

## Mental Health Task Force Meeting

February 2, 2007 Noon to 1:30pm

Location: CSI, Landmark Hill, 518 Rte 1, Kittery, Maine

### Meeting Notes

Present: \* indicates a panelist/speaker for today's topic

Name	Organization Phone #	E-mail
1. Marcia Flinkstrom*	MSW student UNE	<a href="mailto:mflinkstrom@comcast.net">mflinkstrom@comcast.net</a>
2. Pam Durgin*	Support Solutions	<a href="mailto:pdurgin@supportsolutions.org">pdurgin@supportsolutions.org</a>
3. Heather Ciccarelli*	Parent	<a href="mailto:yorkcicc@maine.rr.com">yorkcicc@maine.rr.com</a>
4. Carolyn Potter*	Waban	<a href="mailto:cpotter@waban.org">cpotter@waban.org</a>
5. Brenda Gagnon	DHHS	<a href="mailto:Brenda.Gagnon@maine.gov">Brenda.Gagnon@maine.gov</a>
6. Michelle Armstrong	DHHS	<a href="mailto:Michelle.Armstrong@maine.gov">Michelle.Armstrong@maine.gov</a>
7. Jenny-Jo Holroyd	CSI Kittery	<a href="mailto:jholroyd@maine.rr.com">jholroyd@maine.rr.com</a>
8. Henry Guertin-Ouellette	363-4444 York PD	<a href="mailto:henlaugo@maine.rr.com">henlaugo@maine.rr.com</a>
9. Kim Perham	NAMI-FAMILY York 363-3429	<a href="mailto:yvfd@juno.com">yvfd@juno.com</a>
10. Karen Dufour	439-8391	<a href="mailto:karen.dufour@csimaine.com">karen.dufour@csimaine.com</a>
11. Marla Levy-Evans	603-205-4809	<a href="mailto:seacoasthope911@yahoo.com">seacoasthope911@yahoo.com</a>
12. Pauline Derby	Image Healing	<a href="mailto:tomesmerize@comcast.net">tomesmerize@comcast.net</a>
13. Pamela Sollenberger	The Tapestry of Healing	<a href="mailto:psollenb@prodigy.net">psollenb@prodigy.net</a> <a href="http://www.grieftherapy.net">www.grieftherapy.net</a>
14. Deb Erickson-Irons	439-6504	<a href="mailto:derickson-irons@yorkhospital.com">derickson-irons@yorkhospital.com</a>
15. Diane Brandon	438-9100 CWC/KEYS Coalition	<a href="mailto:diane@keysregion.org">diane@keysregion.org</a>

Notes taken by Brenda Gagnon, typed by Diane Brandon

1. Welcome & Introductions
2. Crisis Response and Peer Support – Deb Erickson-Irons is working on a committee with State Adult Services, focused on making improvements to various state services, including crisis services and peer support. She's looking for input and welcomes emails or phone calls.
3. Panel: Families with a child with special needs:
  - Marcia described the difficulty in linking parents of special needs children with services in the KEYS region. When her child was born with Downs Syndrome, she found some of the services she needed just because her friends could refer her, but it shouldn't just be a matter of luck.
  - Heather, who has a daughter was diagnosed with diabetes at a very early age, said there is minimal support for parents of children with special healthcare needs. No connections with parents who share the same issues and struggles. Has enormous impact on families needing support.
  - Carolyn Potter from Waban presented on services offered by herr agency for York County residents with MR, Autism. They don't see many people from the southern part of the county, though she's certain the needs are there. She handed out brochures, and information is at their website: [www.waban.org](http://www.waban.org)
  - Pam Durgin of Support Solutions described their services for "individuals with intellectual and mental health challenges". They serve children and adults in residential and at-home settings, and have an innovative program with outdoor

and arts components. They have an office in Eliot 438-9700. See their website for program information: [www.supportsolutions.org](http://www.supportsolutions.org)

4. Plans for upcoming meetings - DHHS presentation in March, by Marie Gray and Carleton Lewis; Legal Issues in April is being organized by Karen Dufour, but she would like to work with others and some offers of help were made at this meeting.
5. Resources and News Go-Round (contact information is above)
  - NAMI will be putting together a 9-week educational course called Peer to Peer in the next few months, and Family to Family will start again on Wed., March 7<sup>th</sup>. There is also a new support group in Sanford. Contact Kim for details.
  - Pamela Sollenberger is a grief counselor in Exeter but works in various programs throughout the area, including at Stepping Stones in Portsmouth. (See contact info in list above.)
  - Pauline Derby is a hypnotherapist with a practice at Landmark Hill.
  - Marla is offering a workshop on mental health and creativity.
  - Brenda spoke about York County Case Review, organized by DHHS to help families with needs that aren't met in regular programs.
  - Henry spoke about the firestarters issues, which will be the focus of the May meeting.

Upcoming Meetings (usually on first Fridays, Sept. – June)

- March 2: (meeting was later cancelled)
- April 6: DHHS Adult Services (Marie) Law Enforcement & Mental Illness (Karen)
- May 11: (second Friday, because the annual Bi-polar Conference is on the first Friday of May) - York County Juvenile Fire Safety and Intervention Collaborative (Henry)
- Background:, Director: Pamela A Tourangeau; Henry is on their Assessment Team ... “where we have representatives from Law Enforcement, Fire Departments, School Guidance Departments, DHHS, Mental Health reviewing individual cases. Many of the Agencies present at our meetings might be interested in a picture of the problem and how they could be of help to many of these youngsters. Firesetting is a more serious problem in our region than one would suspect.”
- June – review, reflect, evaluate and plan for next year