

**Galilee Advocates for Mental Health
Minutes
January 2, 2018**

Present: Tommie Cubine, Alice Drake, Pete Peterson, Scott Sautter, Susan Wynne, Kathy Wakefield. **Clergy:** The Reverend Kate Bobbitt

Welcome and Prayer: Kathy Wakefield, Chair opened the meeting and expressed a special welcome to Alice Drake. The Rev. Kate offered a prayer.

Minutes of December Meeting: Approved.

Upcoming/Planning:

Resource Guide: The brochure was reviewed in an effort to reach a consensus on suggestions from last meeting and hear any new ones:

- **Size:** Make it regular brochure size.
- **Color:** Use an ocean sunrise similar to one in the GAMH brochure; or one taken of VB ocean. Alice volunteered to take a picture if needed.
- **Information on front of brochure:** At top put, MENTAL HEALTH RESOURCES in large print. Galilee Advocates for Mental Health next.
- **Number of people on front:** No people, a couple, a family? Not sure whether there was a consensus. Since the resources are for adults as well as children, may be better not to show a family with young children.
- **Mission Statements:** Add them for Chas Foundation and I Need a Lighthouse. Mission statement for NAMI VB is already in the brochure.
- **Emergency telephone numbers:** Make them larger or more highlighted.

Appreciation was expressed for Matt Francis' production of this brochure and for all of his excellent work and help to GAMH. Kate and Kathy will meet with him to review suggestions.

Survey of Parishioners: A survey was developed to get input on subjects of most help/interest to parishioners. We need to confirm dates for:

- Video presentation during church services explaining the survey
- Sending the survey by email
- Distribution of paper surveys after church services (2 Sundays)
- Analysis of survey results; deciding on May program.

Scott will get with Matt re: the videotaping and emailing of survey and with Fr. Andy re: the dates for survey distribution after-church services. We would like to complete this activity in February in order to have enough time to plan for the May presentation / program.

Becky agreed at last meeting to coordinate member coverage times after church services. It is suggested that we have a table with GAMH information, possibly books, etc. and that we hand out surveys, encouraging parishioners to fill them out, put in box, etc.

Articles for News this week at Galilee! (E-news): The Net no longer exists. We understand from Matt that the Sunday Bulletins will be expanded as will the weekly

enews; that GAMH will still be able to have regular articles; that we would be able to have more space in the e-news than the bulletin

These members agreed to do articles: Scott, Pete, Susan and Alice. Bruce, who could not be here today has done articles for the Net and we hope he will continue to participate. It was decided that we will do one article per month as with the Net and possibly the 3rd week of each month.

Kathy will contact Bruce and ask if he will coordinate writers and subjects. Scott will take on the first article in order to provide information re: the upcoming Survey. Tommie will contact Matt re: due dates and space allowed for our articles.

GAMH Website: Pete Peterson who developed the website reported that the assistance he had previously has not been available and he has not had the opportunity to consider what is needed. A few suggestions were made as to additions: Short prayers, uplifting quotes, info on research, upcoming events, GAMH articles that have appeared in the Net.

It was suggested that everyone look at the website and bring suggestions for discussion at the next meeting. A reminder will be sent. Website is: galilee4mentalhealth.church

For Consideration:

Support For Families: Mary Lee Harris, Coordinator for Pastoral Care contacted GAMH about the possibility of our bringing together some families of individuals who are having substance use problems for support of each other. Information was sent to her about existing family support groups in the community and a class for parents, starting next week. Mary Lee shared the info with the families.

Discussion today was limited due to time but may be discussed further, possibly to identify how GAMH can facilitate families of people with substance use and those with mental illness participating in resources available in the community.

Teaming Up With Other Mental Health Ministries: Discussion delayed.

Governor's Proposed 2018-2020 Biennial Budget Hearings: Our region: tomorrow at TCC, starting at noon. Bruce and Tommie spoke last year.

Mental Health Advocacy Days at General Assembly: February 5 and 6.

Other Business/ Issues: Pete asked if there is a listing of Galilee programs to which one might donate. Also, whether GAMH has funds; how are the printing of brochures, etc. paid for? Tommie noted that when we needed additional GAMH brochures printed, flyers for WOG, etc. they were done by office staff without question. Follow up will be done on these questions.

Next Meeting: Tuesday, February 6

Respectfully submitted:

Tommie Cubine, Secretary

