

Stigma Free Committee Mtg. June 19, 2019 Dumont Public Library

Present: Billy Paige, Margaret Preis, Karen DeMarco, Elaine Wing, Shelisa Foster, Vicki Iucci.

1. Minutes from May 29, 2019: adopted with no changes

OLD BUSINESS -

2. MH FIRST AID TRAINING

- a. Karen sent out survey re: mtg options to 30 people; 17 answered
- b. July 27 and August 3 10 A – 2 P @ Vantage in Dumont. Flyers to be sent out. Fall dates will also be set for a second training option.

3. DUMONT DAY REGISTRATION COMPLETED SEPT. 7 (RAIN DATE 09/08)

- a. Shelisa will loan a tent (tables and chairs provided by DD)
- b. Maggie, Shelisa & Billie will work on resources to have and give away. Conversation around “info materials” and materials that make MH more accessible / relatable to people. What can we provide for “Dumont SFTF”?
- c. Elaine and others to work on “fun activities” to draw people. Ideas: Post It Art, Pop Quiz, candy, green wrist band, Sign Contest...
- d. Karen will send out Cty. list of liaisons to All that can be resource contacts
- e. Sources: NAMI, NIH, other SFTF in the area...

4. SIGNAGE

- a. Design chosen. DPW, will make/install signs for main arteries into Boro.
- b. No update yet on signage on electronic boards at schools
- c. Contest at DD for addtl. signs (library, schools, parks...) Elaine to talk with Tanya Zimmerman of Shade Tree Commission
- d. Portable signs. Made from coroplast. Ask that churches or other organizations put the sign on their property to promote SFTF. Contest – “Where’s the SFTF Sign this week?” (This was part of the conversation later in the June 19 mtg.)

5. REACHING THE SENIOR POPULATION. Vicki spoke with Donna Faulborn about connecting with seniors and cultures where there are more stigmas. Challenging populations – help needed but very resistant. Centralized services from hospitals and physicians now offering MH help. Elaine mentioned use of social media to reach adult children of seniors for a recent

Next Page

NEW BUSINESS –

7. INVOLVING PERSONS WITH SPECIAL SKILLS OR GENERAL INTERESTS

a. Publications for Dumont SFTF. Karen asked our SFTF members with clinical experience to work on these documents which will then go to individuals with specific skill sets, i.e., graphic design, printers, photographers etc.

7. Continued

b. Ideas shared for how to solicit and organize the categories for help... Karen will take the ideas and move ahead.

c. Website – ideas shared for content. Basic info about SFTF. Contact. Mtg. schedule. How to participate/. Links for Bergen Net and other resources, testimonials... The Boro has a website for SFTF. Boro Administrator will oversee but our SFTF can put up information.

8. SFTF BUDGET

a. We cannot solicit financial gifts because we are a Boro Committee. However, we might be able to get benefactors who will give SFTF “In Kind” donations for SFTF activities / programs / expenses. We talked about going to Boro business with a standard letter and wish list of items. The Boro will put SFTF in the 2020 budget.

b. Wish list items could include wrist bands, pens/pencils, refrigerator magnets with inspirational quotes, “portable coroplast sign,” T-shirts...

c. Karen sending out list of business and creating a letter and wish list for SFTF

9. SMART a. Elaine suggested that our meeting agenda format incorporate SMART GOAL data that forces us to record the following: Who is doing what. When / By When. How.... Smart goals can be Sustained Measurable, Accountable, Realistic and Timely.

Adjournment!

Minutes recorded by SFTF Member Elaine Wing