

Galilee Advocates for Mental Health Meeting

January 5, 2017

Present: Tommie Cubine, Pete Peterson, Kathy Wakefield, Susan Wynne

Welcome and Prayer: Kathy opened the meeting with a prayer.

Minutes: December minutes were approved.

Old Business:

Square Dancing at Beach House: At the November meeting, Ivy Carey suggested that a Square Dancing group that meets regularly at a local church do a teaching session at Beach House. Susan Wynne spoke with BH Supervisor who liked the idea very much. She will check it with the MHSa director. Ivy Carey is out of town and we need to clarify whether the square dancing leaders are willing to do this.

" Beating the Holiday Blues" written by Pete: Bruce Harlow make copies of this article and it was given out to parishioners after all Sunday Services up to Christmas. Thanks to Bruce and Pete and the people who helped distribute them.

GAMH Funds: \$2000.00 is in the GAMH account, held by Galilee Administrator; donated by a GAMH member.

February Net: Bruce will write an article on the art exhibit " Mindful: Exploring Mental Health through Art." The exhibit features art work by people who have been diagnosed with or affected by mental illness. It will be held at the Virginia Museum of Contemporary Art, January 28 - April 16. A goal is to break down societal stigmas. Kathy is on the VB Mental Health Coalition that has had contact with MOCA re: the exhibit. It does not appear that there will be an opportunity for GAMH to have a display table at the event.

Galilee Annual Meeting, February 12: The Annual Meeting will be held in Jordan Hall. A booklet will be distributed which will include annual reports on all activities of the church including the ministries/ committees. We will also vote on new Vestry members. (Our own Susan Wynne is on the candidate list!) Lunch will be served. There will not be display tables for ministries. Henry Conde was to send out request for reports at the end of December/ early January. Tommie will contact him and will also do the GAMH annual report.

New Business:

Name Cards: Kathy reported that Fontaine is willing to make name cards for GAMH members to use at meetings for identification. Would be helpful especially when new people come.

Programs for 2017: Have previously decided to have 3 programs annually on

Sundays between the 9:15 and 11:15 services. Having the NAMI program, "In Our Voice" was recommended by Kathy and discussed. People who have mental health conditions are the speakers and tell their stories, including "dark days" and their progress / recovery. There is a videotape as well as local presenters. High school students see this program and respond well. The possibility of the Galilee youth group attending was noted.

It was recommended that we focus on planning a variety of things for May (Mental Health Month) ; perhaps In Our Own Voice being one of them. The Beacon of Hope Walk-Run sponsored by I Need a Lighthouse will be in May. There is no plan to have Jackson Feild Behavioral Health present at this time.

Website Update: Pete will be talking with Lydia Kraus about the website.

Membership: It was noted that the GAMH brochures and cards that Pete did should be used more and might help attract new people to join us. There are some left from Galilee Rally Day. Tommie will see that they get into the brochure/literature racks. Pete reported that Galilee has the capacity to print the brochures.

Additional Information: It was recommended that members of the Mental Health Committee with the Episcopal Diocese of Virginia be contacted and asked to meet with us / provide consultation/ help re: further development of our ministry. It has also been noted that they have an excellent website: mhcommittee.org. Tommie has communicated with the chair, Dr. Marlene McCabe, Chairperson of the M H Committee and with the website person, Dr. Paul Ackerman and she will be in touch with them.

Next Meeting: February 2, 2017

Recorded by Tommie Cubine
1/13/17