

Carroll County Veterans Coalition
 Agenda
 October 24, 2023

1. Introductions

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| Jennifer Thomas | Carroll County Coalition for Public Health- Substance Misuse Prevention Coordinator- jennifer.thomas@graniteuw.org |
| Emily McArdle | Carroll County Coalition for Public Health- Young Adult Outreach Consultant (taking meeting minutes)- u25carrollcounty@outlook.com |
| Gary Bent | Veterans Case Worker for ServiceLink in Carroll County and Belknap County, Army and Airforce Veteran |
| Mark Allen | Commander of Ossipee VFW mgallen5180@gmail.com |
| Jennifer Walton | Navy and Corpsman Veteran jendelion@gmail.com |
| Justin Moeling | LICSW at Manchester VAMC |
| Carla Taylor | Humble Grunt Work |
| Kevin Keefe | LICSW, Program Coordinator for Medical Foster Home Program at Manchester VA |
| Selwa Yatim-Badra | MSW, CSAC, National Veterans Services Coordinator at Summit Behavioral Health, Tactile Recovery Program Selwa.yatim-badra@summitbhc.com (602) 565-6572 |

2. Updates

- a. **Carla Taylor:** Humble Grunt Work- Veterans Recognition Group in Meredith. Provides food, clothing, etc. for veterans, working on suicide prevention and awareness (can't treat or counsel but can listen and help get resources). Working on transitional housing unit in Meredith, funding goal of \$200,000 (80% there), aiming for opening in 2024.
- b. **Kevin Keefe:** Program coordinator for medical foster home program at the VA in Manchester. Teams can support medical foster homes that are 35 miles or a 45-minute drive from Manchester, Portsmouth, Somersworth, Conway, or Tilton. Program not running yet, currently recruiting homes and caregivers. The goal is to keep veterans in the community, instead of institutional care. People can open their homes to be a medical foster home and can take in 1-3 veterans and will receive income- approximately \$2,800 per veteran per month (can go up to \$3,500-\$4,000 depending on care needs). It's a nationwide program but hasn't been in NH yet. #1 barrier- People have the space in their homes but there is the emotional barrier of bringing in a stranger into their home and having to empty out extra rooms with memories, which people may need support with. Currently the nearest foster home is in Biddeford. Foster home caregivers are often retirees or people already caregiving for people in their family.
 - a. Medical Foster Home Program: <https://www.va.gov/manchester-health-care/programs/medical-foster-home-program/>

- b. Veteran Community Partnerships:
 - <https://www.va.gov/healthpartnerships/vcp.asp>
- c. **Selwa Yatim-Badra:** Summit Behavioral Health/Tactile Recovery Program- In-patient facility for substance use and treatment, cover transportation, etc. for veterans.
- d. **Jennifer Thomas:**
 - i. CCVC logo design with Kingswood Youth Center
 - 1. The contest runs until Nov. 11, some kids have submitted logos so far, Jen will email out the submissions and then get input on which design people like the best and we'll use the logo on merchandise to make money to continue running the Veterans Coalition.
 - ii. CCVC representatives to speak at Kingswood Youth Center- Gary, possibly Jen and Mark?
 - iii. Veteran Coalition Leaders Meeting working toward:
 - 1. Develop a resource and activity packet together.
 - a. General info, NH info, specific/local info
 - 2. Create a webpage that can be added to in real time- can add local activities, etc.
 - 3. Lakes Region Coalition will set up the webpage, working on building that page.
 - 4. **Mark:** Not every veteran is online, could put stuff in the paper, can write a letter to the editor (300 words or less) as a free way to publish things to residents of Carroll County. **Jennifer W.** can post fliers, etc., at local businesses.
 - 5. Ads are useful if they're constant. Weekly?
 - 6. Then could get a reporter to come out to talk to Jennifer T., etc., about the Coalition and what we're doing.
 - 12. **Kevin:** Got foster home info into the Laconia weekly email blast that goes out to the town. Maybe use the Chambers of Commerce newsletter?
 - 13. **Jennifer W.:** Post in town Facebook pages.
 - iv. NH Suicide Prevention Conference
 - 1. November 2, 2023
 - 2. Grappone Conference Center, Concord NH
 - a. Tabling possible – Gary?
 - b. meredith.n.young@gmail.com
 - i. Point of contact for vendors
 - c. Registration to attend; there is a fee.
 - i. [New Hampshire's 20th Annual Suicide Prevention Conference Registration \(whova.com\)](http://NewHampshire's20thAnnualSuicidePreventionConferenceRegistration(whova.com))
 - v. Reached out to The Summit Project
 - 1. [The Summit Project – Maine Heroes are Not Forgotten](#)
 - 2. Collaboration opportunity?
 - 3. Living Memorial to pay tribute to fallen soldiers. A family picks out a rock and it gets engraved with the name and dates

of fallen soldier, rocks can be taken with them on hikes/adventures/etc.- learn about the person and then do a memorial- they want to collaborate with NH. He wants to stay away from water sports but open to most things, ideas for what to do in NH? He can speak at this meeting for more info.

vi. International Survivors of Suicide Loss

1. Day of remembering; November 18, 2023
 - a. Activities around the state
 - b. [HOME | Home page \(afsp.org\)](#)
2. [International Survivors of Suicide Loss Day | AFSP](#)
 - a. AFSP NH
 - b. Shamera Simpson
 - i. SSimpson@afsp.org
 - ii. [603-318-6517](tel:603-318-6517)

vii. Veterans Breakfast – Wolfeboro, NH

1. November 9th 0900-1030 hrs.
2. Abenaki Ski Lodge
3. To register
 - a. [Program: Veterans Breakfast \(recdesk.com\)](#)
 - b. 603-569-5639

viii. Our meeting will be posted on the SPC/DHHS calendar.

ix. Working on the S.W.O.T. analysis

1. In need of input from members

x. Topic and guest speaker ideas

1. What information would you like to see included?

xi. DEA National Prescription Take Back Day

1. October 28, 2023, 1000 – 1400

xii. Bike Co-Op

1. Scott Boisvert
2. Donated pedal bikes to organizations to share with needed community members to decrease transportation barriers.
3. Organizations can fill out the form to receive refurbished bikes and then give them out to people in the community.
Jennifer T. has the form, contact her for more info.

b. Other updates/outreach/activities?

c. Veterans' Day activities list:

- a. Ossipee VFW remembrance outside Ossipee Town hall on Nov. 11 at 11am.
- b. Madison Elementary School ceremony on Nov. 8 at 2:30pm.
- c. SAU 9 event on Nov. 9- Jennifer T. will get more info, looking for veterans to sit in on the ceremony.
- d. Wolfeboro- Ceremony on Nov. 11 at 11am
- e. Wolfeboro Daughters of American Revolution- Flags of Honor- for \$5 donation, they put Veterans service on a flag- contact them ASAP before Veterans Day. <http://nhsodar.org/index.html>

3. Develop mission and vision statement.
 - a. Activity- BBQ? Summit Project?
 1. **Justin:** Find where there already is a community event and then the coalition shows up to support it/participate in it.
 2. **Gary-** Delta Dog having event at Ladd Farm in Grafton County (Bridgewater, NH), 20-30 groups will be there, Saturday, Nov. 4- Gary will be there helping Delta Dog. Anyone interested in going there?
 3. **Jennifer W.:** Reach out to Boy Scouts, Eagle scouts need service project, see if they want to do something? Ossipee VFW had Girl Scouts come retire flags and they got badges.
 4. **Carla:** Humble Grunt work does 660 flags on display to represent how many veterans are lost to suicide a month in the US. Will be doing an event this spring, could collaborate with CCVC. Humble Grunt Work is also at Sandwich fair selling shirts “22 a day is not okay,” people ask questions about it, can share info. Also having families come and place flags to bring everyone together. Displays stay up for 2 weeks.
 5. **Justin:** Memorial Day in spring
 - b. Core values
 - c. Mission:
 - i. **Mark and Jennifer W.:** Outreach and support, collaborating.
 - ii. **Gary:** Honoring (veterans frustrated with lack of services and being forgotten).
 - iii. **Kevin:** His mission is to support veteran choice.
 - iv. **Carla:** Veterans don’t want a handout; they want a hand up.
 - d. Vision:
 - i. In one year- **Mark:** Have every veteran in Carroll County know that they can come to one of us for a hand up.
 - ii. **Gary:** Intercoalition support, working with and fostering stronger relationships with coalitions that border us.
 - iii. **Jennifer W.:** Streamline all the resources out there.
 - iv. **Justin:** Network, coordination, and expanded connectedness. Check out NH-wide veteran Facebook groups, unofficial town Facebook pages.
 - vi. **Jennifer W.:** Make our own business Facebook page?
 - vii. **Justin:** Must be mindful on social media if talking about suicide prevention- could catch someone in crisis and don’t want situation where someone reached out but couldn’t connect. Must have active admins.
 - viii. **Mark-** In the past they have looked up the person’s name and then contacted the police department. Have it set up so comments must get approved to be posted and certain words get flagged if they’re posted.
 - ix. **Jennifer W.** runs page Vets helping Vets- nationwide page.
 - x. Let **Justin** know when we have a social media presence running and he can blast it out on Manchester VA social media.

4. Prioritize needs for our area.
 - a. Survey
 - b. Top 3?
5. Develop a minimum of 3 goals.
 - a. At least 1 in person activity
 - b. Other goals?
6. Trainings
 - a. Interest in CALM?
 - i. How to talk to someone in crisis who owns firearms, ways to approach without involving law enforcement taking arms away (ASIST did not cover access to lethal means).
 - ii. VA Save Training
 - ii. NH Firearms safety coalition, let **Justin** know if anyone is interested or wants more info.
 - iii. Make a list of the different trainings and contact info.
 - b. Interest in suicide prevention, EConnect?
 - i. Prevention training (ASIST was intervention)
 - ii. **Jennifer W.** is interested.
 - c. Other desired trainings?
 - i. **Gary**: PsychArmor training, some with continuing education hours.
7. December meeting – December 26th
 - a. Cancel or move?
 - b. Consensus to move it a week earlier (December 19).
8. Next Meeting
 - a. November 28th, 2023
 - b. 1000 hrs
9. Resources
 - a. Psycharmor – training on military culture and veteran or military family needs
 - i. [Psycharmor](#)
 - b. NAMI NH – National Alliance on Mental Illness
 - i. [Home - NAMI New Hampshire \(naminh.org\)](#)
 - c. DMAVS
 - i. [NH State Office of Veterans Services](#)
 - d. New Hampshire VA
 - i. [Manchester Regional Office Home \(va.gov\)](#)