



WELCOME to the

Responding to Youth in Distress:
Up Close with Potential Resources

April 30th, 2024

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Today's Program

- Welcome
- Presentations
 - Susan Ward, NAMI NH, Care Liaison Program under the Garrett Lee Smith Grant
 - John Mirabella – School Resource Officers
 - Alysse Coffey – TLC Family Resource Center
 - Sue Meattey, UNH Extension, Youth Mental Health First Aid
 - William Burke – Dept. of Children, Youth and Families
- Join a breakout room to ask questions of one of the presenters
 - 2 sessions @ 10 minutes each
- Closing



New Hampshire

Garrett Lee Smith Grant Care Liaison Program

Susan Ward

NAMI NH



Social Ecological Model System-Wide Approach

GLS Partners:

North Country Health Consortium

Granite United Way

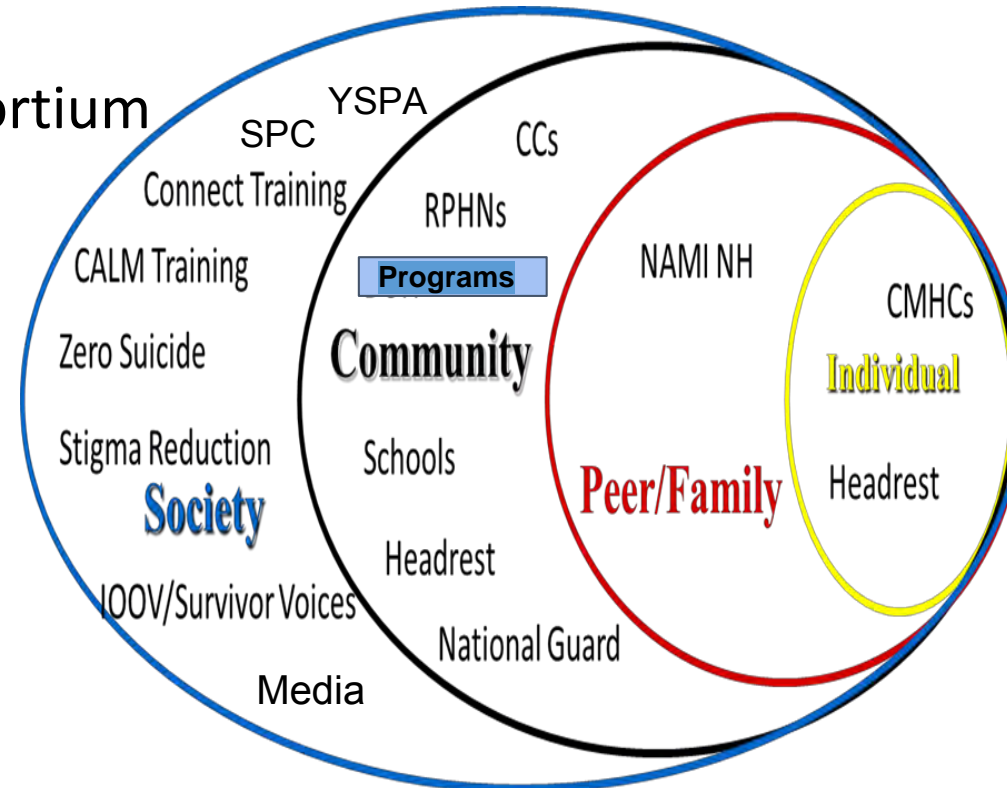
Riverbend

Northern Human Services

NHTI

Headrest

Behavioral Health Improvement Institute



Current Grant 2020-2025

- Garrett Lee Smith Grant
- Youth and young adults ages 10 to 24
- Capital Region, North Country, Carroll County
- Goal: Reduce suicide incidents among youth/young adults by strengthening cross-systems collaboration, improving pathways to care, and offering comprehensive training opportunities that provide youth-serving organizations with the resources to identify, assess, refer, and treat at-risk youth/young adults.



GLS Implementation Teams



Implementation Team members support the goals outlined in the GLS Grant through participation in:

- Monthly regional networking meetings
- Suicide prevention training opportunities
- Taking an active role in helping to prevent suicide
- .

Care Liaisons

- Work with youth/young adults ages 10 to 24 identified as high risk for suicide in the region.
- Implement a suicide care pathway to reduce risk.
- Facilitate stabilization and recovery after a high-risk period for up to 90 days.



Client Criteria

- Youth and young adults up to age 24 in Capital Region, Carroll County or the North Country considered high-risk for suicide
- Recent suicide related incident resulting in emergency contact, ED visit or hospitalization (NHH or local) or experiencing suicide ideation
- Willing to receive services from Care Liaison
- Willing to sign releases to exchange information with key support persons and providers



Care Liaison Activities

- Work closely with client's support network (school, family, coaches, therapists)
- Individualized plan to keep client safe
- Provided caregivers/family with educational resources and social support (NAMI NH)
- Connects client to social activities and classes that client felt would be helpful
- Frequency and length depend on client/family needs (30-90 days)



Community Referrals

Community Connections

Connecting youth with natural supports in their communities is a key element in developing that additional layer of support after they are discharged from NHH.

The Civil Air Patrol Cadet Program



Civil Air Patrol's Cadet Program is a non-profit, year-round youth leadership and aerospace education organization for students ages 12 to 20. Chartered by U.S. Congress and tasked with creating tomorrow's leaders, Civil Air Patrol has been mentoring teens and helping them succeed since 1941. Cadets progress through our self-paced education and military-style-advancement structure and wear Air Force-style uniforms but are not obligated to join the Armed Forces; this is not a recruiting program.



Appalachian Mountain Teen Project

AMTP fosters resilience, enriches opportunities, and develops stable, secure relationships in the lives of young people who face difficult life circumstances.



Girls on the Run

Girls on the Run is a life-changing, non-profit program for girls in the 3rd through 8th grade. Their mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.



Therapeutic Horsemanship

Therapeutic horsemanship includes Equine Assisted Activities (EAA) organized and taught by an instructor trained to work with people with varied disabilities and diverse needs.



Care Liaisons

For more information please contact:

Haley Campbell: Riverbend (*Capital Region*)

hcampbell@riverbendcmhc.org

Mckenzie Webb: Northern Human Services (*Carroll County/North Country*)

mwebb@northernhs.org



John Mirabella
School Resource Officer

<https://schoolsafetyresources.nh.gov/>

Alysse Coffey
TLC Family Resource Center

<https://www.tlcfamilyrc.org/>

1 in 5 youth lives with a mental health condition

5% of youth report having a substance or alcohol use challenge

64% of youth with major depression do not receive treatment



Extension

You Can Be the Difference!

Become a Youth Mental Health First Aider

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 6-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHAT IT COVERS

- Common signs and symptoms of mental illness in this age group, including
 - » Anxiety
 - » Depression
 - » Eating disorders
 - » Attention deficit hyperactive disorder (ADHD)
- Common signs and symptoms of substance use
 - How to interact with a child or adolescent in crisis
 - How to connect the person with help
 - **New:** Expanded content on trauma, addiction and self-care and the impact of social media and bullying

Virtual courses offered every month

Virtual, Blended, In-Person courses offered to groups of 5 to 150+

CONTACT

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The course will teach you how to apply the **ALGEE** action plan:

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

Billy Burke

Department of Children, Youth and Family

The Division for Children, Youth and Families

<https://www.dhhs.nh.gov/division-children-youth-and-families>

<https://www.dhhs.nh.gov/dcyf-contact-directory>



Thank you for attending

Check out our website to view past ECHO session recordings and slides:

<https://www.dartmouth-hitchcock.org/project-echo>