

Carroll County Veterans Coalition

Agenda

November 28, 2023

1. Welcome
2. Guest Presenter
 - a. The Summit Project
 - i. Greg Johnson
3. Updates
 - a. Jen
 - i. Kingswood Youth Center Logo Contest Submissions
 1. Review
 2. Vote
 3. Sign up for merchandise website
 - ii. Resource list layout/website layout
 1. Our list – See below
 2. Review/add
 3. Statewide updates?
 - iii. Facebook page started
 1. Still building
 2. Content ideas?
 - iv. Mission and visions statements – Thoughts?
 1. Mission:
 - a. As a group it is our mission to provide support and streamlined **accessible** resources to our veterans and their families. Our aim is also to create a stronger more diverse community and social network. These goals are driven by veteran voice and choice. Actualization of this mission will be achieved through constant community

collaboration, outreach, listening, evaluation, activities and dissemination of valid, reliable resources.

2. Vision:

- a. We envision our county as a place where any veteran and their family can feel supported, valued, honored and safe. With easy and equitable access to anything they may need or want. It is our hope to not only honor those who have sacrificed but to inspire others to create entire communities to do the same for everyone.

v. S.W.O.T. analysis

1. Pull up on screen or see below
2. Review/edit

vi. Reached out to

1. Local scouts
2. Hidden Battles Foundation
3. Swim with a Mission

vii. Curious about veteran and military official peer support groups

1. Any around?
2. Any usefulness/need?

viii. Planning on how to reach out, non-virtually

ix. Thinking of creating a flyer/survey to gather more input

4. Social Isolation in Veterans and Military Members survey

- a. In conjunction with Partnership for Public Health, DMAVS and JSI
 - b. To gain more knowledge on preventing veteran suicide
 - c. Link
 - i. [Social Isolation in Veterans and Military Members \(qualtrics.com\)](https://www.qualtrics.com)
 - d. Please share out with as many veterans as possible.
5. Veterans' Day activity updates
 6. Additional updates?
 7. Additional trainings desired?

- a. We will have CALM trainer in CC soon
- 8. Resources and upcoming activities
 - a. Suicide Prevention Annual Report
 - i. [VA releases National Veteran Suicide Prevention Annual Report - VA News](#)
 - b. Train Your Brain Away From Pain training
 - i. Flyer below
 - ii. 2 hour class on reducing pain with additional monthly meetings
 - iii. In conjunction with Empowered relief and U.S. Dept. of VA
 - iv. Contact Kelly Trainor
 - 1. 603-624-4366 x1986
 - v. Or your primary Care/Pain Clinic Provider
- 9. Resource fair/awareness party?
 - a. March or April
 - b. Ideas on partners and activities
- 10. Next Meeting
 - a. December 19th, 2023 1000 hrs
 - b. Earlier because of vacation week
 - c. A special, one-time Zoom will be sent out

Tentative Resource List

Federal Resources

Veterans Crisis Line- Dial 988 then press 1- <https://www.veteranscrisisline.net/>

U.S. Department of Veterans Affairs- <https://www.va.gov/>

National Center for PTSD- <https://ptsd.va.gov/>

National Coalition for Homeless Veterans- <https://nchv.org/>

Veterans Inc.- <https://www.veteransinc.org/>

Military One Source- <https://www.militaryonesource.mil/>

State Resources

211 NH- <https://www.211nh.org/>

NH Department of Military Affairs and Veterans Services- <https://www.dmavs.nh.gov/>

NH VA- <https://www.benefits.va.gov/manchester/>

VA Manchester Health Care- <https://www.va.gov/manchester-health-care/>

VA White River Junction Health Care (serves northwestern NH)- <https://www.va.gov/white-river-junction-health-care/>

NH Veterans Home- <https://www.nh.gov/veterans/>

The American Legion Department of NH- <https://www.legionnh.org/>

New Hampshire Veterans of Foreign Wars- <https://vfwnh.org>

Veterans Count- <https://vetscount.org/nh/>

Medical Foster Home Program- <https://www.va.gov/manchester-health-care/programs/medical-foster-home-program/>

NH Employment Security- <https://www.nhes.nh.gov/>

NH State Veterans Cemetery- <https://www.nhsvc.com/>

NH Coalition Against Domestic and Sexual Violence- 1-866-644-3574 <https://www.nhcadv.org/>

Portsmouth Naval Shipyard (has retired activities office) <https://www.basedirectory.com/portsmouth-naval-shipyard-directory>

Delta Dog- <https://operationdeltadog.org/>

Swim with a Mission- <https://www.swam.org/>

Apprenticeship NH- <https://apprenticeshipnh.com/>

Humble Grunt Work- <https://www.humblegruntwork.org/>

Care Coordination Program NH- <https://ccpnh.com/>

Harbor Care NH- <https://www.harborcarenh.org/>

Veterans Coalitions:

Carroll County Veterans Coalition- Jennifer.thomas@graniteuw.org

Lakes Region Veterans Coalition- <https://lrvcnh.org/>

Stronger Together Veterans Coalition- Greater Nashua Area

Seacoast Region

Other Coalitions?

Local Resources

Berlin Vet Center (Satellite location in Conway) <https://www.va.gov/berlin-vet-center/locations/>

Conway VA Community Based Outpatient Clinic- <https://www.va.gov/manchester-health-care/locations/conway-va-clinic/>

[Tri-County Community Action Program- http://www.tccap.org/](http://www.tccap.org/)

[Service Link of Carroll County- https://www.dhhs.nh.gov/servicelink/contact-servicelink](https://www.dhhs.nh.gov/servicelink/contact-servicelink)

Wolfeboro American Legion Post 18

Ossipee Veterans of Foreign Wars

TERRA Equine Therapy- <https://www.terraetc.org/>

Project Bike Tech?

Soyla Hernandez- Community Health Worker- chwreferrals@graniteuw.org

Trainings

PsychArmor- <https://psycharmor.org/>

NAMI NH- <https://www.naminh.org/>

Activities

Vets Count New Hampshire Events- <https://vetscount.org/nh/events/>

NH Department of Military Affairs and Veterans Services Community Calendar-
<https://www.dmavs.nh.gov/community-calendar>



TRAIN YOUR BRAIN AWAY FROM PAIN

PLEASE

JOIN US

FOR A 2-HOUR CLASS!

This evidence-based, skills-based class requires only **ONE VISIT** (monthly opportunities to attend).

VETERAN



Learn about pain and what you can do to help yourself

Gain pain relief skills you can use right away

Receive a free relaxation audio file

Create a personal plan for pain relief

Bring a friend or family member with you!

Veterans, don't delay in signing up for this class to help improve your pain relief skills.

TO REGISTER

For additional information or to register for this class you may:

- Contact Kelly Trainor, LICSW at 603-624-4366 (x1986)



Empowered Relief®

TRAIN YOUR BRAIN AWAY FROM PAIN

S.W.O.T. Analysis

Strengths

1. A wide variety of community partners interested.
2. Community interest
3. Stakeholder capacity is present in a medium amount
4. Pockets of activities and social events occur in Carroll County
5. Lots of activities in New Hampshire to tap into or participate in

Weaknesses

1. A deficiency in behavioral health providers
2. A deficiency in VSO
3. Civilian providers in rural areas lack knowledge specific to veterans
4. Lack of follow through with providers after veteran status is established.
5. Lack of follow through after a mental health crisis.
6. Community readiness/awareness is low
7. Deficiency in centralized resources specific to veterans
8. Difficult to learn of activities in other areas
9. Finding and connecting to veterans in Carroll County
10. Veterans aren't aware of their eligibility to receive VA care
11. Transportation Any were difficult

Opportunities

1. Create a resource packet with information for providers working with veterans
2. Create a resource packet for veterans and military families.
3. Other veteran coalitions can be used to help devise a way to communicate all events and activities in an up-to-date manner
4. Connections to other events happening across NH.
5. Plan or become part of events already occurring in the fall of 2023 and winter of 2024 in Carroll County.
6. Extensive networks available to expand collaboration.

Threats

1. Capacity in the form of money, time and staff of community members to engage and support is limited.
2. Consistent and timely dissemination of valid information across a large geographic area is difficult.
3. Medical or behavioral providers and other stakeholders awareness and understanding of the specific veteran needs or resources is low.
4. Stereotypes of what a veteran is hinders support and care.
5. Stigma surrounding help-seeking behaviors
6. Discrimination of minority veteran groups.
7. General awareness on veteran and military needs in all sectors.