

## Mental Health Resources Group

May 13, 2021

6pm via Zoom

### Agenda

From Before:

1. Booklet updates
2. Support coming out of Isolation:
  - i. Last month we talked about FPF posts/articles/suggestions for coping with fear/discomfort.
3. Ernie and Joe screening: Monique forwarded an email to me that I'm just now reading. NAMI VT is making the Ernie and Joe film available for free during the month of May for Mental Health Groups to have screenings. Do we want to take this on? Info can be found here.

New stuff:

1. MH Awareness Month - FPF Postings?
2. Partnering with NEKO (Northeast Kingdom Organizing) for advocacy around MH access. Attached is the 'script' used at a news conference NeKo held on Monday, 5/10, (which Deb was able to attend) and a letter NeKO has sent to Commissioner Squirrel.
3. Monique forwarded an invite to a QPR Gatekeeper Training happening May 24, 9am. She indicated she and Michelle had

done the training and wondered if our other 'navigators' would benefit from it. The text of the invite is below.

4. Meeting day/time – can we switch to accommodate Monique's schedule?