

**HOPE Coalition Meeting  
Minutes  
November 22, 2023 @ 9:00am  
Zoom  
<https://mnhopecoalition.org>**

**Meeting facilitator:** Cayla Blackburn, Chair

**Attendees:** Brandi Knutson, Shannon Abrahamson, Tim Denney, Brenna Olson, Brooke Homstad, Daniella Alida, Dawn Hedlund, Destiny Tinnis, Heather Vatnsdal, Jan Carr- Herseth, Jeanna Kujava, Kathy Magnusson, Katie Edvall, Katie Kleven, Kim Myers, Leon Flack, Michelle Van Camp, Paula Hedlund, Sandy Kovar, Sarah Kollin & Sarah Lefebvre

Agenda Topic	Discussion Points	Actions/Discussion	Whom
Welcome	<ul style="list-style-type: none"> <li>• Introductions</li> </ul>	Sandy Kovar- Founder of TEARS	All
Agenda/Minutes	<ul style="list-style-type: none"> <li>• Review and Approve 10.25.2023 Minutes &amp; 11.22.2023 Agenda</li> </ul>	Kim M made a motion to approve agenda and minutes, Brenna seconded, all aye- motion carries	All
Subgroups	<ul style="list-style-type: none"> <li>• Roseau Postvention training &amp; plan</li> <li>• Lethal Means Safety</li> </ul>	<p>Roseau group met yesterday and are moving forward with the schools first. They are reaching out to the schools and are hoping to have all superintendents go through the training. Kittson county is also moving forward with their postvention plan. They already have two schools on board.</p> <p>VA has distributed 400 gun locks to our catchment area since the end of September. There were 8 people that attended the CALM training on November 8<sup>th</sup>. Due to liability, LEC prefers a family member or friend to safely store guns but they do have safe storage as a last resort. Crisis teams work it in their safety plan when they encounter someone in Crisis that has guns.</p> <p>Brenna, Destiny &amp; Shannon have extra gun locks if anyone needs. Next steps in Lethal means group- deep dive into local data to see where we need to be focusing.</p> <p>Is there a display of how to use gun locks? MN MDVA has a printout we can utilize to put out when we are providing outreach.</p>	Subgroups
Regional Coordinators	<ul style="list-style-type: none"> <li>• Updates</li> </ul>	Brenna has been receiving a lot of questions on what they can do. Previously they provided a lot of trainings, now their focus is more technical assistance. Tim is working with the Postvention groups in Roseau and	Tim Brenna

		<p>Kittson and will support them as needed along the way. He is providing technical assistance to EMS, Schools and Faith based organizations currently. There is a lot of training that the coordinators are going through with MDH and should be completed by spring. Tim and Brenna have been working on a strategic plan for our region. Reach out if you have questions or need technical assistance from them.</p> <p>Should this group hear the States 5-year suicide prevention plan? Tim and Brenna will share with the group MDH 5 year suicide prevention plan with this group at an upcoming meeting.</p>	
TEARS	<ul style="list-style-type: none"> <li>• Background</li> <li>• Kevin Hines</li> </ul>	<p>TEARS will now have their own 501c in January 2024. They are bringing Kevin Hines to Grand Forks on May 15<sup>th</sup> and would welcome any sponsorship, advertising help or participation in helping with the event. They no longer have a virtual support group, but it is Sandy's goal to get a teenage group and virtual support group up and running within the next few years.</p>	Sandy Kovar
Outreach	<ul style="list-style-type: none"> <li>• Crisis Line Movie Theatre Ad <a href="https://www.dropbox.com/scl/fi/unt9fw0rkcd877xujuy/NW8-30-sec.mp4?rlkey=gjc0gi5v488v8y6ll4ey9v4ta&amp;dl=0">https://www.dropbox.com/scl/fi/unt9fw0rkcd877xujuy/NW8-30-sec.mp4?rlkey=gjc0gi5v488v8y6ll4ey9v4ta&amp;dl=0</a></li> <li>• Radio</li> <li>• CTL Grant- \$600 (Social Media)</li> <li>• CHS Event- December 12<sup>th</sup></li> <li>• Other Ag Events?</li> <li>• <b>Mental Health First Aid:</b> 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 provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support. <ul style="list-style-type: none"> <li>○ Wednesday, October 25<sup>th</sup> OR November 29<sup>th</sup> 9am-3:00pm - attached</li> <li>○ Virtual</li> <li>○ Registration and questions: email <a href="mailto:MDVA@state.mn.us">MDVA@state.mn.us</a></li> </ul> </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</li> </ul>	<p>Reviewed upcoming trainings and outreach.</p>	Cayla

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.

- Thursday, Nov. 30, 11:00 am – 12:30 pm. Zoom Registration  
Link: <https://us02web.zoom.us/j/84461212693>
- Tuesday, Dec. 19, 2023. 10 am to 11:30 am. Zoom Registration  
Link: <https://us02web.zoom.us/j/91912312693>
- Tuesday, January 9, 2024. 11 am to 12:30 pm. Zoom Registration  
Link: <https://us02web.zoom.us/j/91912312693>
- Thursday, January 25, 2024, 3 pm to 4:30 pm. Zoom Registration  
Link: <https://us02web.zoom.us/j/84461212693>

- **QPR for Ag community**

NAMI Minnesota and the Upper Midwest Agricultural Safety and Health Center (UMASH) are partnering to provide suicide prevention classes tailored to farming communities. Our aim is to change the public perception in agricultural communities and better equip the community to identify and help people who may be having thoughts of suicide. We offer a one hour suicide prevention program called QPR (Question, Persuade, Refer) to help individuals learn the three steps anyone can take to help prevent a suicide. We also collect personal stories of farmers or farm families who want to share their story of living with a mental illness or being a suicide loss survivor. These workshops are made possible by a grant from UMASH.

- Tuesday, November 21, 2023, 1:00-2:30 pm. Zoom Registration  
Link: <https://us02web.zoom.us/j/84461212693>
- Tuesday, January 16, 2024, 1:00-2:30 pm. Zoom Registration

