Craftsbury Mental Health Resource Group meeting notes

Feb. 2, 2026

Present: Michelle, Sharon, Lisa-Anne (on zoom), 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 now hoping for overnight beds to be available early March as voluntary “inpatient” for up to 10 days. Continues to provide drop-in safe and supportive space for up to 23 hours at a time to stabilize and learn/practice skills.
    b. Terri just back from national AFSP gathering where VT won award for postvention supports offered.
    c. Reviewed availability of support group for survivors of suicide loss on zoom; Monique is one of contacts for this group. Monique also has packets for families impacted by recent suicides. NKHS hoping to start a new group in March in our area.
3. Outdoor Center presentations
    a. Discussed that Jan. 12th presentation by Terri went well.
    b. Reviewed options for upcoming events on Feb. 9th and Mar. 9th. No response yet from outreach to Jeff at Family Center and Jessica at Healthy Lamoille Valley. Kim found You-tube video focusing on wellness & personal positive self-messaging, which Michelle liked.
        i. Kim agreed to take the lead for Feb. 9th using this video. Nancy can help. Michelle will post on FPF
        ii. Monique will reach out again to Jeff & Jessica to consider March.
    c. Also discussed idea of more general open-ended forum asking people what they would like to talk about. Sharon & Nancy mentioned common recent topics of stress related to cold and dark days of winter (tempered some by snow reflecting sunlight), as well as anxiety related to economy/finances. Possible topic of general resilience in stressful times.
        i. Michelle to post request for ideas on FPF. May do this idea in April.
    d. Mention of how we can support local fire dept & first responders. Sharon has good connection with Jeremiah and provides immediate brief therapy to those in need from PTSD.
4. Discuss/decide process for approving requests for financial assistance

a. Michelle brought up when this group started, one purpose was to provide help to people who needed/wanted therapy but could not afford it. Committee of 3 reviewed and approved requests after written application submitted by asker.
   Only Craftsbury residents are considered for assistance for now.
   i. New review sub-committee will be Michelle, Kim and Lisa-Anne.

5. Approve recent request for financial assistance for therapy
   a. Client of Nancy's is asking for help. Group agreed to pay half for 10 sessions to be paid directly to Nancy. This request will be a trial process to help determine process for future requests.
      i. Nancy will follow-up with Michelle for payment.
6. Valentines' Day ideas for 4Cs
   a. Nancy looking for suggestions, will check with staff there on possibly doing some activity on Thurs. Feb. 12th.
   b. Ideas included making pillows for residents and/or tree with lovebirds signifying people lost by residents.
      i. Nancy will update group after confirms date/time.
7. Update on past library event "Conversation on families and tech"
   a. Michelle attended, good discussion on impact of social media and generational differences, safety concerns, etc.
   b. Handouts from Terri brought to school for dissemination.
8. Town/school meeting presence
   a. Table to be set up with information as in past years.
   b. Terri will send some info and items to hand out.
      i. Monique can set up table but will need someone to sit at table if possible.
9. Upcoming events/information
   a. Outdoor Center events on Feb. 9, Mar. 9 and maybe Apr. 13th
   b. Valentine's day activity at 4 C's
   c. Mental Health Advocacy Day in Montpelier on Feb. 11th
   d. Town meeting in Craftsbury on Tues. Mar. 3rd
   e. NAMI walk on May 16th at Centennial Field in Burlington
   f. May is Mental Health Awareness month – possible offering of some training?
   g. Possible Sept walk here?
10. Books for the Wellness library

a. Michelle found some booklets that may be helpful on topics of depression, coping with stress, etc.
b. Suggestion made to order a few to see how they are, then possible order more for schools and event.
    i. Michelle will order.

11. 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
12. Next meetings = Feb. 2nd, Apr. 6th (all Mondays at 6pm).