



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

219 Capitol Street Suite 7

Augusta, ME 04330

Phone: 207.430.8300

Fax: 207.430.8301

Toll-Free: 877.207.5073

www.maineccsm.org

**Rumford Local Council Meeting Agenda**

**Tuesday, October 11, 2022 at 5:00 PM**

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 Meeting ID# when prompted: 893 861 1710 No password needed!

**Welcome, Introductions, Attendance & Review Meeting**

**Guidelines**

**A) Check-In & Ice Breaker B) Zoom Etiquette C) Establish Quorum**

Introductions:

1. Ice Breaker Idea: **At 10 years of age what did you want to do when you became an adult?**

Attendance:

Establish Quorum :

Review & Adopt Meeting Agenda:

2. Review & Adopt Previous Meeting's Minutes :

N/A





02...0219 Capitol

Street

Augusta, ME 04330



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

Phone: 207.430.8300

Fax: 207.430.8301

Toll-Free: 877.207.5073

www.maineccsm.org

## **Rumford Local Council Meeting Minutes**

**October 11, 2022, at 5 pm via Zoom Web Conferencing**

**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 Meeting ID# when prompted: 893 861 1710 No password needed!**

**Welcome:**

**Introductions: Ash, new Outreach Coordinator**

**Ice breaker:**

**Attendance:** Charlie, Vickie M. (staff), Ash (staff)

**1.**

**Review Meeting Guidelines:**

**Establish Quorum** No

**2.**

**Review & Adopt Meeting Agenda:** N/A

**Review & Adopt Previous Meeting's Minutes:** N/A

## **SCC Board of Directors Report**

### **Current Issues Subcommittee Statement:**

3. A. Issues committee second draft (Access to Affordable Car Repairs): Group reviewed second draft, particularly recommendations in the community. The deadline for feedback, personal stories, and other submissions was on October 10.

## **Ongoing Business:**

### **Outreach to peers:**

4. A. Building council membership: Group brainstormed how to increase Rumford membership, including location pros/cons. Peer center has a lot of people with lived experience who may be willing to engage, but it is not as neutral as say, a library. The Rumford Library was not open to in-person meetings last time we checked. The group looked online however details were unclear. Will follow up with library staff via email. Vickie raised the idea of Ash going to Rumford (Beacon House) peer center once a month to get feedback on current projects, invite new people to join CCSM, etc.
- B. Charlie informed group that he would ask his peers if they would be interested in joining at an upcoming retreat.
- C. Other Topics: Education with peer groups as a potential long-term goal for CCSM (maybe an educational branch of CCSM?)

## **Other concerns**

A. The group processed about the work group against violence in emergency departments. Vickie shared that she and Simonne wrote up a statement. Cited articles ([1](#), [2](#)) about hospital violence, and LD 629 ED Violence Taskforce Testimony (attached to this email).

- ✓ Group feedback: Charlie expressed that respecting someone's worldview and honoring mutuality (as taught in Certified Intentional Peer Support Training) as ways to approach this issue.
- ✓ Connected the incidences of violence in emergency departments with the success of the Riverview peer support program. Charlie voiced that peer support workers have built a positive reputation because they experience less conflict during their interactions with clients compared to staff and medical providers.
- ✓ The group discussed Consumer Rights as well as Consumer Responsibilities (the duties we have to ourselves and our community to work toward a more empowering and uplifting world).

## **Future Agenda Items:**

A. Provide peer outreach updates

## **Meeting Reflection**

### **1) What went well?**

Lively brainstorming session that flowed into a deeper conversation around peer support success stories, how we can embody the spirit of the peer support model to influence positive change (for example, ED violence on the local level).

### **2) What could be improved upon?**

Attendance, raising involvement so that more voices are at the table.

**Next meeting date: November 8<sup>th</sup>, 2022, at 5 pm**

