

**CRAFTSBURY MENTAL HEALTH RESOURCE GROUP MEETING AT  
CRAFTSBURY TOWN HALL AND ZOOM  
TUESDAY JANUARY 9, 2024 AT 7 PM**

**Present:** Michelle Warren (at Town Hall)

**Zoom:** Lise Erickson, Lisa-Anne Loucka, Nancy Milholland, Sharon Moffatt & Monique Reil

**AGENDA:**

- CALL MEETING TO ORDER  
Michelle called meeting to order at 7pm.
- CHANGES/ADDITIONS TO AGENDA  
No changes to agenda
- APPROVE MINUTES  
Sharon moved to approve the October 24, 2023 minutes as printed, seconded by Nancy. All aye, motion carried.
- CRAFTSBURY MENTAL HEALTH RESOURCE GROUP REPORT FOR CRAFTSBURY'S TOWN REPORT  
The group read over the draft of the CMHRG report for the annual Town Report and made some minor changes. Michelle will correct and send in to the auditors.
- MEDITATION WITH NANCY MILHOLLAND AT CRAFTSBURY LIBRARY, JANUARY 11<sup>TH</sup>  
Nancy will be offering a meditation at the Library next Saturday. Michelle will make some posters for down here. We discussed maybe having some posts on FPF about the benefits of meditation. Michelle mentioned that many people just don't understand meditation, maybe the group can make some simple posts on FPF, etc. helping to explain the benefits of meditation.
- UPDATE
  - HARDWICK MOVEMENT-not available
  - UPDATE-NEK MENTAL HEALTH - TERRI LAVELY-not available
- UPCOMING PROJECTS TO KEEP ON AGENDA
  - NARCAN TRAINING UPDATE-Michelle has reached out to Daniel, hope to touch base with him next week
  - UPCOMING PLANS FOR THE ARPA FUNDS
  - APPRECIATION SCHEDULE AND PLANS
- NEW BUSINESS  
None
- DECIDE NEXT MEETING AND ADJOURN  
For those available, we will have a brief meeting to plan the 4C's next Valentine's Day gift bags Feb. 1<sup>st</sup> at 9 am (available Zoom as well).

Our next regular meeting will be February 27<sup>th</sup> at 6PM. We will discuss having a table at Town Meeting, maybe get some brochures ahead of time.

Sincerely,  
Michelle Warren