

PICK'M Up Suicide Prevention Coalition

Meeting Minutes

Date: Friday, October 17, 2025

Time: 9:00 AM – 11:00 AM

Location: Isanti County Public Health

Attendance: Laura Stumvoll, Karla Patrick, Avi Yetman, Michelle Crandall, Jodi Walborn, Amanda Stevenson, Brianne McClellan, Patti Smith, Ashley Gnat, Deanna Williams, and Jeri Lyn Larson.

1. Review of September 13th Community Walk

- Agreement to keep the free will donation format for future years.
- Consider extending the route to a full 5K.
- Consensus that visibility and community presence are more important than route length or scenic views.
- Need for clear volunteer identification (lanyards, shirts, or nametags).
- Ensure supplies for future memory walls are available.
- Possible new activities for future walks: bags/cornhole, tie-dye for kids, DJ, etc.
- Include youth-size shirts in future orders.
- Order additional route signs to increase visibility and navigation.
- Shorten event duration to 9:30 AM – 12:00 PM.

2. Increasing Coalition Engagement

- Outreach: Contact community organizations such as 4H, National Honor Society, Girl Scouts, and Beyond the Yellow Ribbon for involvement.
- Community Input: Ask local residents what they want and need regarding mental health and suicide prevention.
- Partner Feedback: Reach out to current and past partners on the PICK'M Up listserv to discuss why they attend or stopped attending, their vision for the coalition's future, and their current capacity or desired level of involvement.

3. Coalition Vision for 2026

- End-of-2025 Action: Send out a 2026 'Call to Action' to partners via email, social media, and personal outreach.
- Develop grief support groups.
- Engage retired first responders (police, firefighters, paramedics).
- Establish subcommittees for Event Planning, Outreach, and Training.
- Focus on three core pillars:
- Community Awareness – Walk, social media presence, public education.

- Gun Safety – Gun locks, awareness event bags, and outreach.
- Postvention – Training opportunities (QPR, CALM, etc).

Begin populating a calendar of annual events to maintain consistent visibility and engagement.

4. Next Meeting

Date: Friday, November 21, 2025

Time: 9:00 AM – 10:30 AM

Location: Virtual via TEAMS