

HOPE Coalition Meeting
Minutes
January 26th, 2022 8:30-9:30 a.m.
Zoom
<https://mnhopecoalition.org>

Meeting facilitator: Amy Hovey, HOPE Vice-Chair

Attendees: Allison McGauvran, Tim Denney, Sarah Lefebvre, Arlene Selander, Brenna Olson, Destiny Brown, Fran Tougas, Jodi Ramberg, Julianna Bergan, Kay, Kayte Carson, Kendra Hatcher, Kim Meyers, Kirsten Fagerlund, Margo Bowerman, Marissa Adam, Michelle Adolphsen, Paula Hedlund, Sarah Kemp Tabbut, Nanette Widseth

| Agenda Topic | Discussion Points | Actions/Discussion | Whom |
|--------------------|---|---|---------------------------|
| Welcome | <ul style="list-style-type: none"> • Introductions through chat | | All |
| Agenda/Minutes | <ul style="list-style-type: none"> • Review and Approve 12.23.2021 Minutes & 1.26.2022 Agenda | Kim made a motion to approve, Destiny seconded, all aye- motion carries | Amy |
| Training & Support | <ul style="list-style-type: none"> • SafeTALK Training <ul style="list-style-type: none"> ○ February 23, 2022 @ Crookston Inn, 10:00-2:30 (Full) ○ March 15, 2022 @ Legacy Event Center- TRF 10:00-2:30 <ul style="list-style-type: none"> ▪ Lunch provided by NW8 Adult Mental Health Initiative • safeTALK- Train the Trainer (Sponsored by MDH) <ul style="list-style-type: none"> ○ Spring 2022, Fergus Falls-Due to MDH restrictions looking at June ○ Must complete ASIST training prior (MDH will also host prior to safeTALK) ○ Received several interested participants- Application Process- One person will be chosen from region • Suicide Survivor support group (TEARS)-updates • Virtual Suicide Survivor Support group (TEARS) | <p>Amy did get in touch with the TEARS Coordinator and is working with Allison at UND.</p> <p>Can we look at creating Grief Kits for Hospitals and Funeral Homes?</p> <p>TEARS is hosting a virtual support group 2nd Monday and 4th Tuesday of every month starting 2.22.2022. Shannon will reach out to Alisson to get the information to share throughout our network.</p> | Shannon Amy Allison |
| Outreach | <ul style="list-style-type: none"> • David Flood, Motivational Speaker- Recap • Pennington Toward Zero Deaths- Mid March <ul style="list-style-type: none"> ○ Managing Your Impulsive Brain- Sarah Reese ○ Importance of Self-care- Kendra Hunt ○ Make it OK - Normalizing mental health conversations- Sarah L ○ Why being a teen is awesome- Reilly Stroot ○ Managing impatience and rage while driving ○ Multitasking: Not What It's Cracked Up To Be- Heidi Holmer ○ Speaking With Adults as Friends | Estimated reach was a little over 500 students and 100 community members that evening. He connected with people well and thought his message was awesome. Challenged the groups to look at the inside and not to pre-judge people on the outside. LAC, HOPE, Alluma, Nystrom and Crisis Text Line set up booths. The schools also received 12 months of free SEL curriculum. Shannon, Kim, & Brenna are meeting with the schools to walk alongside them to implement. | Kim Tim |

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| | <ul style="list-style-type: none"> ○ Choosing Positive ○ Caring for Your Friends- Tim Denney ○ TBD- Aaron Muir ● BE THE VOICE <ul style="list-style-type: none"> ○ April 26, 2022 5:30pm @ Gardens Arena, Warroad <ul style="list-style-type: none"> ▪ Need volunteer to table HOPE booth | | |
| Coalition Structure | <ul style="list-style-type: none"> ● Volunteer needed- Vice Chair (March 2022-March 2023) | Looking for volunteers to step into the Vice Chair role for the next year. | Amy |
| Financials | <ul style="list-style-type: none"> ● Review monthly financials | Reviewed monthly financials- | Amy |
| Adjourn | <ul style="list-style-type: none"> ● HOPE Subcommittee: February 18th, 2022 1:00-2:00pm, via Zoom ● HOPE Officers Meeting: February 17th 9:00-9:30, via Zoom ● HOPE Coalition Meeting: March 23rd, 2022 8:30-9:30, via Zoom | | All |
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