



Choosing Health

NORTHEASTERN VERMONT REGIONAL HOSPITAL

St. Johnsbury Community Health Team

- Location:** NVRH Business Center, Conference Rooms 126&127 (Use [Main Entrance](#)) *
- Date | Time:** Wednesday August 28, 2024 | 8:00 a.m.
- Facilitator:** Deborah Locke-Rousseau, Community Health Team (CHT) Lead | NVRH
- Attendance:** Anna Maguire, Ariel Beulac, Becca Sanders, Brooke Billado, Crystal Bigelow, Deb Locke-Rousseau, Diana Gibbs, Elizabeth Hudson, Gary Chester, Heidi Jeffery, Jen Grant, Jen Leithead, Katherine Harris, Kathleen Blindow, Kathryn L. Davis, Katie Lavin, Kim Russell, Mary Maurer, Michele Warren, Neil Goerz, Rita Libby, Robin Burnnash, Rose Durfee, Ruth Marquette, Shauna Shepard, Star Barden, Stephanie Gochie, Susanne Lesnik, Terri Lavelly, and Yvette Hamel

Agenda

Introductions We did not have introductions in the interest of time.

Speaker Terri Lavelly, MS, QMHP Training, Development and Advancement for Northeast Kingdom Human Services. Presenting QPR:



“QPR is a training that helps identify if someone is struggling with their mental health or thoughts of suicide. We teach facts, statistics, warning signs and then how to question, persuade and refer someone that is in need to mental health supports. By learning these skills we are normalizing the conversations around mental health. September is Suicide Awareness Prevention Month. We want to share skills to help all those we support around us.”

<https://www.surveymonkey.com/r/QPR-PretrainingSurvey>

Contact info: Terri Lavelly MS, QMHP, Training, Development and Advancement. POBox 368 St. Johnsbury, VT 05819
Email: TLavelly@nkhs.net Cell (802)535-5612, Fax (802)748-0704

Mary Maurer – NVRH Keep an eye out for the *HealthyChoices* September-December 2024 issue! It just arrived in mailboxes end of last week - August 15th. Check out this link: <https://nvrh.org/wp-content/uploads/2024/08/NVRH-HealthyChoices-Sept-Dec-2024-web.pdf>

Sharing



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Next Meeting

September – Dr. Dobbertin presents about Palliative Care.

Want to present for your entity? Contact Deborah Locke-Rousseau, CHT Lead at d.rousseau@NVRH.org

Minutes will be available at the Community Connections Website, bottom of page:
<https://nvrh.org/community-connections/>

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