

Craftsbury Mental Health Resource Group  
Monthly Meeting  
April 14, 2019  
6:00, Craftsbury Public Library

Present: Michelle W., Monique R., Opal S., Debbie M., Matthew O., Norm H., Sharon M., Susie H., Val M.

1. Review Agenda
2. Fund policy: Michelle has a document from the school to use as a possible model for dispersing funds
3. Booklets: there was discussion around distributing the pamphlets. Gwen has taken some to Wellspring and they've been going fast.
4. Mental Health Awareness Month: Sharon is writing mini articles about various mental health issues, including depression, anxiety, stress, suicide, links to information about our group. Monique brought information about an upcoming concert at Lamoille Union on Saturday, May 18th at 6:30 pm. It's a group called Me2, an ensemble made of people who have experienced mental illness. There is also a conference called Pathways to Wellness presented by NAMI on Wednesday, May 15th at Champlain College in Burlington. Debbie suggested that someone from our group be there to represent us but the timing seems tight for this year. LCMH is doing radio spots on WLVB from 8:15-8:30 in the morning during the month of May, 93.9 FM.
5. Navigator group: There was discussion about the role of the navigators...is it connecting people with resources? Engaging people in discussion around mental illness in general? Norm agreed to take the lead role with this group to further facilitate exploration of this topic. Debbie suggested that perhaps a couple members of our group go to NEKHS for the big picture about how a person can access services when they are in need. Debbie will contact NEKHS and will also look into 211 as a possible resource for calls that the navigators might need.
6. Wellness panel: Michelle spoke about our group at the recent wellness panel at the school and showed a video. A fairly small number of community members attended. There were 8 panelists, including the guidance counselor, behavioral coordinator, facilities manager. Merri Greenia spoke about the increase in the amount of mental health issues among the students in the last few years. There is a student-initiated group starting at the school around mental health issues. We hope to remain aware of their activities and support them as needed.
7. Advocacy: Matthew wondered about hosting an event at the library for people who might be struggling to hear those in recovery speaking about their journey. Debbie posed a question about advocacy regarding the system, particularly around patient rights/HIPPA/court system. Norm suggested gathering a small group of local legislators for a breakfast to hear stories and ask questions. Michelle suggested having people who are willing, to share their stories about living with mental illness via video and posted on our website.

8. Michelle is going to contact Harley at Sterling about whether she would be willing to be our contact there after Yvette's departure.

Next meeting: May 9th, 6:00 pm, Craftsbury Library