

Craftsbury Mental Health Resource Group Meeting (draft)

Tuesday, October 26, 2021

6 -6:45 PM at Craftsbury Town Hall

Present: Monique Reil, Sharon Moffatt, Susan Houston, Kim Larose & Michelle Warren

Agenda:

- Adjustments/Changes to Agenda
None
- Approve of Minutes
Michelle made a motion to approve August 29, 2021 & June 22, 2021 minutes, Sharon seconded, all in favor, motion passed.
- Recap on NamiWalk and Tulip Project
Michelle will send links to the Nami E-Newsletter and upcoming events. Our Craftsbury team raised \$6007, with over 50 participants. Overall, went well, would have been a little easier if we had a 2nd person for registration and one for photos. She sent Nami suggestions for offering NamiWalk for Towns. Kim also suggested having a microphone for when people talked around the circle.

Michelle painted about 15 rocks blue with a tulip and the words The Yellow Tulip Project and Hope Happens. She also purchased 16 wooden tulips and painted them yellow.

They are placed with almost 500 tulips purchased at Menards (at cost)—planted at Craftsbury Outdoor Center, Sterling College, 2 at the Academy, Craftsbury Elementary, 2 at the United Church, 1 at the Craftsbury Public Library, Craftsbury Care Center. Bulbs still need to be planted at the memorial on the Common. Costs were about \$300 for the tulips, mulch, bulb tool, deterrent stuff to sprinkle on. The wooden tulips were \$104 for 16. The group agreed to take out of the Craftsbury Mental Health Resource Group fund. The rest of the smaller stuff Michelle covered (paint, poster boards, markers, labels, etc.).

Susie was able to participate with children at the Elementary School with the tulip project, sharing a story and coloring page. Michelle also had afterschool children involve with the planting at the Academy.

- Sip & Paint Fundraiser Oct. 24 by Lisa Barry
Lisa is hosting a sip and paint fundraiser. Some of the money raised will go in the CMHRG account.
- Update Booklet
Michelle hasn't had a chance to update yet.
- Advocacy Nami Training
Sunday, December 5, from 1:00-4:30 pm via zoom, Michelle has signed up for it.
- Other Nami Training Opportunities
www.namivt.org/education

- Discuss Chair Position, Secretary Position, maybe ask for new members members-

Main members are Susan Houston, Sharon Moffatt, Monique Reil, Norm Hanson, Lisa-Ann Loucka, Kim Larose, Gwen Bueckendorf and Michelle Warren.

Michelle & Kim agreed to co-chair.

Sharon suggested to try and get Sterling College and the School involved again. Michelle had opened up conversation with the Academy and also Sterling with the Tulip Project. She will reach out to Kitty at Sterling and also Sally at the Academy. Maybe if we offer Zoom, more people could participate. Discussion for a liaison from the Fire Department to attend as well. Heidi Ames was suggested to invite to our group, maybe some in the nursing field like Jerri or Rebecca.

- Thank you Deb McKinley for her leadership in the Mental Health Group!

Michelle said Deb was on her way to PA to help her husband move first. She hopes to be back in a few weeks to finish packing and then moving end December, early January.

The committee was thankful for all Deb has done leading our mental health group. Deb will be missed.

- Any Other Business:

Monique had a flyer to share with the group for upcoming events, <https://covidsupportvt.org/workshops>. Michelle will share with the minutes.

Michelle ordered a book for the library and also the Elementary school called “Ezra’s invisible backpack”. The library said they would order it for us, about \$9 each. Michelle will take out of the CMRHG fund. Michelle felt it was a remarkable book about learning to express emotions for children.

Michelle mentioned ARPA funds for towns, maybe there is something that can be done for mental health, just something to think about for the future.

- Decide on Next Meeting Date & Adjourn

Next Meeting will be January 4th, 6 PM at the Town Hall. We will need to have draft for the Town Report ready for the meeting.

Meeting ended at 6:45 PM.

Respectfully submitted,
Michelle Warren