

Mental Health Group meeting Tuesday Feb. 6, 2018 at the Craftsbury Library.
Present: Debbie, Barb S., Norm, Will B., Michelle, Patrick, Alden L., Sharon R., Monique R., Tom T., Susan H., Emily K., Kim L.

1. Introductions all around
2. Tom's recap of his meeting with NCHC and realization that we will need to do our own work as NCHC is very understaffed and itself in crisis. Booklet "Suicide Prevention" shown to group and discussion about purchasing copies (\$4/book). Tom has reserved 3 seats (1 adult, 2 adolescents) at next "You Matter" meeting with St. J Academy and Lyndon Institute.
3. Michelle shared her new website. It is a terrific work in progress.
4. Monique, Will, and others shared more info about resources such as 5 designated Psychiatric Hospitals in VT (Barre, Burlington, Rutland, Brattleboro, Wyndham(?) yet nothing close by. Highest risk for potential suicides is the week after they are released from a hospital.
5. Craftsbury Outdoor Center has offered discounted use of their fitness equipment.

Action Plan:

*Informational table at Craftsbury Town Meeting. Barb will organize with help. People are to gather brochures, pamphlets, resource lists, etc that are appropriate to hand out. Tom will have "Suicide Prevention" booklets on display. Send all stuff to Debbie.

*Emily will touch base with Merri at the Academy about "You Matter"

*Suggested that Advocacy Group of Debbie, Norm, Eric Britton, Michelle and possibly Justices of the Peace be formed as initial contacts for the community. This needs careful thought as to how this will work.

*NAMI (National Alliance for Mental Health) might be a good resource for trainings/presentations.

*A "Walk for Wesley" suggested by Patrick as a fundraiser

*Tom will investigate getting more of the suicide pamphlets

Next Meeting will be in March.

—Deb McKinley