

Carroll County Veterans Coalition

Meeting Minutes

November 28, 2023

1. Welcome

Jen Thomas	C3PH- Substance Misuse Prevention Coordinator
Emily McArdle	C3PH- Young Adult Outreach Consultant (taking meeting minutes)
Gary Bent	Veterans Case Worker for ServiceLink in Carroll County and Belknap County, Army and Airforce Veteran
Beth Hennessy	Outreach Coordinator for MWV Adult Day Center (serves 20 veterans)
Tom Southern	Commander of American Legion Post 18 in Wolfeboro
Greg Johnson	Executive Director of Summit Project
Donnie Olsen	Clinical Director at TERRA Equine Therapy Center
Lindsay Pratt	Social Worker at VA for Conway/Tilton
Selwa Yatim-Badra	MSW, CSAC, National Veterans Services Coordinator at Summit Behavioral Health, Tactile Recovery Program
Chris Lalmond	Northern Hub Developer for Apprenticeship NH
Kevin Keefe	LICSW, Program Coordinator for Medical Foster Home Program at Manchester VA
Justin Moeling	LICSW at Manchester VAMC

2. Guest Presenter: Greg Johnson from [The Summit Project](#)

greg@thesummitproject.org

- a. The Summit Project (TSP) is a Living Memorial project in Maine that pays tribute to post 9/11 fallen service members and is run by 30 volunteers.
- b. Gold Star Families (families who have lost a loved one during active service) choose a stone for TSP to engrave with their loved one's name/information. Then community members participate to learn about the hero, launch on a trek/adventure with the tribute stone, and write a letter back to the Gold Star Family about their adventure and what it meant to them.
- c. TSP is in its 10th year and has honored 83 heroes and the stones have gone on 4,000+ treks. TSP does hikes/treks, plus many other events, including motorcycle rides, Friendsgivings, cornhole tournaments, family events, and

teams up with other organizations, schools, and companies for events. Heroes do not have to be born in Maine, just have a strong connection or family in Maine.

- d. Two signature events a year:
 - i. [TSP at Baxter State Park](#) during Memorial Day Weekend. Three-day retreat for Gold Star Families. The event includes a motorcycle convoy from Portland with the tribute stones and then hikers climb various summits at Baxter State Park with the tribute stones, followed by sharing the life and story of the fallen heroes.
 - 1. [Sign up here](#)
 - ii. [TSP at Acadia National Park](#) is a single day event in the fall where 80 hikers (many who are Gold Star Family members) summit Cadillac Mountain, each carrying a tribute stone. At the summit, each hiker shares the life and story of the fallen heroes.
 - 1. [Sign up here](#)
- e. [TSP Honor Case](#)- Houses 20 stones and travels across Maine to non-profit locations, will be going to Katahdin Middle and High School. Could come to NH, Jen will touch base next year.
- f. Other events: [TSP Events Calendar](#)
 - i. Fundraising opportunities- [Online Auction](#)
 - ii. The Hero's Hundred to celebrate 10 years- 10 hikers did 100+ miles in 10 days on the hardest 100 miles of the Appalachian Trail, spread stories of the fallen heroes throughout the hike.
 - iii. Creating documentary film to share how the state comes together to honor fallen soldiers. Planning to share it throughout the state at schools, universities, etc. Film should be released by April/May 2024.
 - iv. Ruck for the Fallen at Pineland Farms on 10k course with obstacle course on August 10, 2024. Info and signup will be released on Dec. 1.
 - v. Events all over the Northeast, the public is always welcome to come to hikes, gatherings, events at sports games, etc.

- g. People can also [sign out](#) stones at any time throughout the year to learn, launch on adventure/hike, and write a letter.
- h. Q&A
 - i. Jen- What are some ways people learn about the fallen heroes?
 - 1. People use the bios on their website as a starting point, can read letters sent by other participants, find/talk to people who served with the hero, and do their own research. Participants can also reach out to see if they can connect with the family.
 - ii. Jen- Any events on Mount Washington?
 - 1. Had coordinated a hike up Mount Washington with a group from Connecticut but had to change location due to the weather, interested in doing another event there. Can also do other events, like the Cog Railway or driving up it.

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. [Carroll County Veterans Coalition 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- Kevin Keefe
 - ii. 2-hour class on reducing pain with additional monthly meetings- free for veterans
 - 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
 - c. Resource list- contact for Tom? Ask Scott for Bike Tech contact info? Behavioral health, housing, apprenticeships, etc.? If anyone has any input, please let Jen know.
- 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/> or Kwebber@campresilience.org

Stronger Together Veterans Coalition- Greater Nashua Area

Greater Manchester Region- Skilbreth@forgehealth.com

Stronger Together Veterans Coalition- Greater Nashua Area- kchoquette@arcnh.org

Seacoast Region- mreyes@seacoastphn.org

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).

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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.