



Choosing Health

NORTHEASTERN VERMONT REGIONAL HOSPITAL



St. Johnsbury Community Health Team

Location: NVRH Business Center, Conference Rooms 126&127

Date | Time: Wednesday January 31, 2024 | 8:00 a.m.

Facilitator: Deborah Locke-Rousseau, Community Health Team (CHT) Lead | NVRH

Agenda Items

Attendance

Alicia Armstrong, Amy Hornblas, Annie Christoni, Andrea Willey, Ariel Beulac, Aysha Sharon, Barbara Byrne, Betsy Merrill, Brooke Billado, Crystal Bigelow, Deb Locke-Rousseau, Dennise Williams, Diana Gibbs, Elizabeth Hudson, Gary Chester, Heather Stahler, Heidi Jeffery, Isaiah Fletcher, Jen Leithead, Jenn Heroux Bachand, Joan Sjolander, Kacey Dean, Kathleen Blindow, Kathleen Kilbourne, Kathrin Lawlor, Kim Russell, Kristin Freeto, Linda Caamano, Lisa Avery, Marcia Sticker, Mary Maurer, Rachel Lepine, Rose Durfee, Star Barden, Stephanie Gochie, Terri Lavelly, Wesley Robertson, & Yvette Hamel.

Speaker

Kathleen Kilbourne, Executive Director [Center for Health and Learning](https://healthandlearning.org/)
<https://healthandlearning.org/>



Access the [Vermont Suicide Prevention Platform \(2023\), 3rd Ed.](#)

The Center for Health and Learning (CHL) is a non-profit organization that serves as a catalyst for initiatives that inspire optimal mental health for all. CHL work focuses on mental health and wellness promotion and prevention – including substance misuse and suicide prevention – and is the parent organization for the Vermont Suicide Prevention Center (VTSPC).

Our mission is to build healthy communities through educational resources, leadership training, policy development, and technical assistance. CHL is focused on improving school and community health.

Check out these links!

https://link.edgepilot.com/s/43fd61c9/Uhk4Cb6NGEy18KArW9L_sg?u=h
<https://www.healthvermont.gov/stats/surveillance-reporting-topic/suicide-data>

<https://healthandlearning.org/ourwork/umatter-suicide-prevention/>



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Sharing

Isaiah Fletcher – SaVida – contact info: (802)357-5549

i.fletcher@savidahealth.com

MAT provider, open 5 days a week at new location in St. Johnsbury, 1194 Main Street – next door to the Main Street Deli.

Mary Maurer – NVRH Community Health Resource Center Coordinator

Working on the next NVRH HealthyChoices April-August 2024 issue. If you would like to be listed or have an update for your current listing, contact:

m.maurer@nvrh.org or (802)748-7501 **Deadline is February 16th!**

Jen Leithead - MyHealthyVT Regional Coordinator for Newport and St. Johnsbury North Country Hospital contact info: jleithead@nchsi.org or (802)334-3208.

A couple workshops coming up February 28th – Quite Smoking and Diabetes Prevention For more information about workshops, please visit https://link.edgepilot.com/s/866beb97/TE2AUwVlvUOvjSPEY_yoMg?u=https://www.myhealthyvt.org/

Wesley Robertson – Parent Education – NEKCA Parent Child Center

WRobertson@NEKCAVT.org or (802)487-4078.

HEY Dad! Yes, I'm talking to you. NEKCA has a place for you to meet up with other fathers in the area. All caregivers in a dad's role are welcome: old dads, new pops, grandpas, uncles, big-bros, bio-dads, foster-parents, step-fathers etc. Why a Fathers Group? Father support groups offer guidance, friendship, support and resources. It's a place to share the joys, challenges, questions and expectations of fatherhood. Thursdays 3:00-4:00PM 115 Lincoln Street, St. Johnsbury

Alicia Armstrong – Local Diabetes Support Group – Meets every Tuesday, 5-6PM, Meets Virtually To register or more info, call or text (802)274-8901 or CDCES@nchcvt.org . They have guest speakers!

Amy Hornblas – Executive Director, Neighbors in Action (802)626-1212 or (802)563-3322 amy@neighborsinactionvt.org

Update new schedule:

Neighbors in Action

1ST & 3RD FRIDAYS

Shop for Perishables, 9–11AM

Community Lunch, 11AM–1PM

2ND & 4TH FRIDAYS

Food Share Box–Pick Up, 10:30AM–12:30PM

101 Main Street, Lyndonville



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Crystal Bigelow - NVRH Community Health Worker/Navigator with Vermont Health Connect. VeggieVanGo / Vermont Food Bank –Third, Thursday each Month, next event- Thursday, February 15th 10:00-11:00am at NVRH. For more info call the Community Connections Main Line (802)748-7526.

Stefanie Willett - Shelter Coordinator - OPEN NOW!! The Northeast Kingdom Community Action (NEKCA) shelter is open at 72 Moose River Drive, St. Johnsbury. RuralEdge has worked at a rapid rate to transform the space. We are open 24 hours/7 days a week, including holidays. (802)624-0949 (Not a warming shelter.)

Terri Lavelly – NEK Human Services - Newport 24/7 Urgent Care Mental Health Facility / Care Unit in Newport / Opening Late Spring or Early Summer. Link to press release: [Press Releases – Northeast Kingdom Human Services \(nkhs.org\)](https://www.nkhs.org/press-releases)

Kacey Dean – St. Johnsbury Psychology Associates

Contact info: kdean@stjpsychology.org or (802)424-0595 x2

Kacey Dean is a masters-level therapist (LCMHC) and a registered nurse (RN). With almost 30 years in the behavioral health field, Kacey is also a National Certified Counselor (NCC), a Certified Sexual Offender Treatment Professional (CSOTP) and a Certified Clinical Anxiety Treatment Professional (CCATP).

Kacey works with clients by utilizing Cognitive Behavior Therapy (CBT) and Acceptance and Commitment Therapy (ACT). Both of these modalities have been effective with clients with various concerns, including anxiety, depression, problematic internet/gaming usage and compulsive behaviors.

Kacey works with 18+ adults in individual and group therapy, both online and in person.

Next Meeting- February 28, 2024 – Presenters Suzanne Tremblay and Isaiah Fletch, SaVida

To present at a future Community Health Team Meeting:

Deborah Locke-Rousseau, CHT Lead: d.rousseau@NVRH.org / 748-7582

*Webex (Online) Available if you cannot attend in-person, see invite for link