

**HOPE Coalition Meeting
Minutes
8:30-9:30 a.m. December 23rd, 2021
Zoom
<https://mnhopecoalition.org>**

Meeting facilitator: Shauna Reitmeier, HOPE Chair

Attendees: Arlene Selander, Kay Hegge, Martha Mino, Amy Hovey, Amanda Lien, Brenna Olson, Cayla Blackburn, Tim Denney, Destiney Brown, Fran Tougas, Jodi Ramberg, Kayte Carson, Kirsten Fagerlund, Margo Bowerman, Michelle Adolphsen, Paul Biermaier, Paula Hedlund, Sarah Reese, & Stephanie Downey

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 11.24.2021 Minutes & 12.23.2021 Agenda 		Shauna
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 ○ Lunch provided by Adult Mental Health Initiative • BCBS funds to help support Hispanic & Latin community members <ul style="list-style-type: none"> ○ Bilingual QPR Trainer • Suicide Survivor support group (TEARS)-updates • safeTALK- Train the Trainer (Sponsored by MDH) <ul style="list-style-type: none"> ○ Spring 2022, Fergus Falls ○ Must complete ASIST training prior (MDH will also host prior to safeTALK) <ul style="list-style-type: none"> ▪ Multiple interest criteria <ul style="list-style-type: none"> • Flexibility • Background • Experience 	<p>safeTalk training is open to coalition members for Feb 23rd. Please email Shannon if you are interested in attending this training. Thoughts on what everyone thinks about bringing a Bilingual QPR trainer in the region. Communication is a big barrier as a lot of the community does not listen to the radio or read the newspaper. Martha's idea is a communication marketing with the community. Survey- picnic- provide food- the whole community- talk about suicide and how to prevent it- providing food is always a hit. Or dance... Loop Martha in with the planning group to start talking about this. Look at these connections (Ilhan) to see if they would be interested in joining. Sarah will connect us with that group and see if there is interest in joining efforts... Yes- get people trained in Bilingual QPR</p> <p>safeTALK training in February- TEARS- Middle of next week to lock in the time. The biggest hurdle will be getting the info out to the community. Amy will ask the TEARS team to get the marketing materials out there. Michelle will connect with Amy to get that info. Melissa- Roseau/ Warroad area- Shannon will connect Amy and Paula with Melissa & Destiny Suicide prevention grant- One individual in our community to receive the train the trainer. If you are interested in becoming a trainer- reach out to Shannon. You do need to complete the ASIST training prior. Changing the narrative- More information coming-</p>	Shauna

		They equip you well on how to be a trainer. It is costly to bring living works in so we need to find someone that will keep this sustainable. Language is consistent between all the trainings-Kristi Charles and Kay Hegge are both interested...Paula has someone in mind as well. Brenna will double check to see if this will only be offered in PNM or if open to the entire region. - Flexibility, sustainable, ect...	
Outreach	<ul style="list-style-type: none"> • David Flood, Motivational Speaker <ul style="list-style-type: none"> ○ January 12,2022 6:30pm @ Ada-Borup West High School Auditorium, Ada <ul style="list-style-type: none"> ▪ Need volunteer to table HOPE booth • Pennington Toward Zero Deaths <ul style="list-style-type: none"> ○ TTZD day- Mid March <ul style="list-style-type: none"> ▪ Seeking mental health & wellbeing speakers to speak on topics: <ul style="list-style-type: none"> • Managing Your Impulsive Brain • Importance of Self-care • Make it OK - Normalizing mental health conversations • Why being a teen is awesome • Managing impatience and rage while driving • Multitasking: Not What It's Cracked Up To Be • Speaking With Adults as Friends • Choosing Positive • Caring for Your Friends • 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 • Suicide Awareness & Prevention summit for faith leaders- Crookston (MDH & MDA) <ul style="list-style-type: none"> ○ Date: TBD 	<p>Tim Denney- Thief River Falls- looking for speakers for TTZD day in Mid-March- wrapping in mental health and suicide awareness this year- all schools are being invited throughout the region.</p> <p>Self-Care- Destiney</p> <p>Impulsive brain- understanding adolescent development...</p> <p>Jodi- impulsive brain with simulator?? UMC??</p> <p>Would like to secure speakers by January 15th. This event is open to grades 9-12th and some schools may send 7th and 8th graders (driving focus with mental health and suicide awareness wrapped in)</p> <p>Sarah Reese with Polk County Public Health will speak about Impulsive brain... Martha would like to team up and speak as well about hypnosis... Tim will meet with Sarah and Martha...</p>	Shannon Tim
Financials	<ul style="list-style-type: none"> • Review monthly financials 	Reviewed financials	Shauna
Adjourn	<ul style="list-style-type: none"> • HOPE Subcommittee: January 5th, 2022 1:00-2:00pm, via Zoom • HOPE Officers Meeting: January 20th 9:00-9:30, via Zoom • HOPE Coalition Meeting: January 26th, 2022 8:30-9:30, via Zoom 		All

