

GLS Youth Suicide Prevention

Implementation Team – Be the 1 Carroll County – September 18, 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

Jessica Goff	Seacoast Outright, jessica@seacoastoutright.org
Micah Walker	Seacoast Outright
Heather Souther	LCMHC, Brewster Academy
Heather Clogston	Prevention Coordinator, NH Department of Education
Sara Brown	Director of Counseling, Brewster Academy
Julie Lanoie	Executive Director of Tamworth Community Nurses
Amanda Goddu	LICSW for Huggins Hospital
Caleb Gilbert	Director of Public Health at C3PH, caleb.gilbert@graniteuw.org
Jen Thomas	Substance Misuse Prevention Coordinator at C3PH, Jennifer.thomas@graniteuw.org
Catalina Kirsch	Continuum of Care Facilitator at C3PH, Catalina.kirsch@graniteuw.org
Emily McArdle	Young Adult Outreach at C3PH, u25carrollcounty@outlook.com

Agenda

-Introductions of team members around the table

Grant Objectives – Current Focus	Status Updates, Discussion	Follow up Action (By Who?)
	Discussion.	
Guest Presentation	<p>Seacoast Outright- Seacoast Outright serves, supports, and advocates for LGBTQIA+ youth and their allies in the Seacoast area of NH and beyond. Provides youth groups, collaborations, resource library, support for parents and caregivers, and community outreach and advocacy.</p> <p>Allyship 101 Training- Training covered the foundational concepts of the LGBTQIA+ community, importance of allyship and the role of bias and mental health outcomes, and practical strategies for working with youth/clients. See attached slides for presentation and videos.</p> <p>Resources:</p> <ul style="list-style-type: none"> • PFLAG National Glossary of Terms • National Center for Transgender Equality 	<p>C3PH will follow-up with Seacoast Outright for future presentations/trainings for Carroll County</p> <p>Seacoast Outright/Jessica will follow-up with Catalina when new 988 press 3 materials are available</p>

	<ul style="list-style-type: none"> • Trevor Project • Human Rights Campaign • GLSEN • PFLAG • InterACT <p>Discussion about materials for 988 press 3 (to access LGBTQ+ support)- Seacoast Outright is talking to 988 about making graphics/stickers created by youth for youth. Jessica will send Catalina information. The Trevor Project may have materials.</p> <p>Discussion about talking to schools- Talk to individual teachers or move up the chain, bring it up casually, Seacoast Outright can also do trainings for schools.</p> <p>Seacoast Outright also has a new GSA Advisor network, Jessica will send Catalina info. Fill out interest form here.</p> <p>Discussion about more inclusive forms- Put name, legal name, pronouns, sex, gender, ask open ended question/considerations (e.g. to give people space to explain if they've had hormones/surgeries), and put parent 1 and parent 2. White Mountain Community Health Center may have resources.</p> <p>Discussion about Seacoast Outright and connecting with the VA- Seacoast Outright focus on youth but they have had some conversations and been on panels with the VA.</p> <p>Seacoast Outright's focus is on youth, but they have had some conversations and been on panels with the VA.</p>	
<p>Strategic Planning – Identify needs, gaps & high-risk populations</p>	<p>Survivors Day Planning- Save the date- Saturday, November 23, at Cook Memorial Library in Tamworth. Stay tuned for more info. If you're interested in getting involved, reach out to Catalina- Catalina.kirsch@graniteuw.org</p>	
<p>Strategic Planning – Establish Protocols and Evidence Based Practices within/across systems</p>	<p>Carroll County SIM October 31 & Nov 1, by invitation. Criminal Justice and Mental Health resource and referral.</p> <p>Caleb, Catalina, and Jen met with juvenile justice to talk about juvenile restorative justice services. There is currently a gap in Carroll County. Trying to explore what agency has the capacity to take on the role to provide</p>	

	<p>restorative justice services for youth. Stay tuned for more info.</p> <p>Any protocol planning for the school year?</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"> - How shall we recognize this awareness month as a team? - Sep 9-15 is Suicide Prevention Week. - World Suicide Prevention Day is September 10 	<p>Resources -</p> <p>https://www.samhsa.gov/newsroom/ob-servances/suicide-prevention-month</p> <p>https://988lifeline.org/promote-national-suicide-prevention-month/</p> <p>https://zerosuicide.edc.org/resources-parents</p> <p>Under 25 Network of Carroll County:</p> <p>https://www.facebook.com/U25CarrollCountyNH</p> <p>https://www.instagram.com/u25carrollcountyNH/</p>
<p>Education and Training - NAMI Update – Susan Ward</p>	<ul style="list-style-type: none"> - National Guard Young Adult Training - Connect Postvention Train the Trainers - Connect Youth Leader - Connect Young Adult Leader - In Our Own Voices / Survivor Voices training - Connect Online Training Slots - CALM Training – October 18, VA Save and CALM- See flyer below. Data is geared towards servicemembers and veterans, but content is applicable to everyone- please email Jen/Catalina for more info and register here: https://forms.gle/pg8t4TcvjADvyY1Z9 	<p>Updates sent in from Susan Ward:</p> <p>Connect Postvention Training and Planning session will be virtual and open to Carroll County, North Country, and Capital region. Susan Ward will forward more details as that comes together. This session covers best practices in community response when there has been a suicide in the community.</p> <p>Connect Train the Trainer open to Carroll County- Open to individuals interested in becoming a Connect Suicide Prevention Trainer, reach out if interested- NAMI is saving 4-5 spots for Carroll County.</p>
<p>Community Awareness</p>	<ul style="list-style-type: none"> - September is Suicide Prevention Month - Media recommendations - Broad targeted dissemination of 988/NSPL materials to reach vulnerable 18–24-year-old population 	<p>https://www.samhsa.gov/newsroom/ob-servances/suicide-prevention-month</p> <p>https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables</p> <p>C3PH Folder of 988 Shareables:</p> <p>https://drive.google.com/drive/folders/1EF4t54wpglU5akkOGKEIRu4pWmIf6BKZ?usp=sharing</p>
<p>Tobacco and Nicotine Use Prevention</p>	<ul style="list-style-type: none"> - Nicotine Resource Guide- Jen and Emily are working on a resource guide that includes quit services for youth and adults, research, best practices, 	

	toolkits, presentations, and information. Waiting for approval from BDAS.	
Community response to suicide events.	- List any pertinent updates or invite speakers to share info.	

SECTOR UPDATES	Status Updates, news, announcements	Follow up Actions? – By Who?
Middle/High School/Higher Ed - WMCC Updates	<p>Heather/Department of Ed- Released Promising Futures grant, grant period ends next Friday- See link for the application, this grant can provide money for prevention efforts, those who are selected this year will have the opportunity to extend the funding for next year as well.</p> <p>Grant Funding Opportunities Department of Education (nh.gov)</p> <p>Finished NAMI connect trainings in the office, someone from the NH Department of Ed. could be a co-facilitator, potentially for a virtual training.</p>	
Healthcare Updates – Memorial Hospital Community Health Need Assessment		
First Responder Updates		
Social Services, Other	National DEA Takeback Day is on October 26 at local police departments. Promote reduction of access to meds. Some organizations are looking for other ideas for other Takeback events like at senior centers or schools- any thoughts/ideas please send them to Jen.	
Faith Community Updates		
Awareness Campaigns	<p>September</p> <ul style="list-style-type: none"> - Suicide Prevention Month - Suicide Prevention Week – Sep 9-15 - World Suicide Prevention Day Sep 10 - Recovery Month <p>October</p> <ul style="list-style-type: none"> - Health Literacy Month - Oct 2-7 National Youth Sports Week <p>Space to share Awareness Day/Week/Month campaigns and related resources.</p>	<p>https://www.samhsa.gov/newsroom/observances/suicide-prevention-month</p> <p>https://988lifeline.org/promote-national-suicide-prevention-month/</p> <p>health literacy resources for health professionals</p> <p>National Youth Sports Week</p>

Other		

Next Steps for the Implementation Team- Next meeting on October 16, 2024 with resources.
C3PH Carroll County is inviting you to a scheduled Zoom meeting.

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

GUEST: FRIENDS OF AINE CENTER FOR GRIEVING CHILDREN & FAMILIES

<https://www.friendsofaine.com/>

GUEST: YOUTH SUCCESS PROJECT. YOUTH LED INITIATIVE ADDRESSING YOUTH HOMELESSNESS IN NH <https://www.nhyouthsuccess.com/>

You are invited to a Zoom meeting.

When: Oct 16, 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

Catalina Kirsch

catalina.kirsch@graniteuw.org

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



FREE TRAININGS

VA S.A.V.E

AND

COUNSELING ON ACCESS TO LETHAL MEANS (CALM)

.....

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 Ski Area
Base Lodge Fireplace Room
Route 153
Madison, NH 03849

FMI:
jennifer.thomas@graniteuw.org

BE THE 1 CARROLL COUNTY NH

CONNECT™ ONLINE SUICIDE PREVENTION TRAINING AVAILABLE THROUGH DEC 2024



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



Granite United Way



SIGN UP FOR A NO-COST SELF-PACED
ONLINE TRAINING DESIGNED FOR

1. Gatekeeper - anyone who may have contact with youth/young adults
2. School Personnel
3. Healthcare Workers
4. Mental Health Providers

contact: Jennifer Thomas,
jennifer.thomas@graniteuw.org, 603-301-1252 or
Catalina Kirsch, catalina.kirsch@graniteuw.org

This opportunity is made possible with grant funding and support from the Department of Health and Human Services Substance Abuse and Mental Health Services Administration



RECOMMENDED AUDIENCE: YOUTH-SERVING ORGANIZATIONS, PUBLIC SAFETY/FIRST RESPONDERS, HEALTHCARE PROVIDERS, MENTAL HEALTH PROVIDERS, SCHOOL PERSONNEL, DHHS WORKERS, SEASONAL EMPLOYERS OF YOUTH, SCHOOL SUPPORT STAFF, PEER RECOVERY COACHES, ATHLETIC COACHES, CHURCH YOUTH GROUP LEADERS, FOSTER PARENTS, GRANDPARENTS.
FMI - WWW.C3PH.ORG/INITIATIVES/YOUTH-SUICIDE-PREVENTION



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.

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.”

Questions about the program?

Contact Martha Dorey

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.