

Galilee Advocates for Mental Health
MINUTES
February 6, 2018

Present: Tommie Cubine, Alice Drake, Rebecca Mason, Pete Peterson, Dr. Scott Sautter, mfstitik, Kathy Wakefield, Susan Wynn **Clergy:** The Reverend Kathleen Bobbitt

Welcome and Prayer: Kathy Wakefield, Chair opened the meeting with a prayer. A special welcome-back was expressed to Michael Stitik!

Minutes of February 6 Meeting: Approved

Current Issues/Planning:

Survey: Activities and Dates: Scott Sautter has talked with Matt Francis about a video presentation and other publicity and sending out the surveys by email. He has also spoken with Fr. Andy re: distributing paper surveys after church services. When all is further confirmed, Becky Mason will be in touch with GAMH members to schedule coverage for distribution of paper surveys.

May Program/Presentation: May being Mental Health Awareness Month, we usually give out green ribbons and literature on the first Sunday. The first week in May is also Children's Mental Health Week. It appears that May 6 will be the day for ribbons and for the program. We will plan on having it from 10:15 a.m. to 11:00. The subject and speaker will be determined by the results of the Survey,

Articles for E-News: Several people volunteered to write articles at the last meeting. The deadline is Mondays by 9:00 a.m. to Matt Francis. E-News comes out every Thursday. Bruce Harlow will coordinate dates and subjects with the writers.

GAMH Website: Pete Peterson reported the he has made some changes in the website but still wants to bring some information up to date. Changes include: Who We Are, copies of all GAMH Minutes going back a year, the Pray by Galilee Clergy, and a Prayer Page. He suggested we might have a "Good Reads" page and encouraged members to send him suggestions of books. Everyone is also encouraged to send information to Pete re: upcoming events. We are looking for a volunteer to stay in touch with organizations like NAMI VB to keep current all the resources they offer; also the events planned by the Mental Health Awareness Coalition.

For Consideration:**GAMH Resource Brochure: Are there any further suggestions needed?**

Matt has redone the brochure with the changes we recommended and it looks excellent! One error in a resource, zip code will be reported. (Most likely made by person sending in info- TC) Also, out of concern for wasting paper, it was suggested that the brochure be regular size.

Alice Drake noted a new resource with the Chesapeake Integrated Behavioral Health Department. They have a grant to provide “same-day services” to anyone in our area who has insurance. If they do not have insurance and live in Chasapeake, they are charged on a sliding scale. Alice’s daughter works in this program. The number listed in the Brochure for this agency is the correct one to contact for this service. We should also publicize this program on our website.

Support for Families of Persons with Mental Health Conditions: This subject was previously discussed and it was noted that relevant classes and family support groups available in the community had been shared with the person inquiring and the families. Since dates and places of these resources change, we would like to have a volunteer to keep these up to date in the weekly E-News and on our website.

GAMH as Advocates Re: Funding for Treatment and Services: Pete described successful advocacy activities / getting legislation passed that he was involved in, in Maryland. We know that Virginia is very low among other states in the amount we spend on mental health services in the community (40th) A volunteer coordinator is needed if GAMH is to be helpful in advocating for individuals with mental health conditions.

Other Business: Questions from 1/2/18 meeting:

- A listing of programs one can donate to at Galilee is being developed at this time.
- Funds are specifically designated for GAMH in the Galilee budget.
(Funds donated by a GAMH member.)
- How do we pay for printing brochures? Galilee has a color copier.

Next Meeting: March 6, 12:00 Noon in the Library