

Community Meeting Minutes 04/18/2023

In attendance: (19) Michelle, Tini, Tracy, Theresa, Scott, Trish, Melissa, Stacy, Addie, Kris, Emily, Christine, Rob, Justin, Frank, Kenny, Shebeil, Shay, Matt (a Member)

Meeting Structure:

The meeting structure for the Monthly Staff Run Committee Meeting is that the facilitator Trish Lane, along with the Co-Facilitator Stacy's Wilbur, guide the meeting by discussing the monthly feedback from the members given during the Weekly Member Run Community Meetings on Tuesdays at 12 noon. The staff is given the chance to answer these questions, followed by back-and-forth feedback and discussions with members. We have no speaker today, but Christine Spoke about IPS and Rights and Responsibilities.

Group Ideas and Ideas for Groups Members, possible Volunteer opportunities:

A lot of the previously mentioned group ideas from the month of March were discussed. Of particular note that was brought up was LGBTQ+ come back. Also, of great interest and which has been brought up in a few meetings is the desire to have an OA Overeaters anonymous meeting at MPS.

Someone else asked if we could have Co-Facilitators. Stacy mentioned that we sometimes do. Anyone who would like to be a facilitator or facilitator needs to see Stacy.

Trip Ideas:

Many of the Trip ideas which were brought up in March during the Member Run Community Meetings were discussed today. Of particular note and which has been mentioned a few times in the month, was a trip to Goose Pond. Stacy confirmed that the trip for May will be to Goose Pond.

Also mentioned was another trip to The Bridge of flowers. In addition, Strawberry Bank Museum was mentioned. The library can give 4 passes for free. We discussed free passes that the library offers. Melissa mentioned the list can be found online for these free tickets.

We also discussed a trip to Salem Witch Museum for \$17.50 each. This is a very popular idea. It was mentioned by Trish that The Cookbook Fundraising Project can help to raise the money for trips like this one.

Speaker Ideas for May 16th 4-5pm (Our next Staff Run Community Meeting):

Trish mentioned she will be working on bringing back Wellsense or getting Servicelink to speak or the Lions Club for our next speaker on May 16th at 4pm.

What is going well?

- Groups we have are going well.
- Empathy and listening are going well.

- One member mentioned it is nice to have the gym.
- Showers are going well.
- Meals on Fridays are going well.
- Some people really help clean
- Mood and Community is good.
- First job that challenges my potential, one staff member mentioned.

What could improve?

Foul Language could improve. One member would like people to stop using foul language. One member mentioned being triggered by seeing people who might be using drugs or Alcohol. Christine Spoke on this topic extensively explaining IPS, Members Rights and Responsibilities, and what MPS is and what MPS is not.

Also, Mentioned again was that Cigarette packets at the smoking area needs to be addressed, and a Sign needs to be put up. Also mentioned is that people need to clean up after themselves.

It was mentioned that cancellations need to be communicated

Communication needs to get better. Need phone numbers on sign up sheet for HVN Group. Melissa mentioned she will add a phone number for members who sign up for HVN so they can be called if this group is canceled.

Changes/ Announcements:

- Green up April 22nd 8-12; and Coop Table 12 to 4
- Library Tour May 22nd 2-3pm, Sign up sheet to come
- Gym has been moved around to make the room more open

Speaker Today: Christine Allen (From a PR perspective Christine should probably review this section before we post this online):

Christine Allen Spoke on IPS, Members Rights and Responsibilities, and what MPS is and what MPS is not. Christine spoke about meeting people where they are at, being honest, supporting anyone who is ready for support, and being compassionate to all people who come into our center. Christine mentioned we are a mental health first center and the Serenity Center is right next to us and they serve people struggling with Addiction. People can get support from each center as appropriate. Both Serenity Center and MPS work hard to collaborate and to support anyone who comes to either of these centers.