

**Adult LAC Meeting
Minutes
10:00-12:00 * January 5th, 2022
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"> Do you make New Year resolutions? If so, are you successful? 		All
Updates	<ul style="list-style-type: none"> Provider Updates Council Member Updates Case Manager Updates 	<p>NW8 LAC bylaws were approved at the last board meeting. Compensation updates: council members will now receive a gas card when helping with approved outreach activities. (duckies, hope fliers, etc.)</p> <p>Council members will now receive a stipend for any events they volunteer to table the booth. Shannon emailed updated bylaws to Case Managers to reference.</p>	All
Outreach	<ul style="list-style-type: none"> David Flood- Motivational Speaker <ul style="list-style-type: none"> January 12th, 2022 6:30pm @ Norman/Ada/Borup School Auditorium BE THE VOICE- Warroad April 26th, 2022, 5:30-7:00pm @ Gardens Arena <ul style="list-style-type: none"> Mental Health Awareness Expo <ul style="list-style-type: none"> BE THE VOICE- Pre registration table BE THE VOICE- Registration (day of) NW8 LAC Table & Activity table (2) HOPE Coalition LifeCare BH LifeCare Public Health NWRTCC Wellness in the Woods Fargo VA/Roseau VSO Sanford Crisis Alluma Altru Health Systems Ucare Children's LAC MDH Suicide Prevention Team Crisis Text Line CHI Lakewood Health BCBS Roseau County Social Services 	<p>Shannon will send out email to contacts about having a booth at the Expo.</p> <p>We will move forward with ordering duckies, Lanyards & Stickers (2 rolls) from Oriental trading post. Shannon look into personalized magnets (chip clip) and notepads with LAC Logo and Crisis Line info</p> <p>Shannon will also look into Adhesive sticker cell phone wallets, running wrist purse wallet & jar openers. 4imprint.com</p> <p>The group liked the Peacock artwork Amelia created at the last event. The group wanted to tie in flowers, butterflies and or Easter egg theme for the project. Amelia will brainstorm ideas and bring back to the next meeting in February.</p> <p>Connie and Tracy will both volunteered to work the booth in April. We still need two volunteers.</p> <p>Shannon will add space for Name, phone and email at the bottom of the survey.</p>	Subcommittee

	<ul style="list-style-type: none"> ▪ Northland Community Mental Health center ▪ LEC- Roseau ▪ Project 11 ▪ Team EPIC ▪ MAX Foundation ▪ Preferred One ▪ The Village ▪ Tears ▪ Wellness Center ▪ Monica McConkey- Rural Mental Health Professional- Ag focused ▪ LOW- LAC? ▪ LOW Social Services ▪ LifeCare Pregnancy Center (Dawn) ▪ Big brother/sister program (Dawn) ○ Swag ideas to order ○ Activity table <ul style="list-style-type: none"> ▪ Survey ▪ Contact information ▪ Activity ○ Door prize ideas ○ Review pamphlet for updates (inventory in each tote) ● Flip book Outreach Project 		
Adjourn	<ul style="list-style-type: none"> ● Next Subcommittee Meeting: January 20th 2021, 1:00-3:00 via Zoom ● Next Officers Meeting: January 27th 2021, 1:00-3:00 via Zoom ● Next LAC Meeting: February 2nd 2022, 10:00-12:00 Sanford BH & via Zoom 	Next meeting in February will be held in person at Sanford Behavioral Health 1 st floor education room and via zoom.	All