

**Galilee Advocates for Mental Health  
Minutes**

**March 2, 2017**

**Present:** Tommie Cubine, Fontaine Nimmo, Scott Sautter, Kathy Wakefield

**Minutes of February Meeting:** Approved

**Old Business/ Review:**

**March Net:** Thanks to Pete Peterson for his excellent article on "Beating the Stigma of Mental Illness."

**GAMH Annual Report:** The report we sent in covering GAMH activities over the last year did not appear in the Annual Report publication. A brief reference was made to GAMH under Pastoral Care.

**MOCA Mindful: Mental Health Panel and Community Resource Night :**

Rev. Kate and Tommie hosted the GAMH table. Several people stopped by, talked and picked up the GAMH brochure and other information. A few signed the list to be notified of special events/ meetings. We will follow up with these individuals. The mental health panel was very interesting with presentations by people who have experienced mental illness.

**Clergy Visit to VB Jail:** Rev. Bobbitt toured the VB Jail recently with a group of local clergy. Their main concern was people being released from jail without things they need to live in the community and prevent return to jail. Their questions re: these needs were all answered by the jail staff indicating that the following are available to inmates: warm clothing, photo ID, re-entry counseling, spiritual support and guidance while in jail.

**New Business:**

**Name Cards:** Fontaine is in the process of completing name cards for everyone. She needs to know what information each person wants on the card.

**April Net:** Scott will prepare an article on Brain Health Matters for April Net.

**Recommendations from "Program Committee":** Meeting was held on Feb 11 with Rev Kate, Pete, Kathy and Tommie present. Several subjects were discussed for programs. A presentation by Dr. Heidi Kulberg, M.D., Director of VB Public Health Department was recommended.

**Presentation by Dr. Kulberg:** Topic suggested is on the opioid epidemic including information on depression and suicide, with a panel including a police officer from the VB CIT and others. An evening program is recommended for April 27 or May 2; also community resource tables and representatives. We want to consider inviting other

churches.

**MAY is Mental Health Month:** Recommendations: Distribute green ribbons the first Sunday in May after services, participate and promote the Beacon of Hope 5K on the Boardwalk and have a Fresh Fruit Drive for Beach House. Consider having an educational program and invite the congregation of Galilee and others.

**Connecting with other Mental Health Ministries:** Tommie talked with the Reverend Rohrs, St. Andrews Episcopal Church. He attended the Feb 6 Mental Health Forum at the "Under the Gun Art Show . . . regarding coming together to strategize on how to improve MH care and services with focus on reducing stigma. They are planning to have a meeting at the end of this month to continue this focus. He will let us know when so we can join them.

Tommie also spoke with two others who Mary Lee Harris recommended as possibly being interested in attending our meetings: Sharon Payne, Sr. Warden at Old Donation and Debbie Balak, Vestry member at Eastern Shore Chapel. ( Both are also Licensed Clinical Social Workers) Sharon Payne requested information on what we were doing which was sent to her; her "group" is considering moving in the direction of social justice and thought the mental health focus would fit in.

Debbie Balak had just become involved with another program but might be interested in a year.

**Legislative Advocacy Update:** NAMI VA expressed appreciation that despite a big budget shortfall, the legislature found the *political will* to pass significant funding increases to strengthen the mental health care system including funds to:

- implement same day access to CSB mental health care
- expand supportive housing
- expand the GAP program to %100 of the poverty level

Additionally, several bills were passed related to system reform; specifically dealing with mental health and criminal justice intersection and the restructuring of the Community Services Boards. Thanks to all mental health advocates !!!!!

**Meeting dates: The decision was made to return to meeting the first Tuesday of each month at 12:00 noon.**

**Next Meeting: Tuesday, April 4, 2017, 12:00 Noon at Galilee**

Recorded by:  
Tommie Cubine

