

CRAFTSBURY MENTAL HEALTH RESOURCE GROUP MEETING AT
CRAFTSBURY TOWNHALL AND ZOOM TUESDAY AUGUST 29, 2023
AT 6 PM

Present: Lisa-Anne Loucka, Sharon Moffatt, Michelle Warren

Present Zoom: Kim Larose, Terri Lavelly

AGENDA:

- CALL MEETING TO ORDER
Michelle called meeting to order at 6 PM
- CHANGES/ADDITIONS TO AGENDA
Michelle added a possible fund raiser to the new business section of the agenda
- APPROVE MINUTES
Sharon made a motion to approve the May 23rd Meeting as written, Michelle seconded, all aye, minutes approved as printed.
- DISCUSSION/BRAINSTORMING -OFFERING MENTAL HEALTH PROGRAMMING AT THE LIBRARY, SAPLINGS, FARMER'S MARKET, SUNDAYS AT CHURCH
*NANCY HAS OFFERED MEDITATION CLASS AT THE LIBRARY AGAIN, DATE?
Nancy has generously offered a meditation session at the Library, Michelle will work with Nancy on possible dates along with Susan at the Library and also help promote the event.
- UPDATE LIVING WORKS PROGRAM, MICHELLE
Michelle hasn't worked on recently, will try and put out a blurb on FPF again.
- NARCAN TRAINING
Michelle noted that Monique had dropped off Narcan. Michelle will check with the stores, library, Fire Department, Sterling to see if they want one to keep for emergencies. Kim and Michelle will work on a place also at the church to have for emergencies. Sharon will check with Sally G at the school too.
- UPCOMING PLANS FOR THE ARPA FUNDS
Although we have spent some for the books and Living Works program, there is still much funding left for the mental health ARPA funds. We can also spend it on mental health training and education. Terri mentioned the Gizmo program that she could bring into Craftsbury and also train too. Sharon will check the number of students from Pre-K to grade 5 from Sally, let Michelle know so can get a quote from Terri for Gizmo. Terri said the "Ryan's Story" presentation, has often been done at many schools. Michelle will check with pricing, either let Sharon or Sally know to see if the school was interested. Maybe the school can contribute some too. Michelle noted that these presentations were often several thousand dollars. Terri said that Nami has a great little monsters coloring/activity book that maybe we could print out for kids.(https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids/NAMI_Meet-Little-Monster_ENG.pdf)

- **SUICIDE PREVENTION WALK DISCUSSION**
We decided on Sunday, 1 PM on the Common, with donations going to AFSP this year. It will make it easier for Michelle to have AFSP handle the registration. Terri will bring the tea lights again, beads, and more. Kim will check to see if the church will do refreshments again. Michelle and Terri and Kim will work out the details and keep the committee in the loop.

- **APPRECIATION SCHEDULE AND PLANS**
We will postpone for now, but keep on the schedule to continue to think of ideas.

- **UPDATE- HARDWICK MOVEMENT**
Michelle said she did go to the Hub meeting at the Craftsbury Public House, had a chance to chat with Jessie Sedore. Although still in the beginning stages, Michelle offered support from the Mental Health Group.

- **UPDATE-NEK MENTAL HEALTH - TERRI LAVELY**
Terri updated us with the Front Porch Program. They are looking at a place in Lyndonville, but will need to do some community surveys for feedback first. They also have 2 possible locations in Newport, if Lyndonville doesn't work out.

- **NEW BUSINESS**
Jeannine Young stopped in today and had an idea from the Catholic Financial Life Outreach to have a concert at the church with Mark Shelton. After discussion, with the walk fundraiser, it's just too much for the mental health group at this time. Kim suggested this might be a good fit for the Food Shelf though, which has had great need after the flood. Michelle will let Jeannine know.

Terri mentioned a virtual "It's Real Team Mental Health" done virtually. Michelle will try and get the word out. Also Sept. 16 is the AFSP Newport Walk. There also is a AFSP State Walk at the capitol October 28.

- **DECIDE NEXT MEETING AND ADJOURN**
Meeting adjourned at 7:15pm. Next meeting will be 6 pm October 24, 2023.