

**CRAFTSBURY MENTAL HEALTH RESOURCE GROUP**  
**MEETING AT CRAFTSBURY TOWN HALL AND ZOOM**  
**TUESDAY, JANUARY 31, 2023 AT 6 PM**

Present: Nancy Milholland, Lisa Ann Loucka, Lise Erickson, Monique Reil

Zoom: Terri Lavelly

AGENDA:

- **CALL MEETING TO ORDER**  
Meeting called to order at 6 PM
  
- **CHANGES/ADDITIONS TO AGENDA**  
Added Valentines Day for the 4Cs.  
For next time, we will add engagement for kids at school, maybe something for the firefighters.
  
- **APPROVE MINUTES**  
Sharon made a motion to accept the minutes with one correction, Lisa-Ann seconded, all ayaed.
  
- **UPDATE-MINDFULNESS CLASS, NANCY**  
Nancy reported it was a fun class, not a huge tur out.  
Nancy has started a meditation group by zoom now,
  
- **UPDATE-RESEARCH BOOK WORKING GROUP**  
The research book group has been making progress for the different ages for the 2 libraries and the school. The next step is to hone down the lists.  
  
Discussion ensued about reaching out to community and children. Terri also mentioned Gizmo, a preschool activity offered by the NKHS ([gizmo4mentalhealth.org](http://gizmo4mentalhealth.org)).  
  
Terri suggested on mental health first aid for high school, 30 minute session, teen mental health first aid, It's Real (grades 6,7,8),  
  
Monique mentioned the Cams training, youth mental health for adults by Sherry Waterhouse or U Matter.
  
- **UPDATE LIVING WORKS PROGRAM, MICHELLE**  
Michelle has struggled with the logging in, Sharon said she would try it.
  
- **UPDATE- HARDWICK MOVEMENT**  
Sharon will check with Jessie.

- **UPDATE – NAMI WALK IS April 29<sup>th</sup>**  
Michelle said the NAMI walk this year is April 29<sup>th</sup> in case anyone wants to participate.

- **UPDATE-NEK MENTAL HEALTH - TERRI LAVELY**  
Terri mentioned AFSP's Goal is to reduce 20% by 2025.

She gave an update on the new 988 number, up over 700 calls for both Vermont call Centers.

Changed to Medicare offers better mental health coverage.

- **NEW BUSINESS**  
Lise is organizing a Valentines Day gift bag with goodies. A group will get together to paint rocks, sign cards, get the bags together, and bring up to the 4C's on Valentine's Day.
- **DECIDE NEXT MEETING AND ADJOURN**  
Next meeting is March 21, 2023 at the Town Hall at 7 PM.