



## Carroll County Veterans Coalition

### Agenda

Zoom Link <https://us02web.zoom.us/j/83587573574>

### Tri-County CAP in Tamworth, NH

Name	Organization	Contact Information
Gary Bent	ClearPath for Veterans New England	<a href="mailto:gbent@clearpathne.org">gbent@clearpathne.org</a>
Mark Allen	Partnership for Public Health, VDC Rep. for Carroll and Belknap County	<a href="mailto:mallen@ppnh.org">mallen@ppnh.org</a>
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Stephanie Higgs	LMFT, Easterseals Veterans Count	<a href="mailto:shiggs@eastersealsnh.org">shiggs@eastersealsnh.org</a>
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Lori Chase	Manchester VA	
Soyla Hernandez	Community Health Worker, C3PH	<a href="mailto:Soyla.hernandez@graniteuw.org">Soyla.hernandez@graniteuw.org</a>
Jennifer Thomas	Prevention Coordinator, C3PH	<a href="mailto:Jennifer.thomas@graniteuw.org">Jennifer.thomas@graniteuw.org</a>
Emily McArdle	Young Adult Outreach, C3PH	<a href="mailto:U25carrollcounty@outlook.com">U25carrollcounty@outlook.com</a>

#### 1. Round Table Introductions

#### 2. Guest Speakers

- a. None

#### 3. Partner Organization Updates



- a. Josuah/Partnership for Public Health- Joshua is taking over for Joe Vano and is attending all the state's Veterans Coalition meetings to learn about them and provide resources. Reach out to him with any questions or for resources at [jritson@ppnh.org](mailto:jritson@ppnh.org)
  - i. Jen will add Joshua to the email list

#### 4. CCVC Updates

- a. Feedback Survey
- b. EIN and 501(c)3
  - i. Officer descriptions- Jen can send out voting info for them with the minutes
  - ii. By-laws- Jen will include them in the minutes
  - iii. Physical location needed
    - 1. Thoughts or updates?
    - 2. Mark will talk to Jim at Harley Jacks about using their address/mail drop
- c. December 19 – PTSD and STSD presentation
  - i. Tamworth Visiting Nurses and via Zoom
  - ii. Confirming details- Will have food, can fit around 20 people at the Tamworth Visiting Nurses
  - iii. Register here: <https://forms.gle/BwRSBr27fHoEuDaMA> or email Jen at [Jennifer.thomas@graniteuw.org](mailto:Jennifer.thomas@graniteuw.org)
- d. Military Appreciation Days
  - i. Gary- Has reached out to local ski areas and is waiting to hear back from two. Gary will also contact Black Mountain and keep us updated.
  - ii. Jen will check with Abenaki Ski Area



- iii. Discussion about contacting Kurt Webber and Gunstock Mountain- they typically do an event in late January/early February. CCVC could table there.
- iv. Idea to check with adaptive sports groups- Jen will reach back out to Granite State Adaptive Sports- [www.gsadaptivesports.org](http://www.gsadaptivesports.org) and the group in Bartlett
- e. Wolfeboro Farmer's Market CCVC Labeling
  - i. December 5 from 12pm to 2pm
  - ii. The Nick
  - iii. Thoughts on what we should be promoting?
  - iv. Anyone is welcome to join us! Mark and Jim are both available- Jen will reach out to them
  - v. Jen will reach out to Wolfeboro Parks and Rec for future events
- f. Trauma Informed Care Presentation
  - i. March
  - ii. Designed by Tracie Parker – military psychotherapist
  - iii. Wright Museum
  - iv. Partner with American Legion
  - v. Invitees?
  - vi. Group agrees that this would be great presentation topic
  - vii. Discussion about the audience (general public, schools, veteran-servicing organizations). People in healthcare most likely already are knowledgeable about trauma informed care.
    - 1. Other audiences: School counselors, [veteran friendly businesses](#) (cross check with local Chambers of Commerce), realtors that



work with VA families (Carroll County Board of Realtors), and school boards.

- viii. Do a trauma-informed care for military families presentation for school counselors- offer CEUs. Jen has checked will Governor Wentworth School District about CEUs and will talk to Tracie about offering them.
  - ix. Idea to do a general Mental Health First Aid for a training that is non-clinical- could be aimed at businesses and employees.
  - x. [NH Blue Star Mothers](#) could have resources as well- Karen Thurston is the President.
- g. Gathered Data and information
- i. On our website [www.carrollcountyveteranscoalition.org](http://www.carrollcountyveteranscoalition.org)

## 5. To Do

- a. Change location
  - i. Tamworth Visiting Nurse- The group agrees to change meeting location to Tamworth Visting Nurses starting in December. Jen will confirm with Julie.
  - ii. Mark will let Tri-County CAP know that we won't be having the meeting there anymore
  - iii. Jen will let the group know it will be all virtual the day before in case of bad weather, etc.
- b. Increase involvement
  - i. Diverse areas – businesses, other professionals etc.
  - ii. 3 specific ideas
  - iii. Who can help with reach out?
- c. CCVC Conference basic plan- 2<sup>nd</sup> Annual Conference



- i. Adult Day Center- Discussion about changing the venue to a more prominent spot
  - 1. Jen will check with the North Conway Community Center to see if we can book in advance
  - 2. Gary will check with the American Legion to see if they'd be willing (can close the doors to the bar)
- ii. March- Group agrees on holding it in March
  - 1. Date
- iii. Save the date flyers
- iv. Contact Lynn Coyle or other venues
- d. CCVC Resource Fair
  - i. Schouler park
  - ii. Spring/early summer- Must be before June 30, 2025
  - iii. The group agrees that it's better to partner with other events that are already happening- Gary will check with the Town Hall department to get a list of upcoming events in May/June and then we can pick one to partner with
  - iv. We could invite other veteran-servicing organizations and have food/food trucks
  - v. Gary can put in a request for a Blackhawk helicopter or other vehicles
- e. Initiate at least one conversation with one school
  - i. Determine policies/procedures regarding SMVF
  - ii. Determine how we can promote ATQ/identifying SMVFs
  - iii. Who can help

## 6. Resources



- a. **Our Military Kids**
- b. NH Care Connections - Coming soon to CC
  - i. Closed Loop provider referral network
  - ii. FMI or interest in involvement please email Jen
- c. [Ask The Question | Ask the Question](#)
- d. Serving Those Who Serve: The Importance of Identifying Military Connections in your Organization or Business – 1 hour self-paced learning module
  - i. [Serving Those Who Serve](#)
- e. [Service Members, Veterans, and their Families Technical Assistance \(SMVF TA\) Center | SAMHSA](#)
  - i. Webinars, resources and information
- f. Managing Chronic Pain and Mental Health webinar– NAMI
  - i. [AF December Webinar Flyer-Email.pdf](#)
- g. Free internet for kids
  - i. <https://www.t-mobile.com/brand/project-10-million>

## **7. Volunteer opportunities**

- a. Big Brothers Big Sisters
  - i. [Youth Mentoring Programs | Big Brothers Big Sisters of NH](#)
- b. RSVP Carroll County
  - i. [https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.carrollcountyrsvp.org%2F%3Ffbclid%3DIwZXh0bgNhZW0CMTAAAR2ndn2ckidVNYHeIzmzydQMnKBE8clJnMqmFK0NelQ-a4nDjamR1FWVuFw\\_aem\\_FIK2h9svTo4k7kTP1cMkkg&h=AT0swo1beYP6lCjPtBmcMtmotLQ59-t2PMQjiOn3k8xWtfwXJucvYOmIP6L6R9sq\\_ogA0ENxVDYSgSRdIHB](https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.carrollcountyrsvp.org%2F%3Ffbclid%3DIwZXh0bgNhZW0CMTAAAR2ndn2ckidVNYHeIzmzydQMnKBE8clJnMqmFK0NelQ-a4nDjamR1FWVuFw_aem_FIK2h9svTo4k7kTP1cMkkg&h=AT0swo1beYP6lCjPtBmcMtmotLQ59-t2PMQjiOn3k8xWtfwXJucvYOmIP6L6R9sq_ogA0ENxVDYSgSRdIHB)



M-

nN2mByQO7OMjKryNWbol0FcI0VkJn9DpeoTzGXAY6ZGxyKWq9SP  
BVNAsk4QpBvgUQ

- c. Kingswood Youth Center – Wolfeboro, NH
- d. Volunteers for Veterans – Gorham, NH
  - i. [https://1.facebook.com/1.php?u=http%3A%2F%2Fwww.volunteers4veterans.org%2F%3Ffbclid%3DIwZXh0bgNhZW0CMTAAR2ndn2ckidVNYHelzmzydQMnKBE8clJnMqmFK0NelQ-a4nDjamR1FWVuFw\\_aem\\_FIK2h9svTo4k7kTP1cMkkg&h=AT3dmjVe8pAPa4we9dOj2KryNJ-fgSaEuU-wWM4KOVgRSC8E0oVIpSDsUISr2FoJBHvVDF9csrUvN\\_SIJ11jlu2QT9uy56U6Lo35h1PwznR-72pHSK95-bNiENgSVSpvNqPqJklhKyd9cBQT8GnDg](https://1.facebook.com/1.php?u=http%3A%2F%2Fwww.volunteers4veterans.org%2F%3Ffbclid%3DIwZXh0bgNhZW0CMTAAR2ndn2ckidVNYHelzmzydQMnKBE8clJnMqmFK0NelQ-a4nDjamR1FWVuFw_aem_FIK2h9svTo4k7kTP1cMkkg&h=AT3dmjVe8pAPa4we9dOj2KryNJ-fgSaEuU-wWM4KOVgRSC8E0oVIpSDsUISr2FoJBHvVDF9csrUvN_SIJ11jlu2QT9uy56U6Lo35h1PwznR-72pHSK95-bNiENgSVSpvNqPqJklhKyd9cBQT8GnDg)
- e. The Revolving Closet and North Country Cares
  - i. 1.603.662.3443

## **8. Feedback and Course Correction**

- a. Feedback survey on Zoom
- b. Paper copies

## **9. Close**

- a. Thank you
- b. December meeting changed to 17<sup>th</sup> – Fun one- no business
  - i. Hybrid, may have food/coffee for those that come in-person



## Action Plan

Objective #	Action	Who?	Resources needed	Progress (0-5 where 5 is complete)	Completion date goal	Evidence of action
2,4	Resource tables at military appreciation days	Gary, Jen	Partner organization response	3	On-going	
4, 8	Location options for conference	Jen	Call NC Community Center	0	December 13	
1	Physical address confirmation for CCVC 501c3 established	Mark	Ask Tim at Harley Jacks	1	December 6	
1, 6, 8	Trauma informed practices training planning	Jen, Emily, Tracie Parker	Meeting time, input from CCVC team	1	January 31	
1, 2, 4, 8	Find Schouler park events that CCVC can be a part of next late spring	Gary	Time to go to Town Hall and get list of events	0	January 21	

### Objectives:

1. Increase mental health supports by addressing the needs iterated by service members, veterans and their families (SMVF)
2. Decrease social isolation for service members, veterans, and their families (SMVF)
3. Meet with stakeholders one time per month
4. Hold at least two events to raise awareness about veteran suicide or needs
5. Conduct a Strengths, Weaknesses, Opportunities, and Threats (SWOT) analysis. Review annually.





6. Conduct at least four trainings per year to include suicide prevention, military culture, PTSD, Ask The Question or any pertinent SMVF training, to stakeholders
7. Facilitator of the coalition to attend statewide coalition member meeting
8. Constantly receive input and assess needs all year round. With at least one formal needs assessment to be done in a manner which is deemed viable. Activities, capacity, and objectives will be adjusted as necessary.