



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

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www.maineccsm.org

Rumford Local Council Meeting Agenda

Tuesday, February 14, 2023 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

1. Introductions:

Ice Breaker Idea:

Attendance:

Establish Quorum:

- Review & Adopt Meeting Agenda for **2/14:**
_____ Motioned, _____ Seconded. _____ In favor, _____ Opposed, and _____ Absentions. Discussion? _____

- 2. • Review & Adopt Previous Meeting Minutes for **10/11, 11/8 (the Rumford LC did not meet on 12/13 or 1/10):**
_____ Motioned, _____ Seconded. _____ In favor, _____ Opposed, and _____ Absentions. Discussion? _____

3. **CCSM Meeting Reports:**

SCC Board of Directors Report:

Issues Subcommittee Updates

The Issues Subcommittee meets every **second** *Wednesday of the month*, from 10a-12p via Zoom.

- The Second Draft of the DHHS Maine.gov Website Issue Statement has been voted on by the SCC.
- Maine Trauma-Informed Care Concept and First Drafts
 - What does trauma-informed care look like and feel like for you?
 - Who is providing it in the area, and what types of trauma-informed services would you like to see?

Legislative Subcommittee Updates

The Legislative Subcommittee meets every **first** *Wednesday of the month*, from 10a-12p via Zoom.

- Stay tuned for Maine's 131st Legislative Session...Contact Vickie McCarty (vmccarty@maineccsm.org) to join our email list and receive CCSM's legislative updates!
- CCSM will be submitting two sponsored bills this upcoming session:
 - Melanie Sachs sponsoring Peer Respite bill
 - Pinnie Beebe-Center sponsoring Parity between County Jail and Maine Prison Board of Visitors
- Testimony Writing Groups will begin in January via Zoom, meeting days TBD.
- Who are your newly elected elected Maine representatives?
 - https://ballotpedia.org/Maine_House_of_Representatives_elections,_2022
 - https://ballotpedia.org/Maine_State_Senate_elections,_2022
- IMD Waiver Form Disability Rights Maine Handout

4. Ongoing Business:

Outreach Discussion:

- Potential outreach contacts (share brochures, posters, meeting info):

Organization	Location	Hours	Contact Info
Old School Food Pantry	115 Maine Ave, Rumford	Wed 3p-6p	oldschoolfoodpantry@gmail.com
Friends of the River Valley	49 Congress Street, Rumford	Varies	info@friendsofrivervalley.org
Rumford Public Library	56 Rumford Ave, Rumford	Mon 9a-4p, Tues 9a-6p, Wed 9a-5p, Thurs 9a-6p, Fri 9a-5p	207-364-3661 and rplmail@rumford.lib.me .us
WMPF 91.1 River Valley Community Radio	142 Congress St, PO Box 91, Rumford	Varies	207-536-9110 and StationManager@WMPF.net
River Valley Reporter	142 Congress St, PO Box 91, Rumford	Varies	207-536-9110 and https://discoverrvme.com/self-service-promotion-portal/
River Valley Voice	Facebook page	24/7	N/A
River Valley Healthy Communities Coalition	49 Congress St, Rumford	Mon-Fri 8a-4p	(207) 364-7408 and rvhccburke@gmail.com

Local Issue Statement

- Brainstorming issues people have been experiencing in Rumford area?
 - Rent market and possible solutions to increase access to affordable housing

Other Concerns

1. Annual Meeting review!
2. March 1, 2023 from 8a-12p at the Augusta State House: Hall of Flags event!
3. May 17, 2023, from 8a-4p at the Augusta Civic Center: 2023 HOPE Conference
4. 2023 CCBHC Info Session flyer

5. Future Agenda Items:

- SCC Board Report will be provided this month on February 24, 2023.
- Continue developing local issue statement

6. Meeting Reflection

1) What went well?

2) What could be improved upon?

Next meeting date: Tuesday, March 14 at 5:00 pm.

Meeting Recap & Next Steps

Task	Who's Responsible	Due Date
Collect feedback for issue statements (local and SCC)	Everyone	
Research/reach out to newly elected State reps	Everyone	
Reach out to at least one organization listed in the "Outreach Disc" section.	Everyone	
Prepare and send out meeting documents <i>at least</i> ten days prior to next Rumford LC.	Ash	



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Rumford Local Council Meeting Minutes

February 14, 2023, at 5 PM

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Welcome

Introductions:

Ice breaker: *What is something you do to cheer yourself up on a stormy day?*

1. **Attendance:** Jana Mason, Jeanette Jacques

Staff: Ash Hebert

Review Meeting Guidelines

Establish Quorum No

Review & Adopt Meeting Agenda: Due to limited attendance, members did not vote to adopt this current agenda. The agenda was reviewed and there was no discussion on the agenda before proceeding to the next meeting item.

2. **Review & Adopt Previous Meeting's Minutes:** Due to limited attendance, the Rumford Local Council did not vote to adopt minutes for 10/11/2022. The Rumford LC did not meet on 11/8/2022, 12/13/2022, nor on 1/10/2023 (due to low attendance), so no minutes were recorded for these dates.

3. **CCSM Meeting Reports:**

Statewide Consumer Council (SCC) Board of Directors Report

The SCC meets *on the fourth Friday of every other month*, from 10a-2p via Zoom and at the CCSM main office.

- From 1/6/2023: Augusta LC newly recognized!
- SCC voted on instituting meetings that alternate with the SCC (every other last Friday of the month). These hybrid meetings will be offered at the CCSM office as well as via Zoom and will focus on one topic at a time: legislative writing in late March, outreach planning in May, future focuses TBD.
- Next SCC Meeting: 2/24/23 from 10a-2p.

Issues Subcommittee Updates

The Issues Subcommittee meets *every second Wednesday of the month*, from 10a-12p via Zoom. Next meeting: March 8, 2023.

- DHHS Maine.gov Issue Statement (final draft) will be voted on during next SCC meeting on 2/24/23.
- Trauma-informed care Issue Statement (first draft) – Submit stories and feedback to vmccarty@maineccsm.org. The group agreed that having ACE (Adverse Childhood Experiences) score results on file could be helpful to not only MH providers. Input from group: trauma is more common than we realize or discuss...especially for older generations.

Legislative Subcommittee Updates

The Legislative Subcommittee meets *every first Wednesday of the month*, from 10a-12p via Zoom. Next meeting: March 1, 2023.

- Hall of Flags event
- CCSM Bill Summaries
- Writing Group Mondays 1-3pm

4.

Ongoing Business:

Outreach Report and Brainstorming

- New ideas: River Valley Voice (maybe connect, invite to a meeting?) and River Valley Rising (food, clothing, community advocacy)

Local Issue Statement Development- Tabled

- Sent over email to Jana – rent control (local issue brought up during Beacon House outreach in December). Group decided not to pursue rent control at this time. Discussion tabled until March.

Other concerns

Ash shared the following news from the community:

1. CCBHC Input Sessions 2023
2. Hope Conference event flyer and call for submissions
3. Annual meeting review

Future Agenda Items

- Discuss local issue statement ideas
- Meeting location planning

New Business:

LC Meeting Location

- The group identified a few reasons why peers might not be attending virtual LC meetings: access to internet, access to device for two hours and private setting (some peers may live in congregate setting with shared technology). Members proposed that in-person meetings will yield higher attendance.
- In-person meeting options:
 - Muskie Room in the Rumford Island Housing (Stanford Management) building?
The room is located right next to the Beacon House, so peers would most likely attend. The door locks in the private building, so someone would need to keep it open. CCSM meetings typically held in public

buildings to increase accessibility. New housing manager named Amanda → we could talk to her.

- Peer Center?

After hours available on some evenings, not on Tuesdays during regular meeting time. Meeting during peer center hours may present conflict of interested in most involved members. Ash will ask Simonne how to navigate this issue.

- Any other ideas?

Ash will talk with Simonne and relay information back to group. Will also research other meeting spaces in case alternative options are needed.

Meeting Reflection

1) What went well?

Jeanette and Jana attended! Helpful conversation about meeting space

2) What could be improved upon?

Attendance

Next meeting date: Tuesday, March 14 at 5:00pm via Zoom.

Meeting Recap & Next Steps

Task	Who's Responsible	Due Date
Arrive to the meeting prepared, materials reviewed	Everyone	3/14/23
Write agenda	Ash	3/3/23
Write minutes	Ash	3/3/23
Share the CCSM with your network!	Everyone	Continuous