

# Regional Local Advisory Committee (LAC) Meeting Minutes

Thursday, January 16<sup>th</sup>. 2025

1:00-2:00pm

This meeting was held hybrid.

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## ***Introductions and organizational updates***

Janet

Kathy: AMHI Housing workgroup has a housing flyer with resources. The group is working on a collaboration with legal aid and drop-in centers to host an event to bring resources to drop-in centers for individuals that may need assistance with housing.

Jaimie: Aitkin Farm Fresh is working to address hunger. See attached flyers for more information.

Jode

Amber

Denise

Arlene

Heather

Gary

Jode Freyholtz-London made a motion to approve the Regional LAC November 2024 meeting minutes. Kathy Hallbeck seconded the motion. All in favor, none opposed. No further discussion. Motion carried.

## ***New business:***

- Regional LAC Annual Event Report:
  - Held at Lighthouse Beginnings
  - 30 attendees
  - Gift bags, lunch, games, and speaker
    - Bingo was a huge hit
    - Speaker on whole body wellness
  - Pulling a group together to walk through takeaways and lessons learned
    - Denise, Heather, Janet, Kathy, Jode, Amber
    - Working on developing flyers for future events
    - Potentially at a different location?
    - Invite local providers
    - Purchase more booth and promotional materials
    - Store logo at a county location
    - Advertise through social media: Facebook
    - Share with County LAC
      - LAC information in resource guides
- Regional LAC Bylaws Update
  - Waiting on Todd and Wadena counties to sign Bylaws
- Regional LAC Meeting cadence:
  - Suggestions included:
    - Once a month
    - Every other month for 1.5 hours

- Rotating locations to Drop-in Centers in Region V+
  - Invite individuals or providers to discuss program or county or lac updates
    - Heather can send out a survey including various options for meetings
- Region V+ AMHI Updates:
  - Certified Peer Specialist Training
    - May 5-16<sup>th</sup> at Sourcewell in Staples, MN
    - Accommodations include if needed:
      - Hotel: Timber Lake Lodge
      - Transportation
      - Training expense
      - Day care
  - Mini Grants: March 2025
- State LAC-Town Halls
- Mental Health Day on the Hill
  - NAMI: February 20<sup>th</sup>
    - Transportation via bus will be offered if enough people sign up by January 30<sup>th</sup>. See attached flyer for more information
  - WITW: Recovery Day on the Hill February 5<sup>th</sup>
    - See attached flyer for more information
- Community events/outings
  - Region V+ AMHI Mini Grants going out March 2025
    - Pop-up events- would need a workgroup
  - Mental Health Day at the State Fair
  - Baseball games
  - Bentleyville
  - NAMI Conference
- Establish 2025 Goals
  - Will continue during special meeting on February 13<sup>th</sup>, 2025, at 1pm via Zoom and/or Crisis Line and Referral.

Kathy Hallbeck made a motion to adjourn the meeting. Denise Rathey second the motion. All in favor, none opposed. No further discussion. Motion carried.