

Thrive! Union

Meeting Minutes

Date: May 8, 2019

Location: New Covenant Baptist Church, 5114 Rogers Road, Monroe, NC

Meeting Facilitated By: Melissa McKeown

Attendees

| NAME | ORGANIZATION | EMAIL |
|-------------------|--|--|
| Corey Tosses | Common Heart | Corey.tossas@commonheart.org |
| Crystal Robinson | Union County Human Services | crystalc@co.union.nc.us |
| Crystal Wright | Union County Crisis Assistance | crisis@carolina.rr.com |
| Denise Davis | Turning Point | ddavis@turntoday.net |
| Dennis Thompkins | Common Heart | dennis.thompkins@commonheart.org |
| Gloria Barrino | Union County Crisis Assistance Ministry | gbarrino@unioncrisis.org |
| Jessie Lindberg | Turning Point | jlindberg@turntoday.net |
| Karis Manus | Union County Community Action | Karis.manus@uccainc.org |
| Keith Adams | Common Heart | Keith.adams@commonheart.org |
| Kristen Armstrong | Community Shelter | Kristen.armstrong@unionshelter.org |
| Lillie Seels | Union County Community Action | lseels@uccainc.org |
| Lisa Cooper | Union County Charities & Service Awareness | charityawareness@commonheart.org |
| Mary Garceau | David's Backpacks for the Homeless | davidsbackpacks@gmail.com |
| Melissa McKeown | Community Shelter | melissa.mckeown@unionshelter.org |
| Pat Haigler | CWJC Union County | pnfhaigler@gmail.com |
| Sandra Clarke | Community Shelter | Sandra.clarke@unionshelter.org |
| Tiffany Weaver | Turning Point | tweaver@turntoday.net |

Welcome and Introduction:

Melissa McKeown opened the meeting and allowed time of introduction for new attendees.

Union County Crisis Assistance Ministry Presentation:

Gloria Barrino, Executive Director, and Crystal Wright, Assistant Director, presented. The mission of Union County Crisis Assistance Ministry's Crisis Intervention Program is to provide a bridge from crisis to stability for individuals in our community who are at risk of losing their most basic needs of shelter and food during personal or family crisis. UCCAM receives an average of 10,000 referrals per year. UCCAM accepts written referrals and partner agencies/organizations are encouraged to call with individual needing service to schedule an appointment. Eligible individuals must have a verifiable crisis with documentation (i.e. loss of

job), must have a stable source of income, and must demonstrate a positive change (i.e. that the crisis assistance will be make an impact that will allow individual to continue to sustain budget needs). UCCAM does not have income guidelines.

Subcommittee Breakout:

The group separated into subcommittee groups to continue work on goals and objectives.

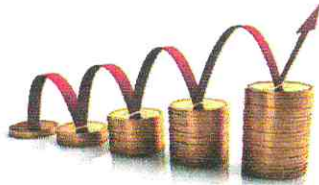
Next Union County Partners meeting: June 12, 2019 at 12pm. Location UC Department of Human Services, 2330 Concord Avenue, Monroe, NC.



COMMUNITY PARTNERS B.B.F.F. INITIATIVE

BUILDING WEALTH TOGETHER!

Community Partners B.B.F.F. Initiative-
Building a Better Financial Future presents
free financial capability workshops.



Come learn about your financial strengths,
gain new money management skills, and
build knowledge you can share with others.

FREE
WORKSHOP!

> **LOCATION:**

UCCAM Office
1333 W. Roosevelt Blvd.
Monroe, NC 28110

Monday
May 13, 2019
6:00-7:45p.m.

“Couponing”
with
Candice Whetzel

RSVP! Seating is limited!
Pre-Register by May 3, 2019

To confirm your attendance contact Union County Crisis
Assistance Ministry office at:

Email: gbarrino@unioncrisis.org
Phone: (704) 238-0155



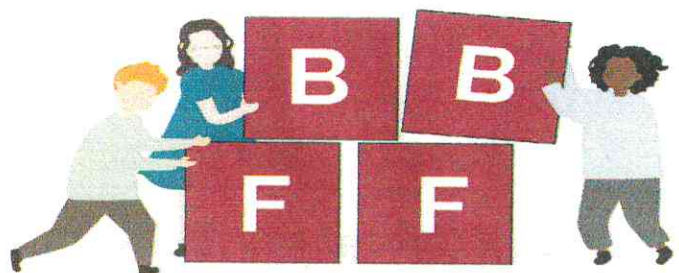
B.B.F.F. Initiative Workshop Topics 2019

First Presbyterian Church (except where noted)– 6:00p.m.

302 E. Windsor Street, Monroe, NC 28112

- **April 15, 2019**– Budgeting For Success/Organizing My Finances– MUCCDC
- **May 13, 2019**– Couponing- Candice Whetzel– UCCAM office– 1333 West Roosevelt Blvd Monroe, NC 28110
- **May 20, 2019**– Resume Application and Interview—South Piedmont Community College, Kristi Phifer
- **June 3, 2019**– Retirement/ Investing– Mike Shelton, SECU –NC Cooperative Extension– Union County Ag Center– 3230-D Presson Rd Monroe, NC 28112
- **June 17, 2019**– Banking Essentials–
- **July 15, 2019**– Meal Planning—Cooperative Extension– Ella Bennett
- **August 19, 2019**– Starting A Small Business– South Piedmont Community College/ Small Business Owner
- **September 16, 2019**– Insurance For Assurance
- **October 21, 2019**– Homeownership Prep/ Housing Affordability– MUCCDC
- **November 18, 2019**– Credit Repair & Restoration– UCCAM
- **December 16, 2019**– New Year And New You– How To Make Lifestyle/ Budgeting Changes In The New Year

If you have any questions or would like to RSVP for a workshop listed above, please contact Union County Crisis Assistance Ministry at 704-238-0155.



**Building a Better Financial Future
B.B.F.F. Initiative**



The Road to Financial Independence

Workshops will be held at:

First Presbyterian Church
302 Windsor Street
Monroe, NC 28112

Parking available at U.C.
Library. Please enter church
at the double doors in the
back of the church.

Community Partners
B.B.F.F. Initiative-Building
a Better Financial Future
presents free financial
capability workshops.



The free workshops will be
held on the 3rd Monday of
each month.

Come learn about your
financial strengths, gain
new money management
skills, and build knowledge
you can share with others.

REFRESHMENTS WILL BE SERVED



May Workshop

Monday
May 20, 2019
6:00-7:45p.m.

**“Resume Application
& Interview”**

Kristi Phifer
South Piedmont
Community College

The 1st attendee
will receive a
\$25.00



RSVP

Seating is limited!

Pre-Register by May 13, 2019

To confirm your attendance contact

Union County Crisis Assistance

Ministry office at:

Email: gbarrino@unioncrisis.org

Phone: (704) 238-0155



The Community Partners of the
BFF Initiative - Building A Better Financial Future
will be hosting
**A FINANCIAL WELLNESS SEMINAR
FOR SERVICE PROVIDERS**

“PRACTICING FINANCIAL SELF-CARE”

A FREE SEMINAR

DATE: THURSDAY— MAY 23, 2019

TIME: 12:00 PM - 2:00 PM

REGISTRATION BEGINS AT 11:30 AM

LUNCH PROVIDED

LOCATION:

DIVISION OF HUMAN SERVICES

2330 CONCORD AVENUE

MONROE, NC 28110

RSVP BEFORE MAY 3, 2019

TO RESERVE YOUR SEAT

<https://www.eventbrite.com/e/practicing-financial-self-care-tickets-58576052550>

GUESTSPEAKER

Reeta Wofsohn, CMSW
Founder of the Center for
Financial Social Work and the
Financial Social Work Discipline

Reeta has dedicated almost twenty years of her life to empowering individuals to take control of their money in order to gain control of their lives. Her work provides social workers, community advocates, human service providers and consumers with a proven and positive method for achieving financial well being.

Funding provided by Union County Community Action, Inc. in support of the BFF Initiative.



MENTAL HEALTH FIRST AID

On average, there are

123

SUICIDES A DAY.

American Foundation for Suicide Prevention

From 1999 to 2016,

630,000

people died from
DRUG OVERDOSE.

Centers for Disease Control and Prevention

Nearly **1** in **5** U.S.
adults lives with a
MENTAL ILLNESS.

*National Institute of Mental Health via the
National Survey on Drug Use and Health
[NSDUH] and the Substance Abuse and Mental
Health Services Administration*

Workshop being offered at



Common Heart
116 Business Park Dr
Indian Trail, NC 28079

June 19, 2019 8 am - 5 pm

**FREE WORKSHOP
LUNCH PROVIDED**

REGISTER AT <http://Workshops.CommonHeart.org>
Deadline to register Sunday, June 2, 2019

Why Mental Health First Aid?

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHAT IT COVERS

- Common signs and symptoms of mental illness.
- Common signs and symptoms of substance use.
- How to interact with a person in crisis.
- How to connect the person with help.
- **NEW:** How to administer naloxone in the event of an opioid overdose.

WHO SHOULD TAKE IT

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Caring individuals

The course will teach you how to apply the ALGEE action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT

www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.

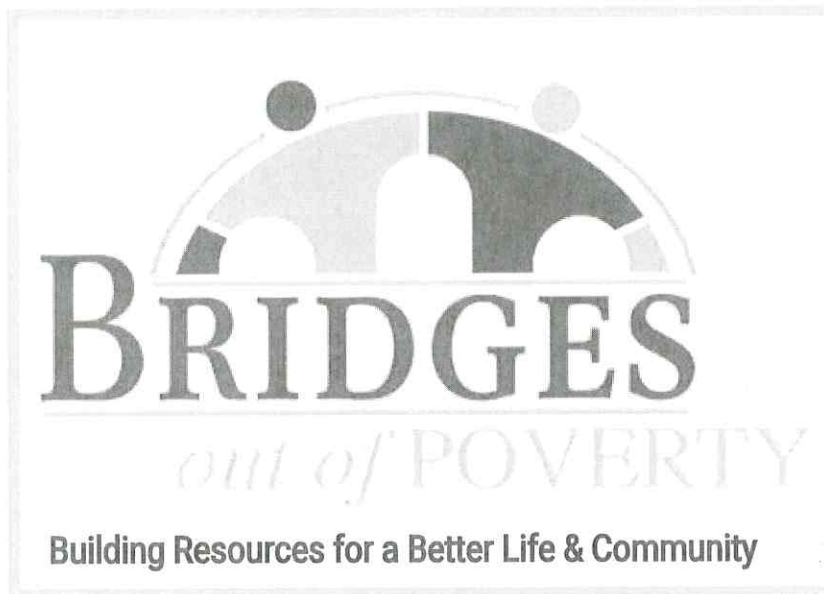
"This program is a top-notch service to area communities like ours and we are so grateful for the opportunity to have this program."

-Nikki Carber, Speak Out Against Suicide

More than one million trained!



**MENTAL
HEALTH
FIRST AID®**



Three Hour Bridges Overview Workshop

Whether you are a business owner, teacher, volunteer, law enforcement professional, minister or anyone in between. Bridges will prepare you to become more effective working with people operating in the survival mode of poverty.

- Workshop provides the framework for understanding the dynamics that cause and maintain poverty from an individual, to a systemic level.
- This abbreviated version of our Bridges Out of Poverty Workshops has a particular focus on orientating professionals and volunteers from middle class who interact with our under-resourced neighbors in poverty. It is an overview of our one and two day workshops plus a presentation of our Advocates for Change program.
- This workshop will increase your awareness and provide a framework to become more effective in removing barriers and individuals on the journey to self-sufficiency.

REGISTER NOW

SATURDAY JUNE 1, 2019, 9 AM - 12 NOON



COMMON HEART

116 BUSINESS PARK DRIVE

INDIAN TRAIL, NC 28079

FREE WORKSHOP

Register at <http://Workshops.CommonHeart.org>