

Mental Health Resources Group
August 24, 2021 Meeting (draft)
6pm, Outdoor Tent at the Library
(met Outside at the Church Benches instead, library was preoccupied)

Present: Deborah McKinley, Michelle Warren, Susan Houston, Sharon Moffatt, Kim Larose, Norm Hanson, Monique Reil, and Terry Martin

Agenda

From Before:

1. **Booklet updates:**
Michelle has gotten all of the data needed for the update and has typed it into the booklet. She will send out a draft of each section to the person who sent it to double check the data. Michelle will also get a quote to get 500 printed up.
2. **Old Home Day Parade** – What worked? What would we do differently next time?
Michelle put together 40 small bags of candy and inspirational stickers with our logo sticker on outside; next time should do 80, ran out quickly. The New banner added great color to our group, Michelle will take out of Wesley's fund. Some of us Deb, Lisa-Anne, Sharon, Norm and Michelle walked in the parade and some wore our walk shirt.
3. **Craftsbury Out of Darkness Walk** – September 26, 1pm-changed to Nami Oct. 9th
After discussion, Michelle's suggestion, the group decided to change to October 9th as a Nami walk/move. Michelle did research and they have been offering much online classes, stepped up to the plate helping with COVID. They also are doing so much advocating mental health with state and federal government.

Michelle also suggested www.theyellowtulipproject.org for the walk, planting yellow tulips of hope around town, possibly trifold with markers or post it board, memorial board. Deb suggested 500 tulips, split up around town among businesses/organizations. Michelle will check with Menards, try and buy locally.

A subcommittee was set up with Kim, Michelle & Susie to plan the Nami Walk/Move. They will invite April Royan to be part of the group to invite kids. Lisa Barry will also be part of the group.

New stuff:

1. **Suicide Prevention Bench** – a gift!
Michelle has contacted Merri, to see if the school would be willing to have one of joshesbenches.com at the school. If not possible, they will also check with Sterling. It has been offered for free to Michelle, a friend she's found through www.mothersgrievingsuicide.com. The value is about \$900. She will email the group the specs.
2. **NAMI Convention** – report from Michelle Warren
Michelle participated in Namicon, series of seminars for mental health. That's how she learned about the Nami Walk, Yellow Tulip Project, Bridge to Care, which involves the faith community. She still has more sessions to listen to, and will share information to any one interested.

3. **Other:**

- **Lack of Local Mental Health Care**

There was discussion of how difficult it is in our area to access health care. Many therapists have a long waiting list. Michelle will write something on FPF and have Deb check, that there is often waiting lists to get hold of a therapist, but be persistent, don't be afraid to be a pest, call upon our resource people for support, call every few weeks to check, contact 211.

- **"The S Word" Documentary**

Monique said in September, Lamoille Mental Health will be showing a documentary, possibly virtually, "the S Word" documentary. Once Monique sends Michelle the details, she will share on facebook and FPF.

- **Monique on the Radio**

Monique commented she will be on the radio, WLVB, September 2nd, on behalf of Lamoille Mental Health.

Meeting adjourned at 7 PM

Next Meeting: October 26, 6pm

Submitted by,
Michelle Warren