

Craftsbury Mental Health Resource Group

March 21, 2023

Meeting Minutes

Attending: Michelle Warren, Lisa-Anne Loucka, Monique Reil, Sharon Moffatt, Kim LaRose (via zoom) Steve Whelpley, Lise Erickson, Susan Houston

Absent: Nancy Milholland, Gwen Buekendorf, Norm Hanson, Terri Lavelly.

Michelle called the meeting to order at 6:00 p.m. No changes were made to the agenda.

Sharon made a motion to approve the minutes from the January 31, 2023 meeting. Lise seconded. All in favor. Motion passed.

Mental Health Resource Group Members: Nancy Millholland, Lise Erickson and Steve Whelpley were invited to join as new members of the group. The chair and co-chair will be chosen at the next meeting.

Book Resource Working Group: Nancy provided a written summary of the group's work since the last meeting. The group compiled a list of books for all ages that focus on mental health, both fiction and non-fiction. The list has been shared with Craftsbury schools, Craftsbury Public Library and the Simpson Library. The committee discussed how the list should be used in the future and decided to link it to the CMHRG website.

Lisa-Anne has been working with Craftsbury Academy and has their list of books and workbooks they would like to purchase. Lisa-Anne also talked to Kristin Urie (Simpson & Albany Library) to offer books. She has not requested any books, but is interested in pursuing programming, like Mental Health First Aid. Kristin also invited CMHRG to participate in the upcoming Albany Community Health Fair on April 8th. Michelle volunteered to help with that.

Nancy Milholland reported that she has been working with the Craftsbury Public Library. They are not interested in purchasing books, but are open to programming, like a fiction book group or children's programs. The committee agreed to discuss programming at the next meeting.

The group discussed alternative ways to use the money allocated for mental health books for the community. Ideas that were discussed included free books available on the porch at the stores in Craftsbury, using the Little Free Library to offer books, creating a free book shelf at the school, etc.

Update on Living Works Program: Michelle encouraged members to try this on-line program. It can be difficult to get in to, but is a valuable resource. It could be open to the community in the future.

ARPA Funds: The group discussed creating a plan to use the ARPA funds over the next few years. We will need more time to consider the options.

Community Appreciation: The cards and treats for the 4Cs were well received. The committee will discuss other ways to show appreciation for community members, like the road crew, teachers or volunteers in the future.

Hardwick Movement: No update available.

NEK Mental Health: No update available.

There was no new business. The next meeting was set for May 23, 2023 at 6:00 at the Town Hall. Meeting was adjourned at 6:50.