

Craftsbury Mental Health Resource Group
Monthly Meeting
May 9, 2019
6:00, Craftsbury Public Library

Present: Michelle W., Tom T., Monique R., Opal S., Debbie M., Norm H., Sharon M., Susie H., Val M., Kim L.

1. Update on Navigator group: no longer called 'navigators' but are going to be called 'community contact people' (ccp) who have agreed to be contacted if people have questions about the mental health system and connect them with resources. Lisa-Anne put together some thoughts about protocol if/when calls or emails come through to the group. Also talked about www.211.org website as a resource for community members looking for assistance for a variety of issues including mental health, homelessness, housing etc. The ccp's will have access to our booklet, the 211 website and a booklet from NAMI when they are contacted. Michelle will update our social media with the names of these people.
2. Monique is going to speak on WLVB (93.9 FM) on Wednesday the 22nd for Mental Health Awareness Month and she will be mentioning our group in her interview. The piece will be put on the WLVB website if you miss it.
3. Michelle has posted on FPF about Monique being on WLVB. Sharon has written two mini-articles on depression and anxiety that have been posted on FPF for Mental Health Awareness Month. They have been well received so far. Sharon agreed to post on a monthly basis to keep our group's mission in the minds of the community members. Opal offered support for this task. June's post will list the community members who have agreed to be contacted about mental health issues.
4. Fund application: Michelle is going to work on that document and share it with Debbie.
5. Monique mentioned that she has seen information recently that there has been a significant increase in suicide among teen girls nationally. She noted that she has seen more information this month for Mental Health Awareness than in past years.
6. There was discussion around the resources at the school, what supports are available to students. Debbie is going to reach out to Sally about the student-led mental health group and offer our support. Michelle suggested that Opal do some research about people who are able to do speaking about mental health issues.
7. Advocacy: Debbie posed the idea of becoming involved in advocating around mental health issues. NAMI is a lead organization for advocacy around this topic in VT and nationally.

8. There was some discussion about possibly having a 5K run/walk in town to raise money and awareness. It was suggested that there be collaboration with the Outdoor Center, Sterling College and/or 4C's to hold such an event. Heidi Caldwell is a person at the Center who might be interested in collaborating. Sharon will connect with her about that idea. There was discussion about hosting this event on Old Home Day or on a Farmer's Market Day. Susie will contact Kris Coville about dates to possibly hold this event. Opal suggested an indoor event, similar to a wellness fair, that might happen in the winter months.

Next Meeting: June 13th, 6:00 Craftsbury Library, 5:00 Community Contact People meeting