

Capital Area Public Health Network

Welcome to the CAPHN Monthly Newsletter!

This month we are highlighting a tabling event with Concord High School for Teen Dating Violence Awareness Month. We are also sharing a bit of what our team has been up to in February, spotlighting Thrive Survivor Support Center in Concord, and previewing some of the events we are looking forward to in March.

Teen Dating Violence Awareness Month and Tabling at Concord High School

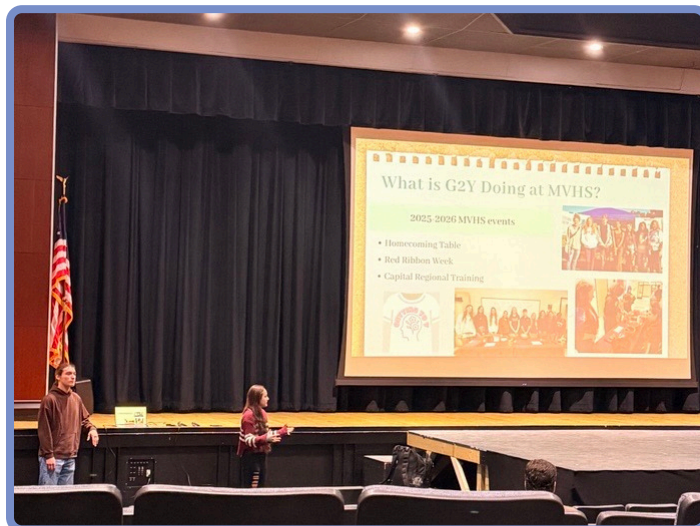
February is Teen Dating Violence Awareness Month. This year, Cailynn had the opportunity to host a resource table at Concord High School with Aimee Tucker, the CHS Student Assistance Program Counselor (SAPC). Using healthy relationship resource guides and conversation starters from Thrive Survivor Support Center, along with fun coloring pages from the National Network to End Domestic Violence, Cailynn and Aimee were able to engage students during their lunch break on the importance of healthy relationships, personal boundaries, and local resources. Students were also able to take stickers, key chains, pens, and wristbands as a reminder that they deserve to be healthy and safe in all of their relationships.



Screenagers @ Merrimack Valley High School

On February 12th, Capital Area Public Health Network and Merrimack Valley School District partnered to host a community screening of the documentary “Screenagers Next Chapter.” Families gathered for pizza and connection before the film, with younger children participating in supervised activities in the library while parents and teens watched the movie together. The screening provided an opportunity to explore youth mental health, stress, and the impact of the digital world, while encouraging open dialogue between caregivers and young people

Following the film, two Getting to Y student leaders shared an overview of the youth-led prevention program and presented data they have identified as a focus for their upcoming project. Their presentation demonstrated how local youth are using data to guide prevention efforts and contribute to positive change within their school community. The event reflects CAPHN’s continued commitment to strengthening school and community partnerships while supporting youth leadership and family engagement.



Upcoming Event: Family Advocacy Workshop

Join New Futures and the Capital Area Public Health Network on **March 24th** from **5:30-7:00 PM** at **Mill Brook School** for an interactive Advocacy 101 Workshop focused on Early Childhood Legislation. During this workshop, participants will learn more about the NH legislative process, how to identify their elected representatives, and how to use New Future’s website to track key bills. Participants will also have the opportunity to walk through the remote sign-in process and practice crafting an effective advocacy message. If able, please bring a personal electronic device (e.g. a smartphone, tablet, or laptop) to fully participate in the workshop.

Free dinner will be provided!

Space is limited, so register ASAP: <https://www.eventbrite.com/e/family-advocacy-workshop-tickets-1983879863075?aff=ebdsoporgprofile>

Resource Spotlight: Thrive Survivor Support Center

In honor of February being Teen Dating Violence Awareness Month, this month's featured community resource is Thrive Survivor Support Center (formerly the Crisis Center of Central New Hampshire). Their mission is *to serve survivors of domestic violence, sexual violence, and human trafficking through empowerment, safety, and support; and to promote prevention through education in Merrimack County.*



Thrive works towards achieving this mission by offering a variety of services in the community:

Free and Confidential Hotline

Thrive operates a 24-hour, free and confidential hotline for survivors, their families, and friends. Hotline advocates provide emotional support, personalized safety planning, and information about important services.

The hotline can be accessed by calling **866-841-6229**.

Education and Outreach

Tailored presentations related to domestic and sexual violence and trauma-informed workplaces are available to businesses, community partners, and civic groups. Topics for these presentations can include sexual harassment, trauma-informed leadership, and trauma-informed workplaces.

Thrive's Prevention Educator also provides age-appropriate, evidence-based presentations for schools all over Merrimack County. These presentations focus on boundaries, sexual harassment and bullying, consent, healthy relationships online and in real life, and more.

To schedule a presentation, contact **outreach@thrivenh.org**

Support Groups

Thrive runs an ongoing, virtual support group session available to survivors of domestic and/or sexual violence who are working on healing from trauma. Participants must be 18 years of age or older at the time of the group session (regardless of when the abuse took place). The support groups are advocate-led, peer groups that offer a safe environment for survivors to talk about their experiences and healing journeys with the support of others with similar experiences. Groups offer education, activities, and practice around topics including, but not limited to understanding, recognizing, and coping with triggers; the effects of violence; setting and maintaining healthy boundaries; healthy interpersonal relationship skills; and strategies for self-care.

Support Groups are 100% voluntary, and they are not clinical support groups. Screening is required for participation to ensure a safe and cohesive environment. To complete a screening, call the hotline (866-841-6229), Monday - Friday between 8:30 AM - 4:30 PM.

Learn more about Thrive's services, upcoming events, volunteer opportunities, and access their comprehensive resource list by visiting their website: <https://thrivenh.org>

Upcoming Events

Date	Event	Details
Month	National Nutrition Month	
Month	National Women's History Month	
16-20	National Drug and Alcohol Facts Week	
8	Daylight Savings Time Begins	
17	St. Patrick's Day	
20	Spring Equinox	
24	Family Advocacy Workshop with New Futures at Mill Brook School	Register here: https://www.eventbrite.com/e/family-advocacy-workshop-tickets-1983879863075?aff=ebdsoporgprofile