



Carroll County Veterans Coalition

Minutes

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

Tri-County CAP in Tamworth, NH

Name	Organization	Contact Information
Mark Allen	Partnership for Public Health, Veteran Directed Care	mallen@ppnh.org
Gary Bent	Clear Path for Veterans New England	gbent@clearpathne.org
Laura Barker	Founder of Hero Pups in Exeter but serve veterans around New England	heropupsinc@yahoo.com
Jaime MacDonald	Clear Path for Veterans New England	jmacdonald@clearpathne.org
Ed Currier	Clear Path for Veterans New England	ecurrier@clearpathne.org
Jessica Smith	Advocate for prevention	smittyjess33@yahoo.com
Soyla Hernandez	Community Health Worker, C3PH	Soyla.hernandez@graniteuw.org
Jen Thomas	Substance Misuse Prevention Coordinator, C3PH	Jennifer.thomas@graniteuw.org
Emily McArdle	Young Adult Outreach, C3PH	U25carrollcounty@outlook.com

1. Round Table Introductions/Updates

- a. Mark- Veteran Directed Care Program serves as a middleman between the VA and veterans, helps to keep veterans in their home when they need help with tasks of daily living. Currently have 12 veterans in the program but has capacity for more, if you know of any veterans that need assistance, please reach out to him:
mallen@ppnh.org
- b. Gary- Provides supportive services for veteran families- main goal is working on housing issues for low- and no-income families. Can help veterans find housing



or keep their housing and can provide other supportive services, along with outreach. Recently attended the Stand Down event in Manchester with Eddie. It was well-attended with organizations from around the region (not just localized to the Manchester area), many homeless and low-income veteran families came to the event and got supplies, resources, and were able to meet with many of the organizations that can help them. Politicians and major players from Manchester were there as well. CCVC will work on being able to attend next year.

- c. Jessica- Advocate for prevention and a survivor of suicide loss, has done work with AFSP in Cape Cod and did work with veteran suicide prevention, support groups, raising money for prevention, and has done the 988-hotline training. Recently moved to this area and feels it is very isolated and people don't know where to go/what to do- Is very interested in getting involved in prevention work.

2. Partner Organization Updates

- a. Any Veterans' Day Activities?
 - i. Kingswood Youth Center interested in participating somehow
 - ii. American Legion Post 95 Ceremony and Parade
 1. Looking for a speaker connected to the military for Ceremony
 2. Contact Whiskas for more information or interest!
nhalpost95@gmail.com
 - iii. Wolfeboro ceremony and parade- More info coming soon

3. CCVC Updates

- a. Overview and Re-visit
- b. Youth military question on YRBS – NH- Jen asked to revise this question to include active military, veteran status, national guard, and reserve status



- i. Has been put on the “table”
- c. Brief 2 question poll from Slido
 - i. Best Strategies brainstorm for addressing the priority from poll?
- d. New Deliverables and New Funding!
 - i. More trainings-
 1. VA SAVE and CALM Training coming up on Oct. 18, email Jen if you’re interested, see flyer below, register now at <https://forms.gle/sHf5gCU4B1puNuj69>
 2. Need another training by the end of December- any ideas for trainings and how to target people who are interested?
 - a. Idea for a military culture training- Group agrees that this would be useful for schools, combine with information about the [Ask the Question campaign](#), which encourages providers/schools to ask the question and how to follow-up with their answers, into a two-hour training.
 - b. Gary talked to superintendent of SAU 13- he’s open to anything that would help support kids/families of service members, veterans, and military families. Would be helpful if we could offer CEUs since schools require them for staff- Gary will reach out to learn more about offering CEUs.
 - c. Jessica- Recommends getting in touch with counselors or school support staff/counseling- Has a friend that is a liaison that works on identifying kids in military families and in transition.
 3. Military culture training for providers- How to reach out to hospitals about this? Suggestions to talk one-on-one with



providers/hospitals. Could also do a survey, but just dropping off materials isn't usually effective. Jessica is happy to help, has had success with fundraising, getting people to listen, and can help brainstorm ideas.

- ii. More events (at least two big outreach events)-
 - 1. Would like to save money for one of the events to be a second annual conference next year with veteran-servicing organizations coming together to share resources and with a focus on raising awareness on servicemember mental health and veteran suicide prevention.
 - 2. For a second event- Could do a fundraiser as an event (e.g. to raise money for organizations), an awareness event for suicide prevention, or a resource fairs. We've been having trouble getting people engaged/involved. As long as it's raising awareness about suicide prevention and decreasing social isolation then we could do any of those types of events.
 - 3. Jen and Eddie had also previously discussed doing an event with a local ski area on Veterans Appreciation Days- Jen reached out to King Pine Ski area. Eddie/Clear Path is happy to help with events.
- iii. Ideas for trainings or events- Please reach out to Jen!
Jennifer.thomas@graniteuw.org
- e. More engagement, participation and retention – How do we get?
 - i. What would make it help people be more interested?
 - ii. Which community partners?
 - iii. General Public
 - iv. Who can help reach out?



- f. How can we create sustainability and membership retention?
 - i. Board and by-law development- Group agrees that this should be the next step. Jen will work on creating a board description and by-laws.
 - ii. Co-facilitator designation?
 - iii. Other ideas?
 - 1. The group agrees that we should work on being our own 501c3- apply for EIN number first. Lakes Region Veterans Coalition has already done this- Jen/Gary can reach out for more information, Jessica also has experience with creating a 501c3.
- g. Should we try a different day and time? Or have an extra meeting to go over some of these items?
 - i. No consensus on this yet, maybe include this question in the survey discussed below.

4. Objective Review and Revise

- a. Increase mental health supports by addressing the needs iterated by veterans
 - i. Edit this to include servicemembers, veterans, and their families
- b. Decrease social isolation for service members, veterans, and their families (SMVF)
- c. Meet with stakeholders one time per month
- d. Hold at least one event to raise awareness about veteran suicide
 - i. Change this to “hold at least two events...” (our year goes from July 1 to June 30)
- e. Conduct a Strengths, Weaknesses, Opportunities, and Threats (SWOT) analysis
 - i. Review last year’s SWOT analysis, Jen will send it out to everyone
- f. Conduct at least one suicide prevention training to stakeholders
 - i. Edit this to include four trainings per a year



- g. Facilitator of the coalition to attend statewide coalition member meeting
 - h. Assess needs, capacity, and objectives 6x per year and adjust as necessary
 - i. Change this to assess what the community needs. Mark suggests trying to get all service members, veterans, and their families in one place on a regular basis- need to constantly assess needs. Or a good start could be doing a survey and sharing it on social media, including questions about best meeting times.
5. Resources and Upcoming Activities
- a. www.carrollcountyveteranscoalition.org
 - b. VA SAVE and CALM training
 - i. October 18 at the King Pine Ski Area Base Lodge in Madison, NH – Rte. 153 from 0830-1530
 - ii. Flyer attached, register at <https://forms.gle/sHf5gCU4B1puNuj69>
 - c. Wolfeboro American Legion has a monthly Veterans Muster on the second Wednesday of every month at 4:30pm at the Wright Museum- 77 Center St., Wolfeboro, NH 03894.
6. Feedback and Course Correction
- a. Survey
 - i. Sent as an attachment
 - b. Adjustments needed- any advice welcome
7. Close
- a. Thank you
 - b. Next meeting is October 22, 2024



Action Plan

Objective action is tied to (see our Objectives)	Action	Who?	Resources needed	Progress (0-5 where 5 is complete)	Completion date goal	Evidence of action
4	Contact ski areas for events	Jen				
6	Discuss CEUs with SAU 13	Jen, Gary				
5	Send out and review last year's SWOT	Jen				

Objectives:

1. Increase mental health supports by addressing the needs iterated by veterans
2. Decrease social isolation for service members, veterans, and their families (SMVF)
3. Meet with stakeholders one time per month
4. Hold at least one event to raise awareness about veteran suicide
5. Conduct a Strengths, Weaknesses, Opportunities, and Threats (SWOT) analysis
6. Conduct at least one suicide prevention training to stakeholders
7. Facilitator of the coalition to attend statewide coalition member meeting
8. Assess needs, capacity, and objectives 6x per year and adjust as necessary



FREE TRAININGS

VA S.A.V.E

AND

COUNSELING ON ACCESS TO LETHAL MEANS (CALM)

.....

The Carroll County Veterans Coalition is hosting a one-day event featuring two FREE trainings. The VA S.A.V.E. training teaches participants how to help a veteran in crisis, while the Counseling on Access to Lethal Means (CALM) training is designed to improve the ability to have conversations about, reduce access to, and make safety plans regarding lethal means in a household where someone is at risk for suicide. These trainings are open to all community partners, with a focus on information related to veterans and service members.

Free lunch and snacks provided!

REGISTER NOW



Or go to: <https://tinyurl.com/2p9uv9xh>

DATE: Friday, October 18, 2024

TIME: 0900 - 1530 hours

LOCATION: King Pine Ski Area
Base Lodge Fireplace Room
Route 153
Madison, NH 03849

FMI:
jennifer.thomas@graniteuw.org