

**NH Suicide Prevention Council—Military & Veterans
March 3, 2021**

In attendance:

Co-Chairs: Amy Cook, Beth Alves

Members & Guests: Lisa Boedigheimer, Seth Gahr, Dale Garrow, Ray Gilmore, Michael Mullen, Kate Sullivan, Sheena Bice, Stephanie Oullette, Candace Wilson, Tye Thompson, Tye Thompson, Justin Troiano, Victoria Bagshaw, Andrea Christoffels, Ann Duckless, Greg D'Arbonne

Presenters: Dr. Lawrence Shulman, Dr. Stewart Shulman

If you were logged on to this meeting, but your name did not get recorded in the attendance, please notify Amy Cook for a correction to be made.

Presentation

Today's meeting agenda was revised to accommodate a presentation by Dr. Lawrence Shulman and Dr. Stewart Shulman. The full proposal they are looking for support to implement in New Hampshire is attached. The presentation described the components of the proposal and then time was spent answering questions from members. The Presenters asked that if any person or organization is interested in participating in further development of the program and proposal, please forward your interest to Amy Cook who will pass it along to Dr. Larry Shulman. Dr. Shulman will then reach out and let you know how to proceed.

Committee members and guests are also encouraged to forward any feedback they have regarding the proposed program to Amy who will share with Dr. Shulman.

Member Updates

Sheena Bice, VFR—Star Behavioral Health Providers has multiple trainings coming up. You can register by logging onto their website. All trainings are still virtual at this time. Based on the summary report that we reviewed at February's meeting, there are a variety of ways in which we can set goals around how/when/where and who to promote the training to in the coming 1-2 years. This will be added to the April meeting agenda as the main topic of discussion.

Beth Alves, VAMC Manchester--Zero Suicide Academy planning is underway. A date of May 11-13th has been identified. More information will be coming—stay tuned! Beth will be presenting to the Manchester VA Veterans Council on a project to provide community care providers with information related to suicide prevention resources and suicide prevention and military cultural competency training opportunities. They have expressed potential interest and would like to hear more.

Kate Sullivan, Servicelink of Strafford & Rockingham Counties—Amy C. and Beth A. met with Thom O'Connor the Administrator at DHHS who oversees the Servicelink contracts. They identified some tangible next steps regarding how to proceed with bolstering the resources Servicelink vendors have available to assist Veterans.

Seth Gahr, NH State Police—Seth is now the Chair of the First Responders Committee of the Suicide Prevention Council. The committee had its first meeting 2/17 and it was well attended by police departments, fire departments and fire marshalls from around the state. They will be meeting quarterly. The Military & Veterans Committee will continue to seek ways to collaborate with the First Responders Committee.

Lisa Boedigheimer, VAMC White River Junction—WRJ VAMC no longer has a Case Manager working with Lisa; they are actively looking to hire a new one.

Dale Garrow, Contractor with National Guard--From the Suicide Prevention Coordinator: Next month 23-23 April we will have our second of three Applied Suicide Intervention Skills Training (ASIS) Workshop. We currently have room for 2 more of our community care providers to attend. If interested contact Mr. Dale Garrow at (603)227-1450 or email:

dale.e.garrow.ctr@mail.mil.

Candace Wilson, UpReach

- Caring Connections will again be running free of charge from March 15 – April 16 at 11 am on Mondays and 3 pm on Fridays! Two Sunday sessions will also be offered. The intention is to help first responders and frontline healthcare workers battle compassion fatigue, renew and refresh. Attendees spend an hour connecting with our awesome horses in our beautiful and peaceful environment. Our hope is that time spent with the horses will provide a bit of rest and relaxation for those that have given so much of themselves to our loved ones and community!

Masks are required, participants are asked to do a self-check health assessment prior to arrival, and asked to cancel if they are experiencing any type of illness. Liability and Covid-19 Releases will be signed on site. We will be in an unheated arena, so please dress accordingly! Spaces are limited to keep groups small. Registration is available at <https://www.signupgenius.com/go/4090448AAA728A4FC1-caring> Do not hesitate to contact with any questions!

- Our upcoming Resilience Reins cohorts begin March 9 and run weekly through April 21! Resilience Reins is a 7-week program for youth ages 8-17 (4-8 youth in a group) and their families who have experienced a traumatic event. The goal of Resilience Reins is to improve the physical, emotional, and psychological well-being of youth by offering therapy that mitigates the risks and poor outcomes associated with exposure to trauma and violence. As part of this program, parents/guardians can attend Parent Cafe, which strengthen the connections between family members and build protective factors. We are currently accepting referrals for our next cohort beginning May 11. Resilience Reins is co-facilitated by a mental health professional, a Professional Association Therapeutic Horsemanship International Certified Equine Specialist in Mental Health and Learning, and a Certified Educator. This is a non-riding program and no previous horse experience is required! For more information on this program please contact please contact Kristen McGraw at kristen@uprechttec.org or 603-497-2343.

Tye Thompson, Northeast Passage-- VETERAN WELLNESS LAKES REGION: PICKLEBALL AND BOCCIA - Laconia, NH; Come join us at the Laconia Community Center for a socially distanced game of pickleball and/or Boccia in a large open indoor space! This program is offered to individuals of all abilities, inviting standing and seated players alike. Review rule variations for seated Pickleball players here on the USAPA.org website! NEP will provide staff, instruction, and a selection of sport wheelchairs for these events. Thursdays, March 4, 11, March 18, March 25 from 10:30AM-12:00PM

VIRTUAL ARTS EVENTS

Arts programming is part of a Veteran Wellness Series funded by Operation Hat Trick. These events will take place via Zoom. NEP has a bunch of activities they are currently running—check out their calendar online! <https://www.nepassage.org/calendar> And, if you're not on their mailing list, let Tye know—they have a great, informative email newsletter that is sent out monthly.



Next Meeting

April 7, 2021; 2PM – 3:30PM

Theme: **Spring!**

Webex virtual platform

Main Topic of Discussion: Star Behavioral Health Providers (SBHP) training program.

Review data report made available at February meeting. What does the data tell us? Where can we promote the training in the coming 1-2 years? In what professions should we promote the training? What goals might we want to set with regards to who gets trained? Ideas on ways to accomplish this?

**Documents accompanying these minutes:

- Full proposal by Dr. Lawrence Shulman and Dr. Stewart Shulman
- SBHP data report/summary for review prior to April meeting