

## GLS Youth Suicide Prevention

Implementation Team – Be the 1 Carroll County – October 16, 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

Garrett Lee Smith Grant – NH Nexus Project 2.0

## Minutes

-Introductions of team members around the table

Linda Dinndorf	Program and Education Director at Friends of Aine Center for Grieving Children and Families
BJ Parker	Welfare Director for the Town of Conway, <a href="mailto:bjparker1@conwaynh.org">bjparker1@conwaynh.org</a>
Amanda Goddu	Outpatient LICSW at Huggins Hospital
Julie Lanoie	Executive Director at Tamworth Community Nurses
Peter Ntourntourekas	Community Engagement Team, focusing on children's behavioral health, at New Futures, <a href="mailto:peter@new-futures.org">peter@new-futures.org</a>
Shannon Cloos	Social Worker at Kingswood Regional High School
Susan Ward	Garrett Lee Smith Grant Project Coordinator at NAMI NH, <a href="mailto:sward@naminh.org">sward@naminh.org</a>
Mckenzie Webb	NAMI GLS Care Liaison for Youth and Young Adult Suicide Prevention at Northern Human Services, <a href="mailto:mwebb@northernhs.org">mwebb@northernhs.org</a>
Casey Kariuki	Behavioral Health Navigator at Memorial Hospital
Heather Clogston	Prevention Coordinator at NH Department of Education
Kerry Ali	Carelon/NH Rapid Response Access Point, <a href="mailto:Kerry.Ali@carelon.com">Kerry.Ali@carelon.com</a>
Heather Souther	LCMHC at Brewster Academy, <a href="mailto:hsouther@brewsteracademy.org">hsouther@brewsteracademy.org</a>
Crystal Sawyer	Executive Director at Carroll County Adult Education
Jen Thomas	Prevention Coordinator at C3PH, <a href="mailto:Jennifer.thomas@graniteuw.org">Jennifer.thomas@graniteuw.org</a>
Catalina Kirsch	Continuum of Care Facilitator at C3PH, <a href="mailto:Catalina.kirsch@graniteuw.org">Catalina.kirsch@graniteuw.org</a>
Emily McArdle	Young Adult Outreach (taking meeting minutes) 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>	
Guest Presentation	<b>Guest:</b> Linda Dinndorf Program and Education Director Friends of Aine Center for Grieving Children and Families	Friends of Aine can come to different areas around the state, connect with Linda to bring Friends of Aine to your area: <a href="mailto:linda@friendsofaine.com">linda@friendsofaine.com</a>



Phone: 603.669.1120 ext. 6003  
Email: [linda@friendsofaine.com](mailto:linda@friendsofaine.com)  
Website: [www.friendsofaine.com](http://www.friendsofaine.com)  
FB: [www.facebook.com/friendsofaine](http://www.facebook.com/friendsofaine)  
Address: 226 Coolidge Ave., Manchester, NH 03102

Mission: To help children and families grieving a death navigate their path to a hopeful future. Offer SEA of Hope: Support for grieving children and families, Educate schools and communities about grief, Advocate to raise awareness of grief as a public and mental health issue. 1 out of 12 children in NH will experience the death of a parent or sibling before the age of 18 (this number doesn't include alternative "parental figures").

Services:

At the center: Provides peer-to-peer support groups for children (grouped by age) and adults (held at the same times as the children's groups). All services are free to grieving families.

Schools: Provides grief education trainings for staff, workshops for grieving students and peers, and a Grief Backpack Initiative that contains resources and activities for schools to use with grieving children/teens. Currently doing a 6-week peer-to-peer support group at Kingswood Regional Middle School.

Community: Provides grief education trainings for organizations, workshops for grieving children, teens, and their families, currently developing a Grief Resource Kit for community organizations, and has a Talk About Grief Traveling Art Exhibit.

Tip: Don't let grief become the elephant in the room- A person's grief and pain are caused by the death or loss, not by talking about it. Often hear that children feel like the adults in their life never reached out to them.

BJ will connect Linda to the Alternative Life Center (peer support center)- [bjparker1@conwaynh.org](mailto:bjparker1@conwaynh.org)

Heather Souther would also like to connect with Linda- [hsouther@brewsteracademy.org](mailto:hsouther@brewsteracademy.org)

Linda and Jen will connect to talk about services for servicemembers and their families.

C3PH would also like to receive any giveaways/resources from Friends of Aine, especially for our Survivors of Suicide Loss Day event on Nov. 23, Catalina will give Linda the C3PH mailing address.

Please mail to  
Carroll Co. Coalition for Public Health  
1230 Rt 16 Suite 4  
Ossipee NH 03864

<p>Strategic Planning – Identify needs, gaps &amp; high-risk populations</p>	<p>Survivors of Suicide Loss Day event on Nov. 23 at Cook Memorial Library in Tamworth from 10am-1:30pm. Planning now. See flyer below.</p> <p>NH MHCAP Educators Wellness ECHO- For professionals working in K-12 schools. See flyer below.</p> <p>Carroll County Veterans Coalition reassessing needs and gaps. Inquiring about resources for the LGBTQIA+ population because the YRBS shows they're at higher risk.</p> <p>C3PH partnered with Growth Partners to create 2021 YRBS Infographics- <a href="#">Infographic for School Leadership</a> and <a href="#">Infographic for the Public</a> or see infographics below.</p>	<p>Please help us promote and spread awareness for the Survivors of Suicide Loss Day event. See flyer below. Register here: <a href="https://tamworth-new-hampshire.isosld.afsp.org/">https://tamworth-new-hampshire.isosld.afsp.org/</a></p> <p>C3PH reach back out to Kennett High School GSA?</p>
<p>Strategic Planning – Establish Protocols and Evidence Based Practices within/across systems</p>	<p>Carroll County SIM (Sequential Intercept Mapping) October 31 &amp; Nov. 1, by invitation. Bringing together Criminal Justice, Mental Health resources and referral, and Human Services to do a better job of identifying the mental health needs of people moving through the criminal justice system and connecting them to appropriate resources and referrals.</p> <p>Any protocol planning for the school year?</p>	<p>If you'd like more information about the Carroll County SIM, reach out to Catalina: <a href="mailto:Catalina.kirsch@graniteuw.org">Catalina: Catalina.kirsch@graniteuw.org</a></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>Jen- Red Ribbon Week Oct 23-31: National substance use prevention campaign. Nine schools are interested in doing a red origami butterflies project and will write down one reason to not use substances and schools will be hanging the butterflies up. Another school put together posters about opioids and prevention and a couple local organizations will be displaying the posters around the community.</p> <p><a href="https://www.redribbon.org/">https://www.redribbon.org/</a></p> <p>NH Suicide Prevention Conference on Nov. 14, Jen will be presenting there for the Carroll County Veterans Coalition. Scholarships are available: <a href="https://preventsuicidenh.org/2024-conference/">https://preventsuicidenh.org/2024-conference/</a></p> <p>Apply for a scholarship <a href="#">here</a></p>	<p>If any schools are interested in the red origami butterfly project for Red Ribbon Week, or would like some origami paper, reach out to Jen: <a href="mailto:Jennifer.thomas@graniteuw.org">Jennifer.thomas@graniteuw.org</a></p> <p>Resources -</p> <p><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><a href="https://zerosuicide.edc.org/resources-parents">https://zerosuicide.edc.org/resources-parents</a></p> <p>Under 25 Network of Carroll County: <a href="https://www.facebook.com/U25CarrollCountyNH">https://www.facebook.com/U25CarrollCountyNH</a></p> <p><a href="https://www.instagram.com/u25carrollcountyNH/">https://www.instagram.com/u25carrollcountyNH/</a></p>

	Brochure: <a href="https://preventsuicidenh.org/wp-content/uploads/2024/08/2024-SPC-Brochure-1.pdf">https://preventsuicidenh.org/wp-content/uploads/2024/08/2024-SPC-Brochure-1.pdf</a>	
Education and Training - NAMI Update – Susan Ward	<ul style="list-style-type: none"> <li>- Connect Suicide Prevention Train the Trainer in Nov: 11/4 Training, 11/8 (trainers only), 11/13 (trainers only).</li> <li>- Connect Young Adult Leader Training in the AM and a training with employers in the PM on 12/5 through Apprenticeship NH to target young adults in the workforce.</li> <li>- Connect Postvention Training and Planning- 12/3 and 12/17 (Key stakeholders- DHHS, DBHRT, RPHN, etc.).</li> <li>- NH National Guard Young Adult Leader Training- Will be coming late 2024 as the guard is going through leadership changes.</li> <li>- Connect Youth Leader Training- Discussing with Inter-Lakes school</li> <li>- Connect Online Training Slots</li> <li>- CALM Training – October 18, VA Save and CALM</li> <li>- GLS Conference</li> </ul>	<p>Heather Souther is interested in the Train the Trainer on 11/4 and will connect with Susan about this: <a href="mailto:sward@naminh.org">sward@naminh.org</a></p> <p>Susan sent Catalina and Jen info about a GLS conference so Carroll County could share their work- if anyone thinks C3PH should highlight anything in particular, please reach out.</p>
Community Awareness	<ul style="list-style-type: none"> <li>- VA Save &amp; CALM training- Space is still available. VA SAVE is an introductory suicide prevention training- content is for anyone, data is related to veterans. CALM (Counseling on Access to Lethal Means) is a 3.5-hour training discussing statistics about lethal means, and how to provide information and help make someone’s environment safer and reduce their access to lethal means if they are struggling with or having current, or a history of, suicide ideation. VA SAVE as universal support and CALM is for a selected higher risk group.</li> <li>- C3PH tabled at 11 school open houses and provided resources to parents/caregivers, students, and school personnel.</li> <li>- Broad targeted dissemination of 988/NSPL materials to reach vulnerable 18–24-year-old population</li> </ul>	<p>Sign up here for VA SAVE and CALM training: <a href="https://forms.gle/4Mn2xqG3j9rBrsnB7">https://forms.gle/4Mn2xqG3j9rBrsnB7</a> or email Jen if you’re interested- <a href="mailto:Jennifer.thomas@graniteuw.org">Jennifer.thomas@graniteuw.org</a></p> <p><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://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>- Heather Souther- C3PH linked Brewster Academy with Breathe NH and they hosted a great Breathe NH presentation.</li> </ul>	<p>Bring a Breathe NH presentation to Kingswood, Kennett, or Carroll County Adult Education?</p> <p>Info on Breathe NH:  <a href="https://www.breathenh.org/">https://www.breathenh.org/</a>  <a href="#">C3PH Tobacco, Nicotine, and Vaping Resource Guide</a></p>
Community response to suicide events.	<ul style="list-style-type: none"> <li>- List any pertinent updates or invite speakers to share info.</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	<p>Crystal/Carroll County Adult Ed- Crystal is now a Connect Trainer and will be offering trainings with other adult educators to all adult education employees and another training for students. CC Adult Ed will be having someone from Harbor Care coming to provide a suicide prevention training. Crystal will be attending the first day of the SIM mapping.</p> <p>Heather Souther/Brewster- Seeing a lot of grief in the school. Started some group support every other week called the Mental Health Matters Club where kids can sign up that week for different topics. Heather met with another faculty member who is interested in promoting mental health care and wellbeing in the school, proposing an interim study project in March to talk about mental health, maybe have someone from NAMI or Carroll County come or do a training in Teen Mental Health First Aid.</p> <p>Shannon/Kingswood- Health and Wellness class is doing peer-to-peer education about suicide prevention, students are participating and engaged. Completing NAMI trainings in November and talking about how to push that out to schools.</p>	<p>C3PH would be happy to collaborate with Heather Souther/Brewster to help make the interim study project successful. McKenzie and Catalina are both certified in Teen Mental Health First Aid and could come provide that training.</p>
Healthcare Updates – Memorial Hospital Community Health Need Assessment	<p>Casey/Memorial- Memorial has 2 new psychiatric nurse practitioners so they now have a team of 5 psychiatric nurse practitioners.</p> <p>Amanda/Huggins- No updates at Huggins, Amanda and other LCSW doing individual therapy services, seeing an influx of people dealing with grief.</p>	<p>Catalina and Jen can talk to Amanda about bringing Friends of Aine to Huggins.</p>
First Responder Updates		

Social Services, Other	<p>Peter/New Futures- Legislative session starts in January so New Futures does not have specific action items yet. Fellowships going on every week to get advocates ready to testify, trying to stay in touch with everyone and spread the word about New Futures and their trainings. Will send out action items when available and can provide trainings for organizations. This year will be a budget year so anything involving government dollars will be debated this year.</p> <p>Heather/DOE- <a href="#">NH Suicide Prevention Conference</a> on Nov. 14. NH MHCAP Educators Wellness ECHO- For professionals working in K-12 schools. See flyer below.</p> <p>Mckenzie/NAMI GSL- Mckenzie works with high-risk youth and young adults who have experienced a recent suicidal incident. She can step in for 90 days to talk about coping skills, resilience, stress management, and connect them to services. Not currently taking referrals because the grant may end in January, but currently has 8 clients with 6 in Carroll County.</p> <p>Susan- NAMI NH will apply for a no-cost extension which could extend the Care Liaison position for 6 months to a year, but they can't apply until Nov. and then will have to see if it's approved. Susan will keep the group updated.</p>	C3PH has funding from the NH Charitable Foundation to do community engagement and would like to partner with New Futures to do some type of legislative breakfast/round table to talk to legislators about public health, behavioral health, etc. C3PH and New Futures can connect once the legislative session is underway.
Faith Community Updates		
Awareness Campaigns	<p>October</p> <ul style="list-style-type: none"> <li>- Health Literacy Month</li> <li>- Substance Use Prevention Month <a href="https://www.samhsa.gov/newsroom/ob-servances/substance-use-prevention-month">https://www.samhsa.gov/newsroom/ob-servances/substance-use-prevention-month</a></li> </ul> <p>November</p> <ul style="list-style-type: none"> <li>- Clocks “fall back” to Eastern Standard Time 2am Nov 3, 2024.</li> <li>- Review presentation on YouTube: <a href="#">Seasonal Affective Disorder, with Donna Torney LCMHC</a> from 2023</li> </ul> <p>Space to share Awareness Day/Week/Month campaigns and related resources.</p>	<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		

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: Nov 20, 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)

## WHO WE ARE

### Mission

To help children and families grieving a death navigate their path to a hopeful future.

### Values

Children are our greatest gift.

- Kindness
- Connections
- Compassion
- Courage

### Strategic Goals

Support grieving children and families

Educate our schools and our community about grief

Advocate to raise awareness of grief as a public and mental health issue

of

Honor our

Organization, our

People, and our

Evolution

### Our Inspiration

After suddenly and unexpectedly losing our 8-year-old daughter, Aine Phillips, we realized there were few grief resources for our younger daughter, Bella. We founded Friends of Aine in 2013 to ensure bereaved children will always feel understood and supported by both peers and trusted adults as they navigate their grief. Everyone who encounters our services is part of Aine's legacy of kindness and compassion.



—Christine and David Phillips

## CONTACT US

### Friends of Aine

Center for Grieving Children and Families  
226 Coolidge Avenue, Manchester, NH 03102

📞 General Inquires (603) 669-1120

✉️ [info@friendsofaine.com](mailto:info@friendsofaine.com)

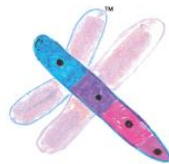
[FriendsofAine.com](http://FriendsofAine.com)

### Connect with us

Facebook: @friendsofaine

Instagram: @friendsofainecenter

LinkedIn: [LinkedIn.com/company/friends-of-aine](https://www.linkedin.com/company/friends-of-aine)



Friends of Aine is a 501(c)3 non-profit organization.

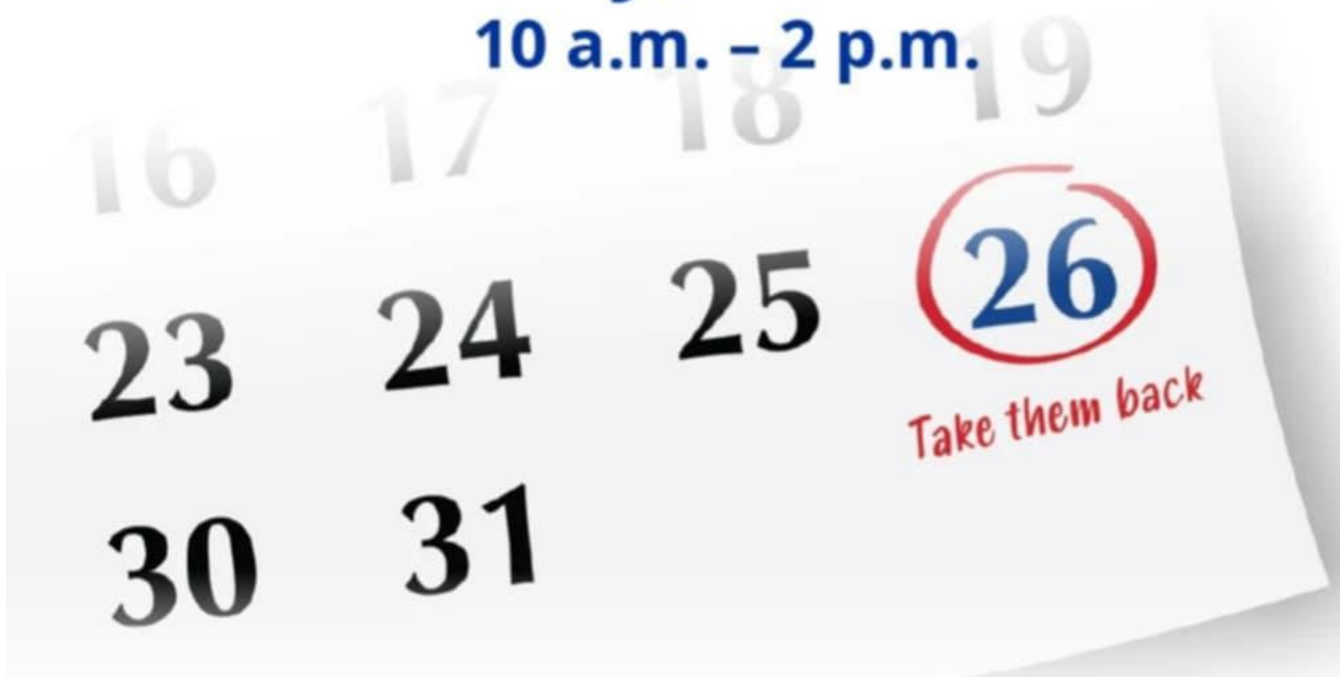


**CREATING A WORLD  
WHERE NO CHILD  
GRIEVES ALONE**





**Save the Date**  
**Saturday, October 26**  
10 a.m. – 2 p.m.



[DEATakeBack.com](http://DEATakeBack.com)



# Empowering Educators

## *Strategies for Staff Well-Being ECHO*

### Learn about:

- Vicarious Trauma
- Self Regulation and Coping Mechanisms
- Time Management and Work/Life Integration
- Building Supportive Relationships
- And more!



### When:

Wednesdays  
 October 2nd - November 20th  
 8:00am - 9:00am

### Audience:

Professionals working  
 in K-12 schools

[Register here](#)

Questions?  
 Please contact  
[Cait.McAllister@unh.edu](mailto:Cait.McAllister@unh.edu)



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# NH MCAP ACCESS LINE

**(603) 650-4741**

Provider-to-provider child psychiatry support

NH MCAP is your connection to provider-to-provider support from the Child Psychiatry team at Dartmouth Health Children's. Consults are available to primary care providers that care for children and adolescents in NH and are provided by phone, during regular business hours.

## HOW IT WORKS



This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$850,000 with 20% financed by nongovernmental sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement by, HRSA, DHHS, or the U.S. government. For more information, please visit [HRSA.gov](http://HRSA.gov).



(603) 650-4741

Provider-to-provider  
child psychiatry support

## Frequently Asked Questions

### Q. What kind of questions can providers call NH MCAP Access Line about?

- A. The Dartmouth Health Children's Child and Adolescent Psychiatrist that supports the Access Line can answer mental health questions about assessment, diagnosis, and treatment planning including medication management or other treatments. Examples include questions about specific medication dosing or side effects and help with differential diagnoses or appropriate levels of care.

### Q. What's the best way to frame my question?

- A. Prior to speaking with the Dartmouth Health Children's Child and Adolescent Psychiatrist we will collect some basic intake data. During the consultation, it is helpful to understand what you are looking for help with and what you have tried so far.

### Q. What is the average wait time to speak with a Child and Adolescent Psychiatrist?

- A. Most consults are available within 2 days of request, depending on the overall volume of requests.

### Q. How long will a call take?

- A. The average consultation takes about 15 minutes, but you will get as much consultation as you need.

### Q. What if I need a response right away?

- A. The NH MCAP Access Line is not a crisis service, but NH does have resources to help! NH Rapid Response Access Point (833-710-6477) is a 24-hour service that can help you and your patient determine next steps which may include phone support, dispatch of a Rapid Response Team, or referral to an Emergency Department. More information can be found here:

[Acute Crisis Care](#) | [Children's Behavioral Health Resource Center \(nh.gov\)](#)

### Q. How do I bill for this?

- A. Interprofessional telephone/internet Electronic Health Record Consultation code 99452 may be reported by the treating/requesting physician, NP, or PA for 16-30 minutes in a service day preparing for the referral and/or communicating with the consultant.

### Q. How does NH MCAP manage patient data?

- A. Patient data and recommendations made during the consultation are recorded in Dartmouth Health's secure, HIPAA protected electronic health record and e-faxed to the requesting provider following the consult. All data used by NH MCAP for program evaluation is de-identified.





## International Survivors of Suicide Loss Day

# November 23, 2024

Each year, AFSP supports hundreds of large and small Survivor Day events around the world, in which suicide loss survivors come together to find connection, understanding and hope through their shared experience. While each event is unique and offers various programming, all feature an AFSP-produced documentary that offers a message of growth, resilience and connection.

### Questions?

Catalina Kirsch  
catalina.kirsch@graniteuw.org  
Phone: 603-662-4811

**Tamworth,  
New Hampshire**

**Cook Memorial Library  
93 Main Street**

10am-1:30pm

To learn more or to Register, visit:  
[afsp.org/NewHampshire](https://afsp.org/NewHampshire)  
Or scan the QR code:



[afsp.org/NewHampshire](https://afsp.org/NewHampshire)

<https://tamworth-new-hampshire.isosld.afsp.org/>



American  
Foundation  
for Suicide  
Prevention

New York City

# 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**

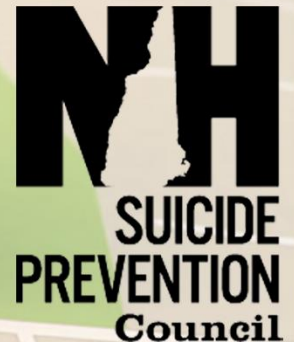
November 14, 2024

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](https://preventsuicidenh.org).



Brochure here: <https://preventsuicidenh.org/wp-content/uploads/2024/08/2024-SPC-Brochure-1.pdf>

Conference website: <https://preventsuicidenh.org/2024-conference/>

Beginning June 1, 2024:

# From Grieving to Living

♥ A Bi-Monthly Grief Support Group ♥



## All burdens are lighter when shared



Every 1st and 3rd  
Saturday of the Month  
11 am-Noon



Wakefield Family Medicine  
131 Meadow Street  
Sanbornville, NH 03872



[patti@pattischmoock.com](mailto:patti@pattischmoock.com)



Please Note: This group is an offering of  
Patti Schmoock Coaching  
and not affiliated with Wakefield Family Medicine

**Group Facilitator:**

*Patti Schmoock*

Mental Well-Being Coach &  
3 Principles Practitioner

**Curious what people are saying?  
Scan QR code for more information**



**"THE FIRST WEALTH IS HEALTH."  
- RALPH WALDO EMERSON**

**JOIN US IN NOVEMBER FOR:**

# **MENTAL WEALTH** *Wednesdays*

**A 3-PART, IN-PERSON WORKSHOP DEDICATED TO  
IMPROVING MENTAL HEALTH & WELL-BEING:**

- **DISCOVER THE SECRET TO MENTAL HEALTH**
- **LEARN TO LET GO OF STRESS AND ANXIETY**
- **FIND PEACE OF MIND, MORE OFTEN**

**THE PROGRAM IS FREE; HOWEVER, DONATIONS ARE GLADLY ACCEPTED  
AND GREATLY APPRECIATED.**

**\*YOUR GENEROUS CONTRIBUTION WILL HELP SUPPORT FUTURE PROGRAMS  
AND PROVIDE COACHING SCHOLARSHIPS FOR THOSE IN NEED.**

**WHERE:  
131 MEADOW STREET  
SANBORNVILLE, NH 03872**

**WHEN:  
11/6, 11/13, 11/20**

**WHAT TIME:  
6 PM - 7:30 PM**

**Facilitator:**



**Patti Schmoock**  
Mental Well-Being Coach &  
3 Principles Practitioner

**Space is limited  
Scan Below to Register:**





- Mental Health is as important as Physical Health.
- But, finding someone to help with our Mental Health isn't always easy.
- Luckily, there is an alternative to the mainstream.

**COMING NOVEMBER 2024**

# MENTAL HEALTH COACHING

**WHERE:**  
131 MEADOW STREET  
SANBORNVILLE, NH 03872

**WHEN:**  
TUESDAYS AND WEDNESDAYS

**WHAT TIME:**  
9 AM TO 4 PM BY  
APPOINTMENT ONLY

Scan to Schedule  
a Free 30-minute Consultation  
(Available Until Offer is Cancelled)



**THIS COULD BE THE BEST 30 MINUTES  
YOU'VE EVER GIVEN YOURSELF, DON'T LET  
FEAR TALK YOU OUT OF IT.**

**Your Coach:**



*Patti Schmoock*  
Mental Well-Being Coach &  
3 Principles Practitioner

# WHAT IS CARROLL COUNTY'S

# 2021 YRBS

TELLING US?

CARROLL COUNTY COALITION  
FOR PUBLIC HEALTH



Most Carroll County youth  
DO NOT use alcohol or tobacco

In the past 30 days...

**85%**

of students **did not**  
binge drink

**85%**

of students **did not**  
use marijuana

**72%**

of students have **never used**  
an electronic vapor product

Most Carroll County youth DO NOT take illicit drugs

**97%**

of students have **never** used ecstasy

**90%**

of students have **never** taken prescription  
pain medication without a doctor's prescription



## What increases students' chances of substance use?

Students who reported...

### Ease of Access

...higher perceived ease of  
obtaining marijuana had **up to  
13 times greater likelihood**  
of more frequent marijuana  
use in the past 30 days.

...higher perceived ease of  
obtaining prescription drugs  
without a prescription had **up to  
40.35 times greater likelihood**  
of ever having used ecstasy.

### Violent Relationships

...being forced by a dating partner to  
engage in unwanted sexual activities  
one or more times in the past 12  
months are **22.2 times more likely**  
to have vaped in the past 30 days.

...experiencing more instances of  
physical harm from a parent or  
other adult at home had **up to  
12 times higher likelihood** of  
using a prescription drug without a  
prescription in the past 30 days.

### Poor Mental Health

...more frequent days of poor  
mental health are associated  
with **up to 7.2 times higher  
likelihood** of using prescription  
pain medicine without a  
prescription or contrary to a  
doctor's instructions.

...missing more days of school  
due to feeling unsafe are **up to  
31 times more likely**  
to have ever used ecstasy.

## How do schools and communities use YRBS data?

- + School guidance counselors and principals use YRBS data during back-to-school nights.
- + School districts use YRBS data to develop appropriate educational health initiatives and establish curriculum objectives.
- + Teachers use YRBS data to teach students data interpretation and critical thinking by analyzing trends, comparing years, and evaluating intervention effectiveness.
- + Health education teachers use YRBS data to discuss current health issues facing youth and to compare current levels of healthy and unhealthy behaviors.
- + Schools and communities can use YRBS data to develop and strengthen health promotion and disease prevention programs and access funding for grants.

## What is the Youth Risk Behavior Survey?

The Youth Risk Behavior Survey (YRBS) asks students about risky behaviors and those behaviors that keep them safe. YRBS data is used to enhance state and local grant applications, develop more effective youth prevention programs, and offer a consistent long-term tool for measuring progress in reducing youth health risk behaviors.



For more resources, go here



Granite United Way

CARROLL COUNTY COALITION  
FOR PUBLIC HEALTH



# What is the Youth Risk Behavior Survey?

CARROLL COUNTY COALITION  
FOR PUBLIC HEALTH

The Youth Risk Behavior Survey (YRBS) asks students about risky behaviors and those behaviors that keep them safe. Data from the YRBS helps pinpoint health issues that are common among students so that schools and communities can create programs to **help students make safer and healthier choices.**



## How was the 2021 data analyzed?

YRBS data is **completely anonymous**; it isn't linked to individual students or classes. The data from the YRBS is analyzed to understand patterns and trends in behavior over time. The data doesn't point out causes, but it does **help schools understand links between conditions in students' lives and the behaviors they engage in.**



## Protective Factors

Protective factors are traits or conditions that make positive outcomes more likely or lessen the impact of risk factors. Things like sleeping at home most nights, feeling safe going to and from school, and having friends who disapprove of smoking are all protective factors. For Carroll County youth, an important protective factor was being able to talk to a caring adult about their feelings.

### Students who reported increased levels of being able to talk to an adult in their family or to another caring adult about their feelings have up to . . .

. . . **2.7 times reduced odds** of having poor mental health most of the time during the past 30 days.

. . . **12.6 times greater odds** of getting the help they need when they feel sad, hopeless, angry, or anxious.

. . . **5.1 times greater odds** of reporting not getting sad, hopeless, angry, or anxious.

. . . **4.2 times reduced odds** of having made a plan about how they would attempt suicide during the past 12 months, compared to students who never had a caring adult to talk to about their feelings.

. . . **up to 5.1 times reduced odds** of having seriously considered attempting suicide during the past 12 months, compared with students who reported never having a caring adult to talk to about their feelings.

## Risk Factors

**Think of risk factors as stumbling blocks on the way to positive outcomes. YRBS data shows us that some of the strongest risk factors Carroll County youth face are at home.**

Students who reported increased lifetime instances of parents or other adults in their homes slapping, hitting, kicking, punching, or beating each other up have **up to 55.6 times greater odds of ever using ecstasy.**

Students who usually slept away from home during the past 30 days have **29.7 times greater odds of having had a suicide attempt** during the past 12 months that resulted in treatment by a doctor.

## How To Be a Caring Adult

Having a caring adult to whom they can talk is a powerful protective factor for Carroll County youth. Being a caring adult who reaches out and shows support is a simple way to help teens and the whole community thrive.

**Here are five critical aspects of a caring relationship that can support youth:**

1. Showing students you care about them.
2. Challenging students to become their best selves.
3. Providing ongoing support.
4. Sharing power and showing respect.
5. Expanding their sense of possibilities and opportunities.



**Teens who have stronger relationships with non-family adults (e.g., through involvement in volunteer work, youth programs, religious organizations) have higher levels of positive support, engage in less risky behavior, and have increased levels of overall well-being.**

SOURCE: Scales, P., Benson, P., & Mannes, M. (2006). The contribution to adolescent well-being by nonfamily adults: An examination of developmental assets as contexts and processes. *Journal of Community Psychology*, 34:401-413. 10. 1002/jcop.20106.

## How Adults Can Support Youth



SOURCE: The Search Institute. Developmental Relationships: The Framework. [https://d2pck61xhq74q6.cloudfront.net/Resources-Hub/Beyond-the-Classroom/DevRelationships\\_framework\\_english-1.pdf](https://d2pck61xhq74q6.cloudfront.net/Resources-Hub/Beyond-the-Classroom/DevRelationships_framework_english-1.pdf)

For more resources, go here

