

**Craftsbury Mental Health Resource Group (CMHRG) Meeting**  
**5:30 PM on June 18, 2018 at Craftsbury Public Library**

Agenda:

- Introductions
- Approve Minutes
- Mission Statement
- Navigation Guide
- Task Force for Resources
- Jeff Hunsberger— Young and Young Adult Program Manager, Lamoille Family Center
- Rise Vermont Grant
- Out of the Darkness Walk
- Other Business
  - Julia Shipley
  - Get Out Our Info
  - Talk Saves Lives
  - Peer to Peer Connections
  - NAMI Peer Support Training
  - UCLA's Depression Challenge

The Craftsbury Mental Health Resource Group (CMHRG) met 5:30 PM Monday, June 18, 2018 at Craftsbury Public Library.

Present: Paul Gruhler, Norm Hanson, Kim Larose. Lisa-Anne Loucka, Sherry Marcelino, Deborah McKinley, Barbara Orlovsky, Monique Reil, Tom Twetten, Kevin Gregoire, Julia Shipley, Jeff Hunsberger, Lori Silva and Michelle Warren

Introductions:

Deborah welcomed everyone; we introduced ourselves and our reason for being here.

Approve Minutes:

The CMHRG approved the May 21, 2018 minutes without any changes.

Mission Statement:

The CMHRG reviewed and adopted the Mission Statement and made minor grammatical changes.

**Action:** Deb will make the corrections and Michelle will post on the Town website and also on [www.nevtsuicide.com](http://www.nevtsuicide.com).

Navigation Guide:

Sherry shared “Guidelines for Community Partners with LCMHS Mobile Crisis team/Emergency Services” created by Monique Reil, LCMHS. The CMHRG discussed adapting it for adults as well as children, and adding protocols from Northeast Kingdom Human Services (NKHS).

**Action:** Michelle will contact Colleen, Northeast Kingdom Mental Health for assistance on adapting the Navigation Guide to include them. Sherry has offered help coordinate with NKHS and work on this project.

Task Force for Resources:

Deb suggested a separate task force for resourcing people to help with the navigational process.

**Action:** Deb will work with Norm and Michelle to brainstorm ideas on this subcommittee.

Jeff Hunsberger— Young and Young Adult Program Manager, Lamoille Family Center:

Jeff explained the powerful Resilience and ACE’S programs that the Lamoille Family Center is working on.

He also mentioned a facebook group ([Central Vermont & Lamoille Valley Collaborative Partnership](#)) for possible resources for CMHRG.

**Action:** Jeff, Monique and Sherry offered to work on a possible presentation to the Academy for mental wellness. Sherry/Monique will look into borrowing the “[Resilience](#)” movie for a presentation in the future, maybe getting a copy for Craftsbury Public Library. “[Paper Tigers](#)” was another movie brought up for a possible presentation at the Library.

Rise Vermont Grant:

Monique had emailed the CMHRG a potential grant, Rise VT. The limit is \$1,500. Cole Person from Copley Hospital indicated our group may be eligible to apply for the grant.

**Action:** Monique will look into the parameters of the grant further. The CMHRG will brainstorm where the funds could be spent if they received the money- possible training at Sterling College, a presenter at the Craftsbury Academy are just a few thoughts.

Out of the Darkness Walk:

Deb suggested possibly sponsoring a team for the Newport “Out of the Darkness Walk” on Sept. 8<sup>th</sup>.

**Action:** The CMHRG group is considering it. Michelle will talk with Mary Butler, from AFSP, about how we would proceed.

Other Business:

- Julia Shipley has offered to write an article about our group.

**Action:** Julia will meet with Deb, Michelle and Norm to work on the article. Michelle will also contact Hester Fuller about an article in Hardwick Gazette.

- Sherry mentioned we should get out our information to the Academy, Sterling College, library, Town Hall, FPF, etc.

**Action:** Michelle will try and design a poster, brochure to display.

- “Talk Saves Lives” AFSP Presentation  
We will invite Mary Butler to present “Talk Saves Lives” at 7 PM at the Library July 16<sup>th</sup> and also invite her to our CMHRG meeting beforehand. The presentation takes about 20 minutes, with questions afterwards it could be an hour.

**Action:** Tom will confirm with Library that it is available. Michelle will contact Mary and see if she can present “Talk Saves Lives” that date and also invite her to our meeting.

- Peer to Peer Network  
The CMHRG discussed connections with WonderArts, Sterling College, Craftsbury Outdoor Center, Hosmer Point Camp, Whetstone Wellness.

**Action:** brainstorm ideas of how these organizations would work with CMHRG, possibly integrating with the Rise VT grant.

- Barbara mentioned that her son Matthew, due to sickness, was only able to complete part of the NAMI training and will finish it up in Williston. From the previous meeting, Matthew had mentioned that three NAMI Peer Support trained facilitators are needed to create a depression group, which he hopes to start in Craftsbury. Right now the nearest support group is St. Johnsbury.

**Action:** look into NAMI Peer Support training, possibly online so others, could help facilitate a depression group. Michelle will reach out, to see if any online options.

- Michelle also brought up UCLA’s powerful [depression challenge](#) and what they doing to treat and test people for the next 10 years.

**Action:** Michelle will reach out to them, to see if there are any tools we could use.

CMHRG meeting adjourned 7:30 PM. Next meeting is scheduled Monday, July 16, 2018 at Craftsbury Public Library.

Respectfully submitted,



Michelle Warren