Craftsbury Mental Health Resource Group meeting notes

April 6, 2026

Present: Michelle, Sharon (on zoom), Nancy (on Zoom), Kim (on zoom), Monique, Terri (on zoom), Jessica Bickford (on zoom).

1. Minutes from last meeting reviewed and accepted.
2. NKHS news from Terri
    a. NKHS staff have been supporting Lake Region school after loss of 2 students to suicide.
    b. New SOSL (Survivors of Suicide Loss) groups to start soon.
    c. Several upcoming trainings – see email from Terri and info below.
3. Outdoor Center presentations
    a. Next one on April 13th presentation by Jessica Bickford with Health Lamoille Valley. Will also include info from Lamoille Family Center on their services.
    b. Terri presentation on May 2 with Adult Mental Health First Aid. This requires advanced registration and minimum of 10 participants to get grant funding.
4. Upcoming events/information
    a. Apr. 13th Joyful Connections at Outdoor Center
    b. NAMI walk on May 16th at Centennial Field in Burlington
    c. May is Mental Health Awareness month – NKHS doing following trainings:
        i. Adult Mental Health First Aid training May 2 at Outdoor Center
        ii. QPR on May 13
        iii. Caring Communities on May 20
    d. May 23 = Out of the Darkness walk at St. J middle school
    e. Sept. 26 & Oct. 4 = Out of the Darkness walks in Newport & Montpelier
    f. Possible Oct. walk here?
    g. Other workshops available to schools per Jessica, including "refusal skills" and "Timewise", also coming up is info on "Zym" (chew-type substance with nicotine targeting teens).
5. Books for the Wellness library
    a. Michelle ordered booklets that may be helpful on topics of depression, coping with stress, social media tips.
    b. Suggestion made to bring these & other books to above presentations.
6. Ongoing projects to keep on agenda
    a. Appreciation schedule and plans
    b. Narcan training

        i. Monique reported on recent training at library, additional Narcan provided to be kept at town office, along with some Emergency Preparedness booklets.
    c. Book request from Craftsbury Saplings to support young children around wellness and grief
    d. Updating website for this group
7. Need to recruit more members to this group
    a. Lisa-Anne moving soon, Sharon stepping back for a while due to family responsibilities
    b. Maybe contact former members? Reach out to newer folks in town?
8. Next meetings = June 1, Aug. 3, Oct. 5 (all Mondays at 6pm at town office & zoom).