

Galilee Advocates for Mental Health
Minutes
December 5, 2017

Present: Tommie Cubine, Bruce Harlow, Mary Keywood, Rebecca Mason, Scott Sautter, Michael Stitik, Kathy Wakefield, Susan Wynne.

Opening and Prayer: Kathy Wakefield opened the meeting with a prayer for individuals living with mental health concerns and a welcome; with special welcome to Michael Stitik.

Minutes of November Meeting: Approved with addition of Scott Sautter's name to those attending meeting.

Reports on Recent Activities:

Warm Clothing Drive: Very successful! The donations of warm clothing, hats, scarfs, etc. were very plentiful every week in November. Beach House members expressed much appreciation. Thanks to everyone who donated and those who delivered. There was discussion about other things we might do in support of Beach House. Becky's garden club worked with BH members and it was a rewarding experience. Mary's dry cleaning business has donated suits and other clothing. Susan serves on the Beach House Inc. Board of Directors and has worked in various ways with the program and members. The Cross Train Your Brain presentation and vestry tour of BH last year were very well received as was the ping pong table donated by Scott.

A Fresh Fruit Drive will be held during mental health month (May) and additional consideration will be given to our outreach to the BH program.

Survey Monkey: Scott put together survey questions to request input from parishioners regarding their interest in programs on various mental health/ illness subjects. Input was received from committee members and incorporated. Kate met with Fr. Andy who approved the survey, recommending it be included in the weekly email. Scott reported that there will also be a paper survey two Sundays. Becky will coordinate times for members to cover the services when the paper surveys are being done. The mental health program will be in May.

December Net: Thanks to Bruce for his excellent article on dealing with Holiday Stress which combined practical suggestions as well as the importance of enjoying our spirituality and celebrating the birth of Christ. He noted the joy and relaxation that can come with giving to others, taking time to enjoy music, holiday songs, cards and hymns.

Resource Guide: Kathy, Kate and Tommie met with Matt Frances with information for a Mental Health Resource Guide. A draft brochure produced by Matt using this information was reviewed today. The committee was highly pleased with the product. A few suggestions were made for possible changes; some being content which will be provided by us.

Teaming Up With Other Mental Health Ministries: Tommie reported that Sarah Carrado from VB MHSA Services (DHS) stated that they will be looking at restarting the CIT Interfaith Committee after the new year. (Originally started in 2009

with support of Galilee Interim clergy) They are also working with Regent, VB Psychiatric Center, Kempsville Center, NAMI, CIT Instructors (MHSA). Sarah will keep us informed.

Old Business:

Finalize the Focus of GAMH: The question as to whether we want to focus on serious mental illness or mental health resources. It appears that the two go together. But the committee decided to delay the decision until the survey is done.

Length of Meetings: Kathy posed the questions of whether we want to try to stick to one hour meetings. Consensus was yes, especially since some members are on their lunch break.

Website: Keeping it up to date: Pete Peterson who developed the site works out of town much of the time. Contact with him will be done to clarify resources for keeping the website updated.

New Business:

The Net: It was announced that we will no longer have a Net after the December issue. The Sunday Bulletin will be expanded to include news and information. There will also be the Weekly eNews. GAMH will be able to use both of these.

VB Human Rights Commission: MH Task Force Development: Tommie will be co-chairing this task force. The focus will be on identifying mental health issues that impact individual's human rights and define a response. The task force is composed of Human Rights Commissioners but the plan will be to include others from community organizations which have similar concerns. GAMH is requested to consider and suggest organizations that might work with the Commission and what issues are most pressing.

Upcoming:

**Homeless Memorial Vigil, Dec. 21, 7:00 p.m., the Lighthouse, 18th St.
Give the Gift of Warmth Donation Drive for Homeless through Dec. 8th.**

Next Meeting: January 2, 2018