

**Adult LAC Meeting
Minutes
May 7th, 2025 * 10:00-12:00
Zoom**

Meeting Facilitator: Tracy H- Norman

Attended: Shannon Abrahamson, Sarah K- Red Lake, Renae – Polk, Amy A- Alluma, Brittany B- Sanford, April K- Pennington, Kierah J- Roseau, Connie S- Norman, Jordan Schmidt Jonsen- Mahnomen, K- Kittson, Jordan Rudnik, Caylie Nicholson & Jeanna

Absent: Dawn B, Chair – Roseau, Jessica R- Mahnomen, Billie B- Polk, Brooke H- Roseau Public Health, Kayla J- Pennington/Red Lake Public Health, Becky C- Kittson, Francie P- Kittson, Josh H- Pennington, Sheena M- Marshall, Kailee F- Polk, Cassie K- Norman, Alicia J- Roseau

Guests: Angel Pylka- Nystrom & Associates

Agenda Topic	Discussion Points	Actions/Discussion	Whom
Introductions	<ul style="list-style-type: none"> Do you have any special plans for Memorial Day weekend? 		All
Agenda & Minutes	<ul style="list-style-type: none"> Review and approval 3.5.2024 minutes and 5.7.2025 agenda 	Tracy made a motion to approve minutes and agenda as presented, April seconded, all aye- motion carries.	
New Member	<ul style="list-style-type: none"> Review new member application & Vote on membership 	Jeanna made a motion to approve Caylie as a member, Amy A seconded, all aye- motion carries. Shannon will contact Caylie to get her the binder and New Member certificate.	All
Nystrom & Associates	<ul style="list-style-type: none"> Provider Presentation 	Angel shared Nystrom & Associates Presentation and services they have to offer to the region as they are now located in EGF	Angel Pylka
Subcommittee Updates	<ul style="list-style-type: none"> Reviewed PNM Needs Assessments Budget: \$2486.11 <ul style="list-style-type: none"> Project ideas Order more air fresheners Door prizes for events <ul style="list-style-type: none"> Speaker Wellness kits LAC Events <ul style="list-style-type: none"> Slow your roll bowling night Walk/run awareness event Jackets Brainstorm on how to recruit new members <ul style="list-style-type: none"> QR Code flyer to Application Table at local social services, public health & clinics 	<p>Should we look at ordering more table clothes & trifolds to have more outreach totes available? We do have 3 table clothes but may need to order an additional trifold. Also look at ordering a couple more banners or table tents similar to the bookmark to put up throughout the region.</p> <p>Jeanna suggested finding a way to promote teaching boundaries. Amy is sending a book to Shannon that she uses for a boundary group she started at Alluma. We will look at the book and take ideas from it to promote. April said Sanford has a boundary group that</p>	All

	<ul style="list-style-type: none"> ○ Consider handing out LAC information at food shelf or food trucks ● Nexts Steps: Review Quinn Needs Assessment 	is available as well as some Ted talks on YouTube share on boundaries.	
Updates	<ul style="list-style-type: none"> ● Provider ● Council Member ● Case Manager 	<p>Amy shared there is a Tears event on May 12th as well as the Suicide prevention training and Alluma night.</p> <p>No updates from Sanford or Case managers</p>	All
Outreach & Training	<ul style="list-style-type: none"> ● WITW Calendar- (Attached) ● BE THE VOICE with Emma Benoit (Recap) ● Mental Health Awareness Month ● Northern Suicide Prevention Training <ul style="list-style-type: none"> ○ Southshore Hotel, Bemidji ○ May 22nd, 2025 ○ Register: https://www.surveymonkey.com/r/May25Train ○ Registration deadline: May 9th ● Alluma Night (Tracy & Connie) <ul style="list-style-type: none"> ○ Northland Community & Technical College, EGF ○ 4:30-7:30; June 3rd, 2025 ● Invites to speak to group: <ul style="list-style-type: none"> ○ Regional Transportation Coordinator ○ Area Agency on Aging ○ WITW ○ HOPE Coalition ○ Sanford & Alluma Crisis Teams ○ Sanford (Northern Lights)- Brittney checking on April ○ LifeCare BH Group ○ TEARS ○ Regional Suicide Prevention Coordinator ○ Community Strong 	<p>BE THE VOICE with Emma Benoit was overall a great event in all four counties. We reached a total of 1,911 people throughout the region with 1557 students.</p> <p>Kittson county is looking into HOPE squad. Sarah L from Sanford suggested bringing Safetalk training into the schools to train Peers and support them throughout the year and training new students every two years.</p> <p>Jeanna also suggested looking into Project 11 through the MAX foundation.</p> <p>Ideas for other invites: Shannon will reach out to Melissa from Altru BH IP to see if she would be interested in attending our meeting in May.</p> <p>We will add NAMI to the list for a future invite as well.</p>	All
Adjourn	<ul style="list-style-type: none"> ● Next Subcommittee Meeting: May 20th, 2025 @ 1:00pm via Zoom ● Next Officers Meeting: May 27th, 2025 @ 1:00pm via Zoom ● Next LAC Meeting: June 4th, 2025 @ 10am 	Meeting Adjourned	