

## For Students Who Attended the 2019 Youth Summit: What's Next?



### We heard that you want

- To continue authentic and meaningful discussions with your peers and adults.
- More health education and information on diverse topics.
- People to get care for health issues when they need it, right at school.
- More trained peer facilitators to support people who need help.

### So let's make that happen. Here's a start on some ideas to move forward:

- Partner with your regional Public Health Council to launch a school-based Youth Summit and continue the discussions.
- Do a presentation on the Youth Summit to key adults who can help make things happen (slides are available on the Youth Summit 2019 Recap portion of [dhyouthsummit.com](http://dhyouthsummit.com)). Consider inviting:
  - School board members
  - Parent-teacher association
  - Teachers
  - School nurses
  - School advisors/counselors
  - Principal
  - Coaches
  - Near peers

- Talk to your school administrators about reaching out to local physical and mental health providers who treat kids and families in your community. Since they are treating people anyway maybe they could consider having an office at the school? (It's already happened in some NH communities!) Think about treatment centers such as:
  - Community Health Centers <https://bistatepca.org/About-Bi-State/bi-state-members>
  - Community Mental Health Centers <https://www.dhhs.nh.gov/dcbcs/bbh/centers.htm>
  - Other health care provider offices in your community
  
- Reach out to the Office of Student Wellness at the NH Department of Education and tell them students want more health education and what topics you need. Let them know you are willing to help them make it happen at your school. <https://www.nhstudentwellness.org>
  
- Find peer facilitator trainings and get more involved, try contacting:
  - Your local Public Health Network: <https://nhphn.org>
  - NH Chapter of NAMI (National Alliance on Mental Illness - <https://www.naminh.org>) to arrange:
    - Peer Suicide Prevention trainings
    - Mental Health First Aid trainings
  - The NH Teen Institute to request leadership training: <https://www.nhteeninstitute.org>
  - Regional groups:
    - Manchester area Makin' It Happen: <http://www.mih4u.org/our-communities/>
    - Dover Youth to Youth <http://dovery2y.org>
  - Topical issues:
    - Gender and sexuality: GLSEN, NH Chapter: <https://www.glsen.org/chapters/newhampshire>
    - Diversity issues: NH Listens: <https://carsey.unh.edu/new-hampshire-listens>

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