

## PICK'M Up Suicide Prevention Coalition Meeting Minutes

Friday, January 16<sup>th</sup>, 2026

Time: 9:00-11:00AM

Location: Kanabec County Family Services

### **Attendance:**

Brianne McClellan, Amanda Stevenson, Deb Kenney, Jennifer Anderson, Laura Stumvoll, Natalie Matthewson, Ashley Gnat, Shawna Suomi, Michelle Crandall, Deanna Williams, Jeri Lyn Larson, Karla Patrick, Jessie Noehring/Rufus, Ashley Bulmer, Patti Smith, Rhonda Bergstadt, Rachel Peterson, (*\*if you attended and I missed your name, please let me know\**)

- A. Word Cloud Exercise (see attachment)
- B. Postvention Protocol Presentation/Best Practices
  - a. Community responses
    - i. Bereavement packets, School Crisis Response Team, Community Response Team, etc.
  - b. Strengths/Assets that exist in our Region for suicide prevention and postvention
    - i. Youth openness to discussion
    - ii. Strong communities that come together
    - iii. Mobile Crisis Services
  - c. Challenges that exist in our Region for suicide prevention and postvention
    - i. Stigma surrounding suicide, especially in target populations
    - ii. Limited resources
  - d. Discussion about bereavement packets
    - i. Local service options for cleaning, etc.
      - 1. Crisis Clean Team
      - 2. Royal Renovations
    - ii. Identifying where and when dissemination of information is most helpful.
      - 1. Law enforcement, funeral directors, mobile crisis services, etc.
  - e. Discussion about safe messaging and the importance
    - i. Additional training options are available (Safe Messaging) and could be provided for the community.
  - f. Goal: Create postvention protocol and refine with feedback and experience.
  - g. Goal: Promote help seeking behaviors.
- C. Buffalo Strong/Strategic Plan

- a. Discussion about their plan and how it is very similar to a target population identified in the data for Region 7E, middle aged men.
- b. Panel idea/discussion for PICK'M
  - i. Identify key partners within the Region to gather their input.
  - ii. One facilitator and the others listen and observe.
- c. Resource mapping discussion
  - i. Needed to help achieve goals and identify key partners.
  - ii. What do we have and where are the gaps
- D. 2026 Calendar of Events/Outreach
  - a. May is Mental Health Month
    - i. Pine County event 5/21/26
    - ii. Gun locks to be available and PICK'M Coalition resources/info
  - b. September is Suicide Prevention Month
    - i. PICK'M Up 2<sup>nd</sup> Annual Walk/Run
      - 1. Timeline (attachment)
- E. Ideas for next time:
  - a. When meeting via Teams, use the “all hands up” method. After being called on, you will put your virtual hand down.
- F. Action Items:
  - a. Please consider inviting new members to attend; it would be great to have men join our group to gain their perspective. Current listserv, or email list, is below.
  - b. Before the next meeting, identify 3-5 key partners within the five-county area that could be valuable to invite to a panel discussion on suicide prevention and postvention.

Current listserv:

Angie Kemen [Angie.Kemen@chisagocountymn.gov](mailto:Angie.Kemen@chisagocountymn.gov);

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Next meeting: Friday, February 20<sup>th</sup>, 2026 from 9:00am-10:30am via Microsoft Teams.

**Microsoft Teams** [Need help?](#)

**[Join the meeting now](#)**

Meeting ID: 243 572 436 122 0

Passcode: E88AF9jN