

**Galilee Advocates for Mental Health
Meeting**

April 4, 2017

Present: Tommie Cubine, Bruce Harlow, Fontaine Nimmo, Suan Wynne, Rev. Kate Bobbit

Welcome and Prayer: In the absence of the Chair, Tommie opened the meeting with a special prayer for those living with mental health concerns composed by Galilee Clergy.

Minutes: March minutes were approved as written.

Old Business/ Review:

April Net: Great job by Scott Sautter: Article on Mental Health Matters

Connecting With Other Mental Health Ministries: Tommie reported on recent contact with Sharon Payne, Sr. Warden at Old Donation Episcopal Church. She requested additional information on the activities of GAMH to have for a meeting that was to be held yesterday. No additional connection with St. Andrews in Norfolk.

New Business:

May Net Article: Bruce will write an article on May is Mental Health Awareness Month and include the activities GAMH will be doing.

Opioid Epidemic Presentation by Dr. Kulberg, May 2:

Draft Flyer: The draft flyer for the event was reviewed and suggestions were made. Diane Nolan has been helping with the flyer and it will be sent to Matt Francis, Media/Design for completion.

Consider Additional Resource Organizations/ People: So far, we have LeAnne Brant Supervisor, Office of Consumer and Family Affairs and Ava Gaines, Supv. Prevention Services, both from the City MHSA Division of the Human Services Dept., Rev. Travis Hal, Executive Director Youth Challenge of Hampton Roads. Suggestions needed.

Logistics: Not discussed.

Dr. FeelGood: Information was provided on a documentary about a "preeminent" physician in Virginia who was sentenced to 25 years in prison for over prescribing pain killers. Addresses the ethical dilemma of opioid prescriptions.

May is Mental Health Month Activities:

Opioid Presentation and Event, May 2: Discussed above.

Green Ribbons: Will be distributed after church services the first Sunday in May: Fontaine and Susan after the 8:00 service, Bruce and Tommie after the 9:15 service, Tommie before and after the 11:15 service. Some ribbons are available from last year; more will be

obtained if needed. It was suggested that articles written for the Net by GAMH members be available, GAMH brochures and possibly other educational handouts. The first week in May focuses on Children's mental health.

Fresh Fruit Drive: Will request that parishioners bring fruit every Sunday in May. Susan will coordinate with the Administrator.

Beacon of Hope 5K, May 21 on Boardwalk: GAMH will participate and help publicize.

Publicity for May Events: Susan and Kathy will contact Matt Francis about preparing a video re: May activities for Church services.

Other Business:

Library Books: Bruce Harlow suggested that with the work being done on the Galilee Library, a Mental Health Section of books should be considered. A number of mental health related books have continued to be in the library, having been purchased by GAMH members in the 80's. Including newer books will be helpful. This possibility will be explored further.

Advocacy: The importance of being advocates for improved mental health services was noted by Bruce and discussed. We need to have the most effective treatment available to everyone who needs it. The treatment recommended from the research on "first break schizophrenia" would prevent many people from becoming "chronically mentally ill"; but is not available in VB and most places.

Next Meeting: May 30 12:00 noon (Meeting is being delayed because the Opioid presentation is on the 1st Tues when we would ordinarily meet)