American Legion Family Suicide Prevention Coalition

**November 16, 2023**| 1000-1100 | Virtual Meeting

**AGENDA**

Time Topic Person Responsible

**Introductions-Know your why ?**

Joe Tappainer, William Gordon, Mark Maloney, Gary Olson, Harry Hurley, Diane Jankowski, Mike Maxa, Bruce Kottom, Chris Fiske, Al Ramos, Eric Meittunen, Andrea Perry, Laura Stumvoll, Krysta Stanenas, Janet Lorenzo, Group spent time discussing why SP is important to them.

**New day and time for monthly meetings, Leadership**

Monthly meetings will be held the THIRD Thursday of the month, from 1000-1100, virtually. Leadership team meeting will be 2nd Thursday of each month, 1100-1130.

**“Know your Why”**

Andrea and Laura shared a short video called “Know your Why”. Think about why we are here, why is this coalition important to you, do some reflecting.

**Dates/Trainings**-**Upcoming SAVE training-Osseo Post**-

Osseo Post is hosting SAVE training for Post and Community on November 30, 2023, at 5pm. Plan to send flyer for November 30 SAVE training for others to help promote. Discussed possible virtual SAVE training in December. Group agreed important to open SAVE training up to Public when offer at a Legion. Discussed importance of training bar tenders and Commanders of the Posts in SAVE. Discussed that Gary Olson would like to host the next SAVE training in his district.

**Promote Resources**

A Resource List of any of the more than 300 MN organizations that have the term “helping veterans” (Thanks, Al) in their description. These resources do not have to be suicide prevention specific. Intervening or helping far up the stream can help prevent them from having future mental health problems. Example: There is a CRRC two blocks from Al Ramos’ campus. This CRRC is a good hub/physical location for helping Veterans, has a nurse there whenever they’re open, and a physician on site once a week.

Getting information out into the Posts--- Break it down by regions, have the crisis line info available at each post. What does a bartender do when a Veteran is in crisis.

Mobile Crisis Teams are available in Mn and listed by county at [Adult mental health crisis response phone numbers / Minnesota Department of Human Services (mn.gov)](https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp)

Discussion took place on the length of time it takes for mobile crisis to respond, if available.

**Brainstorming**

How do we get others involved in the American Legion Family SPC?

How can we get more people interested in attending ALFSPC and SAVE training? Shared lived experiences from other Veterans. Special speakers that will volunteer to be vulnerable and share their personal stories with mental health and suicide. 1st District Commander Mark Maloney has volunteered to share about his own personal experience with mental health and suicidal ideation and attempt. We are glad that you’re here Mark and that you are willing to be vulnerable and be the first! January date and Post location TBD for 1st District’s SAVE training.

\*Nami has training available online for lived experience speakers.

**Next Steps/Action Items –** Gary Olson will host SAVE training in his district at a future date and time TBD (Winter/Spring 2024)

War Stories Two and Three, Volume one is all gone- added as giveaways.

Trying to get donations all the time, go Janet!

Gift Baskets- Self Care ideas \*\*\*Colorado has ICare packages [SPCC's iCare Package Program | Suicide Prevention Coalition of Colorado (suicidepreventioncolorado.org)](https://suicidepreventioncolorado.org/iCare-Packages/)

NEXT MEETING IS December 21st, 2023, from 1000-1100, virtually. Please let Janet know if you did not receive an email invitation with the meeting link.