Craftsbury Mental Health Resource Group meeting notes

June 8, 2026

Present: Michelle, Nancy, Monique (on zoom).

1. Minutes from last meeting reviewed and accepted.
2. NKHS news from Terri (tabled as Terri not here)
3. Upcoming events/information
    a. Sept. 26 & Oct. 4 = Out of the Darkness walks in Newport & Montpelier
        i. Our group would like to support Newport walk with sponsorship, lowest option is $1000? Michelle to ask if could sponsor with donation of $500 or may do $1000 this year only. Will make decision at next meeting.
    b. Possible Oct. walk here?
        i. Possible date of Sunday Oct. 18 around 11:30am to try to attract church attendees
        ii. Suggestion to return to the Common for site and add some different walk options, as well as request use of church for snacks/inclement weather
        iii. Could use new banner for walk and other future events, Michelle to look into this.
        iv. Consider having “poster contest” at school to encourage children & families to attend, with theme of “mental (or emotional) wellness”
    c. 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)
        i. Monique to contact Jessica to ask for more information & consideration of fall presentations with school
4. Ongoing projects to keep on agenda
    a. Appreciation schedule and plans
    b. Narcan training
        i. Consider scheduling training in the fall.
    c. Updating website for this group
5. Need to recruit more members to this group
    a. Michelle to post something on Front Porch Forum and Facebook & also to look for old email list.
6. New business

a. Consider having table at Farmers Market and/or Old Homes Day
b. Do FPF postings 1x/month with brief discussions of coping with anxiety, depression
c. Come up with list of summer activities and websites for families, maybe include resources available at library. Nancy & Michelle will work on this.

7. Next meetings = Aug. 3, Oct. 5 (all Mondays at 6pm at town office & zoom).