

Craftsbury Mental Health Resource Group Meeting
October 15, 2018
Craftsbury Public Library

Present: Debbie, Tom, Lisa-Anne, Norm, Michelle, Barb, Sharon, Susie, Opal, Monique, Matthew

1. Michelle hopes to meet with Yvette McDonnell, the new Dean of Community at Sterling College, to talk about putting our posters up and showing a movie about suicide prevention.
2. There was some discussion about Pablo's departure from Sterling and that they are advertising the position of counselor.
3. Norm and Michelle have looked at the Question, Persuade, Refer (QPR) suicide prevention program, which can be self-administered online or taught in a group setting at the cost of \$5/person. The training would be appropriate for any community member. Michelle is hopeful that Yvette M. will be interested in having NEKHS staff offer a training at Sterling.
 - a. Action step: Sharon will reach out to Skylar B. at CA about perhaps implementing this program at CA.
 - b. Action step: Monique will reach out to the Center for Health and Learning about the possibility of getting a grant through them to offer trainings in Craftsbury.
4. Norm summarized the meeting with NEKHS staff, who suggested that some members of our group tour their facilities in Newport/Derby. Many people agreed that the NEKHS website is not very accessible and could be improved. There was discussion about whether there is a respite bed/home in our area. There is a crisis bed in St. Johnsbury.
5. We reviewed an article written by Gwen about choosing a therapist. There was discussion about making this article part of our resource list and also distributing it to doctors, health centers, clergy and other organizations or providers who might find it helpful.
 - a. Action step: Norm, Michelle and Sharon will review and edit Gwen's document to possibly streamline it.
6. The CMHRG Community Meeting is happening on January 16th at 7pm following the community dinner at the church on the Common. We discussed the format for the meeting and decided on having it be informal, discussion-based, and reporting on the activities of our group to this point. We will focus on the community meeting at our next meeting in December.
7. Navigator Group: there was discussion about how to let the community know about this sub-group of CMHRG and how to manage inquiries which come through the website.
8. Matthew started training for a NAMI support group in our area but had to discontinue the training due to illness. We had quite a bit of discussion about the need for a group like this in our area. Monique mentioned that there is a suicide survivors group starting in Morrisville in January.

Next Meeting: December 3rd, 6:00 at the library. PLEASE NOTE TIME CHANGE FROM 5:30 to 6:00!!!