



Consumer Council System of Maine
A Voice for Consumers of Mental Health Services

Mission Statement: The Consumer Council System of Maine represents fellow consumers with an effective, organized voice in shaping public policy and mental health services. We hold as essential the participation of all consumers and look to collaborate with allies to find realistic solutions to local and statewide issues and to advance recovery-oriented, consumer-driven mental health care and peer-run recovery opportunities.

Lewiston Local Council Agenda
January 18, 2023 @ 10:00 to 12:00
Meeting Held at the Lewiston Rec Center
and via Zoom Video Conferencing

Zoom Information

To join by video, click link: <https://us02web.zoom.us/j/8938611710>

To join by phone only (no computer needed) Dial: 1-929- 205-6099

Enter Webinar / Meeting ID# when prompted: ID #893 861 1710

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| <p>1. <u>Welcome, Introductions, Attendance & Review Zoom Meeting Guidelines</u></p> <p>A) Check In & Ice Breaker</p> <p><u>Attendees:</u></p> <p><u>Staff:</u></p> <p><u>Guests:</u></p> <p><u>Quorum Established?</u> _____ Yes _____ No</p> <p>_____ called the meeting to order at _____.</p> <p>_____ chaired the meeting and _____ took the minutes.</p> |
| <p>2. <u>Review & Adopt Meeting Agenda and Previous Meeting's Minutes:</u> (Vote)</p> <p>A) Review and adopt current meeting agenda.</p> <p>→ <i>Motion was made by _____ to adopt this Meeting's Agenda. It was seconded by _____. Was there any discussion? (No) The Motion (Tabled) with _____ in favor of, _____ opposed to, and _____ abstentions.</i></p> <p>B) Review and adopt 11/16/2022 and 12/21/2022 meeting minutes.</p> <p>→ <i>Motion was made by _____ to adopt the meeting minutes from _____. It was seconded by _____. Was there any discussion?</i></p> |



	<p>(Yes or No) The Motion (Tabled) with _____ in favor of, _____ opposed to, and _____ abstentions.</p>
3.	<p><u>CCSM Reports:</u> (No Vote)</p> <p>Update from the CCSM Office</p> <p>A) Staff has viewed the first draft of our film, as filmed and produced by No Umbrella, LLC. We hope to receive the final version to share with you all soon!</p> <p>Issues Subcommittee Meeting Update</p> <p>A) Issues Subcommittee Meeting is the 2nd Wednesday of every month @ 10:00 am via Zoom. Next meeting: 2/8/2023.</p> <p>B) The Committee is still receiving feedback on the First Draft of the Maine.gov DHHS Website Issue Statement.</p> <p>Legislative Subcommittee Meeting Update</p> <p>A) Legislative Subcommittee Meeting is the 1st Wednesday of every month @ 10:00 am via Zoom. Next meeting: 2/1/2023.</p> <p>a. Writing Support groups and the CCSM Legislative 101 training will begin soon! Stay tuned for more information.</p> <p>SCC Board Meeting Report</p> <p>A) SCC Meeting is the 4th Friday of every other month @ 10:00 am. The next SCC meeting will occur on February 24, 2023.</p> <p>A) SCC Update to be provided during next meeting on March 15, 2023.</p>
4.	<p><u>Outreach:</u></p> <p>A) Excel spreadsheet and outreach ideas</p> <p>B) Dot and others will be completing gratitude jars after this meeting.</p> <p><i>Please join if you can!</i></p> <p>What are YOU doing to Outreach to others?</p>
5.	<p><u>Discuss Current Issues Statement Work:</u></p> <p>A) Local Issue Statement development...let's brainstorm together.</p>
6.	<p><u>Follow Up Business:</u></p>



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	<p>A) New meeting location @ the Lewiston Rec Center/Armory (again)!</p> <p>B) Discussion on newly elected representatives</p> <p>C) Community resource list</p>		
7.	<p><u>New Business:</u></p> <p>A) Hope Conference – May 17, 2023 (See documents in meeting packet)</p> <p> a. Event flyer</p> <p> b. Presentation proposals due February 2nd, 2022</p> <p> c. Art submissions must be 2 inches or smaller; due February 2nd, 2022.</p>		
8.	<p><u>Future Agenda Items:</u></p> <p>A) SCC Update</p> <p>B) Legislative Subcommittee Update</p> <p>C) Any other items?</p>		
9.	<p><u>Community Updates and Announcement:</u></p> <p>A) CCSM’s Annual Meeting! Save the date: January 27, 2023 @ 10:00 am to 2:00 pm at the Augusta Elks Lodge (397 Civic Center Drive, 04330). The registration flyer is attached to meeting packet and is due on January 20, 2023.</p>		
10.	<u>Meeting Recap & Task List</u>	<u>Who?</u>	<u>When?</u>
	Pre-read all meeting materials	All	Monthly
	Attend next Local Council Meeting	All	Monthly
	Prepare Agenda and submit to Outreach Coordinator	Chair	Jan 4
	Prepare Minutes and submit to Outreach Coordinator	Secretary	Dec 23
	Send all meeting documents to Local Council members at least 10 days before next meeting per the Governance Guidelines.	Outreach Coordinator	Jan 8
11.	<p><u>Meeting Evaluation:</u></p> <p>What went well?</p> <p>How can we improve our meetings?</p>		



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12.

Meeting Wrap Up:

Next Meeting will be on:

February 15, 2023, from 10:00 am - 12:00 pm at the Lewiston Rec Center and via Zoom.



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Lewiston Local Council Business Meeting Minutes

January 18, 2023 @ 10:00 to 12:00

**Meeting Held in Room 101 at the Lewiston Rec Center/Armory
and via Zoom Video Conferencing**

Zoom Information

To join by video, click link: <https://us02web.zoom.us/j/8938611710>

To join by phone only (no computer needed) Dial: 1-929- 205-6099

Enter Webinar / Meeting ID# when prompted: ID #893 861 1710

1. Welcome, Introductions, Attendance & Review Zoom Meeting Guidelines

A) Check In

Attendees: Vickie, Dot, Josie, Nancy (new member!)

Staff: Ash Hebert

Guests:

B) Zoom Etiquette

C) Establish Quorum? _____ Yes ____XX____ No

____ Vickie ____ called the meeting to order at ____ 10:10am ____.

____ Vickie ____ chaired the meeting and ____ Ash ____ took the minutes.



<p>2.</p>	<p><u>Review & Adopt Meeting Agenda and Previous Meeting's Minutes:</u> (Vote)</p> <p>A) Review and adopt current meeting agenda.</p> <p>→ Due to lack of quorum, the Lewiston LC did not vote to accept the January meeting minutes. The group reviewed meeting documents prior to moving forward.</p> <p>B) Review and adopt <u>11/16/2022, 12/21/2022, and 1/18/2023</u> meeting minutes.</p> <p>→ Voting on 11/16/2022, 12/21/2022, and 1/18/2023 minutes tabled due to lack of quorum. Members did review the minutes before proceeding.</p>
<p>3.</p>	<p><u>CCSM Reports:</u> (No Vote)</p> <p>Update from the CCSM Office</p> <p>A. Annual meeting!</p> <p>B. CCSM Outreach video project is wrapping up.</p> <p>Issues Subcommittee Meeting Update</p> <p>A. Reviewed the following Issue Statements:</p> <p>a. DHHS Maine.gov Website Issue Statement (Second Draft) looking to improve accessibility and timely updates. <i>Feedback due to vmccarty@maineccsm.org by 2/8/2023.</i></p> <p>b. Trauma-informed Care Issue Statement (Concept Draft) looking to increase access to trauma-informed care for adults in Maine. <i>Feedback due to vmccarty@maineccsm.org by 2/8/2023.</i></p> <p>The next meeting is February 8, 2023, from 10:00am to 12:00pm via ZOOM.</p>



Legislative Subcommittee Meeting Update

A. Reviewed CCSM's bill summaries for the following two bills:

- a. LR/LD "An Act to Reestablish Peer Respite Services for Adults with Mental Health Challenges in Maine"
- b. LR/LD "An Act to Bring Parity to Jail and Prison Board of Visitors"

B. Returning soon: Legislative Writing Groups will be starting up soon, as the Legislative Resolution list has been released.

The next meeting is **February 1, 2023, from 10:00am to 12:00pm via ZOOM**

SCC Board Meeting Report

A. Vickie provided an SCC report this month.

B. SCC voted: Augusta LC is officially a Recognized Council!

C. SCC voted: Every other fourth Friday of the month at 10am, alternating with the SCC meeting, there will be a hybrid meeting to focus on Outreach, Legislative, and other tasks that need to be completed. This group will begin on March 24, 2023, at 10:00 am, and the first meeting will focus on Legislative projects.

The next SCC meeting is **February 24, 2023, at 10:00 am**

4. Outreach:

What are YOU doing to Outreach to others?

- A. Presentation at Looking Ahead Clubhouse: January 23, 2023, at 12:30pm (Zoom)
- B. Ash will reach out to Bates College and University of Maine Lewiston/Auburn
- C. Other ideas for outreach: the Root Cellar, Women's Wonder Center, Shelby's Place, Maine People's Alliance



4. Discuss Current Issues Statement Work:

A. Dot's granddaughter spoke with the group over the phone about barriers to personal and public transportation. Some issues she expressed:

- a. Totaled vehicle and trying to find other transportation. Bus stops are every hour rather than half-hour now. This is okay if someone has a day trip, but not for shorter/multiple destinations. A one-hour appointment can turn into a three-hour situation.
- b. Cabs cost a lot. Upwards of \$30 dollars to buy cab for transportation. LogistiCare is wonderful if the appointment is scheduled out in advance or for general practice; however, difficulty booking for appointments in other cities/counties.
- c. When receiving state assistance, a car is not considered a "necessity." Because of this, expenses relating to maintaining a vehicle like insurance and car payments do not count as expenses when calculating TANF/food stamp allocations. However, a car is needed for work, appointments, and accessing other resources in the community.
- d. When she first received TANF, she had to participate with FEDCAP, a program that helped her search for work from 8a-4p, M-F until she acquired a job. FEDCAP paid for childcare if it can be found; waitlists in the area are very long due to overwhelmed system. FEDCAP also provided free bus passes to and from the job search program.

B. Suggestions from Dot's granddaughter:



	<ul style="list-style-type: none">a. Consider car payment, insurance, and other regular vehicular expenses under total household expenses for adults who receive TANF, food stamps, and other benefits.b. Expand MaineCare’s transportation assistance program (LogistiCare/ModivCare) for not only medical appointments but also for education, work, childcare.c. Reestablish regular, reliable 30-minute bus stop schedule in Lewiston. <p>C. Nancy suggested researching the Bates student community programs and how they might be able to help with grants, making studies to base issue statements on, and other technical assistance.</p>
5.	<p><u>Follow Up Business:</u></p> <ul style="list-style-type: none">A. Annual meeting donations: Dot and Vickie brought in several donations to add to the Annual Meeting raffle.
6.	<p><u>New Business:</u></p> <ul style="list-style-type: none">A. Nancy introduced the Trauma Incident Reduction workshop and how it might relate with peer services. The group agreed to research this training resource further and will discuss at the next meeting.
7.	<p><u>Future Agenda Items:</u></p> <ul style="list-style-type: none">A. Revisit local issue statement conversation.B. Building Resilience and Trauma Incident Reduction workshopsC. Findings from Bates community liaison research
8.	<p><u>Community Updates and Announcement:</u></p> <ul style="list-style-type: none">A. St. Mary’s Hospital will have 6pm feature tonight (1/18/2023) on the local news tonight regarding gaps in the mental health system.



9. <u>Meeting Recap & Task List</u>	<u>Who?</u>	<u>When?</u>
Pre-read all meeting materials	All	Monthly
Attend next Local Council Meeting	All	Monthly
Prepare Agenda and submit to Outreach Coordinator	Chair	
Prepare Minutes and submit to Outreach Coordinator	Secretary	
Send all meeting documents to Local Council members at least 15 days before next meeting per the Governance Guidelines.	Outreach Coordinator	
10. <u>Meeting Evaluation:</u> What went well? Nancy attended a CCSM Local Council for the first time today and identifies as an ally. Posting this meeting on Facebook helped spread the word. How can we improve our meetings? Parking and finding the meeting room are difficult. We can find a way to guide people to the meeting space more easily.		
11. <u>Meeting Wrap Up:</u> <u>Next Meeting will be on:</u> WHEN: February 15, 2023, from 10am to 12pm WHERE: Lewiston Armoy/Rec Center in Room 101 AND via Zoom		