

Craftsbury Mental Health Group  
Monthly meeting  
April 16, 2018, 5:30 pm  
Craftsbury Public Library

Present: Deb M., Norm H., Alden L., Sherry M., Michelle W., Gwen B., Sharon M., Tom T., Emily T., Matthew O., Susie H., Paul G., David R., Monique R., Pablo C.

Meeting Notes

1. Deb spoke about attending a recent legislative breakfast and speaking with Sen. Bobby Starr and Rep. Vicki Strong about our group. There was some discussion about mental health resources at the state level and a new model of treatment involving smaller home-type places for intake and intervention.
2. Tom worked on a mission statement for the group and we discussed the specifics of it, the wording. Did a little brainstorming around what the group means to members. Here are some of the words that were generated:

- prevention, resources, “you’re not alone”, representing community, community cares, de-stigmatizing mental health, compassionate response, informational group, hope

Some discussion around whether we are a resource group vs. response vs. compassionate presence vs. education....or all of the above.

**Action step:** Deb and Tom will work on revising and reworking the mission statement

3. Whetstone Wellness update. Sharon spoke about the newly-established Whetstone Wellness center in town, at the site of the Whetstone B and B. This is going to be a place for yoga, reiki, counseling, and massage, as well as ongoing workshops and retreats. The official opening is May 1. Open house for the public on June 9<sup>th</sup>.
4. Youth Mental Health First Aid Training, sponsored by Lamoille County Mental Health, will take place Saturday, April 21<sup>st</sup> from 8-4:30. There are currently 12 people attending. The focus will be on training adults to be able to have conversations with and be a resource for teens at risk of suicide. The topic could be sensitive for some, so Michelle will email the group to be clear about this. There was some discussion about this being a valuable resource for Sterling Community Advisors, who are student leaders on campus. Pablo C., said he will try to encourage students to attend, but due to the late date he thought this might be a great resource for next semester.
5. There is a Vermont Suicide Prevention Symposium in Stowe on June 5 8-4 at Stoweflake resort. Cost is \$140, extra for continuing ed credits. Michelle said that there is money available to reimburse/pay for this. <http://vtspc.org/event/annual-vermont-suicide-prevention-symposium/>

6. There will be an Adult Mental Health First Aid training at Lamoille County Mental Health (or Family Center?) on May 5<sup>th</sup>. Fee is waived for mental health month.
7. There was discussion about hosting a movie night at the library to educate around suicide awareness and/or mental health stigmatization.

**Action step:** Sherry will write a short description and give it to Michelle

**Action step:** Sherry will work on writing up protocol for navigating the local mental health system. Thinking this could be distributed to schools/health centers or individuals in need of support.

Next Meeting: May 21<sup>st</sup> 5:30, Craftsbury Library