

Craftsbury Mental Health Resources Group
Notes
April 8, 2021

Attending: Michelle Warren, Susie Houston, Kim Larose, Deb McKinley,

Booklet – Michelle has sent out ‘assignments’ for folks – asking them to seek information for a certain section of the booklet – for updating. Everyone is making their calls. Michelle and Deb will check with those who have not yet responded. When we get the updated information, we’re all to try to get e-mail information. It might help to promise that the email is for updating communication only. We won’t publish the email address in the booklet unless the provider so desires. We’d also like the providers to provide a sentence or two about their practice and to let us know if they specialize in some area. And we’d like to know if the practice is handicap accessible.

Support coming out of isolation –

- Michelle will check with NAMI Vermont – perhaps they have some resources.
- We agreed that folks with social anxiety may struggle getting back into social and other situations involving in-person gathering. We also agreed there is and will continue to be fear of COVID-19.
- We suggested using Front Porch Forum for publishing articles and suggestions for coping with fear/discomfort.
- Kim called the group’s attention to two articles. The group agreed to check with other on-line sites for helpful resources.

Current COVID Status

The group discussed current status of folks, particularly young adults. Many seem to have lost their sense of hope.

Shall we remain a Town Committee

The group discussed the pros/cons of remaining a town committee. We agreed the pros outweigh the cons:

- It gives us good visibility and legitimacy
- It provides a good vehicle for handling Wesley’s Fund

The agenda needs to be posted 2-3 days ahead of the meeting, and the minutes need to be posted within 5 business days of the meeting.

Craftsbury Academy – NAMI presentation

Michelle reported a conversation with Sally. The NAMI presentation prompted much needed conversation. Michelle will continue to reach out to the school to remind them of our group and see how we can help/support.

Our next meeting will be Thursday, May 13, 6pm. We may meet in person. As the date nears, we'll check the state guidelines. We would meet in the dining room/fellowship hall of the Church on the Common.

Submitted by
Deb McKinley