

**Adult LAC Meeting
Minutes
August 6th, 2025 * 10:00-12:00
Zoom**

Meeting Facilitator: Tracy H- Norman

Invited: Shannon Abrahamson, Sarah K- Red Lake, Renae – Polk, Angel Pylka- Nystrom & Associates, Sheena M- Marshall, Connie S- Norman, Becky C- Kittson, Jeanna K- Kittson, Jordan Rudnik- Polk, Alicia J- Roseau, & Amy A- Alluma,

Guests: Hannah Davidson

Agenda Topic	Discussion Points	Actions/Discussion	Whom
Introductions	How are you enjoying your summer?		All
Agenda & Minutes	Review and approval of 7.2.2025 minutes and 8.6.2025 agenda	Jeanna made a motion to approve minutes and agenda, Connie seconded, all aye motion carries.	
Provider Presentation	Alluma Crisis Team	Hannah from Alluma Crisis Team joined us- They Triage for the NW8 Counties. They respond to Alluma's 4 counties which include Polk, Red Lake, Norman & Mahnomen and Sanford covers Kittson, Marshall, Pennington and Roseau There is a screener and a practitioner on call 24/7. They have 4 practitioners and prefer face to face but also offer telemed. There are several scenarios they can refer out for substance use, outpatient, psych, and/or they do also offer Stabilization services which can last up to 10 weeks. They work on coping skills- DBT techniques. They also have a Crisis Peer that can assist clients as well. To work with the Peer, you must be 18 or older. They recently started their recliner program which is a 2 hour minimum decompress session. There is a short intake process. Massage recliners, weighted blankets, therapy lights and a snacks offered while there. Mon-Thur 8-8 and Friday's 8-6. They are moving from Gretchen Ave to the main Alluma building at Bruce Street. They no longer have Crisis Stabilization beds effective 8.1.2025.	Hannah Davidson

Subcommittee Updates	- Budget: \$2135.20 - Ordered Dolly, Presentation Board, & Wellness kits - Jackets - Regional resource cards - Focus on a project to Stomp out the Stigma - Bus Wraps - Radio - Reviewed PNM & Quinn Needs Assessments - Pull together regional needs	Jeanna was able to use all the items at the Kittson County Fair. They have a Wellness event in Kittson County coming up in October. Jeanna has a full outreach kit, but does not have any Flipbooks or Wellness Kits. Jeanna has lots of Bookmarks and will bring some to Tracy at the event in September. Shannon will look at ordering another banner for Kittson County. Radio would be good to look at to have more reach- Focus on Membership.	All
Updates	- Provider - Council Member - Case Manager - Coordinator- LAC Representation @ AMHI Meetings - Position's up in January 2026- Will want to vote in members by October.	It sounds like we should have Dawn back in a couple of Months. Coordinator highly encouraged the group to attend AMHI board meetings to bring that voice of the LAC forward. Positions are up in Jan 2026, so if you are interested in one of these positions, please let us know by October meeting and we will bring for vote at November 2026 meeting to have new positions decided by Jan meeting.	All
Outreach & Training	August VPSN Calendar (attached) BE THE VOICE- TRF September 16th, 2025 @ 6:30pm WITW annual conference September 25th 9:30-1:00pm September 26th 9:30-4:00pm Invites to speak to group: - Area Agency on Aging - WITW - HOPE Coalition - Alluma Crisis Team - Sanford (Northern Lights) - LifeCare BH Group - Nystroms & Associates	Shannon will add Prairie St Johns, Emily Project, Senior Life Solutions to the invite list. For those interested in attending the WITW conference this year. Please bring to September council meeting and group will vote on purchasing tickets.	All

	○ Charlie Health ○ Altru IP BH ○ TEARS ○ Regional Suicide Prevention Coordinator ○ Community Strong		
Adjourn	• Next Subcommittee Meeting: August 18th @ 1:00pm via Teams • Next Officers Meeting: August 18th @ 2:00pm via Teams • Next LAC Meeting: September 3rd, 2025 @ 10:00am via Teams	Meeting adjourned	