



February Youth Wellness and Prevention Collaborative Meeting Notes

High Fives

1. The Bookery
 - a. Set up a giving tree featuring Manchester schools to donate books to their libraries
2. JAG Program
 - a. National program to prevent school dropouts
 - b. Memorial's JAG specialist was recognized nationally for her work
3. MSD Art Awards
 - a. Over 50 middle and high school students were featured and some were even selected to set up at the Currier Museum
4. Eagle Scout of the Year
 - a. First female Eagle Scout from Manchester to receive this honor!
5. Common Ground Concert
 - a. HOPE for NH Recovery hosted a live music concert at the Palace Theatre to feature recovery and music

Member Spotlight

- The Youth Complex
 - Youth-led non-profit building safe, welcoming spaces for young people to grow, lead, and belong.
 - Isaiah – Executive Director at The Youth Complex (TYC)
 - Delivering supportive and empowering mentorship to youth through recreational activities, with the belief that all youth deserve a mentor.
 - Will also help to connect youth to resources – food, housing, transportation, etc.
 - Currently located at Rythm & Roots Studio on Hanover Street, but will be moving to the YWCA building to offer more after-school programming.
 - Also partnering with Kreiva Academy to offer summer camps this summer.

Updates

- If you aren't on the YW&PC Prevention Portal, please see Emma to get added to the site.

- Lots of new additions to the Prevention Portal:
 - Youth advocacy resources
 - Firearm safety resources
 - Teen dating violence awareness month toolkit
 - Conversation starters
 - Kratom information
 - OTC medicine safety
 - YW&PC February newsletter
- The YW&PC member directory is beginning to be created – stay tuned!
- Lots of movement going on in Goffstown recently about unregulated products (i.e., kratom), Prevention Portal has some more information to learn more about it.
- Emma will be on maternity leave come June 2026 – Emily will be taking over YW&PC duties while Emma is gone. For questions, please reach out to Emily at eet@mih4u.org.
- Amoskeag Health
 - Introducing Leslie – the new Youth Prevention Education Supervisor!
 - Overseeing Botvin and the PREP program
 - Emily Carrara has moved into a clinical position at Amoskeag Health now that she has finished graduate school
 - Botvin Updates
 - Hired an educator who is starting March 2nd
 - Leslie and Darlene are both trained instructors in Botvin
 - What organizations are interested in having elementary school Botvin programming? Amoskeag is ready to go with trained staff – please reach out!
 - Length of time to do Botvin is fairly flexible, even though posted time for the curriculum is 13 weeks/lessons.
 - Elementary level program is shorter

Action Plan

- Based on the responses from the Annual Member Survey
- 4 focus groups
 - Networking – informal and formal networking
 - Members want more opportunities to get to know one another and help each other with referrals to appropriate resources/organizations.
 - Hosting “fun” stuff for informal networking
 - Community Awareness – community outreach
 - Elevate youth MH & SUD messaging

- Support community education and events
 - Coordinate awareness campaigns and shared YW&PC messaging
 - Professional Development - learning opportunities
 - Identify and host trainings/workshops
 - Coordinate speakers and shared learning
 - Making sure learning opportunities are on topics that the group is interested in and want to learn more about
 - Resource Gathering – resource sharing
 - Collect, organize, and share youth and family resources
 - Identify gaps and emerging needs
 - Support warm referrals and cross-agency collaborations
- Groups began discussing topics in each focus group
 - Networking – what types of formal/informal networking would be good for YW&PC?
 - Community Awareness – how can we elevate youth prevention messaging and share it with the community?
 - Professional Development – what professional development would you like to see this year?
 - Resource Gathering – what other resources do youth need access to?

Coming up

- Next meeting is March 17th
- We'll meet in our focus groups – if you have any great ideas or unsaid thoughts, we will pick it back up in March!
- There is a form in the Collaboration Hub to sign up for your desired focus group – fill it out if you have a preference.