

**Adult LAC Meeting**  
**Minutes**  
**10:00-12:00 \* April 7th, 2021**  
**Zoom**

**Meeting Facilitator:** Dawn B, Chair

**Attendees:** Consumers & Family Members of Consumers from Kittson, Mahnommen, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau Counties and other interested community members, providers & AMHI Coordinator.

Agenda Topic	Discussion Points	Actions/Discussion	Whom
Introductions	<ul style="list-style-type: none"> <li>Introductions <ul style="list-style-type: none"> <li>Would you rather have feathers all over your body like a bird or have bunny ears and a cotton bunny tail?</li> </ul> </li> </ul>	<b>Guests:</b> <b>Lynell Popowski-</b> Regional Transportation Coordinator Northwest Regional Development Commission <b>Tara De La Rosa-</b> Nystrom Associates, LTD./Family Support Services	All
Outreach Activities	<ul style="list-style-type: none"> <li>Mental Health Awareness Month Outreach ideas? <ul style="list-style-type: none"> <li>Ducky Project</li> <li>Social Media Video</li> </ul> </li> <li>Outreach Kits- Assembled</li> <li>Flipbook Template</li> <li>QPR Training via Zoom</li> <li>Clay County LAC- 3<sup>rd</sup> Tuesday 3:00-5:00</li> </ul>	Tracy and Deb like the Ducky idea- Tracy suggested sending out a message about "Be Kind" – Group decided to move forward with Green duckies and "Always be Kind" sticker. Double order from last year. 192*2= 384 duckies \$239.04 + \$19.99 for Always be kind sticker. Duckies will include: Green Stop the Stigma Duckies, Crisis line cards, Think acronym page with Be Kind sticker on the back and message from the LAC. Always be kind Stickers 500 for \$19.99 (Amazon) Sarah will create and print "Think" acronym on a separate page. Shannon will order duckies and stickers-all other materials on hand.  Tara will send to Shannon Clay County LAC contact info.  Clay County LAC Contact: <a href="mailto:Kirstin.wegenast@clay.co.mn.us">Kirstin.wegenast@clay.co.mn.us</a> Phone: 218-299-7072	All
Subcommittee	<ul style="list-style-type: none"> <li>Form Subcommittee <ul style="list-style-type: none"> <li>Create Flipbook</li> <li>Mental Health Facts Sheet (Future)</li> </ul> </li> </ul>	Deb, Dawn, Shannon and Tracy will meet on April 22 <sup>nd</sup> from 2:00-4:00 to assemble duckies at A&W in TRF.	All

	<ul style="list-style-type: none"> <li>○ Update Brochures w/Mission Statement (Future)</li> </ul>		
LAC T-shirts	<ul style="list-style-type: none"> <li>● Update?</li> </ul>	Shannon and Sarah will connect after meeting to get T-shirts ordered	All
MH Fair	<ul style="list-style-type: none"> <li>● Discuss ideas for MH Awareness Fair               <ul style="list-style-type: none"> <li>○ Drive thru- (Virtual Presentation)</li> <li>○ Postpone to Summer (Outside)</li> <li>○ Postpone to September (Suicide Awareness Month)</li> <li>○ Cancel for 2021 &amp; put funding towards another project</li> </ul> </li> </ul>	Group decided to wait until September to have LAC Fair for Suicide Awareness month.	All
NWMHC Customer Advisory Board	<ul style="list-style-type: none"> <li>● 1-3 Volunteers</li> <li>● Meet the 4<sup>th</sup> Thursday every month 12-1:00 (via Zoom)</li> <li>● Per diem + travel</li> </ul>	Tracy and Connie are both interested in joining the NWMHC Advisory Council. Shannon will send their contact info to NWMHC.	All
Updates	<ul style="list-style-type: none"> <li>● Provider Updates (Sanford, NWMHC &amp; Dancing Skies)</li> <li>● Council Member Updates</li> </ul>	NWMHC has chosen a new name and will share once they are ready to release to the public. 😊	All
Adjourn	<ul style="list-style-type: none"> <li>● Next Officers Meeting: April 28<sup>th</sup>, 2021 10:00-12:00 via Zoom</li> <li>● Next Subcommittee Meeting: April 22<sup>nd</sup>, 2021 2:00-4:00, TRF @ A&amp;W</li> <li>● Next LAC Meeting: May 5<sup>th</sup>, 2021 10:00-12:00 via Zoom</li> </ul>		All