



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

March 14, 2023, at 5 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:

Ice breaker:

1. Attendance:

Staff:

Review Meeting Guidelines

Establish Quorum:

Review & Adopt Meeting Agenda:

2. Review & Adopt 10/11/2022 and 2/14/2023 Minutes:

Note: The Rumford LC did not meet on the following dates: 11/8/2022, 12/13/2022, nor on 1/10/2023. No minutes were recorded for these dates.

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 February 24, 2023: Reviewed strategic plan, voted in the DHHS Maine.gov issue statement, and watched the new CCSM video.
- Next SCC Meeting: April 24, 2023, from 10a-2p.

Issues Subcommittee Updates

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

- Trauma-informed care Issue Statement (second draft) – Submit stories and feedback to vmccarty@maineccsm.org.
 - Feedback:
-
-

3.

Legislative Subcommittee Updates

The Legislative Subcommittee meets *every first Wednesday of the month*, from 10a-12p via Zoom. Next meeting: **April 5, 2023.**

- Hall of Flags event video: <https://www.wabi.tv/2023/03/02/peer-support-advocate-urge-lawmakers-consider-all-aspects-care-people-struggling/>
- CCSM Peer Respite Bill (**LD 540**)
- Writing Group Mondays 1-3pm

Ongoing Business:

Outreach Report and Brainstorming

- Ash reached out to River Valley Rising (update)
- CCSM outreach tips handout
- New CCSM video! <https://youtu.be/OIQSAyVnFRY>

Local Issue Statement Development Ideas:

4.

CCSM Events and Community News:

1. CCBHC Input Sessions 2023
2. Hope Conference event flyer → May 17, 2023 from 8a-4p at the Augusta Civic Center
3. Disability Pride Event with DRM on July 21, 2023!

Future Agenda Items

- Discuss local issue statement ideas.
- Review CCSM legislative mandate?

New Business:

LC Meeting Location

- Muskie Room in the Rumford Island Housing (Stanford Management) building? Community Center?

Meeting Reflection

1) What went well?

2) What could be improved upon?

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	Everyone	
Write agenda	Ash	
Write minutes	Ash	
Share the CCSM with your network!	Everyone	Continuous



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Rumford Local Council Meeting Minutes

February 14, 2023, at 5 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:

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

Ongoing Business:

4.

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