

Craftsbury Mental Health Group  
March 19, 2018

After the group introduced themselves, Tom Twetten asked if we should invite someone from the high school to join us, as well as someone from Sterling. Emily Kniffen will ask Sally Guebara, Guidance Counselor, to join us.

The group reviewed the impact of having a table at the Town Meeting. Many thanks were expressed to Barb Strong, Monique Reil, Michelle Warren and Susan O'Connell for gathering and displaying the abundance of resources, and to Norm Hanson, Monique and Michelle for staffing the table throughout the day. There were several folks who stopped by the table. It was deemed a very worthy effort, providing a good presence at the Town Meeting, to be repeated next year. It was also suggested we include a ½ page description of the mission of our group and our activities in the Town Report for 2019.

Monique indicated Lamoille County has entered a [Zero Suicide](#) program.

Discussion turned toward supporting the school. Sally Guebara is the Guidance Counselor, and there are a few very part-time therapists. Sharon Moffatt, a former Guidance Counselor, agreed that mental health is an important and essential aspect of the school's efforts. We wondered together about the possibility of bringing in a speaker for the students. Sherry Marcelino told the group about her work: training adults in youth mental health first aid. As the group discussed the idea of a speaker, Sharon explained that a multi-layered, multi-year approach is best, with curriculum suited for each grade or range of grades. Emily agreed to talk with Sally about our idea, and to invite her to our meeting next month.

There was a [U Matter](#) training on March 15. Merri Greenia was trying to recruit someone to attend. We are unsure if she was successful. The teachers and staff of the school did receive U Matter training in November, 2017. We talked about the possibility of training towns folks.

Tom Twetten reminded the group that we purchased 10 each of suicide prevention booklets: bullying, teen suicide, adult suicide. We agreed to distribute them to the school, the Library, the General Store, Sterling College. It was agreed that at the schools, a good place to have them is in the bathrooms.

Tom reported on his efforts to connect with Tonya at Northeast Kingdom Human Services (NKHS). They are still without an Executive Director. He indicated, a bit later in the meeting, that NKHS is looking for a Board member from Craftsbury, and asked if the group had any ideas of who would be good to recruit for that.

We learned of resources and services through Lamoille County and NKHS. It was suggested that Kari White be invited to make a presentation re: Adverse Childhood Experiences. Kari is the Director of Quality Initiative and the Compliance

and Privacy Officer for Northern Counties Health Care, Inc. We talked of the idea of inviting her to our next meeting, but never settled on that.

Other ideas surfaced, like Girls on the Run. Emily Kniffin coordinates that program for Craftsbury and looks forward to another good season. There is hope to expand to include a program for boys. Also, [the GYST program](#) and GYST Pink for girls.

With all the resources we're learning about, it was asked if there is collaboration among the agencies and groups offering resources. Monique indicated that there is good effort toward that end, but it's challenging. She said progress is being made.

### Next Steps

We learned that May is Mental Health Awareness Month. With many activities planned through Lamoille County Mental Health Services: Adult Mental Health First Aid Training – May 5, a walk at the end of the month, Youth Mental Health First Aid training.

It was agreed to sponsor a Youth Mental Health First Aid Training in Craftsbury. From the website description:

*Youth Mental Health First Aid is a class designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.*

April 21, 8am – 4:30pm. (May 19 is a back-up date.)

Sherry Marcelino will teach it.

Deb is looking into use of the Common House. Michelle is looking into use of the Church on the Common.

Minimum registration is 4, maximum is 20.

Michelle will create an on-line registration form.

We will advertise the training:

Front Porch Forum – Deb

Chronicle

Gazette

Town website and FaceBook page – Michelle

We will also target people to register and be trained:

Boy Scout Leaders (Aaron Cornelius and others)

Coaches

Teachers

Parents  
Sterling folks  
Church members and pastors

The group agreed to talk to people and invite them to participate.

Michelle gave an update on what she's learned:

Movie – living with bi-polar disease

Suicide grieving group

Suicide prevention walk in Newport in September. – The group talked about the possibility of holding a suicide prevention walk. The suggestion was made to coordinate it with the Farmers' Market.

Sharon Reed shared resources she is aware of.

**The next meeting will be Monday, April 16, 5:30pm**

Tom will draft a Mission Statement for the group to consider.

**Will Kari White be invited to speak to us at our next meeting?**

Grateful for our community,  
the notes are compiled by Debbie McKinley