

Galilee Advocates for Mental Health

November 7, 2017

Minutes

Present: The Reverend Kate Bobbitt, Tommie Cubine, Bruce Harlow, Mary Keywood, John Koehler, Rebecca Mason, Kathy Wakefield, Susan Wynne

Opening and Prayer: The meeting was called to order by the Chair, Kathy Wakefield. A special welcome was extended to Mary Keywood, John Koehler and Rebecca Mason. The Rev. Kate Bobbitt provided a prayer.

Minutes of September 5 Meeting: The minutes of the September 5 meeting were approved. GAMH did not meet in October.

Brief Review of Selected Recent Events:

MIAW Sunday: The committee was pleased with the response to the distribution of green ribbons prior to all three services on Sunday, October 1. All choir members and the clergy wore ribbons. A special prayer was given for persons living with mental illness. Several people stopped by our information table, sharing concerns re: relatives or friends experiencing mental health problems.

Rally Day At Galilee: (9-10) GAMH members hosted a table with information and spoke with several people interested in mental health issues and resources.

NAMI Walks 2017: The 10th Annual statewide NAMI Walk to increase mental illness awareness and raise funds was held on 10-21 and attended by Bruce Harlow. Once again, NAMI VB raised the most money of any affiliate in Virginia.

Ping Pong Charity Events: (9-15 & 16): Big success as reported by Scott Sautter. Raised funds for PIN, Vanguard Landing, Alzheimer's Association and Parkinson's Disease.

Local Mindfulness Seminars: Attended by Tommie Cubine and Kathy Wakefield.

Gallery Talk: Art and Mental Health at Chrysler Museum: Co-sponsored by NAMI VB. Attended by Tommie, many NAMI members and others.

Cross Train Your Brain - Play Ping Pong: Scott Sautter spoke at a VB high school Psychology/ Ping Pong Club; also donated a ping pong table. He will speak at other schools. Kathy Wakefield coordinates these psychology clubs at VB high schools.

Joint Subcommittee Studying Mental Health Services in the Commonwealth: Co-Chair Senator Creigh Deeds: Bruce Harlow has been attending these meetings. A complete overhaul of the Virginia Mental Health System is being considered.

Planning for Activities - Continuation:

Educational Programs: Kate noted that Fr. Andy suggested GAMH sponsor two educational programs a year. Several subjects have been discussed in previous meetings. Today, interest was expressed by some in learning more about mental health

conditions, resources and especially how to help family members and individuals who have mental illnesses. Another subject of interest was the benefit of music to people with Alzheimer's. John Koehler published a book on this subject. Scott noted a documentary "Alive Inside" on the same subject. Mindfulness was again mentioned as a possible subject to present as well as mental illness awareness and advocacy. It was decided that Scott will develop a survey to ascertain subjects of greatest interest to the Galilee congregation. He will seek input from other members before implementing.

December Net: Bruce Harlow will provide an article on the holidays and mental health issues. A newsletter from Mental Health Ministries received this morning via email appears to have good resource information on this subject.

Community Outreach - Beach House: The Winter Warm Clothing Drive started last Sunday and will continue through November. Many nice clothing items were donated. Beach House members and staff were very happy to receive them.

Teaming up with other Mental Health Ministries: Galilee recently registered with the Faith Inclusion Network. Their Vision is "a world where all people affected by disability are accepted, included and celebrated in our faith communities." The Mission is to "promote awareness of and provide support for the inclusion of people with disabilities and their families in our Hampton Roads faith communities." No further activity noted on teaming up with other MH ministries.

Next Meeting: Tuesday, December 5, Galilee Library

**Respectfully Submitted,
Tommie Cubine
Secretary**