

**Adult LAC Meeting  
Minutes  
10:00-12:00 \* October 6th, 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"> <li>What's your favorite music or Musician?</li> </ul>		All
Updates	<ul style="list-style-type: none"> <li>Provider Updates</li> <li>Council Member Updates</li> <li>Case Manager Updates</li> </ul>	Tracy shared with the group that her and Deb will be representing the LAC at the eRace Stigma Community walk in Crookston on October 9 <sup>th</sup> from 10-12 @ Crookston high School.	All
Outreach & Trainings	<ul style="list-style-type: none"> <li>Flip book Outreach Project <ul style="list-style-type: none"> <li>Form Subcommittee &amp; Set date</li> </ul> </li> <li>LAC Fliers <ul style="list-style-type: none"> <li>Create an LAC email</li> </ul> </li> <li>HOPE Coalition Table Tent distribution</li> <li><b>Question, Persuade, Refer (QPR)</b> Learn the three steps anyone can take to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gatekeeper training program in the United States, and more than one million adults have been trained in classroom settings in 48 states. This 1.5 hour class is for members of the community over the age of 16 who want to learn best practices in suicide prevention. A certificate of attendance is available for this class and will be sent after you fill out the evaluation.</li> </ul> <p><b>Tuesday, October 12, 1:00-2:30 PM</b> <b>Registration</b> Link: <a href="https://us06web.zoom.us/meeting/register/tZwkcuqsqTlvGdPYc3XWIFFxJcquj0mTZxHl">https://us06web.zoom.us/meeting/register/tZwkcuqsqTlvGdPYc3XWIFFxJcquj0mTZxHl</a></p> <p><b>Friday, October 22, 12:00-1:30 PM</b> <b>Registration</b> Link: <a href="https://us06web.zoom.us/meeting/register/tZEdeuuzq4qEt1liZbrKXy_d7kWKmy5Bmlk">https://us06web.zoom.us/meeting/register/tZEdeuuzq4qEt1liZbrKXy_d7kWKmy5Bmlk</a></p> <p><b>Tuesday, November 9, 1:00-2:30 PM</b> <b>Registration</b></p>	<p>We will resume flipbook &amp; LAC Flier planning committee now that the event has passed. Will form subcommittee and set date at the end of this meeting.</p> <p>Looking for volunteers to help distribute the remaining table tents: Sheena- Beltrami &amp; Climax Jessica- Waubun &amp; Naytahwaush Dawn- Kennedy &amp; Hallock Tracy- Gary Shannon- Red Lake County &amp; St. Hilaire</p> <p>NAMI is offering FREE QPR trainings- Follow the link that works best for your schedule and sign up for a class.</p>	All

	<p>Link: <a href="https://us06web.zoom.us/meeting/register/tZEkcuuuqigtE9Eq0U9UP5Y4xmrcxuNRXIOl">https://us06web.zoom.us/meeting/register/tZEkcuuuqigtE9Eq0U9UP5Y4xmrcxuNRXIOl</a></p> <p><b>Thursday, November 18, 3:00-4:30 PM</b>  <b>Registration</b>  Link: <a href="https://us06web.zoom.us/meeting/register/tZAfceCvrjgiGN31MtSTtZVAEPBMHsJa1hDu">https://us06web.zoom.us/meeting/register/tZAfceCvrjgiGN31MtSTtZVAEPBMHsJa1hDu</a></p> <p><b>Tuesday, December 14, 1:00-2:30 PM</b>  <b>Registration</b>  Link: <a href="https://us06web.zoom.us/meeting/register/tZwscO2hqDwrGNLtClfnGVrGbPFuZufhcoBl">https://us06web.zoom.us/meeting/register/tZwscO2hqDwrGNLtClfnGVrGbPFuZufhcoBl</a></p> <p><b>Wednesday, December 29, 11:30-1:00 PM</b>  <b>Registration Link:</b> <a href="https://us06web.zoom.us/meeting/register/tZ0tc-6srzMiGNQn6KSXgoATxeOpFaSaX9_9">https://us06web.zoom.us/meeting/register/tZ0tc-6srzMiGNQn6KSXgoATxeOpFaSaX9_9</a></p> <ul style="list-style-type: none"> <li>• <b>QPR for Agricultural Communities</b>  Learn the three steps anyone can take to help prevent suicide. Just like CPR, QPR (Question, Persuade, Refer) is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gatekeeper training program in the United States, and more than one million adults have been trained in classroom settings in 48 states. This 1.5 hour class is for members of rural and agricultural communities over the age of 16 who want to learn best practices in suicide prevention. A certificate of attendance is available for this class and will be sent after you fill out the evaluation.</li> </ul> <p><b>Tuesday, October 19, 1:00-2:30 PM</b>  <b>Registration</b>  Link: <a href="https://zoom.us/meeting/register/tJcucOCgpz0sHdeKB2tMSir2iazreo3OWyQQ">https://zoom.us/meeting/register/tJcucOCgpz0sHdeKB2tMSir2iazreo3OWyQQ</a></p> <p><b>Tuesday, November 16, 1:00-2:30 PM</b>  <b>Registration</b>  Link: <a href="https://zoom.us/meeting/register/tJcsduCrrj0uE93go4utccYia3q5Uk3ueovz">https://zoom.us/meeting/register/tJcsduCrrj0uE93go4utccYia3q5Uk3ueovz</a></p>		
BE THE VOICE	<ul style="list-style-type: none"> <li>• <b>BE THE VOICE &amp; eRace Stigma: Recap</b> <ul style="list-style-type: none"> <li>○ Attendance 350+</li> <li>○ Additional T-shirts (100 on hand)</li> <li>○ Budget <ul style="list-style-type: none"> <li>▪ Sponsorship received \$12,475</li> <li>▪ Total Expenses \$26,099</li> </ul> </li> </ul> </li> </ul>	<p>The board has approved to do another event up in Warroad and are looking to the Max foundation for assistance in the Coordination of the event.</p> <p>Gift wrap and hand out a blanket if they have lost a loved one to suicide? Or ask ladies groups to donate blankets?</p>	

	<ul style="list-style-type: none"> <li>▪ <b>AMHI \$\$ spent \$13,638</b> <ul style="list-style-type: none"> <li>○ eRace Stigma Proceeds \$963.42</li> <li>▪ Attendance- 84</li> </ul> </li> <li>• <b>BE THE VOICE- Warroad</b> <ul style="list-style-type: none"> <li>○ Winter/Spring</li> <li>○ Partner with MAX Foundation</li> <li>○ \$20,000 budget</li> </ul> </li> </ul>	<p>Dawn- Keep this on our radar for next holiday season as we do not have enough time to coordinate this before this holiday season.</p> <p>There are left over t-shirts and the board would like to pass them out to anyone that would like one. Our goal of the event was to BE THE VOICE and by getting the t-shirts out to people, we are keeping that message going. Anyone that would like t-shirts, let Shannon know. Dawn has two people for sure that would like a t-shirt. She will check sizes and let Shannon know. Tracy needs a 3XL &amp; Dawn wants a 4XL for Dan.</p>	
Adjourn	<ul style="list-style-type: none"> <li>• Next Subcommittee Meeting: TBD</li> <li>• Next Officers Meeting: Oct 28<sup>th</sup> 2:00-4:00 via Zoom</li> <li>• Next LAC Meeting: November 3<sup>rd</sup> 10:00-12:00 via Zoom</li> </ul>	Subcommittee- Connie, Tracy, Dawn and Shannon Tuesday October 26 <sup>th</sup> , 1:00-3:00	All