

CRAFTSBURY MENTAL HEALTH RESOURCE GROUP MEETING AT CRAFTSBURY TOWN HALL AND ZOOM TUESDAY, NOVEMBER 29, 2022 AT 6 PM

Present: Lisa-Anne Loucka, Monique Reil, Angel Baraw, Peggy Sapphire, Nancy Milholland, Michelle Warren, Kim Larose, Raven, Terri Lavelly and Lise Erickson

AGENDA:

- **CALL MEETING TO ORDER**
Michelle called meeting to order at 7 PM
- **CHANGES/ADDITIONS TO AGENDA**
None
- **APPROVE MINUTES**
Minutes were approved with a couple errors Michelle will correct.
- **UPDATE- HARDWICK MOVEMENT**
Monique gave an update of the Hardwick movement. Their original senior center location doesn't have wi-fi, so they are now considering the leased NEK for therapists, a yellow building in Hardwick. Josh Burke is working on the project with the Town Manager and Police Department.
- **UPDATE-MINDFULNESS CLASS, NANCY**
Nancy loves the new mindfulness class, learning so much. She hopes to share with the community later next year.
- **UPDATE-CRAFTSBURY SUICIDE AWARENESS WALK**
Michelle reported the walk raised \$3434.48, with \$250 for AFSP, \$100 for NAMI, and rest for the Craftsbury Mental Health Resource Group. The Craftsbury Mental Health Funds has over \$14,000 now.
- **UPDATE ARPA FUNDS, WILL NEED SUBGROUP RESEARCH BOOKS AND MAYBE OFFER PAYMENT OF THE \$39 LIVING WORKS PROGRAMS FOR ANY ONE IN CRAFTSBURY WHO IS INTERESTED.**
The Craftsbury Mental Health Committee had asked for \$2,00 and was awarded \$5,000.

Michelle suggested a book subgroup, to help decide which books to purchase with the grant. Nancy, Lisa-Anne, Lise and Michelle agreed to be a sub group for choosing the books. We will also look into digital resources, ask for input from Sally Guebara. Michelle has a list already from the School librarian.

The Committee agreed to offer the \$39 Living Works program to the community, and reimburse all that are interested with the ARPA funds. Michelle will put a blurb out on FPF.

- CRAFTSBURY MENTAL HEALTH GROUP REPORT IN THE TOWN'S ANNUAL REPORT
Michelle and Peggy will work on the annual report.
- UPDATE-NEK MENTAL HEALTH TREATMENT FACILITY, TERRI LAVELY
Terry will send us some postcards, that we can sign in support of the NEK Mental Health Treatment facility. The process is still underway, will take time.

With several suicides in the Northeast Kingdom recently, NEKHS have been been concentrating to helping those struggling with the loss.

- NEW BUSINESS
Michelle will add Nancy to the facebook page, who will help add more content. We also talked about a monthly content added, even letting the community know we have received funds.
- DECIDE NEXT MEETING AND ADJOURN
Meeting adjourned about 7:30 PM. Next meeting will be Tuesday, January 31, 2022 at 6 PM.