



Carroll County Veterans Coalition

Agenda

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

Or

Tamworth Community Nurse Associates

86R Main St, Tamworth, NH 03886 · Behind Town Hall

(603) 323-8511

| Name | Organization | Contact Information |
|-----------------|---|--|
| Stephanie Higgs | Clinical Mental Health Therapist, Easterseals Veterans Count | shiggs@eastersealsnh.org |
| Ed Currier | Program Coordinator for Supportive Services for Veteran Families (SSVF), ClearPath for Veterans New England | ecurrier@clearpathne.org |
| Gary Bent | SSVF Case Manager, ClearPath for Veterans New England | gbent@clearpathne.org |
| Alexandra Baer | Training Specialist for SSG Fox Suicide Prevention Program, Harbor Care | a.baer@harborcarenh.org |
| Miguel Moralez | U.S. Small Business Administration, Veteran Business Development Officer | miguel.moralez@sba.gov |
| Justin Moeling | Social Worker, Manchester VA | john.moeling@va.gov |
| Ev Norsworthy | Staff Attorney for Hope for Heroes Program, 603 Legal Aid | enorsworthy@603legallaid.org 603-556-7559 |
| Gary Bleddyn | Closed Loop Referral System/NH Care Connections, Granite United Way | gary.bleddyn@graniteuw.org |
| Soyla Hernandez | Community Health Worker, C3PH | soyla.hernandez@graniteuw.org |
| Jen Thomas | Prevention Coordinator, C3PH | jennifer.thomas@graniteuw.org |
| Emily McArdle | Young Adult Outreach, C3PH | u25carrollcounty@outlook.com |



1. Round Table Introductions

- a. If needed

2. Guest Speakers

- a. 603 Legal Aid- Ev Norsworthy, Staff Attorney for Hope for Heroes Project for 603 Legal Aid
- b. Hope for Heroes Program offers free Legal Services for Veterans, with no income cap for services (typically, the income cap for 603 Legal Aid is 200% of the federal poverty level).
- c. Eligibility for veterans varies, best to apply. Qualified veterans typically include service connected and typically need 24 months of service (however there are other categories that they may fit in or if they served before 1980), and if they don't have dishonorable discharge status. A lot of National Guard and Reserves are not eligible; however, they are looking for other funding sources to serve those individuals.
- d. 603 Legal Aid and Hope for Heroes provides services for family law (divorce), housing (eviction, utility shut offs), tax issues (for 2023 or previous years), consumer law project/credit card debt, small claims, medical debt, VA disability benefits and appeals, and discharge upgrades. There is also an extensive pro bono department that can help with family law, wills, and simple powers of attorney. They cannot provide fee generating services (like suing someone).
- e. Intake- Go through the intake department, can apply online or call: <https://www.603legalaid.org/apply> or 603-224-3333. Intake hours are Monday-Thursday, 9am to 2pm.



- f. Providers who refer clients can also email Kristine (with permission from the client/veteran) to say who they referred, on what date, and why to ensure follow-up.
 - i. Kristine Delaney, Hope for Heroes Project Coordinator,
kdelaney@603legalaid.org and direct phone number: 603-224-5837.
- g. Looking for events to table at, email Ev or Kristine with any events.
- h. Ev can also send out promotional materials to anyone interested:
enorsworthy@603legalaid.org, 603-556-7559.

3. Partner Organization Updates

- a. Alexandra/Harbor Care- Will be providing a suicide prevention training at the Whitney Community Center in Jackson in May, open to the public (not just Jackson residents). Alexandra will send the info and flyer for it.

4. CCVC Updates

- a. Action Plan from last meeting, review:
 - i. June event at Schouler Park is all set- Gary has a list of 40-50 organizations to invite, the National Guard will be present.
 - ii. CCVC is now part of Valley Promotions.
 - iii. Working on reaching out to Aroma Joe's for coffee donations for the Conference.
 - iv. Will check with Joshua on status of Board of Realtors next month.
 - v. Don't have to reach out to Wounded Warriors for Ask the Question slides- DMAVS is pulling together slides for a 101 presentation and a presentation for providers about implementing Ask the Question.



- vi. Miguel will reach out to state veteran advisory committee- meetings on the first Tues. of the month 5-7pm to promote the Conference, Jen will send him the flyer.
- vii. Jen got a Market Basket gift card for a prize.
- viii. Gary got a \$50 Hannaford gift card- can be a door raffle for the Conference.

b. Conference

i. Promotion efforts-

- 1. Emily reached out to the Conway Daily Sun and is drafting a press release for the Conference (Emily/Jen will send it to Justin when it's finished, and he will send it to his public affairs officer).
- 2. Jen has sent info about CCVC and the Conference to the MWV radio station.
- 3. Jen and Emily went to MWV Chamber of Commerce Before Hours event, met with Cranmore, MWV radio station, NH Adaptive Sports and spread word about the Conference, Valley Originals are also interested in CCVC and the Conference.

ii. Attendees

- 1. 35 providers registered to table, now working on outreach to the public.
- 2. Alexandra will get in touch with Jen about who will be attending from Harbor Care, as Jessica Dunn is no longer at Harbor Care.

iii. Final planning details-

- 1. Everything is ordered and paid for. The group agrees to keep the food as it is, it's better not to have food leftover. (Seacoast Veterans



Conference has about 80-90 veterans and that's been going on for 12 years, realistic expectation of ~50 people).

- iv. Feedback survey for providers is ready.
 - v. Jen will send out logistical info (parking, etc.) in the second week of March.
- c. Adult Mental Health First Aid
- i. March 14th at Carroll County Annex, 8:30am to 4pm. Peer-to-peer support, suicide prevention (not acute crisis), learn to recognize signs and symptoms and risk factors of someone's mental health declining
 - ii. Need more registrants – Ideas?
 - iii. Register here and spread the word:
<https://forms.gle/c7JgKSmDrSw5KY599>
 - iv. See flyer below/attached.
- d. Schouler Park Fair
- i. Name: Military Family Day, Veteran Family Day, or Service Member Family Day?
 1. The group agrees to have it family friendly, but we must have plenty of things to attract families/kids. E.g., yard games, huge Jenga, face painting, family friendly food (popsicles, Dip and Dots, ice cream (Soyla will send Jen her contact for Trail's End ice cream)).
 2. Gary has put in a request for National Guard equipment.
 3. If anyone knows of anyone that does facepainting or activities, please reach out. Chamber of Commerce or town Rec Departments may have contacts.
 - ii. All paid for and ready to go.



- e. CCVC engagement
 - i. MWV CoC event – Good connections/interest
 - ii. Valley Promotions Conversation
- 5. To Do
 - a. Areas of Concern/Gaps in SMVF needs/wants?
 - i. What are you hearing, observing or experiencing?
 1. Gary had lots of connections that worked together to help a family member of a veteran that was experiencing homelessness (still ongoing). Family members can be barriers to care.
 2. Stephanie- Seeing a growing demand for couples counseling, mainly from referrals through the VA. Forge VFR is also seeing a demand for couples counseling.
 - b. Long Term and short-term goals – brief brainstorm
 - i. Further visit and prioritize and create action plan at next meeting
 - c. NH Prevention Conference
 - i. The conference is being held by the Bureau of Drug and Alcohol Services and DHHS- Focus on youth, mental health and substance misuse, aimed at Certified Prevention Specialists, prevention coordinators, etc.
 - ii. Gary and Jen’s presentation proposal accepted- Will be doing a 60-minute presentation on “Youth Connected to the Military”
 - iii. Ideas for topics/info to include:
 1. Ask the Question- There are materials from Ask the Question that have a scenario about a child in school and the school not being aware of the child’s parent being deployed. Use these kinds of scenarios/examples because providers struggle to connect Ask the Question with their work- use real world examples and concrete



scenarios to connect the message to providers, teachers, coaches, after school programs, pediatricians, and their real-world work (how to operationalize ATQ in their work).

2. PsychArmor has trainings, including 15 Things Military and Veteran Kids Want You to Know- Use it directly and credit them or pull materials from it.

iv. Jen will reach out to Gary to set up a time to meet in the next two weeks to brainstorm and put together an outline.

d. Revisit SWOT – emailed out

6. Resources and Upcoming Activities

a. From Miguel Moralez - FMI miguel.moralez@sba.gov

i. Boots To Business – 2 Day training Flyer below

ii. BASIC reinforcement skill event – Flyer below

b. Ask The Question tools/videos

i. [Ask The Question | NH Department Of Military Affairs And Veterans Services](#)

c. NAMI NH – online learning portal – “Serving Those Who Serve”

i. [Serving Those Who Serve](#)

d. NH Care Connections – closed loop referral system for providers

i. [NH Care Connections: Our Partners | New Hampshire Department of Health and Human Services](#)

e. VA –

i. [Caregivers Support Line \(CSL\) - VA Caregiver Support Program](#)

ii. [Beyond the Uniform: Veterans Navigating Life After Military Service](#)

iii. [Mental Health Home](#)

f. April 9– Veteran Muster at the Wright Museum, Gary will be presenting



- i. The date was changed from March to April, at either 4:30pm or 6pm, Gary will be presenting service dogs.
 - 1. Justin will put Gary in contact with Jackie Dion (who will be at the CCVC Conference) who is the contact for service dogs at the VA.
- ii. Jen is putting together a Trauma Informed Practices training for April, will try to have it at the Wright Museum as well.
- g. March 14th – Adult Mental Health First Aid
 - i. FMI jennifer.thomas@graniteuw.org or register here <https://forms.gle/y6GHCB8CZaT6amRT9>

7. Feedback and Course Correction?

8. Close

- a. Next meeting March 25th, 2025



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 |
|--|---|-------------------|--|------------------------------------|----------------------|--------------------------------|
| 2, 4 | Finalize press release and send it to Conway Daily Sun (and Laconia Daily Sun?) | Emily | Review press release, email it, decide when we want it published | 4 | 3/7 | Press release in paper |
| 2, 4 | Follow-up with Aroma Joe's re. coffee donation | Jen, Emily | Meet | 3 | 3/7 | Coffee donations obtained |
| 1 | Follow-up with Joshua about Board of Realtors status | Joshua | Discuss at next meeting | 0 | 3/25 | Discussion |
| 2, 4 | Share Conference info with state veteran advisory committee | Miguel | Conference Flyer | 5 | 3/7 | Shared info/discussion |
| 2, 4 | Send out logistics to partners for the Conference | Jen | Email | 0 | 3/7 | Email |
| 2, 4 | Decide on name for June event and plan family | Jen, Emily, Soyla | Decide on name, reach out to CoCs and Rec Depts. | 0 | 3/31 | Finalized name, activity ideas |



| | | | | | | |
|------|--|--------------|------------------------|---|------|------------------------------------|
| | friendly activities (Soyla will send contact for Trails End) | | | | | |
| 1, 6 | Plan Prevention Conference outline | Gary and Jen | Meeting | 0 | 3/3 | Outline |
| 1, 6 | Talk to Wright Museum about Trauma Informed Practices training | Jen | Email/meeting | 0 | 3/31 | Finalized date and location |
| 5 | Review SWOT analysis and goals | Jen, group | Previous SWOT analysis | 0 | 3/25 | Updates to SWOT analysis and goals |

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 per year. 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



U.S. Small Business
Administration



Veterans & Spouses, let us serve you!

BASIC (SBA 101) reinforcement skill event: Small Business Ownership.

Attend to learn about the support for veterans and veteran spouses as they enter the world of business ownership. Learn more about the free resources, training, access to capital, and more!

PRESENTED by:

**Miguel Moralez, Veteran Business Development, and
Registration required:**

<https://www.eventbrite.com/e/veterans-spouses-let-us-serve-you-tickets-1246121776779>

Wednesday, March 5, 2025

1:00 pm to 2:00 pm

**Held at Homeland Heroes Foundation
10 Delaware Dr., Suite 1 Salem, NH 03079**

For more information, contact Miguel Moralez at
603-225-1601 or Miguel.moralez@sba.gov

SPACE IS LIMITED!!



CARROLL COUNTY
VETERANS COALITION

CREATIVE ARTS CONTEST



SUBMISSIONS
OPEN UNTIL
2/28/25



LET YOUR CREATIVITY SHINE THROUGH THIS COMPETITION
TO HONOR SERVICE MEMBERS, VETERANS, AND THEIR
FAMILIES. PLUS, THE TOP 3 FINALISTS WILL WIN A PRIZE!

The Carroll County Veterans Coalition is hosting a Creative Arts Contest for our 2nd Annual Conference. Youth and young adults are encouraged to submit a creative piece of work that honors service members, veterans, and their families.

Examples of creative work:

- Thank you letters
- Poems
- Essays
- Art (paintings, drawings, sculptures)
- Digital art (krita.org is a free platform)
- Videos (short films, songs)
- Any other medium of expression!

FMI AND TO
SUBMIT YOUR WORK:

jennifer.thomas@graniteuw.org





OPERATION **BOOTS to**
BUSINESS
from service to startup



U.S. Small Business
Administration

**Are you interested in starting your own business?
Please join us for an Online
Boots to Business
A Free, Two-Day Entrepreneurial Training for Veterans /Spouse**

March 26/27, 2025

9:00 am – 4:00 pm Eastern Standard Time

**Online class to register for the training.
please use this link:**

<https://sba.my.site.com/>

When you get to this link, go to the calendar
and select: **Online Portsmouth, NS, ME**

Offered by the U.S. Small Business Administration (SBA) as part of the
Department of Defense.

Boots to Business is a two-step training program developed to introduce
Veterans and transitioning service members to business ownership. This 2-day
workshop helps ensure that every participant has access to a standardized
entrepreneurship training track and the small business resources in their local
communities. **Any veteran, spouse and/or dependent children over 18 are
welcome to participate!**

After completing the 2-day Boots to Business session, participants will have the
tools and knowledge they need to identify a business opportunity, draft a
business plan, connect with local small business resources, and launch their
small business. If you have any questions, please contact Miguel Moralez at 603-
225-1601 or email miguel.moralez@sba.gov



**FREE
ENTRY**

**OPEN TO
THE
PUBLIC!**

CARROLL COUNTY VETERANS COALITION

2ND ANNUAL CONFERENCE



03.22.25



Join us for our 2nd Annual Conference! This year's theme is from the Department of Military Affairs and Veterans Services, "Ask the Question," campaign. All community members are invited, especially service members, veterans, and their families (SMVF). Refreshments will be served.

Join us to:

- Raise awareness on the need to identify SMVF and provide culturally appropriate resources
- Learn about resources in the community
- Engage with other SMVF and community service providers
- Learn more about SMVF mental health and suicide prevention



Saturday, March 22, 2025, 1100-1400 hours (snow date March 29th)
North Conway Community Center
78 Norcross Circle, North Conway, NH 03860

If you are a community partner that would like to have a table at our event, please register here:



<https://forms.gle/T12upBRXh38rldSv5>

**Free light
refreshments!**



ADULT MENTAL HEALTH FIRST AID

FREE TRAINING

AMHFA is an evidence based prevention program taught by certified instructors.

FMI:

www.mentalhealthfirstaid.org/about/

Peer to peer support!

Objectives:

- Learn how to safely and responsibly identify and address a potential mental health or substance use challenge.
- Improve understanding of mental health and substance misuse.
- Learn how to create an action plan to keep a peer safe and refer to appropriate resources

Audience:

First responders, dispatchers, school administrators, nurses and general public



0830 - 1600 hours



Friday March 14th, 2025



Carroll County Annex Meeting Room (Behind Mountain View Nursing Home)
County Farm Road, Ossipee, NH 03864



jennifer.thomas@graniteuw.org

[REGISTER](#)

<https://forms.gle/MmVTGSCTQBDAYqVV6>

