Craftsbury Mental Health Resource Group meeting notes

Dec. 1, 2025

Present: Michelle, Lisa-Anne, Nancy (on Zoom), Kim (on zoom), Monique, Terri (on zoom).

1. Minutes from last meeting reviewed and accepted.
2. NKHS news from Terri
    a. Front Porch program had open house last week. Overnight beds are expected to be available by Dec. 15th as voluntary "inpatient" for up to 10 days. This is alternative to traditional hospitalization, allowing folks to come and go for school, work and other needs. Will continue to also provide drop-in safe and supportive space for up to 23 hours at a time to stabilize and learn/practice skills. Open to anyone physically present in area regardless of where they are from. Suggestion made to offer zoom info meeting for community to join and ask questions about program.
    b. Recent suicide loss in local school was responded to with support for students and adults.
    c. Caring Communities training started thru AFSP, Terri and daughter are also participating in Askable Adults training.
    d. Several folks are training to offer support group for survivors of suicide loss, hoping to start a new group in March.
3. Outdoor Center presentations
    a. "Tea and Talk" will start next Monday Dec. 8th at 5pm with brief TED talk about coping with holiday stress, followed by discussion about strategies, self-care, dealing with loss, family communication. Please send ideas to Michelle by Wed. so she can put together publicity and details. Pizza will be provided.
    b. Terri agreed to present on Jan. 12th with topic of "It's Real – Teen Mental Health." She will get flier ready to spread the word.
    c. Ideas for future topics and presenters/panels should go to Michelle. Kim found brief video on SAD, still need to preview, might be good for the next presentation. Other topics include depression, anxiety, Bipolar disorder.
4. Wonder Arts afterschool program proposal for Peter Pan

a. Reviewed info provided about purpose and goals. Project would start a drama club that would eventually do performance of Peter Pan and provide each participant with copy of the book. Potential to work with 30 children.
b. They have already done some fundraising, asking our group for $2000. Motion made and passed to give this money.

5. Upcoming events/information
    a. Blue Christmas service at UCC on Dec. 15th
    b. Mental Health Advocacy Day at Statehouse in Montpelier on Jan. 29
    c. NAMI walk on May 16th at Centennial Field in Burlington
    d. Copies of Survivors of Suicide Loss packets and booklet about supporting children and teens in this loss are available VT Dept of Health and thru Monique. Decided to leave one copy of each in our mini-library.
6. Library movie "Can't Look Away"
    a. To view movie, go to https://www.jolt.film/watch/cantlookaway SFCUS100
    b. Michelle previewed movie, focuses on risks of social media, including addictive nature of this and dangers for children especially.
    c. Library has been wanting to do this since September in collaboration with our group. Concern about lack of participation from parents and community in previous events. Discussed need to have participation of schools (such as Craftsbury Academy and Hazen, also PTO) and not necessarily have our group take the lead?
    d. Screening of this movie showing at Catamount Arts in St. Johnsbury on Dec. 5th, which Terry is involved with. She suggested waiting to see how this goes, which may offer ideas on how we should proceed. Police are also part of panel discussion there.
    e. Could include checklists for parents, tools such as family contracts for use of social media.
7. Ongoing projects to keep on agenda
    a. Appreciation schedule and plans

    b. Narcan training
    c. Book request from Craftsbury Saplings to support young children around wellness and grief
    d. Updating website for this group
8. Next meetings = Feb. 2nd, Apr. 6th (all Mondays at 6pm).
    a. For discussion in Feb. = Sept. AFSP walk, partnering with Neighbor to Neighbor, Valentines at 4C's, next Outdoor Center presentations.