



## **Meeting Notes: January 26, 2022: 3:00-4:30 PM**

### ***CHIP 2021-23 WORK GROUP GOAL:***

Increase individual and collective resiliency by strengthening social connectedness for those experiencing depression and/or anxiety.

[Work Group Action Plan](#) and [CHIP 2021-23 Plan summary booklet](#)

**CO-CHAIRS:** Timothy Ranney-Blake and Sandi Walters

1. **Introductions & Icebreaker:** "What's something you're looking forward to?"

Attendees: Timothy Ranney-Blake, Sandi Walters, Kemah Wilson, Elizabeth Quirk, Kat Allen, Kena Vescovi, Kirsten Levitt, Amanda Mankowsky, Amy Timmins, Ricia Elwell-Socci, Jen Audley

2. **Recap of Progress** on Year 1 Priority Strategies: What happened? What did we learn? How did we adjust?

### **Gather information about support groups currently available, including attendance data**

"Support groups" defined more broadly to include community groups that cultivate connection and support, such as Stone Soup, Kiwanis, etc. Peer-led support continues to be something we are interested in strengthening. This broader definition and pandemic movement to more online and asynchronous support means that attendance data may not be the best way to measure progress. In Year 2 we will set up a more a systematic way to collect data and track our progress

Amy mentioned Interfaith Council as a place for a support and also faith communities in general.

### **Implement educational programs and messaging campaigns that decrease stigma and increase help-seeking**

## **Encourage networking/connection between people who work in navigator roles**

### **Support organizations that host peer roles**

We decided to hold Focus Groups to gather info and evaluate options instead of forming an advisory group

For community education, we settled on ECPR, which seemed aligned with goals of the workgroup and partners, and took a deep dive into learning about public health messaging and anti-stigma campaigns to decrease stigma

Last week, 8 people representing four groups (RECOVER Project, Salasin Project, Stone Soup Café, and North Quabbin Community Coalition) completed the 12-hour training, so now we have 8 certified practitioners of eCPR who can help us figure out next steps.

Connecting people in navigator roles for collaboration happened via a meet-up for housing navigators meeting and will continue via the ecpr initiative.

Kirsten shared that ecpr was so powerful for her team, and they are ready to bring it to their day to day. She gave an example of using ecpr at Stone Soup Café and how it worked for the client and staff person.

Kirsten and others believe there is enough momentum to begin doing ecpr support circles now, at the same time as we are pursuing system change goals.

## **Increase access/reduce barriers to trainings/certifications for people with lived experience of anxiety/depression**

### **Advocate for policy changes in MA that will make peer support roles more sustainable**

Discussion about value of peer roles, and our commitment to focusing on support and identification of barriers, etc. to support agencies that have peer roles.

Kemah shared that peers can spend the time to make the heart to heart connections.

Kat- In Partnership for Youth's PEER Ambassadors program there is support for people who want to pursue certifications (such as peer specialist or recovery coach) Opportunity to collaborate with each other to create a network?

Ricia observed that unpaid internships and training programs that require investment of time/loss of income up front are barriers.

### 3. Looking forward to Year 2

Preview of what will be announced at the CHIP Network meeting next week:

**CHIP 2021-23 WORK GROUP GOAL** *updated to include more info about where it's happening:*

Increase individual and collective resiliency by [building the capacity of peers and community-based groups](#) to strengthen social connectedness for those experiencing depression and/or anxiety.

Language changes – instead of calling ourselves the “Anxiety and Depression” group, when we talk about this group’s work, we’ll focus on positive outcomes we desire, with words such as [Resilience and Social Connectedness, Mental Wellness, Healing](#) etc.

#### **CHIP-led work on this strand in 2022 will include:**

- Two more meetings of the full group: May 5 and Oct 4
- Working Group members learn about local resources for support and connection and share that info with community members. A sub-group of the full working group will work on this - Connect with Jen if you want to join!
- CHIP coordinator and co-chairs will select a few peer-led and community-based organizations to partner with more closely and work with them to define activities.
- The first cohort of Franklin County/North Quabbin eCPR practitioners will form an ongoing learning/support community and lead the way on next steps for bringing eCPR to our region.

### 4. Announcements & Invitations

- **CHIP Network Meeting** next week!  
Wednesday, February 2, 3-4:30PM  
[RSVP here](#)
- **CHIP Presents: Franklin County/North Quabbin Data & Perspectives on Youth Mental Health**  
Early March 2022 - date and time TBD
- **Communities That Care Coalition Meeting:**  
**Thursday, February 3, 11AM to 12noon**  
During the Second Hour of the Franklin County Resource Network Come join us as we present the Coalition’s Mike Fritz Community Builder award to the amazing Kirsten Levitt of Stone Soup Café, offer a few coalition updates, and take some time together to catch up on our Challenges, Hopes, and Dreams. First time attendees welcome!  
**For the CTC meeting's Zoom link email [Rachel Stoler](#).**
- **Stone Soup Café**  
#1: Saturday, 1/29 @ 2:30pm a virtual community building event about relationship building and storytelling. We will be playing a

game called "We Are Not Really Strangers" (see the game in action here: <https://youtu.be/ijBBYujUPBk>) You don't need to know anybody! Just bring yourself and some curiosity!

You don't need to know anybody! Just bring yourself and some curiosity! Folks can register here: [bit.ly/ssc129](http://bit.ly/ssc129) or RSVP on facebook here: <https://fb.me/e/Ynzi82aE>

#2: still space in our virtual book group! We are reading "**How to be an Antiracist**" by Ibram X Kendi. Everyone is welcome! We will have optional group Zoom conversations **2x per month** (every other week, starting **Feb 10th at 6pm**). We will strive to read two chapters per week (they are very short!).

We have created a **text-chain** to check-in with each other ~1x per week and see how the reading is going. You'll receive a text from one person, and then send a text to another person! Send Jansyn - [info@thestonesoupcafe.org](mailto:info@thestonesoupcafe.org) - an email if you're interested.

- Wildflower Alliance
  - **Alternatives to Suicide Public Forum 1/27/22** [Jen emailed info to meeting attendees on 1/26)
    - Introduction to the Wildflower Alliance community
    - Introduction to the Alternatives to Suicide approach and our Franklin County group facilitators
    - Testimonials from community members about their experiences of the group
    - Q&A
  - **A couple more mentioned in email w/ these minutes:**
    1. Task Force Intro to Mind/Body Medicine, 2/3/22, 2-3PM
    2. The Springfield-based **Youth Mental Health Coalition** will be launching a communications campaign that will normalize conversations around mental health. They want to ensure their messaging speaks to our youth!

If you are between grades 6 and 12 and live in the greater Springfield area, please **complete this very short survey** (less than 5 minutes!). The survey will be open until Friday February 11, 2022.

- **Help us spread the word!** We are asking everyone to please share this link with youth who live in the Greater Springfield area.