

**Adult LAC Meeting  
Minutes  
March 5th, 2025 \* 10:00-12:00  
Zoom**

**Meeting Facilitator:** Tracy Hamson- Norman,

**Attended:** Shannon Abrahamson, Sarah K- Red Lake, Renae – Polk, Alicia J- Roseau, Amy A- Alluma, Cassie K- Norman, April K- Pennington, Sheena M- Marshall, Connie S- Norman, Jeanna K- Kittson & Kayla J- Pennington/Red Lake Public Health,

**Absent:** Alyssa H- Pennington, Jessica R- Mahnomen, Billie B- Polk, Brooke H- Roseau Public Health, Jordan Schmidt Jonsen- Mahnomen, Becky C- Kittson, Francie P- Kittson, Kailee F- Polk, Kierah J- Roseau, Josh H- Pennington, Brittany B- Sanford & Dawn B, Chair – Roseau

Agenda Topic	Discussion Points	Actions/Discussion	Whom
Introductions	<ul style="list-style-type: none"> <li>Have you ever tried to chase the rainbow to the pot of gold?</li> </ul>		All
Agenda & Minutes	<ul style="list-style-type: none"> <li>Review and approve 2.5.2024 minutes and 3.5.2025 agenda</li> </ul>	Shannon requested to add Community Strong presentation between Updates and Outreach. Tracy made a motion to approve the minutes as presented and agenda with additions, April seconded, all aye-motion carries.	All
Subcommittee	<ul style="list-style-type: none"> <li>Reviewing Quinn &amp; PNM Public Health Needs Assessments</li> <li>Budget: \$2500 <ul style="list-style-type: none"> <li>Project ideas</li> </ul> </li> <li>Brainstorm on how to recruit new members <ul style="list-style-type: none"> <li>QR Code flyer to Application</li> </ul> </li> <li>Door prizes for events <ul style="list-style-type: none"> <li>Speaker</li> <li>Wellness kits</li> </ul> </li> <li>LAC Event <ul style="list-style-type: none"> <li>Slow your roll bowling night</li> </ul> </li> </ul>	<p>Requested group takes a look at the health needs assessments provided and please give feedback. We will look at PNM &amp; Quinn needs assessments first as they look at a community perspective for our entire region. Once we have reviewed, we will decide if we need to look at the provider's needs assessments as well.</p> <p>We have \$2500 to spend this year. We need to brainstorm outreach and project ideas.</p> <p>Shannon is working on a fillable application on the website. This will allow people to apply online. Shannon will also create flyer with a QR code to have on the outreach table and hang up at SS departments and provider offices to help promote LAC membership.</p> <p>Could we table at local social services, public health, clinics, etc. to promote membership? Cass would be willing to come to a subcommittee meeting. Shannon</p>	

		<p>will invite all members to the subcommittee moving forward.</p> <p>We should consider the food shelf or food trucks as well.</p>	
Presentation	<ul style="list-style-type: none"> <li>Community Strong Presentation</li> </ul>	<p>Kayla presented on Community Strong. They are a coalition formed in 2022 after participating in a strategic planning cohort through MDH. They have a lot of different mental health and suicide awareness events in Pennington County: BE THE VOICE, Mental Health Awareness Night at Sporting events and they also host different trainings.</p> <p>Members include:</p> <p>Mental Health Providers Public Health Schools/College Youth Faith Leaders County Law Enforcement 4H Community Members</p>	
Updates	<ul style="list-style-type: none"> <li>Provider</li> <li>Council Member- Ucare tablets</li> <li>Case Manager</li> </ul>	<p>No updates from Alluma</p> <p>If you have Ucare coverage and a mental health diagnosis you qualify for free tablet. Reach out to your Case manager to assist you with getting a tablet.</p> <p>No case manager updates</p>	All
Outreach & Training	<ul style="list-style-type: none"> <li><b>WITW Calendar- (Attached)</b></li> <li><b>BE THE VOICE with Emma Benoit</b> <ul style="list-style-type: none"> <li><b>Waubun High School (Connie &amp; Tracy)</b> Monday, March 31<sup>st</sup> 5:15pm Free meal &amp; Mental Health Expo 6pm documentary &amp; discussion with Emma</li> <li><b>Ada Borup West School Auditorium (Connie &amp; Tracy)</b> Tuesday, April 1<sup>st</sup> 5pm FREE spaghetti dinner &amp; Mental Health Expo</li> </ul> </li> </ul>	<p>Reviewed upcoming events in the region.</p>	All

	<ul style="list-style-type: none"> <li>6pm documentary &amp; discussion with Emma</li> <li>○ <b>Marshall County Central School (Dawn)</b> Wednesday, April 2<sup>nd</sup> 5-7pm Free-will donation meal &amp; Mental Health Expo 7pm documentary &amp; discussion with Emma</li> <li>○ <b>Kittson Central School Auditorium (Dawn)</b> Thursday, April 3<sup>rd</sup> 5-7pm Fundraiser meal &amp; Mental Health Expo 7pm documentary &amp; discussion with Emma</li> <li>● <b>Invites to speak to group:</b> <ul style="list-style-type: none"> <li>○ Regional Transportation Coordinator</li> <li>○ Area Agency on Aging</li> <li>○ WITW</li> <li>○ HOPE Coalition</li> <li>○ Sanford &amp; Alluma Crisis Teams</li> <li>○ <b>Sanford (Northern Lights)- Brittney checking on April</b></li> <li>○ LifeCare BH Group</li> <li>○ TEARS</li> <li>○ Regional Suicide Prevention Coordinator</li> <li>○ Community Strong</li> </ul> </li> </ul>		
Adjourn	<ul style="list-style-type: none"> <li>● Next Subcommittee Meeting: March 17th, 2025 @ 1:00pm via Zoom</li> <li>● Next Officers Meeting: March 24th, 2025 @ 1:00pm via Zoom</li> <li>● Next LAC Meeting: April 2nd, 2025 @ 10am</li> </ul>	Meeting adjourned	