

Attendance: Jocelyn Sharp-Henning, Cynthia Whitaker, Carla Tolomeo, Kelly Turney, Michael Reinke, Judie Bryant (Pilgrim Church UCC), Meta Vornehm, [Christa Tsechrintzis](#), Tom Woodward, William Manseau, Meg Hamm, Mike Apfelberg, Kristy Besada, John Rowntree, Pam Wellman, Cheryl Massie, Nonny Egbonu, Jim Jensen, Karl Hester, Nancy Meyer, Kathy Boss, Jon Spira-Savett, Pam Deres

Community Conversations: What do our congregations do to support health and wellbeing? Why is talking and learning about mental health important to you, your community and the world?

Presentation:

Meta introduced Cynthia Whitaker, President and CEO of Greater Nashua Mental Health. (Will attach bio.) Presentation:

Reasons it's important to know about mental health (from group): raising families, challenges of the world, knowing more about mental health may help interrupt cycles of MH problems and abuse, greater awareness of challenges decreases stigma and makes sure those who need it get specialized care. Theologies have been complicit in marginalizing people with MH difficulties; learning to do ministry with a "whole person", rather than just a spiritual model.

How do we all serve the whole person—sending folks with spiritual needs to faith communities and folks with mental health needs to mental health resources.

Levels of help: Upside down triangle of needs

Family/Friends/Clergy/Other community supports
Peer Support/Warm Line/ Online
Hotline/Traditional Outpatient
Intensive Outpatient
Hospitalization

Perhaps the huge rise in needing care during the pandemic is because the high level supports were lost through social distancing.

What is stress: Stress is when Demands are greater than our Resources

Stress leads to a spiral to Reactivity.

When Resources are greater than Demands, we spiral toward Creativity
Faith communities provide resources.

Stressed brains operate from the Amygdala—weaker control of thoughts, emotions and actions.
Unstressed brains operate from the Prefrontal cortex—tight control of thoughts, emotions and actions.

Mental health facts in the US.

1 in 5 US Adults experience mental illness each year

1 in 6 Youth experience mental illness each year

Suicide is 2nd leading cause of death among people age 10-34

Adults living with a serious mental illness die 25 years earlier than others.

In NH, there are 10 Community Mental Health Centers, as well as peer-support agencies and peer recovery support centers. There's also a NH chapter of NAMI and NAMI-Nashua.

Community Mental Health Centers:

serve all ages, including folks with no or any type of insurance,

including specialty programs for youth, older adults, first-episode of psychosis, co-occurring,

Assertive Community Treatment teams, functioning supports (housing, budgeting, supporting folks attending meetings, employment),

Community-based, wrap around services.

Use evidence-based practices, such as wrap around with family education, supported education and employment services

Greater Nashua Mental Health includes deaf services (including deaf social workers), Substance Use Disorder Services, InteGreat Health (with Lamprey providing physical health services in the GNMH facilities).

National Suicide & Crisis Lifeline: dial 988 (based in the area code of your call) or online resources [988lifeline.org](https://www.988lifeline.org)

New Hampshire Rapid Response Program:

Call 1-833-710-6477, which is NH call system, dispatching locally. Nashua PD can call the BullPen number directly, so calling Nashua PD is an option, asking for Mental Health trained Officer or asking for them to call Greater Nashua Mental Health Rapid Response.

Greater Nashua Mental Health can come to congregations for trainings.

A "Warm Line" is a place folks can call because they're lonely or anxious but do not need immediate resources. More supports than a "Hotline" for folks which is for folks who need resources more than a conversation partner.

Question of Neurodivergence: can include intellectual and developmental disabilities, brain injuries and acute problems as well as ADHD. Meant to be neurologically based problems.

Trauma, where does this fall? Not neurologically based but can rewire the brain, and brain can be "rewired" for trauma healing.

Wait for a neuro-psychological evaluation is 9-12 months in this area.

What are the signs that someone is suicidal. (Greater Nashua has a suicide prevention training)

- 1) Hopelessness, 2) "You won't see me next Sunday..." statements 3) a change—someone has been really down but gets happy (they may have a plan to end their lives) or someone gets really down.

To connect with a training session, call GNMH and ask for education department to set up a training.

De-stigmatizing mental health challenges is a community effort—congregations must learn more to combat stigma together.

Announcements:

Tomorrow at 6:00. Church of the Good Shepherd celebration of Kathy Boss ministry.

Habitat for Humanity March 29th building relationships with faith communities

March 19th at 4:00 free concert at Church of the Good Shepherd: Old Time Band Green Heron

Church of Jesus Christ of Latter Day Saints: announcement sent re: free genealogy conference. Local congregation has a team of professional level volunteers.

Pam Deres: Alzheimers Education classes resume on Fridays from 10-12. 460 Amherst St.

Meeting adjourned.

Treasurer's report: Main acct \$2915.12, CROP \$2880.66, Choir \$685.72.