

**HOPE Coalition Meeting
Minutes
October 25, 2023 @ 9:00am
Zoom
<https://mnhopecoalition.org>**

Meeting facilitator: Shannon Abrahamson

Attendees: Tim Denney, Cayla Blackburn, Danielle Jeffrey, Dawn Hedlund, Fran Tougas, Heather Vatnsdal, Jan Carr-Herseth, Jeanna Kujava, Jodi Ramberg, Josh Hanson, Katie Edvall, Katie Kleven, Katie Vasey, Kimberly Myers, Leon Flack, Marissa Adam, Megan Olson, Megan Starr, Michelle VanCamp, Nicole Wandrie, Paula Hedlund, Sarah Lefebvre

Agenda Topic	Discussion Points	Actions/Discussion	Whom
Welcome	<ul style="list-style-type: none"> • Introductions 		All
Agenda/Minutes	<ul style="list-style-type: none"> • Review and Approve 8.23.2023 Minutes & 10.25.2023 Agenda 	Paula Hedlund approved agenda and minutes as presented, Kim Meyers seconded.	All
Subgroups	<ul style="list-style-type: none"> • Ag outreach workgroup (Cayla, Brenna & Sarah K.) • Suicide Survivor Care package workgroup (Destiny, Jan, Cayla) • Postvention training & plan <ul style="list-style-type: none"> ○ https://sprc.org/online-library/connect-suicide-postvention-training/ • Lethal Means Safety (Sarah K, Shannon, & Destiny) 	<p>Jan will send list to Shannon of where to distribute Suicide survivor packages to forward to the group.</p> <p>Roseau county is working on getting key stakeholders together for an initial Postvention plan meeting. NAMI connect is designed to work in silos.</p> <p>Not everyone is ready to move forward in Kittson County so their postvention plan is moving along at a slower pace than initially anticipated.</p>	Subgroups
Regional Coordinator	<ul style="list-style-type: none"> • Updates 	Tim gave high level overview of coordinators responsibilities. Funding moved to MDH from DHS this year. MDH is still rolling out their workplan for the coordinators.	Tim Brenna
Outreach	<ul style="list-style-type: none"> • International Survivors of Suicide Loss Day: Suicide loss survivors come together to find connection, understanding and hope through their shared experience. <ul style="list-style-type: none"> ○ November 18, 2023 11:30am-3:00pm- Fargo, ND - attached • Mental Health First Aid: MHFA teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults. You'll build skills and confidence you need to reach out and 	Reviewed upcoming trainings.	Brenna

	<p>provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.</p> <ul style="list-style-type: none"> ○ Wednesday, October 25th OR November 29th 9am-3:00pm - attached ○ Virtual ○ Registration and questions: email MDVA@state.mn.us <ul style="list-style-type: none"> ● CALM: Reducing access to lethal means, such as firearms and medication, can determine whether a person at risk for suicide lives or dies. This course is about how to reduce access to the methods people use to kill themselves. It covers who needs lethal means counseling and how to work with people at risk for suicide—and their families—to reduce access. <ul style="list-style-type: none"> ○ November 8th, 2023, 12:30 – 3:30pm - attached ○ Virtual ○ Registration and questions: email sarah.kemtabbut@va.gov ● Question, Persuade, Refer (QPR): 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. <ul style="list-style-type: none"> ○ Register for Tuesday, Nov. 7, 2023, 3 to 4:30 p.m. ○ Register Thursday, Nov. 23, 33:30 to 5 p.m. 		
Financials	<ul style="list-style-type: none"> ● Review HOPE Financials (attached) 	Reviewed financials	Brenna
Open Forum	<ul style="list-style-type: none"> ● Community Updates 		All
Adjourn	<ul style="list-style-type: none"> ● Next HOPE Coalition meeting: November 22nd, 2023 @ 9:00am via Zoom 		