



Haverhill, Massachusetts

Special Education Parent Advisory Council

Meeting Minutes - PPAL Crisis Planning: Preparing for a Mental Health Crisis

Date | time: January 27, 2025 / 6:00 PM

Location: Online - Zoom

Meeting called by: Called by Haverhill SEPAC

In attendance: Chairperson: Amanda LaClair, Secretary: Zwadita Morrison
Presenter: Candace Gabrey, Program Manager PPAL and
(5) attendees.

Details: Meeting started at 6:06 pm.

On January 27th at 5:05p.m., the Haverhill SEPAC received an email from an Assistant Program Manager at the Parent/Professional Advocacy League (PPAL), informing us that the Zoom meeting link they had set up was invalid. The technical problem was discovered while doing a pre-meeting check. An updated Zoom link was created by PPAL. The Haverhill SEPAC shared the updated meeting link with registered attendees. Candace Gabrey, Program Manager at PPAL, was the presenter of "Crisis Planning: Preparing for a Mental Health Crisis." Candace introduced herself to attendees and allowed some time for attendees to join online by using the updated link, prior to commencing the crisis management workshop.

Candace briefed the attendees with the goals and objectives of crisis management. The workshop focused on learning how to prepare for a crisis. She discussed the importance of building a support team that includes formal and informal supports in advance of a crisis and how to gain access to resources for accessing mental health and crisis services; and deciding on who to reach out to; preparing for help during a crisis from formal supports, such as first responders - Police Department, Fire Department, Emergency Medical Technicians (EMT), the Mobile Crisis Team and/or informal supports such as reaching out to family and friends. The Haverhill Police Department has a Co-Response Technician who upon request and availability, often accompanies the officers to a mental health crisis call for crisis support and assistance.

The workshop also focused on understanding the differences in communication and learning parental rights and responsibilities, addressing cultural care and becoming familiar with Massachusetts protocols.

Candace informed the attendees about PPAL's 14th Annual Children's Mental Health Conference on May 30, 2025, which will be held virtually. The Keynote speaker for the event will be Hasan Davis, J.D., "The Hope Dealer". Tickets are available at www.ppal.net.

Candace answered questions from the attendees and concluded her presentation.

Meeting adjourned at 7:20 pm.

Minutes submitted by Secretary, Zwadita Morrison.

Next Meeting: Transition to Adulthood with the Northeast Arc

Date | time: March 25, 2025 | TBD

Location: Online - Zoom