

Craftsbury Mental Health Resource Group Meeting  
Craftsbury Public Library  
August 20, 2018 5:30-6:30

Present: Sharon M., Matthew O., Kim L., Susie H., Opal D., Michelle W., Norm H., Lisa-Anne L., Monique R., Alden L., Marcia Stricker (NEK Human Services), Sally G.

1. Introductions
2. Marcia Stricker, Chief of Children and Adult Service, Mental Health and Addiction Services at NEK Human Services. Norm H. explained the mission and goals of the CMHRG, and spoke about some of the things we've done to this point. NEK has a 24 hour emergency response service. During the day there is one person covering emergencies, often through the ER or police. There is a mobile unit in Newport but there are two vacancies at this point in time. They would typically go to homes with law enforcement. The agency has embraced a Zero Suicide policy, as well as a QPR training (question, persuade, refer) program. Marica explained the process for people in crisis, which is usually to come to the ER if possible. The vacancies in Newport are limiting the crisis response in the field. There was discussion about what services are available to people who are in crisis but are stable enough to be at home, such as case management. There is currently no such position at NEK Human Services. Cathy at the Island Pond Health Center has a master list of clinicians in the tri-county area. 802-723-4300. Crisis assessments are available M-F 8:30-5 at NEK Human Services in both locations, St. J. and Newport. There is a therapist, Gary Mitchell, in Hardwick on Mondays in the Hardwick Inn on the third floor. The NEKHS and NCHC have been in discussion about possibly expanding services in the Hardwick area.
3. Sally spoke about the Out of Darkness walk, wondering if anyone from our group would be interested in speaking at Monday assembly about the walk. There might be a half time school-based clinician coming to Craftsbury Schools. She has also received a call from a man who speaks to student groups about suicide. Sally will get more information and get back to Michelle.
4. Out of Darkness Walk, Newport, September 8th. Michelle has signed up to walk and is asking for donations to support her with this. Monique, Kim, Debbie, Barb Strong and Emily will also be participating. Michelle spoke about getting t-shirts for the walking team.
5. Trainings: Pablo is working on mental health training for Sterling. He has been in touch with Monique saying that he is interested in a one hour training for staff/students. Marcia will look into the QPR training as a possibility for Sterling. AFSP is sponsoring Monique to be trained to run a suicide support group in Morrisville.

6. Community posters: Michelle has been working on posters to go around town with tear-off strips to go in locations around Craftsbury. There was discussion about adding the word Craftsbury to the poster.
7. Navigator subcommittee update: We're working on how to select a list of therapists and resources for people seeking mental health support, which includes their specialties. There was discussion about listing Craftsbury-specific resources and then organizations beyond this town such as Wellspring, Behavioral Health etc.
8. Public Community Meeting/Forum: there was discussion about having a forum following a community supper at the church. Possibly Wednesday, January 16th as a goal for this forum.
9. Michelle spoke about having a local paper do a write-up on our group. There was discussion about having the Hardwick Gazette do an article on our group, or possibly a letter to the editor introducing our group.
10. Michelle put disclaimer on the bottom of our website about the limitations of our group.

Next Meeting: September 17th