

CMHRG Meeting Minutes  
May 23, 2023

Present in person: Michelle Warren, Sharon Moffatt, Lise Erickson, Steve Whelpley and Monique Reil

Present on Zoom: Nancy Milholland, Kim Larose, Terri Lavelly, Joe Forscher,

Michelle Warren called the meeting to order at 6:05 pm.

Approved minutes from last meeting. Michelle made a motion to approve minutes. Sharon seconded the motion. Motion passed.

**Hardwick Movement-** Sharon Moffatt provided an update.

Jessie Upson has been working on finding ways to fill in the gaps where other organizations cannot meet all of the community's needs. The Hardwick Community Center and the Hub in St Johnsbury have set up programs to help connect people with the services they need and create an inclusive, non-judgemental gathering space for everyone in their communities. There is a meeting next week at the Public House in Craftsbury to talk about this model. "Neighbor Up" nights are facilitated conversations about specific topics and are meant to foster an environment of acceptance. Discussion: Would CMHRG use ARPA funds to support "Neighbor Up" nights at town hall?

**Mental Health Book grants-**

The Craftsbury Academy and Craftsbury Public Library have received grants from our ARPA funds to purchase specific mental health and wellness books. There are also training sessions that might be available to the school or libraries, including Mental Health First Aid and Teen Mental Health First Aid, as well as You Matter and Gizmo. Nancy will follow up with the library to see if they are interested in using Gizmo and if it is geared toward the toddlers who come to the play group.

**Living Works training-**

Some have tried it out and others may be interested. Michelle will publicize it periodically.

**CMHRG Calendar-**

Kim suggested that at our July meeting we create a calendar of events, including the walk in October and possibly a Mental Health "fair" similar to Albany's at a Farmer's Market.

**Appreciation-**

This will be done informally as the need arises in the future.

**Crisis Care and new Family Resource Center-**

Joe updated the group about plans for a new facility in the NEK that has been funded by the state to offer urgent care in a non-hospital setting. A new family resource center in Lyndonville is also providing services to support the community and connect them to services needed. It is on a property that has outdoor space and has day services that are integrated into the fabric of the community.

**Drug addiction and mental health support-**

Michelle learned of a family who moved away from Craftsbury in order to better access support for drug addiction. The group discussed ways to help individuals find the support they need. More discussion is needed on this topic. Michelle will reach out to organizations and businesses within the community to see if they would be willing to have Narcan kits available at their locations. Michelle also shared that she has heard from another Craftsbury resident who was able to successfully participate in in-service treatment for a mental health disorder at Dartmouth Hitchcock.

**Next meeting-**

Tuesday, July 11th at 6:00 pm.