

**Galilee Advocates for Mental Health
September 5, 2017**

Minutes

Present: Rev. Kate Bobbitt, Tommie Cubine, Bruce Harlow, Scott Sautter, Kathy Wakefield, Susan Wynne. **Guest:** Kay Ashby, NAMI VB & VB MH Coalition

Meeting Opening: The meeting was called to order by Kathy Wakefield, Chairperson. Rev. Kate provided a prayer.

Rally Day at Galilee, Sunday, September 10:

Volunteers: All members present today will help out at our table.

Information to distribute: GAMH Brochures and Cards, 2016 Annual Report, Faith Based Resources/Websites, Suicide Awareness for the Faith Community Resources/ Websites, Episcopal Church Resolution: "Ministry to People with Mental Illness and their Families." Net articles: "Beating the Stigma of Mental Illness," by Pete Peterson, "Brain Health Matters," by Scott Sautter, "Mental Health and Healing Prayer," by Fr. Nigel Mumford. NAMI VB brochures, listing of NAMI VB programs, NAMI flyers: "Say It Out Loud" and "On the Road to Living Well & Helping Others Along the Way." I Need A Lighthouse information and bracelets.

Signs for the Table, etc.: Matt will make signs for all tables. Susan will have posters made including information re: resources for emergency help in a mental health crisis. Flowers and candies will be considered. A clipboard will be available for visitors to the table to sign if interested in GAMH meetings or events.

Other Upcoming Events: Information re: the following events was discussed:

Hampton Roads Morning of Hope, Help and Healing: September 9, Mt. Trashmore. Promote good mental health and raise awareness of the disease of depression and tragedy of suicide. www.hamptonroadsSOS-hope.org.

Suicide Awareness Day. September 11; military involvement.

9th Annual Ping Pong for Charity Events: September 15-16, VB Field House 2020 Landstown Center Way. Benefits PIN, Vanguard Landing, Alzheimer's Association and Parkinson's Disease Association. See pingpong.gives/pingpongforcharity/

NAMI VB and Kempsville Center for Behavioral Health Present:

Mindfulness Practices: A Complimentary, Integrative Approach for Mental Health Treatment." Presenter: Katie Rinchetti, Ph.D., LPC. , September 20 at Kempsville Center . . . , 5:30 p.m. with light dinner. Reservations needed.

Gallery Talk: Art and Mental Health, September 23, 2:00 p.m., Chrysler Museum. Sponsored by NAMI VB in cooperation with Chrysler Museum.

Panera Fundraiser for NAMI VB. September 26, 869 Lynnhaven Pkwy., 4:00 - 6:00 p.m.

NAMI Walks 2017: October 21, 10:00 Insbrook, Glen Allen, VA. Promote awareness, raise funds, combat stigma, show support for people affected by mental health conditions. Join NAMI VB Walk Team or form a GAMH Walk Team recommended! A Walk poster will be posted at Galilee.

Mental Illness Awareness Week: October 1-7: GAMH will request a special prayer during each church service on October 1 and also offer green ribbons before each service. Also will request that a brief statement be in the Bulletin on that day.

Women's Wellness Celebration: "Mental Wellness Matters." Sponsor is ARDX Foundation, Friday, October 20: 8:00 a.m. - 5:00 p.m., Chesapeake Conference Center. Subjects of presentations will include: Bullying, Suicide, Opioids and Autism. www.ardxfoundation.org.

Planning: Implementation of Suggestions from 7-27 Meeting:

Educational Programs: Having programs on Sunday mornings between the 9:15 and 11:15 services is preferred but it appears this times slot will not be available until January. Possible subjects were discussed: research study on memory being conducted at Westminster Canterbury by students working with Scott, Alzheimer's, Play Ping Pong; Cross-Train your Brain, Mindfulness. Scott also spoke of research on the healing power of arts, including music. Tidewater Arts Outreach takes art and music programs to people in nursing homes, hospitals, homeless shelters, etc.. Subjects and plans will be discussed further at the October 3 meeting..

October Net Article: Scott will contact Pete Peterson and ask him to do an article. If he cannot do it, Scott will do it. Information re: Mental Illness Awareness Week could be the focus or included in some way. Bruce volunteered to write an article for the November Net. Note will be made of the Winter Clothing Drive.

Winter Clothing Drive for Beach House: We will ask that clothing be donated on Sundays during the month of November. Parishioners were very generous with the Summer Clothing Drive.

Permanent Display Table with Articles and Books? Will need to determine if this is possible. Perhaps just for Mental Illness Awareness Week?

Teaming up with Other Mental Health Ministries: Kay Ashby from NAMI VB and the VB MH Coalition announced that several people have expressed interest in re-starting a mental health interfaith committee similar to the CIT Interfaith Committee that met at Galilee for a number of years. GAMH expressed interest in this possibility.

Next Meeting: October 3, 2017

Recorded by
Tommie Cubine, Secretary

9-5-17