

**Adult LAC Meeting
Minutes
10:00-12:00 * March 3rd, 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"> • Introductions <ul style="list-style-type: none"> ○ Icebreaker: Think about one idea of what you would like to see in the flipbook? 		All
Outreach Activities	<ul style="list-style-type: none"> • Outreach Kits- Update <ul style="list-style-type: none"> ○ Table Cloths- ordered & HERE! ○ Expandable File Folder (\$15.99/3 pack) ○ 15 quart tote (\$5*3= \$12) ○ Standard Tote (Walmart \$8*3 = \$24) • Review Flipbook Template <ul style="list-style-type: none"> ○ What would you like to see in the flipbook? 	<p>Shannon will order remaining items for outreach kits and will assemble before next meeting.</p> <p>How are we distributing the flipbooks? Crisis teams, Social Services, Provider Offices and Outreach Events</p> <p>Flipbook Categories:</p> <ul style="list-style-type: none"> • Logo & Mission Statement • Crisis & Warmline Contact Info • Identify your feelings • Coping Skills • Self Care/Self Harm • How to Help a Loved One • Children & Teen • Area Resources • Support Contacts <p>Include links with resources to help with breathing techniques, etc while in a Crisis</p> <p>Reach out to Children's LAC to include information</p> <p>Include tips on filling out a Health Care and Psychiatric Directive</p>	All
Subcommittee	<ul style="list-style-type: none"> • Form Subcommittee <ul style="list-style-type: none"> ○ Finish Creating Flipbook ○ Mental Health Facts Sheet (Future) ○ Update Brochures w/Mission Statement (Future) 	<p>Connie, Deb, Tracy, Dawn and Shannon will meet on March 23rd from 1:00-3:00 via Zoom. Shannon will send out invite.</p>	All

LAC T-shirts	<ul style="list-style-type: none"> • Vote on # of T-shirts to order 	Cass will Coordinate with Tracy to get her Tshirt. Connie & Sheena need an X-Large Nicole needs 3XL- Sarah will order 11 t-shirts to have extras on hand and will Coordinate with Shannon for payment.	All
MH Fair	<ul style="list-style-type: none"> • Discuss ideas for MH Awareness Fair <ul style="list-style-type: none"> ○ Drive thru- (Virtual Presentation) ○ Postpone to Summer (Outside) ○ Postpone to September (Suicide Awareness Month) ○ Cancel for 2021 & put funding towards another project 	Table discussion until April meeting.	All
Health Fair	<ul style="list-style-type: none"> • Area Health Fairs to participate in <ul style="list-style-type: none"> ○ Digi Key, Marvin's, Polaris, Arctic 	Tabled	
Updates	<ul style="list-style-type: none"> • Provider Updates (Sanford, NWMHC & Dancing Skies) • Council Member Updates 	NWMHC- has picked a new name, but Amelia does not know it yet so she will share at next meeting. 😊	
Adjourn	<ul style="list-style-type: none"> • Next Officers Meeting: March 31st, 2021 12:00-2:00 via Zoom • Next Subcommittee Meeting: TBD • Next LAC Meeting: April 7th, 2021 10:00-12:00 via Zoom 	Subcommittee Meeting: Tuesday March 23 rd - 1:00-3:00 via Zoom Connie, Deb, Tracy & Dawn.	All