

NW8 Adult LAC Meeting
Minutes
October 1st, 2025 * 10:00-12:00
MS Teams

Meeting Facilitator: Tracy H- Norman

Invited: Shannon Abrahamson, Sarah K- Red Lake, Renae – Polk, April K- Pennington, Kierah J- Roseau, Sheena M- Marshall, Jordan Rudnik- Polk, & Amy A- Alluma

Agenda Topic	Discussion Points	Actions/Discussion	Whom
Introductions	<ul style="list-style-type: none"> • What's your favorite thing about Fall? 		All
Agenda & Minutes	<ul style="list-style-type: none"> • Review and approval of 9.3.2025 minutes and 10.1.2025 agenda 	Tracy made a motion to approve the minutes and agenda, April seconded, all aye motion carries.	
Subcommittee Updates	<ul style="list-style-type: none"> • Budget: \$1896.26 <ul style="list-style-type: none"> ○ Regional Resource Cards- Review & vote ○ Updated LAC Brochure- Review & vote ○ Radio- Promote membership ○ Jackets • Pull together regional needs assessment 	<p>Amy made a motion to approve the Mental Health resource cards, Kierah seconded, all aye- motion carries. Shannon will order 2000 cards to drop off 100 at each of the Social Services and will verify how many flyers are out there and determine if we need to order more.</p> <p>Amanda Sherer made a motion to approve the updated brochures, Angel seconded, all aye- motion carries.</p> <p>We will order cards and brochures and then determine next steps</p>	All
Updates	<ul style="list-style-type: none"> • Provider • Council Member • Case Manager • Coordinator 	<p>Alluma is having an Ignite the Light fundraiser on November 15th, 2025 for the Alluma Foundation at the Crookston Inn. Tickets are \$50/plate</p> <p>Nystrom does not have a waitlist for Med Management or Individual Therapy. They also have providers available for evenings and weekends via telehealth. Nystrom is rebranding in mid-October- more to come.</p>	All
2026 Officers	<ul style="list-style-type: none"> • Vote on Officer Position's • Vote on LAC Representation at AMHI Meetings 	We will table this as there are not enough council members present to vote on positions.	

Outreach & Training	<ul style="list-style-type: none"> • BE THE VOICE- TRF- Recap • TEARS Walk & Talk- Recap • WITW annual conference- Recap • WITW VPSN October Calendar (attached) • safeTALK training- 10.13.2025 Warroad • Invites to speak to group: <ul style="list-style-type: none"> ○ Area Agency on Aging ○ WITW ○ HOPE Coalition ○ Prairie St John's ○ Emily Project ○ Senior Life Solutions- November ○ Alluma Crisis Team ○ Sanford (Northern Lights) ○ Nystroms & Associates ○ Charlie Health ○ Altru IP BH ○ TEARS ○ Regional Suicide Prevention Coordinator ○ Community Strong 	<p>BE THE VOICE- TRF- Not as good of a turnout as they hoped for, but real nice set up/ Meal was good and the speaker was awesome.</p> <p>No one was present that attended the TEARS Walk & Talk</p> <p>Shannon will invite Senior Life Solutions to our meeting in November</p>	All
Adjourn	<ul style="list-style-type: none"> • Next Officers Meeting: October 21st, 2025 @ 1:00pm via Teams • Next Subcommittee Meeting: October 21st, 2025 @ 2:00pm via Teams • Next LAC Meeting: November 5th, 2025 @ 10:00am via Teams 		