



**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.*

## **Bangor Local Council Agenda**

March 28, 2023

<p><b>1.</b> Kandie</p>	<p><b><u>Welcome, Introductions, Review Meeting Guidelines, &amp; Housekeeping</u></b> <b><u>Attendance/ ice breaker:</u></b></p> <p><b><u>Staff:</u></b> <b><u>Guest:</u></b> <b><u>Establish Quorum: Y      N</u></b></p>
<p><b>2.</b> Renee</p>	<p><b><u>Review &amp; Adopt Meeting Agenda and Previous Meeting's Minutes: (Vote)</u></b></p> <p>A) <i>Review and adopt current meeting's agenda.</i></p> <ul style="list-style-type: none"><li>• <i>Motion to adopt made by:</i></li><li>• <i>2<sup>nd</sup> by:</i></li><li>• <i>Discussion:</i></li><li>• <i>Y____ N____ A____</i></li></ul> <p>B) <i>Review and adopt meeting minutes from February 28, 2022</i></p> <ul style="list-style-type: none"><li>* <i>Motion to adopt made by:</i></li><li>* <i>2<sup>nd</sup> by:</i></li><li>* <i>Discussion:</i></li><li>* <i>Y____ N____ A____</i></li></ul>



<p><b>3.</b> <b>Kandie</b></p>	<p><b><u>New Business</u></b> <b>Guest speaker:</b> Agenda will be amended as needed if a guest speaker is able to attend.</p>
<p><b>4</b> <b>Brian</b>  <b>Renee</b>  <b>Kandie/ Vickie</b>  <b>Ash</b></p>	<p><b><u>CCSM Reports:</u></b> <i>(No Vote)</i></p> <p>A) <i>SCC Report this month.</i></p> <p>B) <i>Issues Subcommittee-Report</i></p> <p>C) <i>Legislative Subcommittee -Report</i></p> <hr/> <p>D) <i>Office Update</i></p>
<p><b>5.</b> <b>All</b></p>	<p><b><u>OUTREACH:</u></b></p> <p><i>*Intentional – Planned meeting/discussion)</i></p> <p><i>*Spontaneous -impulsive, spur of the moment)</i></p> <p><b>Where did you do CCSM outreach?</b></p> <p><b>Agencies?</b></p> <p><b>Individuals?</b></p>



<p><b>6.</b> <b>Kandie</b></p>	<p><b><u>Discuss Current Issues Statement Work:</u></b></p> <p><b>A) Grievance process at jail.</b></p> <p><i>Brainstorming:</i></p> <ul style="list-style-type: none"><li><i>*Easy for everyone to understand, those incarcerated and those involved with process*Clear steps to follow</i></li><li><i>*Accessibility*Meeting people where they are at</i></li><li><i>*Having an example page for the grievance process</i></li><li><i>*Simplistic, matter of fact, short and to the point</i></li><li><i>*Knowing what your next steps are after the process is began</i></li><li><i>*They need to know there is confidentiality and the document is secure</i></li><li><i>*Possibly an app for ability to do it verbally on app</i></li><li><i>*How do we make the process legit</i></li><li><i>*Time frame to hear response</i></li><li><i>*Get assistance from someone via ZOOM</i></li><li><i>*Maybe handle grievance outside of jail (centrally handled)</i></li><li><i>*Multi language</i></li></ul> <p><b>B) Move Admittance to Mental Health Hospitals Away from the Emergency Rooms</b></p>
<p><b>7.</b> <b>Natalie/ Brian</b></p>	<p><b><u>Follow Up Business:</u></b></p>
<p><b>8.</b> <b>Renee</b></p>	<p><b><u>Future Agenda Items:</u></b></p>
<p><b>9.</b> <b>All</b></p>	<p><b><u>Community Updates and Announcements:</u></b></p>



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

10. Assigned Tasks:	<u>Who?</u>	<u>When?</u>	
<i>Pre-read all meeting materials and attend next month's LC Meeting</i>	<i>All</i>	<i>Monthly</i>	
<i>Prepare Agenda and submit to Outreach Coordinator</i>	<b>Kandie</b>	<i>Monthly</i>	
<i>Minutes and send to Outreach Coordinator</i>	<b>Renee</b>	<i>10 days after meeting</i>	
<i>Send out meeting documents to all Local Councilor Members</i>	<b>Ash/staff</b>	<i>At least 15 days prior to next meeting.</i>	
11. Renee	<u>Evaluation, Recap:</u> What went well? How can we improve our meetings?		
12. Kandie	<b>Meeting Wrap Up:</b> Next meeting: <b>April 25,2023</b>		

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Local Council Business Minutes From

Date: March 28,2023

In person at Bangor Public Library 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

- Welcome, Introductions, Attendance & Review Zoom Meeting Guidelines**  
**Check In & Ice Breaker**  
**Attendees:** Brian, Renee, Kandie, Michael and Brandie. On ZOOM:  
Kelly, Mark, Christina  
**Excused:**  
**Chair:** Kandie **Secretary:** Renee **Staff:** Ash  
**Elected Reg 3 Reps:** Kandie, Brian, and Renee  
**Guests Speaker:**  
**Quorum Established?**  Yes  No  
**Meeting called to order:**  5:02pm

2.	<p><b><u>Review &amp; Adopt Meeting Agenda and Previous Meeting's Minutes:</u></b></p> <ul style="list-style-type: none"> <li>Reviewed and adopted current meeting agenda.</li> </ul> <p><i>*Motion was made to adopt by: <b>Brian</b> .</i></p> <p><i>*2nd by: <b>Kandie</b> .</i></p> <p><i>*Discussion:</i></p> <p><i>* Y_5_ N_0_ A_1_</i></p> <p><b>B) Review and adopt February 28,2023 meeting minutes)</b></p> <p><i>*Motion was made to adopt by: <b>Kandie</b> .</i></p> <p><i>*2nd by: <b>Brian</b> .</i></p> <p><i>*Discussion:</i></p> <p><i>* Y_5_ N_0_ A_2_</i></p> <p><i>*****Votes don't match attendance due to one individual stepping away, and another joining after meeting started.</i></p>
3.	<p><b>New Business:</b></p> <p><b>Mark and Christina from, All In Maine, shared about the work they are doing from Dexter, Maine. They describe their work as “Pay it forward”. They are meeting people where they are at, and providing services such as rides to appointments, food, clothing, and other needs for individuals dealing with being unhoused, domestic violence or simple other people needing help. Twice a month they are providing bag lunches to people who are unhoused in the Bangor area. They were offering meetings but found that people would rather meet or talk one on one. They shared their own stories</b></p>

	<p><b>around incarceration, mental health issues and substance abuse, and now both are wanting to help others find recovery just as they have. They are reachable 24/7 and are self-funded as well as accept donations.</b></p>
<p>4.</p>	<p><b>A) CCSM Reports:</b> strategic planning report discussed, a new member asked about the extraneous report from our Executive Director, so it was explained.</p> <p><b>B) Issues Committee Report:</b> Concept draft for Parity of Peer Recovery Centers</p> <p><b>C) Legislative Report:</b> Our Bill LD 540 on Peer Respite will be heard on April 5<sup>th</sup> ,2023. Leg meeting first Wednesday of every month 10-12. Writing classes 1-3 every Monday</p> <p><b>D) Office Update:</b> Melissa is leaving the CCSM and we are sad to see her go. Everyone wishes her well in her new adventures. Video of the CCSM</p>
<p>5.</p>	<p><b><u>Outreach:</u> A) What are you doing to Outreach with others?</b></p> <p>Ash is connecting with colleges and has worked with Manda, (who we hope can be back to the table to join us soon) . Kandie connected with nurses at the Hall of Flags event to gather support for our Issue Statement. Brian as continued sharing about the council at Unlimited Solutions Club House.</p>
<p>6.</p>	<p><b><u>Discuss Current Issues Statement Work:</u></b></p> <ul style="list-style-type: none"> <li>• <b>“(Draft) Grievance Process at Jail “</b></li> </ul>

	<p>Brainstorming:</p> <ul style="list-style-type: none"> <li>*Easy for everyone to understand, those incarcerated and those involved with process</li> <li>*Clear steps to follow</li> <li>*Accessibility</li> <li>*Meeting people where they are at</li> <li>*Having an example page for the grievance process</li> <li>*Simplistic, matter of fact, short and to the point</li> <li>*<i>Knowing what your next steps are after the process is filed</i></li> <li>*<i>They need to know there is confidentiality and the document is secure</i></li> <li>*<i>Possibly and app for ability to do it verbally on app</i></li> <li>*<i>How do we make the process legit</i></li> <li>*<i>Time frame to hear response</i></li> <li>*<i>Get assistance from someone via ZOOM</i></li> <li>*<i>Maybe handle grievance outside of jail (centrally handled)</i></li> <li>*<i>Multi language</i></li> <li>* <i>Make an icon for the grievance app.</i></li> </ul> <p><b><i>(DRAFT) Issue statement around moving admittance to mental health facilities away from the ER.</i></b></p> <p><i>A draft statement was approved for “Protecting Peers and Emergency Room Staff” and is being sent to the Issues Committee.</i></p> <p><b><i>Reminded people the Issues Committee is open to everyone.</i></b></p>
7.	<p><b><u>Follow Up Business:</u></b></p> <p>None</p>



8.	<b><u>Future Agenda Items:</u></b> Review Rights of Recipients for Mental Health Services for updates.		
9.	<b><u>Community Updates and Announcements:</u></b> Hope Confrence May 17 <sup>th</sup> . Other handouts		
10.	<u>Meeting Recap &amp; Task List</u>	<b><u>Who?</u></b>	<b><u>When?</u></b>
	Pre-read all meeting materials	All	Monthly
	Attend next Local Council Meeting	All	Monthly
	Send all meeting documents to Local Council members at least 10 days before next meeting per the Governance Guidelines.	Ash	Monthly
	<b>Task</b>	<b>Who's Responsible</b>	<b>Due Date</b>
	Send minutes	Renee	Within 10 days
	Send Agenda	Renee w/ Kandie	Within 10 days
	Write draft Issue Statement on changing admittance to mental health hospitals	Kandie	For March meeting
10.	<b><u>Meeting Evaluation:</u></b>  <b>What went well?</b> We had quorum, new people, and shared our video  <b>How can we improve our meetings?</b>		
11.	<b><u>Meeting Wrap Up:</u></b>  <b><u>Next Meeting will be on:</u></b> April 25, 2023, in person at Bangor <b>Public Library AND via ZOOM</b>		