Carroll County Youth Wellness Team **Agenda** Time: 1200 PM Eastern Time Every month on the Second Tuesday Register on Zoom: https://us02web.zoom.us/meeting/register/Nj8REH_vQgasVKQ2-aR6Ng fmi jennifer.thomas@graniteuw.org	CARROLL COUNTY COALITION FOR PUBLIC HEALTH An Initiative of Granite United Way

Attendees

Name	Organization
Sara Rodriguez	School Nurse, Madison Elementary School
Shannon Cloos	School Social Worker, Kingswood Regional High School and Middle School
Laurie Raymond	Student Outreach Counselor, Inter-Lakes School District
Crystal Sawyer	Executive Director, Carroll County Adult Ed
Sarah Cain	Community Engagement Coordinator, New Futures, scain@new-futures.org
Alex Farley	Family Support Liaison, Kennett High School
Marti Bolduc	School Social Worker, Moultonborough School District
Sonjia Tainter	NH Afterschool Network, Project Director, stainter@seresc.net
Jen Thomas	Prevention Coordinator, C3PH
Catalina Kirsch	SUD Continuum of Care Facilitator, C3PH
Emily McArdle	Outreach, C3PH

1. Welcome Back
    a. Introductions
2. Slide Show
    a. Youth Wellness Team mission overview
        - Combined youth suicide prevention team and substance use prevention team to meet the needs of youth in our community
        - Jen will send out slides and document with mission, vision, and objectives
    b. Review of priority discussion- Send the slides out to the group
        - Need for increased family supports
        - Addressing poor mental health
        - Wraparound supports for families

- Improving help-seeking behaviors and self-advocacy skills
- Increase in bullying- Look at recent YRBS data
    1. Share youth PSA on bullying
- Public health messaging awareness

c. CC YWT action planning

3. Discussions
    a. Priority area alignment
        - Priority areas are still relevant
        - Ongoing barriers for families to access the services and resources in our rural area stands out as a priority
        - Group liked the emphasis on families, and the focus on bringing resources together and making them more accessible for families so they know what resources are available
        - Sad to hear about lack of awareness on public health and public health messaging- need to make that more out there for youth and families
        - Group would like to see the list of priorities, slides, and the summary
    b. Group discussion about priority areas:
        - Priority area one: Need for increased family supports
            1. Sara/Madison- Madison Elementary focuses on family support, will try to find any resources families need. Lists of any resources would be helpful.
                a. C3PH has many resources. Find our resource guides at https://c3ph.org/resources/
            2. Laurie/Inter-lakes- Trying to create a tool for centralized lists and resources for mental health plus other resources like camp resources, etc. to make it more accessible to staff in the school so that they can search by mental health or housing, so that anyone can offer resources in the moment.
                a. See C3PH resource guides at: https://c3ph.org/resources/
        - Priority area two: Addressing poor mental health

1. Sara/Madison- The guidance counselor works with the students to provide counseling and on every aspect of mental health and with siblings and between parents and families. Success classes (classroom guidance classes) work on mental health and bullying in every grade.
2. Marti/Moultonborough- Did awareness for Suicide Prevention Week at the start of the school year. Works with school staff on basic needs. School counselors do classroom lessons in elementary school on social and emotional health and bullying, middle school does Core program, and high school does Character Strong program that touches on social-emotional learning. Red Ribbon Week coming up as another awareness event.
    a. C3PH is always available to come table at schools and events
        i. Shannon is interested in C3PH coming to Kingswood- Jen will email Shannon

- Priority area three: Wraparound supports for families
    1. Gov. Wentworth school district is working on a grant to help create hubs of services within the school district
    2. NH Care Connections- Resource Referral- A Navigator will respond to help you connect to resources throughout NH (housing, food, transportation, etc.) https://www.dhhs.nh.gov/programs-services/nh-care-connections/request-connect-navigator
        a. Send out the Care Connections rack card PDF
- Priority area four: Improving help-seeking behaviors and self-advocacy skills
        a. Jen- Working with NH Perinatal Quality Care Collaborative to build a presentation for new families about health literacy
- Priority area five: Increase in bullying
    1. Jen- Working with Starting Point to build a way to better train other organizations that work with youth that don't necessarily get trained as much as school staff
    2. Schools working with guidance on social emotional learning

3. Sara/Madison- Has had Lisa from Starting Point come in to do presentations on healthy and unhealthy relationships along with bullying
    a. If anyone else is interested in this, reach out to Jen who can connect you to Lisa and Starting Point

- Priority area six: Public health messaging awareness
    1. C3PH is working with Wolfeboro Community TV to produce a 4-part series on our local public health work. Recording will be streamed on WCTV and will be on YouTube and can be shared. Four 30-minute segments on what is public health and how we do it locally, with each segment showcasing one of our 4 priority areas in our Community Health Improvement Plan, e.g. an episode on social determinants of health and chronic disease prevention, prevention, substance use disorder and continuum of care, and emergency preparedness work in the community
    2. Marti/Moultonborough- Getting to Y student group is launching again this year, students look at the data from their school and figure out what they can do to improve it in their school
    3. Gov. Wentworth- C3PH makes a newsletter with resources that goes on the parent portal
        a. If any other school is interested in this, please reach out to Jen

c. What will make this meeting useful to you
d. Additional concerns or needs for youth
e. Structure, logistics etc
    - Start implementing action items
    - Discuss ways to get youth involved
f. What's something that this group could help you accomplish
g. Question/ideas:
    - Interest in the presenter about the juvenile diversion program
        1. Jen will coordinate that for an upcoming presentation as part of this meeting

4. Partner Updates
    a. Sarah Cain/New Futures
        - Will be working on upcoming bills including banning kratom and a 988 bill to ensure reliable funding
        - Will be attending these meetings to update everyone on the process and to serve as a resource for your advocacy needs
        - New Futures will be having their first New Futures Policy and Advocacy Conference happening November 19th: https://new-futures.org/post/conference26 (reach out to Sarah if you need assistance with the fee)
    b. Sonjia/NH Afterschool Network
        - NH Afterschool Network is partnering with STEM Next for more flight crew members (youth ages 13-18), where youth can connect with mentors across the country on heavy STEM topics. If you know of any youth that may be interested, go to https://stemnext.org/what-we-do/our-work/flight-crew/
5. C3PH Updates
    a. Catalina – Continuum of Care
        - CHIP priorities for Behavioral Health and Wellness with new focus areas to include social connectedness and reducing alcohol-related risk and harm. See our new website c3ph.org
        - CoC will participate in Statewide Getting to Y initiative; Jen and Catalina will be providing technical assistance and supports to schools that have the Getting to Y program, resources are available. Program trains the school and students on how to look at their own data and what they can do to improve it within one school year
            1. Catalina will follow-up with Moultonborough
        - International Survivors of Suicide Loss Nov 21. Offers support, guided discussion, shared meal, and community for people who have lost someone to suicide. Please sign up at https://isosld-mt-washington-new-hampshire-nh-rfltz.isosld.afsp.org/

1. We also need people for our planning committee as well, please reach out to Catalina if you're interested in helping plan this event

- Magnify Voices 2027- Art contest for NH students in grades 5-12 to raise awareness about mental health.
- Continued participation in local groups working on housing, food security and transportation.
- Available for trainings on addiction, naloxone/overdose prevention, suicide prevention, mental health awareness.
- Naloxbox installations
- White Horse Recovery Trunk or Treat event- Looking for folks to sign up their car for the event and organizations will be there with resources as well

b. Emily

- Recently attended school open houses to share resources with parents/caregivers and schools
- Planning Red Ribbon Week activities at Moultonborough Academy, Kingswood Youth Center, and Kennett Middle School
- Available to table at community and school events to share resources with parents/caregivers, general community, and/or youth

c. Jen

- Red Ribbon week activities
- New substances/unregulated substances
    1. What you need to know about these intoxicants that are not regulated by the US Food and Drug Administration and are widely available in smoke/vape and convenience stores in NH, packaged and marketed to children and youth, who can and do purchase these products: Read here.
- Presentations to families on prevention and basic information on alcohol and other drugs for parents/caregivers and youth

6. Resources and Activities
    a. www.c3ph.org
    b. www.carrollcountyveteranscoalition.org

- Provide support for National Guard families

c. NH DHHS BDAS Prevention Newsletter
    - BDAS Newsletter - October 2026.final.pdf

d. National Depression and Mental Health Screening Month

e. National Substance Abuse Prevention Month

f. Red Ribbon Week — last week of October (drug-free lifestyle campaign, esp. schools)

g. World Mental Health Day — October 10

h. National Bullying Prevention Month

i. Domestic Violence Awareness Month

j. National Collegiate Alcohol Awareness Week — typically mid-October

7. Next Steps
8. Close and Thank You!

Action Plan

Action	**Who**	**Resources**	**When**	**Notes**
Send out priority areas and slides to the group	Jen	Email	By 10/20	With minutes on 10/14
Choose a priority action item to work on	Whole group	Discussion at next meeting	11/10	
Coordinate presentation with Juvenile Diversion	Jen	Email	11/10	Jen, emailed CCJD, waiting to hear back
Connect with Kingswood for upcoming tablings	Jen/Shannon	Email	11/10	Jen, emailed



Make It. Share It. Get It Seen.

A Nonprofit Communications 101 Crash Course

QR Codes
Inclusive Messaging
Hashtags
LAYOUT
AI
POST SCHEDULING
@
Fonts
File Size
Newsletters
Pixels

Jan 7th, 12 PM

FREE - One Hour Virtual Class

All Experience Levels Welcome!

Presented by designer & author
JulianneDiBlasi.com
https://bit.ly/January7class

REGISTRATION CLOSES 01.06.27

FREE

VETERANS & FIRST RESPONDERS ART PROGRAM

arts council of tamworth

TAMWORTH COMMUNITY NURSE ASSOCIATION
Caring for Tamworth since 1921

Harbor Care
HOUSING ✦ HEALTHCARE ✦ VETERAN SERVICES

HIDDEN BATTLES
Some Battles Are Fought In The Mind

2ND SAT OF THE MONTH
9 AM - 11 AM
TAMWORTH COMMUNITY
NURSE ASSOCIATION
86 MAIN STREET, TAMWORTH

MORE INFO:
ARTSTAMWORTH.ORG

Carroll County Veterans Coalition



WHITE HORSE RECOVERY PRESENTS

OCTOBER 25TH 2026 | 3-7 PM



BASIC RULES & GUIDELINES

Vehicles must be street-legal.

Registration required to participate.

Arrive between 2-3 for check-in.

To Register Call 603-651-1441 ext 1304

or email: Heather@whitehorseac.com

White Horse Recovery

Free Winter Gear Giveaway

FREE GENTLY USED WINTER CLOTHING ITEMS FOR THE WHOLE FAMILY

NOVEMBER 14TH | 9:00 AM - 2:00 PM

Tri-County Community Action Program Resource Center
448A White Mountain Hwy, Tamworth, NH 03886

Stay warm this winter! Stop by to pick up FREE gently used winter clothing items for the whole family, coats, hats, gloves, and more (while supplies last).

Enjoy a cup of hot chocolate.

Connect with local resources, including TCCAP to learn about services available in your community.



TRI-COUNTY COMMUNITY ACTION

JOINED BY:

WIC WOMEN, INFANTS, & CHILDREN

White Horse Recovery

CHILDREN Unlimited INC. NURTURING HEARTS AND MINDS ONE AT A TIME

And More!

LAKES REGION HUMANE SOCIETY

ONLINE COURSE

Beyond the Clinic: Navigating Community Supports for Behavioral Health

NH MCAP
Mental Health Care Access **in Pediatrics**

Department of HEALTH & HUMAN SERVICES | Division of Public Health

PURPOSE

Equip your primary care team with the knowledge, skills, and strategies to collaboratively address pediatric behavioral health issues, strengthen team-based care, and effectively connect children and families with community resources.

AUDIENCE

Primary care providers and healthcare support staff who treat kids and teens in NH.

OVERVIEW

- Self-paced, asynchronous learning
- 10 modules

Modules

- Understanding Pediatric Behavioral Health
- Relationships with Community Resources
- Barriers to Behavioral Health Access
- Responding to Needs
- Supporting Families
- Creating a Resilient Culture
- Trauma-Informed Communication
- Integrated Behavioral Health
- Meeting Rural Needs
- Sustainability

REGISTER

Scan to register!

Questions?
Email Corina.Park@unh.edu

Institute for Health Policy and Practice

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November 21, 2026

Join fellow survivors of suicide loss for a day of connection, understanding and hope through shared experience.

The event will:

- Provide participants with a sense of connection to others who have experienced suicide loss
- Create space for participants to remember the person(s) they lost to suicide
- Provide opportunities for participants to foster a sense of hope and healing

Local Event Information

Mount Washington Valley, NH
MWV Adult Day Center
987 East Main St.
Center Conway, NH 03813
Register: tinyurl.com/MWVSurvivorDay26

Questions?

Catalina Kirsch
Email: catalina.kirsch@graniteuw.org
Phone: 603-301-1252 ext. 2

afsp.org/SurvivorDay

American Foundation for Suicide Prevention