Town of Craftsbury Mental Health Resource Group Meeting Notes
Mar. 11, 2025

Present: Michelle, Sharon, Kim, Monique (in person), Nancy, Terri L., Tesla Hubbard & Lindsey Muzzy from NKHS (on zoom).

Agenda:

1. Approve minutes - done.
2. Presentations from NKHS:
   A. Lindsey spoke about **Mobile Crisis program**
      - Available statewide 24/7, our area covered by NKHS.
      - Crisis staff 2-person team responds in person to community (sometimes in combination with zoom/phone co-responder) and includes peer staff.
      - Goal is to decrease need to use emergency room and offer extra support, assessments and planning for follow-up services.
      - Accessed thru calls to 988 crisis line, NKHS, Front Porch program.
      - Response time averages 45 mins., may take up to 2 hours.
      - Crisis defined by person calling.
      - Staff responding may ask questions in advance of going out about safety and weapons, may co-respond with police if appropriate.

   B. Tesla spoke about **Front Porch program**
      - Mental health urgent care for adults and families, no appt needed.
      - 24/7 staffing and availability, currently 23 hour time limit for person to stay there.
      - Construction underway for expansion to include crisis bed capacity to allow 2-10 day stays.
      - Programming includes initial consult & risk assessment, personalized are plan, individual & group therapy, peer support.
      - Particular focus on Intentional Peer Support model using persons with lived experience to provide support and facilitate connections.
      - Serves as bridge to other services for follow-up, such as outpatient services at NKHS or other agencies or supports. Work closely with Emergency Services and Mobile Crisis at NKHS.
3. NKHS update
   - Terri reports training recently done at Sterling college resulted in use of Mobile Crisis and Front Porch programs
   - NKHS upcoming events and other info available on their website and Facebook.
   - Youth Mental Health First Aid training in Newport on Wed. 3/19 9am-4pm.
   - Bill pending in legislature for support of voluntary safe storage for weapons to decrease risk of suicide (guns remain highest method for death by suicide in VT), current storage place in Irasburg.
   - Developing “loss team” to respond to homes when suicide occurs, looking for input from community and advisory committee.
   - AFSP has new training “lunch & learn” on how to welcome staff back to the workplace after a suicide loss.
4. NAMI Walk on Sat. May 17th in Burlington
   - Michelle may be interested in going if someone else would drive! She can also set up a team for our group. Let her know if you are interested in going.
5. Movie “Anxious Nation” presentation
   - Michelle spoke with library, date will be Friday May 9th at 5:30pm.
   - Will offer pizza & beverages.
   - Target audience is teens & parents.

- Discussed concern about potential for triggering anxiety in attendees, Terri said she has seen the movie & felt it was reassuring & helpful. Suggestion made to ask for LCMH staff to possibly attend & support.

6. Upcoming projects to keep on agenda
   A. Emergency contact list (not discussed)
   B. Tulip project signs for May (no new info yet)
   C. ARPA funds
      - Reviewed list of book titles suggested so far, still a few people who want to offer ideas, hope to order books soon.
      - Reviewed info on "library box" and outdoor bench, suggested to order as soon as weather improves to allow placement outside.
   D. Appreciation schedule & plans (not discussed)
   E. Narcan training (not discussed)
   F. Website to be updated
      - Michelle added community resource list
      - More work to be done in the future to revamp the format & other info.
7. Status report on recent projects
   A. Valentines' Day (Fri. Feb. 14th) at CCCC
      - Nancy reported went well, Gwen & Valerie helped make cards with residents, enjoyed snacks & tea, was very easy & fun!
      - Nancy also continues to offer mediation group there 2x/month, has learned a lot from the residents!
   B. Town meeting on Mar. 4th
      - Monique reported had small table display including local resource info, brochures & cards from NKHS programs for crisis & adult services, children's services from LCMH. Monique holding info for future events and as needed.
8. New Business
   A. Selectboard will be choosing committee members for this year on Mar. 12th, including for CMHRG. Michelle mentioned that members need to be residents of Craftsbury, unless a liaison with another group. Kim will be liaison for United Church and Terri will be liaison for NKHS. Monique will be co-chair & secretary. Sharon and Nancy will continue as members, Michelle will follow-up with Lisa Anne and Gwen and Steve.
9. Next meeting:
   - Tuesday April 8th at 6pm at Craftsbury Town Hall
   - Monique to invite LCMH school-based staff to do presentation. (program manager Katina Idol will join by zoom, waiting to hear from school-based clinician Emma Love).