

**Craftsbury Mental Health Resource Group (CMHRG) Meeting**  
**Craftsbury Public Library**  
September 17, 2018 5:30-7 PM

Present: Matthew O., Michelle W., Norm H., Monique R., Alden L., Gwen B. and also NEK Human Services - Marcia Stricker, Ruth Marquette and Sue Miltner

**Introductions**

**Out of the Darkness Walk:**

Michelle and Monique talked about the "Out of the Darkness Walk" they participated in Sept. 8<sup>th</sup>. The team raised over \$1200, was in third place for most-raised. It was a great experience, good exposure for the group plus we raised money for ASFP. We were able to share our picture at the walk on our CMHRG facebook page, which was shared on Newport's Out of the Darkness facebook page too. Monique, Kim, Deb, Emily, Barb and Michelle participated.

**Action Steps:** Next year, we should also use our new logo for the team online, for exposure.

**Posters:**

The group reviewed the updated CMHRG poster with nevtsuicide.com website and also our new logo (see attached).

Monique brought in the U Matter Oct. 2<sup>nd</sup> poster to be held at Lamoille Mental Health.

**Action Step:** Michelle will bring the CMHRG poster to Sterling College, Craftsbury Academy, Town Hall, and the stores. Michelle will also promote the U Matter poster for their class on FPF, and facebook.

**NEK Human Services Update:**

NEK Human Services has received two grants and a donation for funding, which has helped with training all 150 employees with QPR. Ruth said they were willing to teach QPR in Craftsbury, maybe at Sterling College, or Fire Department. Cost is only \$5 which covers a really helpful booklet (that we had a chance to look over).

They explained part of their funding went toward their Zero Suicide initiative as well.

We also discussed visiting their office, to become more familiar with them, maybe even calling them, so we can describe it better. Marcia and her team were open to both ideas.

Ruth said to try getting the updated list of support in the area from Julie John at NCHS. Michelle also asked them for a list of which towns should go to which hospital.

**Action Steps:** Work with Sterling College and the Fire Department to implement a training in town. For those that can't attend, they are working on having the course available at their office. Michelle will also try and contact Julie John for the updated support list to add to the website. Michelle will also follow up for the list of which towns should go to which hospitals (children/adults).

**QPR:**

Michelle tried the QPR program online and really liked it. If others would like to try it to see what it is about, here is the link info... <http://www.qprtraining.com/> User ID: QPR137297, password: 9b809.

**Action Steps:** Have others in the group look it over, have more feedback on it. Here is a link to the documents from the QPR class:

[https://drive.google.com/drive/folders/1cgbW7IOfkr79mYTMGy8u\\_Rr-QmUYy2VQ?usp=sharing](https://drive.google.com/drive/folders/1cgbW7IOfkr79mYTMGy8u_Rr-QmUYy2VQ?usp=sharing)

**Updates on Training Projects at Sterling, Craftsbury Academy and Community:**

Michelle contacted Yvette at Sterling College, they are still working on fitting "Suicide the Ripple Effect" movie in their budget. Michelle has offered half from Wesley's fund.

Wesley's new account should be ready soon at the Town Hall. Yvette has been sick at the Town Hall, Michelle isn't sure of the status of the account right now.

**Action Steps:** Michelle will continue to follow up with Yvette at Sterling and Yvette at the Town Hall.

**Public Community Meeting:**

Tentative date is still January 16, 2018 after the community dinner.

**Action Steps:** Need to plan the meeting, decide on theme, bring brochures, pens.

**Additional Topics, New, Old and Pending:**

- Gwen created a wonderful article about choosing a therapist.

**Action Step:** Review and edit the article

<https://docs.google.com/document/d/11t-VbfHyiWjNtDY67ENCllqdZPhP31MDsGmm-Q4JMj0/edit?usp=sharing>

- Sterling College has their facility meeting Mondays at the same time. We are considering finding a better day of week that would work better for everyone.

**Action Steps:** Michelle has an online poll set up for us to enter dates that work for us

<https://doodle.com/poll/seav4difavf92ses> .

- Michelle had an idea of a daily “Goodness Jar” for maybe 3<sup>rd</sup> or 4<sup>th</sup> graders. Children would choose something good that happened recently and write it down on a small 3 x 3 notepad, fold it and put it in the jar... have them decorate it the way they want with their name; it’s a good way to encourage self-esteem, confidence.

**Action Steps:** Michelle is trying to figure out how to implement the Goodness jar, way to find large clear plastic jars that are at least 48 ounces.

- The group briefly discussed NPR’s recent story “[Access, Resources, Poverty: The Challenges Of Rural Mental Health Care](#)”.

Next meeting is scheduled Monday, October 15<sup>th</sup>.

Respectfully submitted,  
Michelle Warren