Questions encouraged throughout/during Q&A period**



Register here: <https://www.c3ph.org/newsevents/events/be-the-1-carroll-county-youth-suicide-prevention-team> Sign up for Sept 18 meeting.



Carroll County Youth Substance  
Misuse Prevention Subcommittee:

# MILITARY CULTURE: THE BASICS

Join us for a special presentation to learn about the basics of military culture. This one-hour presentation from the Military Liaison Psychotherapist at Greater Manchester Mental Health Center will provide the learner with valuable information about the impact of being in a military connected family, on children. The discussion will include the importance of identifying military-connected youth, as well as culturally appropriate considerations and resources when working with this population.

## WHO SHOULD ATTEND:

We invite teachers, school staff, counselors, social workers, childcare providers, and anyone who works with children to attend this presentation.

## WHEN:



**Tuesday, September 17**



**12pm - 1pm**



**Via Zoom**



**REGISTER NOW:**

<https://tinyurl.com/2b458dhv>



**PRESENTED BY:**

**Tracie Parker, LICSW**



The Mental Health Center  
of Greater Manchester



## FREE TRAININGS

# VA S.A.V.E

AND

# COUNSELING ON ACCESS TO LETHAL MEANS (CALM)

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The Carroll County Veterans Coalition is hosting a one-day event featuring two FREE trainings. The VA S.A.V.E. training teaches participants how to help a veteran in crisis, while the Counseling on Access to Lethal Means (CALM) training is designed to improve the ability to have conversations about, reduce access to, and make safety plans regarding lethal means in a household where someone is at risk for suicide. These trainings are open to all community partners, with a focus on information related to veterans and service members.

Free lunch and  
snacks provided!

**REGISTER NOW**



Or go to: <https://tinyurl.com/2p9uv9xh>

**DATE:** Friday, October 18, 2024

**TIME:** 0900 - 1530 hours

**LOCATION:** King Pine Base Lodge-  
Fireplace Room  
1251 Eaton Road  
Madison, NH 03849

**FMI:**  
[jennifer.thomas@graniteuw.org](mailto:jennifer.thomas@graniteuw.org)

Register here: <https://forms.gle/rVao5q7zU5w1TMNn6>

# Alternative Peer Groups

with MWV Supports Recovery



## Supporting One Another to Make Healthy Choices about Substance Use

### What are Alternative Peer Groups (APGs)?

APGs are peer support groups for youth and young adults (ages 12-25) who intersect with substance use in some aspect of their lives. APGs, built by Creating Connections NH, provide a safe, positive, inclusive, recovery-focused environment for youth and are run by a trained facilitator.

### APGs provide...

- Connection through a supportive peer environment
- Fun, substance-free activities
- Sense of belonging
- Focus on health and wellness
- Opportunities for family/caregiver involvement

JOIN THIS SUMMER!

 **When:** Thursdays at 3pm

 **Location:** Meetings will be held at:  
TERRA Equine Therapy Center  
281 Odell Hill Rd.  
Center Conway, NH 03813

 **For more information, contact Rosemary Normandin:**  
mwvaddictionresource@gmail.com  
603-662-0668



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

# Alternative Peer Groups

at the Kingswood Youth Center this summer!



## Supporting One Another to Make Healthy Choices about Substance Use

### What are Alternative Peer Groups (APGs)?

APGs are peer support groups for youth in grades 7-12 who intersect with substance use in some aspect of their lives. APGs, built by Creating Connections NH, provide a safe, positive, inclusive, recovery-focused environment for youth and are run by a trained facilitator.

### APGs provide...

- Connection through a supportive peer environment
- Fun, substance-free activities
- Sense of belonging
- Focus on health and wellness
- Opportunities for family/caregiver involvement

**JOIN THIS SUMMER!**

### Dates:

- Monday, July 1
- Monday, July 15
- Monday, July 29
- Monday, August 12

### Time:

3:30pm - 5pm

### Location:

Kingswood Youth Center  
565 Center St.  
Wolfeboro, NH 03894

### For More Information:

[zachary.porter@thekyc.org](mailto:zachary.porter@thekyc.org)  
603-569-5949





Children Unlimited

# Kinship Support Group



Are you raising a child that is not biologically yours? Are you a grandparent or other relative caregiver? Are you looking for support from others who understand your situation and similar circumstances? Are you interested in learning about resources available in your community?



**3rd Tuesday of each month at the Conway Public Library from 9:15-10:15 am**

and



**3rd Wednesday of each month at the First Congregational Church of Ossipee from 1:30-2:30pm**

*\*Childcare provided for both locations\**

**For more information, Contact Samantha Jones at 603-651-7480 or by email [sjones@childrenunlimitedinc.org](mailto:sjones@childrenunlimitedinc.org)**

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# DBTweens

Building Lives Worth Living

**We are now providing services  
for one of the most  
underserviced age groups!**

**10 Week Online IOP for Ages 9-12**

Rolling Admission Registration  
Available in NH, ME, MA and VT

All sessions are before and after school/camp.

Our staff has developed a program that is sensitive to the needs of tweens, provides significant support and coaching to parents, and makes online engagement fun.

We are able to take many insurance plans, including NH Healthy Families and AmeriHealth.

**[dbtweens.org](http://dbtweens.org)**

[Visit DBTweens Website](http://dbtweens.org)

# **NAMI** Family-to-Family

National Alliance on Mental Illness

**NAMI Family-to-Family** is a free, 9-session education program for family, friends, loved ones, and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment, and recovery.

**The course is designed to** increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit [nami.org/research](https://nami.org/research).

NAMI NH offers the NAMI Family-to-Family Education Program **FREE** of charge to participants. Tuesday evening classes begin September 10, 2024, from 6:00pm to 8:30pm and will be in person in Ossipee, NH. Registration is required, please contact Wendy Wickman at 603-491-0123.



## Participant Perspectives

*"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers...it has helped me to understand better and communicate more effectively with my brother."*

*"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."*

## **NAMI** New Hampshire

National Alliance on Mental Illness

### Questions about the program?

Contact Martha Dorey

[mdorey@naminh.org](mailto:mdorey@naminh.org)

(603) 573-1565

<https://www.naminh.org/education/>

### About NAMI NH

NAMI New Hampshire is a grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness and suicide. Comprised of a network of affiliate chapters and support groups, staff and volunteers, NAMI NH provides information, education and support to all families and communities affected by mental illness and suicide.

## UPCOMING WEBINARS OF INTEREST

### [Raising and Educating Resilient, Super-Powered Tweens & Teens](#)

**Wednesday, August 28 from 1:00pm - 2:00pm**

Join school counselor and author Phyllis Fagell as she draws from her experience and research to provide insights on self-regulating emotions, building confidence, recovering from setbacks, and making informed decisions about friendships and substances. This webinar will offer valuable tools for educators and parents to support children through these critical tween and teen years and foster their growth and resilience.

### [Reducing Youth Substance Misuse by Implementing Mental Health Initiatives](#)

**Wednesday, August 28 starting at 2:00pm**

This workshop will explore the intersection of youth mental health and substance misuse. Presenters will outline effective strategies and interventions that prevention professionals can implement to improve mental health and reduce substance misuse among youth. In this webinar, you will learn:

- The latest research on the connection between mental health and substance misuse in youth.
- Practical approaches for integrating mental health initiatives into substance misuse prevention programs.
- Real-world examples of successful community and school-based interventions.
- Tools and resources to support young people in maintaining their mental well-being and making healthy choices.

### [I Don't Know How to Talk to My Child About Food & Body Image](#)

**Thursday, August 29 from 2:00pm - 3:00pm**

Youth and teens undergo many changes, physically, emotionally, and socially. Their bodies are changing, and they are left comparing themselves to others, feeling societal pressures, often through the lens of perfection on social media. Join Mental Health America and Arizona State University for a session specifically for parents and caregivers.

During this free, 60-minute session you will:

- Hear from parents, youth, providers, and researchers on how to approach the topics of eating and body image with children and young adults.
- Learn how to discuss health, eating, nutrition, and our bodies in ways that support healthy habits and prevent eating disorders.
- Discuss how comparison, social media, and societal pressures impact body image and youth mental health.
- Provide strategies to parents and caregivers on addressing these sensitive topics to best support their children and not perpetuate factors that can lead to an eating disorder and/or body dysmorphia.