Town of Craftsbury Mental Health Resource Group Meeting Notes
Apr. 8, 2025

Present: Michelle, Sharon, Monique (in person), Kim, Lisa-Anne, Steve, Terri L., Katina Idol from LCMH (on zoom).

Agenda:
1. Approve minutes - done.
2. Presentation from Katina at LCMH:
   A. Katina spoke about **School Based Services program**
   - She is the director at LCMH for this program, which has 14 positions and 10 staff at present, including clinicians based at Craftsbury Academy, Hazen, Hardwick Elementary and Lakeview in our area.
   - School based clinicians provide individual therapy, group therapy and consultations at the school they are based out of, usually 30 hours/week, 4-5 days/week.
   - Current caseloads average 20 students of all age groups; in Craftsbury, Emma Love works out of elementary school, middle school and high school.
   - Some students are also referred for outside individual or family therapy as needed.
   - Program also offers trainings in ARC (trauma-informed care) and have supported schools in developing state-mandated plans for responding to students in crisis, such as expressions of suicidal thoughts, suicidal behavior and incidents of violence. Part of goal is to decrease suspensions and expulsions from school.
   - Support is available and offered to students, families and staff. Currently seeing more stress related to possible upcoming school redistricting in VT as well as potential federal changes.
3. NKHS update

- Terri reports several upcoming trainings in QPR (Question, Persuade, Refer is training for suicide prevention), ASIST (another training for suicide prevention, 2-day training), YMHFA in May (Youth Mental Health First Aid). Also doing a teen mental health training at Hazel in April and May. Terri will send fliers to Michelle to share.
- New flier developed with basic info on what number to call for various mental health needs, Terri will forward that to Michelle as well.
- NKHS recently won award at national conference (AAS - American Association of Suicidology) for work in suicide awareness and prevention. Terri gave credit to all in the community supporting these efforts to share in recognition!

Sharon asked question about current suicide data and trends; Terri reports 2024 numbers still to be finalized but will likely be around 124-126 for VT, compared to 123 in 2023 and 142 in 2022. VT ranks highest per capita in rate of suicide for states east of the Mississippi. Other trends include a decrease in emergency room visits for suicidal thoughts and attempts with a corresponding increase in calls to 988 crisis line, a positive. Most up to date info can be found on VT Health Dept website where they have monthly report that lists data and separates by county, gender, means, and comparisons to 3-year average and national data.

4. NAMI Walk on Sat. May 17th in Burlington

- Michelle may be interested in going if someone else would drive!
- Discussed option of also making donation to NAMI if can't field a team to go that day. Decided to donate $250.

5. Movie “Anxious Nation” presentation Friday May 9th at 5:30pm.

- Michelle to confirm movie is on its way to her, hoping discussion guide and promotional materials included.
- Will offer pizza & beverages.
- Fliers will be sent to LCMH, NKHS, schools, Terri to distribute to her mailing list & post (including to website FacingSuicideVT), also will post on town website and FPF.
- Target audience is teens & parents.
- Katina mentioned had seen movie and was well-received where it was shown.

6. Upcoming projects to keep on agenda

B. Appreciation Schedule and list (tabled for now)

C. Tulip project signs for May

- Terri offered to help with ideas, showed sample of one she had made for NKHS. Will coordinate with Michelle what she is looking for.
- Think we need about 6 signs for current sites at church, town hall, possibly Sterling and library and Outdoor Center.

C. ARPA funds

- Michelle to order “library box” and outdoor bench, now that weather improving.
- Discussed “name” for box, decided on “Feel Good Library.”
- Will encourage folks to return books after reading but can keep if wanted.
- Michelle offered to Katina to help with any books or supplies needed for school based services or other programs.

D. Narcan training (tabled for now)

E. Website to be updated

- Michelle will post training fliers and related info.
- More work to be done in the future to revamp the format & other info.

7. New Business

D. Saplings news

- Staff there are having on-line training for Mental Health First Aid on May 27th
- Request for potential books for young children around wellness and grief after family recently lost their child. Katina suggested contacting Allison Hayes at LCMH for ideas, as she works with younger kids. (Monique did this & will send info via email). Also helpful website is childmindinstitute.

B. Ongoing support group for survivors of suicide loss via zoom on 3rd Wednesday of month at 6pm. Can get zoom info from Monique.

C. New grief group on Thursdays at 6:30pm at East Craftsbury church for 12 weeks, facilitated by Vicky Strong. Michelle said recommended to attend every week but ok to miss some, has been well attended so far. Hope is to offer again maybe 1x/year or more.

8. Next meetings:

- Tuesdays June 10th, Aug. 12th, Oct. 14th at 6pm at Craftsbury Town Hall