Town of Craftsbury Mental Health Resource Group Meeting Notes
June 10, 2025

Present: Michelle, Sharon, Nancy, Monique (in person), Kim, Terri L. (on zoom).

Agenda:
1. Approve minutes - done.
2. NKHS update
   - Terri reports many trainings done in May, including at schools, for Mental Health Awareness month. Michelle to inquire with Sally at CA to see if they are interested.
   - Front Porch program still unrolling, on track to open overnight beds this fall.
   - Mobile crisis getting more calls, with corresponding decrease in ED visits.
   - 2024 suicide data now completed and on VT Health dept website, including that statewide numbers decreased to 104 in past year.
   - Michelle wants to put info on Craftsbury website about programs, Terri suggest using info from new flier developed, and will also connect outreach staff to Michelle to help.
   - New support option available thru AFSP website for survivors of suicide loss - "Healing Conversations". It provides a one-time connection between a new survivor and person with experience in similar loss.
3. ARPA project
   - Outside library - Michelle ordering books and "box" plus bench this week to be set up outside town office. More discussion about name, decided on "Wellness Reading Library" . Talked about how to advertise; suggestions to make a video (perhaps Nancy's daughter can help?), have an open house, post on website, .
4. Ongoing projects to keep on agenda
   - Appreciation schedule and plans (tabled)
   - Narcan training (tabled)
   - Book request from Craftsbury Saplings to support young children around wellness and grief - Michelle waiting to hear back from them.
   - Updating website (tabled)
5. Follow-up on "Anxious Nation" presentation on May 9th
   - Small turnout, but did include CA guidance counselor Sally.
   - Mixed feelings about movie, feedback included would have been helpful to have more information/suggestions about how to cope with anxiety, building resilience and what can parents and others do to support. More pressure and expectations for schools to intervene as parents and families struggling more.
   - Discussed how to balance okay to be anxious and still have to learn to work through hearing "no", families need support and skills. Terri recommends book "I Can Do Hard Things" by Gabby Garcia as helpful.
6. Upcoming events:
   AFSP walk on Sept. 13 in Newport
   AFSP walk on Oct. 25th in Montpelier
7. Next meetings for this group:
   Tuesday Aug. 12th at 6pm at town hall
   Tuesday Oct. 14th at 6pm at town hall
   (zoom option available for all meetings)