

Craftsbury Mental Health Group Minutes

DRAFT

October 24, 2023

Present: Michelle Warren
Lise Erickson
Susan Houston
Barbara Orvosky

Zoom: Kim Larose
Nancy Milholland
Terri Lavelly
Monique Reil

A resident shared her personal experience trying to obtain appropriate emergency and long term support of a family member. Several committee members offered suggestions, concern and support for both.

Meditation class- Nancy Milholland is offering a Meditation Class at the Craftsbury Public Library on November 4th from 1:00-3:00 pm. Michelle will post this on Front Porch Forum and in the church bulletin. Susie volunteered to put up a poster at Sterling College.

Narcan- Michelle reported that the town has a limited supply of Narcan, fentanyl test strips and information cards about overdoses. The group discussed other locations in town where Narcan is available and where it could be made available in the future. Lise will call the school to find out whether they keep Narcan on site. Terri suggested organizations that could offer resources. Michelle mentioned the Department of Health is offering free Narcan as well online.

ARPA Funds- Michelle reviewed the ARPA funds that have been spent to date, including money for the Craftsbury Public Library and Craftsbury Academy for books, less than \$500 so far. Michelle briefly had talked to Sally Guebara at Craftsbury Academy about Mental Health programs for the school.

The proposed program for grades 5-12 is called Ryan's Story and it consists of an hour group presentation for \$2,000 with follow-up questions and discussion prompts to facilitate conversations afterwards in the classrooms. There is also an optional hour parent presentation for \$900 at night. The committee would like to do some more research about how to support the school to make the most of a program like this. Michelle will follow up with Sally about interest and commitment from the teachers and look into getting on a school board meeting agenda. The committee discussed how a program like this could fit into the model school policy for suicide prevention that will be required starting next year.

The program for PreK through grade 5 is called Gizmo and it consists of a read aloud book and a stuffy for each class. The cost is \$25-30 per kit. Terri highly recommended it and the committee approved spending up to \$250. to purchase kits for the school and possibly for the Craftsbury Public Library if they would like to use it for a homeschool program or a PreK program. Nancy will follow up with the library. Terri said she can supply the kits from her stock so they could be available fairly quickly.

Craftsbury Walk to Prevent Suicide- Michelle reported that the walk was very successful and impactful for many people who came. It raised over \$4000. for AFSP (American Foundation for Suicide Prevention) making Craftsbury the top team under the Newport umbrella. Michelle thanked Terri for bringing pinwheels and necklaces and for overall support for the walk. Terri said the funds received from the walk is already being used to purchase informational packets from the VT Dept of Health for families who've experienced suicide. Michelle also recommended a booklet she sends to families through her online support group and we discussed creating packets for EMTs and first responders to leave with families.

NEK Mental Health- There has been progress with the Lyndonville project, Front Porch Program, including community forums and permitting work. NEK Mental Health is also offering support for flood survivors and plan to start a group for the Hardwick/Craftsbury area.

Hardwick Movement- No update.

Next Meeting- Michelle will check with members, to find the best time for a meeting late December during the holidays.

Submitted by,
Michelle Warren & Lise Erickson