

Galilee Advocates for Mental Health
Minutes - February 2, 2017

Present: Rev. Kate Bobbit, Ivy Carey, Tommie Cubine, Bruce Harlow, Fontaine Nimmo, Kathy Wakefield, Susan Wynne

Welcome, Prayer and Introductions: Kathy opened the meeting with prayer.

Old Business:

Square Dancing at Beach House: Ivy reported that there will be a class at Foundry United Methodist Church at 7:00 p.m. on February 23. Beach House members are invited to attend. It is uncertain as to whether BH members will be able to attend.

February Net: Thanks to Bruce for the excellent article on the MOCA Art Exhibit: Mindful: Exploring Mental Health through Art. Exhibit goes through 4/16.

Annual Meeting / GAMH Annual Report : Tommie sent the GAMH Annual Report in to Diane Nolan who was coordinating the reports. It did not appear in the Annual Report Booklet. Instead, a few lines re GAMH appeared under the Pastoral Care Report.

Contact with Diocese of Virginia MH Committee: Tommie contacted Dr. Marlene McCabe, Chair of the Committee. She reported their committee had folded due to lack of volunteers. She suggested that we contact the Interfaith Community in Fairfax County. They have workshops which are very informative.

Their website: <http://www.fairfaxcounty.gov/ncs/cic/>.

Tommie left message for Rev Rohrs, St Andrews Episcopal Church in Norfolk re: our interest in getting together with other faith communities that have mental health ministries. He was one of the Episcopal priests on the Kathy Lewis show who referenced this subject when speaking about the "Under the Gun Art Show".

New Business:

Mental Health Advocacy: Tommie and Bruce went to MH Advocacy Day at the General Assembly on Jan 25 and visited with legislators from VB. They all expressed support for the mental health funding and issues that NAMI VA is recommending. Bruce also visited Senator Creigh Deeds. There was an article and picture in the Richmond Times Dispatch featuring Bruce and a family member from Norfolk. GAMH members were encouraged to keep aware of what's happening in the GA and be advocates when possible.

VB City Jail- Mental Health Pod: Rev. Kate reported that she went with the VB Clergy Association to visit VB jail for a tour which included the mental health pod. Concern was expressed by Tommie re: inmates being released from jail and whether services are available in the community in a timely way. Ivy, a Physician's Assistant stated that the Beach Health Clinic could help with this. Both she and her husband who

is a Psychiatrist volunteer there.

Name cards: Fontaine will prepare name cards for each GAMH member. Members provided information re: identifying information they would like to be put on their cards.

Soul Shop Seminar: Ministering to Suicidal Desperation: Rev. Kate and Kathy reported on this one day seminar which was designed to equip congregational leaders to minister to those impacted by suicidal desperation. The suicide rate has risen in recent years with special concern about teens. Many who committed suicide were looking to the church for help. This training is recommended for our Church Staff. This program was sponsored by Tidewater Pastoral Counseling and held at Work Release building in Norfolk. HOPE = Hold On Pain Ends.

MOCA Mindful: On the evening of February 23 there will be a Mental Health Panel and Community Resource Night at MOCA.. GAMH will have a table with Rev Kate and Tommie hosting it. We will ask Pete to see to getting the brochures reprinted. We will also provide information sheets re: GAMH activities, etc. Kathy will have the I need a Lighthouse table.

WOG Outreach Giving: Tommie reminded everyone that WOG is asking for referrals of organizations to be considered for a donation from their Outreach Giving Fund.

Programs for 2017: Previously decided to have three programs a year. With May being Mental Health Month, we will want to have some special activities during that time. Rev. Kate invited members to come to lunch at her house to plan further.

Help for Increasing Membership/Participation, Programs, etc. Will discuss at future meeting.

Next Meeting:
March 2, 2017, 12:00 noon, Library at Galilee

Submitted by Tommie Cubine