

**Carroll County Youth Wellness Team
Agenda**

Time: 1200 PM Eastern Time (US and Canada) Every month on the Second Tuesday, until Jun 10, 2026, 14 occurrence(s)
Join Zoom Meeting
<https://us02web.zoom.us/j/81151211790>
fmi jennifer.thomas@graniteuw.org



1. Introductions

| Name | Organization |
|-----------------|---|
| Shannon Cloos | Social Worker, Kingswood Regional High School |
| Marti Bolduc | Moultonborough Academy |
| Jen Thomas | Prevention Coordinator, C3PH |
| Catalina Kirsch | Continuum of Care Facilitator, C3PH |
| Emily McArdle | Outreach, C3PH |

2. Guest Speakers

- a. Carroll County Juvenile Diversion Program were unable to make it, will try rescheduling for September
 - i. Program will be putting together a referral process for elementary schools as well, they can give an overview of what that will look like
 - ii. Jen will send more info to Marti

3. Partner Updates

- a. Marti/Moultonborough Academy-
 - i. Recently had Getting to Y Group of students put on a “Reset Day” for students with different activities relating to stress relief and self-care (yoga, baking, slime making, etc.). The day went really well and will plan to do something longer with workshops next year
- b. Shannon/Kingswood Regional High School-
 - i. Kingswood did a wellness week, organized by the Wellness teacher, students could sign up for different activities led by different staff (taking a walk, yoga, painting rocks, etc.). Hoping to grow that and get more student involvement, may have outside organizations come in and offer an activity

4. C3PH Updates

a. Catalina-

- i. Magnify Voices celebration at Kingswood went well, had over 70 student artists exhibit their art, had almost 200 guests come along with nonprofit tables, Kingswood Arts teacher was very involved
- ii. Crisis Intervention Stress Management trainings- Free for school personnel, CEUs available. [Click here to download the flyer with registration details](#)
- iii. Pride Pathways” Suicide Prevention for LGBTQIA+ communities allies virtual trainings
 1. [June 15, 4pm ET](#)
 2. [June 25, 8 :30pm ET](#)
- iv. Free AID and Mental Health First Aid trainings coming up- Free and virtual mental health trainings. UNH Extension Health and Wellbeing Team, which has made these trainings available to the public, has been sunsetted and will no longer offer these trainings after Sep 29.
 1. A.I.D. (Awareness, Interaction, Direction), mental health, SUD awareness and referral to help. 90 min. Jun 16, July 14, Aug 18, Sep 15. [Click here for more info and to register.](#) **New! A.I.D. for Older Adults** now available.
- v. Mental Health First Aid, Adult and Youth. 6.5 hr [Click here for more info](#)
 1. Adult MHFA - Jun 17, July 21, Aug 2
 2. Youth MHFA – Jun 9, July 15, Aug 4
- vi. Connect Suicide Prevention Training on June 25 at Carroll County Adult Ed, register through Carroll County Adult Ed [here](#)
- vii. Carroll County SUD Conference on June 20 at MWV Adult Day Center. Please register [here](#)
- viii. Advocacy 101 on Tuesday, June 23 at 6pm at Cheese Louise in partnership with Democracy on Tap and New Futures, nonpartisan event to help people learn how to advocate and make change locally. Sign up at <https://bit.ly/advocateJun23>

1. Can bring advocacy trainings to Wolfeboro and Moultonborough as well
- ix. NH Mobile Food Bank Mobile Food Pantry in Conway at the Ham Ice Arena on July 10 at 12pm, and Wednesday, July 8 at 12pm at Saint Joseph's Church in Ossipee
 1. Catalina will send Marti the flyer for Ossipee
 - i. Teen Institute Summer Leadership Program, often have scholarships, FMI: <https://www.nhteeninstitute.org/>
- b. Emily-
 - i. Will be at White Mountains Pride on Saturday, June 27 at the North Conway Community Center Park with a resource table
 - ii. Finishing up prevention presentations for Bartlett middle school
 - iii. Available to do tablings for students or parent/caregiver activities
- c. Jen
 - i. Military Family Fair – August 1, 2026 1200-1600, sign up at, see flyer below, open to everyone (civilian and military)
 - ii. Unregulated Products- Working with legislators and partners across the state, recent bill regarding Kratom did not pass, working on putting together a plan to get those better regulated. Nitrous oxide (whippets) bill did go through for regulations for ages 21 and over. Getting input from law enforcement about how they will enforce this.
 - iii. Working on ways to use opioid abatement funds that are in Carroll County for prevention efforts. Can be used for schools, prevention programming, etc. Reach out to Jen if you're interested in bringing a program/speaker/etc.
 - iv. Available for tablings or prevention presentations/education
 - v. End 68 hours of hunger will have a summer pick up program for Governor Wentworth School District, can ask about other locations
5. Presentation
 - a. none
6. Questions and Discussions
 - a. Summer plan

- i. Executive summary of priority areas- Working on summarizing everything
 - ii. Reconvene in the fall, for the summer reach out to other youth-servicing organizations
- b. Summer Action Items
 - i. Priority Area: improving help seeking behaviors and self-advocacy
 - 1. Outreach to coaches, parks/rec other adult leaders – gather information on interactions with youth/families
 - ii. Priority Area: Bullying
 - 1. Gather more information on bullying outside of school, on all platforms. Check on curriculums, caregiver input on it. AI and bullying information
 - 2. Some schools interested in promoting public health messaging, could include bullying, will let kids decide what kind of PSAs to do
 - 3. Will be working with Starting Point to work on bullying and healthy relationships info
 - 4. <https://www.education.nh.gov/who-we-are/division-of-learner-support/bureau-wellness-and-nutrition/bullying-cyber-bullying>
 - iii. Priority Area: Public Health messaging
 - 1. Investigate how we can determine youth understanding of public health messaging. Reach out to admins, maybe social media survey?
 - 2. Can also reach out to the people that write the questions for the NH YRBS survey to ask them if they can refine that question
 - iv. Newsletter- C3PH providing a newsletter for Gov. Wentworth school district, Moultonborough may be interested for next year

7. Resources and Activities

- a. https://www.amherstindy.org/2026/05/29/opinion-at-the-start-of-pride-month-consider-what-it-means-to-be-an-ally/?fbclid=IwVERTSASLwXxleHRuA2FlbQIxMABzcnRjBmFwcF9pZAwzNTA2ODU1MzE3MjgAAR4eq5Lf1OrS9ig_NAjHuIt9OOMfVa9wT1H910GqvwNHhiMWOPNmX959dRMyiW_aem_wx7R-fJYHv47ulJ4hcLyzQ&sfnsn=mo
- b. [CCVC Schouler Park final draft.pdf](#)

- c. [CC SUD Conference Jun 20 2026.pdf](#)
- d. [New Hampshire Outright | LGBTQ+ Youth Support](#)
- e. [June.final.pdf](#) – Prevention Works Newsletter
- f. [End 68 Summer Flier.png \(1545×1999\)](#)
- g. BDAS Newsletter - [05-19-2026 Available Resources \(002\).docx](#)

8. Next Steps

- a. Will meet again in September or October
- b. Jen will send out information about the Juvenile Diversion program info and referral forms, FMI: <https://sosrco.org/what-we-do/carroll-county-juvenile-diversion/>

9. Close and Thank You!

Action Plan

| Action | Who | Resources | When | Notes |
|---|------------|-----------|-------------|-------|
| Work on executive summary of priority areas | Jen, Emily | Word Doc | By the fall | |
| Reach out to Starting Point about bullying curriculum | Jen | Meeting | By the fall | |
| Reach out to NH YRBS about public health messaging question | Jen | Email | By the fall | |
| | | | | |



FILM NEGATIVE



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A FREE IN -PERSON CONFERENCE

CARROLL COUNTY SUBSTANCE USE DISORDER CONFERENCE

This community conference brings people together to talk openly about substance use, recovery, and how we can better support one another in Carroll County, NH. The goal is to increase understanding, reduce stigma, and encourage compassion for individuals, families, and communities affected by substance use.

With a special focus on the impact of alcohol, tobacco, and other drug use on pregnancy and the health of parents and babies, the conference explores how early support, prevention, harm reduction, treatment and peer recovery supports can make a real difference. Participants will hear from local experts and people with lived experience, take part in interactive workshops, and connect with community organizations offering treatment, support, resources, and care for any individual or family facing substance use disorder.

10:00am - 2:00pm

June 20, 2026

door opens 9:30am; includes lunch

MWV Adult Day Center
987 East Main Street, Route 113
Center Conway, NH

This conference is open to: community members, healthcare and behavioral health providers, social service and prevention professionals, educators, first responders, individuals and families interested in learning more about substance use disorder, prevention, and recovery.

Free admission.

Register Now →



For more information: www.c3ph.org/newsevents/events





2ND ANNUAL

CARROLL COUNTY VETERANS
COALITION

YOU'RE INVITED TO OUR

MILITARY FAMILY FAIR

OPPORTUNITIES FOR MILITARY FAMILIES TO GET
CONNECTED TO RESOURCES AND FOR
ORGANIZATIONS TO CONNECT TO THE PUBLIC AND
NETWORK



FUN GAMES
FOR THE KIDS!

1 AUGUST 2026
1200 - 1600 HRS



INFORMATION
TABLES



SCHOULER PARK, NORTH CONWAY, NH

REGISTER



JENNIFER.THOMAS@GRANITEUW.ORG

End 68 Hours of Hunger Summer Food Program

Serving the Children of the GWRSD

Do your kids need food for the summer?
Did you know we offer summer bags of shelf-stable food for kids?

You can: Pick up a bag of food at designated locations, OR
Request to have bags delivered directly to your home.



Pickup Locations

Pick up a bag of food each week at any of these locations:

- Effingham: Effingham Public Library, Fire Station, Town Hall
- Middleton: Middleton Elementary School, Pastor Dave Scott (call 712-304-2036)
- Ossipee: Ossipee Elementary School, Ossipee Concerned Citizens, Ossipee Public Library
- Tuftonboro: Pier 19, Tuftonboro Free Library
- Wolfeboro: First Congregational Church Wolfeboro, Doran Insurance, Wolfeboro Public Library



Questions? Contact:

Eileen Leavitt ebleavitt@gmail.com

End 68 Hours of Hunger – Wolfeboro Area Chapter





**Democracy
on Tap** *presents*

**TUESDAY, JUNE 23,
6PM AT
CHEESE LOUISE,
NORTH CONWAY**

ADVOCACY 101

**in partnership with New Futures and
Carroll County Coalition for Public Health**

Want your voice heard on housing,
healthcare, jobs, caregiving & the
environment?

Join our **FREE** advocacy training and
learn how to show up, speak out, and
make change locally.

**REGISTER
NOW:**



**Tuesday, June 23, 6pm
Cheese Louise,
2686 S. Main St.,
North Conway, NH**

<https://bit.ly/advocateJun23>



Save the date!

upcoming mobile food pantry



**Wednesday, July 8th
from 12:00-2:00**

(while supplies last)

St. Joseph's Church

23 Moultonville Rd. Center Ossipee

The NH Food Bank will bring truckloads of food to distribute to families and individuals.

This event is open to all. No proof of residency or income needed.

This is a drive thru event. All items will be distributed to you in your vehicles.

**Sponsored by
caring neighbors.**

**FEEDING[®]
AMERICA**