**206 Old Rd. Eliot ME 03903 207.956.0565** [**info@pinetreeinstitute.org**](about:blank)

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**Greater Portsmouth Youth Wellness Coalition**

**December 18, 2024**

**Attendees:**

**Amy Michaels, Meghan Stewart, Kim Harty, Joanne Coles, Eli George, Gretyl Macalaster, Chris Burke, Brady Barry, Tricia Brannen, Mary Calhoun, Lisa Jacobus, Lorraine, Connell, Danielle Heaton, Dave Cosgrove, Anya Zlotosch, Katie Soule**

**Agenda:**

1. Welcome, introductions, and opening activity
2. Coalition spotlight – Peers Not Fears
3. Current Coalition Projects – Amy
4. Roundtable Share

**Discussion:**

1. Welcome, introductions and opening activity
2. Coalition Spotlight – Peers Not Fears <https://www.peers-not-fears.com/>
   1. Peers Not Fears is a youth leadership development program founded by Lorraine Connell ([Lorraine.connell@peers-not-fears.com](mailto:Lorraine.connell@peers-not-fears.com))
   2. This program focuses on developing confidence, problem-solving skills and facilitation skills with youth
   3. Lorraine is looking to continue partnering with different schools around the state so please reach out to her if you are interested in learning more or working together!
3. Current Coalition Projects
   1. STOP Act – the Coalition has been awarded a SAMHSA grant to focus on preventing underage alcohol use
      1. If you are interested in focusing on alcohol prevention projects, please reach out to Amy!
   2. YRBS
      1. Getting to Y is now a statewide initiative!
      2. There will be a kick off training in January hosted by Up for Learning that Coalition staff along with Portsmouth school personnel and students will attend
      3. The Seacoast Public Health Network will be the regional hub for Getting to Y and CADY (Communities for Alcohol and Drug-Free Youth) will be the statewide hub
   3. Youth2Youth
      1. Portsmouth Middle School Youth 2 Youth group is going really well so far!
      2. There’s a solid group of about 5-7 students who attend weekly and are very engaged
      3. We are going to be working on a PSA project in the new year that we will share with the Coalition when it’s done
   4. RFW Initiative
      1. The Coalition is moving forward with being designated as a Recovery Friendly Workplace through the Governor’s Recovery Friendly Workplace initiative
      2. We have drafted a letter of support (attached)
      3. Being designated as an RFW aligns with our mission and allows us to share important resources and trainings with our growing network!
4. Roundtable Shareout
   1. B3 Youth Clinic has been chosen as the most recent grantee of the 1623 Foundation in Portsmouth and awarded $4,000 to their program!
      1. There will be a fundraiser on January 17th from 4-8pm at Cheese Louise to benefit B3 Youth Clinic
   2. Lisa Jacobus is a part of the Resource Connect Team that will be reconvening to provide wrap around services for families in Greater Portsmouth that have been identified as needing services and needing help accessing services
      1. There is a referral process and please reach out to Lisa ([ljacobus@sau52.org](mailto:ljacobus@sau52.org)) for more information
   3. Conor’s Climb is looking for student ambassadors
   4. Seacoast Outright has been renamed to New Hampshire Outright (still based in Portsmouth, but providing statewide services)
      1. There is a new young adult peer support group starting in January
      2. There is also a Waypoint group starting in January in Manchester
      3. More info: <https://www.seacoastoutright.org/>
   5. Tradeport Counseling is accepting new patients and hope to start accepting Medicaid soon
   6. Youthwell NH has a highschool intern looking to partner with different schools to connect students across the state
   7. The skatepark has a new kids’ club on Sundays and Currier Skate in Portsmouth will help get kids set up with full skateboard gear -🡪 connect with Dave or Amy for more info!
   8. Seacoast Public Health Network is hiring a new Community Health Worker
   9. Twenty-One Senses is offering a new sensory webinar (flyer attached) in 2025
      1. More info: <https://www.twentyonesenses.org/webinars/>
      2. They are also booking out calm rooms for various events so if you are hosting an event and would like a calm room to be available, please reach out to Danielle ([Danielle.heaton@twentyonesenses.org](mailto:Danielle.heaton@twentyonesenses.org))
   10. Katie Soule will be hosting a Mental Health First Aid training on February 6&7 at the YMCA in Somersworth – details forthcoming

**Next Meeting: January 15th at 3:30pm**

**Great Bay Community College – WorkReadyNH Classroom**