

**CRAFTSBURY MENTAL HEALTH RESOURCE GROUP MEETING
AT CRAFTSBURY TOWN HALL AND ZOOM
TUESDAY, AUGUST 30, 2022 at 7 PM**

Present: Nancy Milholland, Terri Lavelly, Norm Hanson, Jessie Upson, Lisa-Anne Loucka, Sharon Moffatt, Barbara Orvlosky

AGENDA:

• CALL MEETING TO ORDER

Meeting called to order at 7 PM

• CHANGES/ADDITIONS TO AGENDA

None

• APPROVE MINUTES

Susan made a motion to approve the June 28, 2022 minutes as printed.

• HARDWICK MOVEMENT – TO HELP FILL IN THE GAPS OF MENTAL HEALTH

Jessie Upson let the Craftsbury Mental Health Group know about a movement starting in Hardwick for mental health. They are trying to set up a place that people with mental illness can go, have some one help them get the resources they need. They were partnering with NEKHS and LMC, plus the Hardwick PD. Our group was excited for the new movement, and offered to help.

• NANCY MILHOLLAND - WWW.MINDFULLEADER.ORG/MBSR-TRAINING, OFFER MENTAL HEALTH WELLNESS SERIES AT THE TOWN HALL OR CHURCH AFTER THE TRAINING. MAYBE WRITE ARPA GRANT TO HELP PAY FOR TRAINING OR USE WESLEY'S FUND

Nancy Milholland introduced herself, now here in Craftsbury full-time. She found a really interesting program at mindfulleader.org. She was hoping after going through the program, she can share it with the community, will some type of mindfulness, hopefully with art too. The group decided to either cover it with Wesley's fund or try for the ARPA funds. We discussed trying for the ARPA grant, Michelle has been having trouble getting help filling it out and getting partners (update later, Lise E. and Lisa-Anne offered to help and we will try for the ARPA grant)

• FAITHNET UPDATE/FAITH LEADERS - LIVING WORKS PROGRAM

Kim, Michelle & Monique listened to the Faithnet. It didn't explain how to implement a Faithnet program however. Michelle said there was a Mental Health seminar she participated in that mentioned Living Works. She is currently going through their \$39 program now and find it really helpful in training people to talk with people that are struggling, very interactive.

• MENTAL HEALTH ACADEMY 2022 SUICIDE PREVENTION 2022 SEMINAR

Michelle signed up for the Mental Health Academy. If anyone wants to listen to the seminars, the link is <https://events.mentalhealthacademy.net/suicideprevention/2022/verify>. Just type in Michelle's email warrensvt@gmail.com.

• PLAN FOR MENTAL HEALTH WALK IN THE FALL

Scheduled Sunday, October 9th at 1 PM. Kim said she would ask the church to provide refreshments. Terri will have an AFSP table set up. Michelle will order some bracelets. Kim will also ask Debbie Hill to take photos. Michelle will ask if Scott can take a video again. Terri and Kim will speak, maybe Lisa too. Both Barbara and Michelle commented on how meaningful gathering in circle was before the walk.

Next meeting is scheduled September 26 at 6 PM

Respectfully submitted,

Michelle Warren