

4/13 VCLN Workshop

Healthy Communities: Local Approaches to Promoting Mental Health & Addressing Substance Misuse

WHO'S ON THE CALL?

Nick Kramer: Nick Kramer, Corinth Vermont, VCRD

Will Eberle: Hi all, Will Eberle AHS Field Director in Barre/Morrisville/Hartford. Calling in from Northfield

Karen Crowley: Karen Crowley- Farm First

Carmina Garciadealba: Good Morning All! Carmina Garciadealba, Vermont 211

Lyn Haas: Lyn Parker Haas Rockingham Help &Helpers

Susanna Kahn: Hi! Susanna, Charlotte Library

Raychel Ball: Raychel Ball, NEKCA Head Start, Newport, VT

Charles Gurney: Charles Gurney, VDH-ADAP, DAIL

Lisa Atwater: Hello - Lisa Atwater from Winston Prouty- CIS Brattleboro Vt

Laura Schairbaum, Greater Falls Connections : Laura Schairbaum, Greater Falls Connections coalition in Bellows Fall

Michelle Warren: I'm Michelle Warren, from Craftsbury Mental Health Resource Group.

Chelsey Carron: Chelsey Carron, NEKCA Head Start, Newport VT

Betsy Fournier: Betsy Fournier , Swanton, SEP Co-Chair , RISEVT Program Director , Recreation Chair -

Jaclyn Holden: Jaclyn Holden; THRIVE ACH in Barre, Vermont

Robert Oeser: Bob Oeser ~ Brattleboro

Cheryl Chandler: Cheryl Chandler, St. Johnsbury Vermont Northeastern Vermont Regional Hospital

Lindsay Spitz: Lindsay Spitz, AmeriCorps VISTA w/ Southwestern Vermont Medical Center

Amber Robbins: Hi Everyone I'm Amber. I am the Moms in Recovery Program Director at Journey to Recovery In Newport

SUSAN WALKER: Suzie Walker, Turning Point of Windham County, Brattleboro. Director and person in long-term recovery—23 years today!

Linda Michniewicz: Good morning, Linda Michniewicz Building Bright Futures Regional Coordinator in the NEK!

Rebecca Baruzzi: Hi! Rebecca Baruzzi from Mad River Valley Community Fund

Elizabeth McEwen: Elizabeth McEwen Wilmington VT Voices of Hope under Turning Point of Windham County

Samantha Kurs: Hi I'm Samantha! I am based out of Chittenden County and I am a Service Coordinator/Developmental Educator through NCSS for Early Intervention

Kaitlyn Gawet: Kaitlyn Gawet, Rutland VT- RRMCC

Chrissy (Hannah's House): Chrissy Rivers from Hannah's House in Waitsfield & Waterbury.

Erica Beer: Erica Beer, St. Johnsbury Northeastern Vermont Regional Hospital

RESOURCES / PARTNER CONTACT INFO

Nick Kramer, VCRD:

Here's the link to the Workshop Library: <https://www.vtrural.org/leadership/workshops/library>.

Here's the link to the Leadership Guide: <https://www.vtrural.org/leadership/guide>.

Here's the link to register for upcoming workshops: <https://www.vtrural.org/leadership/workshops>.

Here's the link to Farm First's website (updating soon!) <https://www.farmfirst.org/>

Laura Schairbaum, Greater Falls Connections: Hi! If you want to find the coalition in your community: <https://www.PreventionWorksVermont.org>

Karen Crowley Farm First: If you're not familiar with Invest Employee Assistance Program and Centers for Well-being- check it out at <https://www.Investeap.org!>

Jon Copans: Perhaps this URL is helpful - <https://www.vtaddictionservices.org/members/recovery-house/serenity-house>

From Patricia - Chadd Viger 802.446.2640 CEO

Patricia Johnson 802-3790511 Nurse Manager

Please call us we have a lot of available spots open. We also have 3 month housing available.

Nick Kramer: <https://suicidepreventionlifeline.org/>. 1-800-273-8255. < One national resource.

Susanna Kahn: Crisis line for veterans: <https://www.veteranscrisisline.net/get-help/hotline>.

Karen Crowley Farm First: Michelle- If you have not connected to the VT Center for Suicide Prevention (Center for Health and Learning) vtspc.org it is something to try. Thank you for advocating after the loss of your son

Deb Witkus (She/Her) Greater Falls Connections: <https://www.intentionalpeersupport.org/?v=7516fd43adaa>
<https://www.vermontpsychiatricsurvivors.org/>

DISCUSSION

Lisa Atwater: Congrats to Suzie!!!

Karen Crowley Farm First: Yay! Suzie!

Deb Witkus (She/Her) Greater Falls Connections to Everyone : Excellent work!

Patricia M Sears to Everyone : Refreshing & helpful presentations with info & connections we can use. THANK YOU SO MUCH. Cheers

Samantha Kurs: Thank you to all the speakers!

Deb Witkus (She/Her) Greater Falls Connections: Brava!

Elizabeth McEwen: voices of hope Wilmington community Our vision: A community that fosters connection, acceptance, creativity, recreation, health, and safety. Our Mission: To inspire hope and actively support people affected by substance use. We advocate to increase local resources and raise awareness about substance misuse and the importance of compassion in the Deerfield Valley.

Daniel Franklin: Amazing job to all of the presenters! Wonderful work!

Deb Witkus (She/Her) Greater Falls Connections: Can we have your contact info? Great!

Michelle Warren to Everyone : This question is for any of the presenters...

Our small town of Craftsbury (1100 people) is very rural, only state police 45 minutes away...

We started a Craftsbury Mental Health Resource Group, to help those navigate the mental health system in our small town, after my son's suicide in 2017. And also decrease stigma of mental health. We created a website www.nevtsuicide.com and booklet we hand out (also on website). My son was unable to get resources to help him in Northern Vermont.

We struggle trying to get training for our group and find resources to actually help those suicidal. Does the group have any suggestions. Although there are getting more recovery centers, there aren't any centers to help those suicidal that I know of. Any suggestions? Putting people in emergency rooms for the weekend, isn't a solution for many that are suicidal, at least my son...

Lisa Atwater: Michelle I am sorry for the loss of your son

Laura Schairbaum, Greater Falls Connections: Thank you for sharing and for your question, Michelle. Center for Health and Learning – Umatter. Youth Mental Health First Aid Intentional Peer Support Community Mental Health Agencies, Crisis lines

Karen Crowley Farm First: Michelle- If you have not connected to the VT Center for Suicide Prevention (Center for Health and Learning) vtspc.org it is something to try. Thank you for advocating after the loss of your son. Navigating the system while in crisis is so hard! :(

Laura Schairbaum, Greater Falls Connections : We hear you, Michelle

Daniel Franklin: I can't raise my hand for some reason but would love to comment briefly if there's an opportunity

Karen Crowley Farm First: Ditto to VT Psychiatric Survivors- super helpful!

Michelle Warren : thank you everyone <3

Robert Oeser: Yes! Thank you everyone!

Susanna Kahn: Thanks for sharing- lots of important information and innovative thinking!

Lindsay Spitz: Thank you to all of the speakers! Y'all are incredible!

Patricia Johnson: I look forward to collaborating with you all!!!

Deb Witkus (She/Her) Greater Falls Connections: Check out Friends for Change-Youth Group located in Bellows Falls,

Laura Schairbaum, Greater Falls Connections: How can we reach you Michelle? Thank you, everyone! Well done and I appreciate all the work that you do!

crystal mansfield: amazing time together. thank you to all and especially the presenters. I look forward to more

Lisa Atwater: Thank you to all the speakers ! This was amazing and inspiring!

Chelsey Carron: thank you all!