

**HOPE Coalition Meeting
Minutes
8:30-9:30 a.m. October 27th, 2021
Zoom
<https://mnhopecoalition.org>**

Meeting facilitator: Shauna Reitmeier, HOPE Chair

Attendees: Shannon Abrahamson, Kay Hegge, Martha Mino, Lucina Meyo, Kristi Charles, Sarah Lefebvre, Amy Hovey, Amanda Lien, Cayla Pribyl, Destiny Brown, Fran Tougass, Jodi Ramberg, Kayte Carson, Kim Myers, Kirsten Fagerlund, Paul Biermaier, Sarah Kemp Tabutt, Stephanie Downey, Theresia Gillie, Marissa Adam, & Nanette Widseth

Agenda Topic	Discussion Points	Actions/Discussion	Whom
Welcome	<ul style="list-style-type: none"> • Introductions 		All
Minutes	<ul style="list-style-type: none"> • Review and Approve 9.22.2021 Minutes 		Amy
Training & Support	<ul style="list-style-type: none"> • SafeTalk Training- HOPE Coalition • FREE Online QPR trainings through NAMI MN • Suicide Survivor support group <ul style="list-style-type: none"> ○ TEARS ○ Online support groups 	<p>safeTALK- We had a Safetalk training lined up for members, but was postponed due to COVID. Stephanie is able to provide the training to this group after the first of the year. Brina Ellison, CTL Coordinator can also provide Safetalk training if Stephanie is unavailable. The training is 4 hours and we will hold it in person with masks on. Shannon will Coordinate with Stephanie to schedule the training after the 1st of the year. Kirsten suggested we offer Safe talk training to the community and highlight that this training helps you learn how to talk about suicide and how to have the conversation. Stephanie has materials we can use to market to the community, There is no cost for Stephanie to provide the training.</p> <p>QPR- NAMI offers QPR trainings ongoing. If you have not done so, please sign up to take the 90 min course. You can find the trainings on HOPE Website or FB page.</p> <p>NAMI Spanish Trainings NAMI offers online QPR training in Spanish. Follow the link to sign up for trainings in Spanish: https://namimn.org/education-and-public-awareness/classes/en-espanol-clases/</p> <p>Suicide Support Group- TEARS- Amy talked to the TEARS coordinator from Altru and is willing to facilitate a support group in Crookston. She will continue to move work forward with the TEARS facilitator in GF to get something set up. She would be willing to initially facilitate until someone is trained in. The American Foundation for Suicide Prevention offers support group facilitator training. There are also scholarship opportunities. MN Contact for more info: Cassandra Linkenmeyer clinkenmeyer@afsp.org or 507-721-8246. TEARS is also currently working on an online option to join the</p>	Shauna

		<p>monthly meetings. They currently meet the 3rd Thursday of every month from 7-8:30pm.</p> <p>Ag Suicide Survivor Support Group- Theresia G is part of an online Agricultural Suicide Survivor Support group ran by Monica McConkey 218-280-7785 or you can find more information @ www.mda.state.mn.us/about/mnfarmerstress/copingstress Cayla suggested that when we market the support groups to make note that they do not need to talk, they can just show up and listen for support.</p> <p>Bereavement packets- NAMI MN has a loss survivor packet- look at utilizing this and possibly creating a packet locally for the HOPE Coalition to hand out to survivors.</p>	
Outreach	<ul style="list-style-type: none"> eRace Stigma community walk- Crookston (recap) RDO Funding- Norman County Schools- Speaker 	<p>HOPE Coalition cosponsored eRace stigma walk in Crookston on October 9th- This event was planned in a short period of time to provide hope and healing to the community, there were about 120 people that showed up and several vendors with resources were also there. We have decided to make this an annual event. eRace Stigma Community walk set for the 1st Saturday of October annually.</p> <p>Kim- we are looking at bringing in a speaker to the schools in Norman county to utilize RDO funding. If anyone has suggestions of a good speaker, let Kim know. AFSP & NAMI MN have speakers that will go into the schools and engage with the students. Stephanie would encourage us to look at what the schools are already doing with social and emotional learning to see where if we can support continuing education within the schools. This has been proven to be more effective.</p> <p>Kay Hegge, Rural Life Outreach- I see lots of opportunities for boots on the ground outreach that we can help with. Call me if you need us: 218-289.1246. Our next meeting is Nov 9th @ 6:00pm for our group QPR training.</p>	All
Crisis Stats	<ul style="list-style-type: none"> Review Q3 Crisis Stats 	Tabled	Shauna
Financials	<ul style="list-style-type: none"> Review monthly financials 	Tabled	Shauna
Adjourn	<ul style="list-style-type: none"> HOPE Subcommittee: TBD HOPE Officers Meeting: November 18th, 2021 9:00-9:30, via Zoom HOPE Coalition Meeting: November 24th (?), 2021 8:30-9:30, via Zoom 	Next meeting is set for the day before Thanksgiving. Shannon will send out an email to see if we will have enough people in attendance for the meeting on the 24 th . If not, we will look at rescheduling.	All
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