

PICK’M Up Suicide Prevention Coalition

Meeting Minutes

Date: Friday, May 15, 2026

Time: 9:00 AM – 10:30 AM

Location: Virtual via TEAMS

Community Walk

Insurance & Waivers

- Mora Public Schools confirmed that insurance is not required for use of their parking lot.
- The coalition decided not to pursue event insurance.
- Participant waivers will instead be used for the walk.
- Discussion was held regarding including waivers digitally through registration; however, the county attorney advised that DocuSign would be required for electronic signatures.
- The coalition agreed to use paper waivers during day-of registration/check-in.

Sound System

- Laura Stumvoll shared that the VA has a sound system available for use at no cost if needed.
- Patti Smith is awaiting response from a local DJ regarding availability and pricing.

Walk Signage

- Ten additional route signs were ordered and are available for pickup.
- Ashley Bulmer agreed to pick up the signs.

Portable Toilets

- A quote request was submitted to Jimmy’s Johnnies; no response has been received yet.
- Last year’s cost was approximately \$600.

T-Shirts

- A quote was received from PRISM:
 - Initial quote: \$4,227.50

- Increased cost due to youth sizes and “volunteer” printing on shirts
- Coalition discussed obtaining additional quotes from:
 - Jellyfish (Princeton)
 - Minutemen (Milaca)
- Updated PRISM quote after revisions:
 - \$3,982.50
- Coalition balance currently: **\$6,634.70** (not including sign expense).

Funding Request

- Coalition voted to submit a funding request to AMHI for up to **\$4,500** to cover shirt costs.
- If funding is not approved, youth shirts will not be ordered.
- Proposed shirt order if approved:
 - 125 adult shirts
 - 75 youth shirts

Coupon Book

- Coalition agreed to table the coupon book idea until the third year of the walk/event.
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Change of Meeting Date

- Due to the Juneteenth holiday on June 19, the June coalition meeting was moved to:
Friday, June 26, 2026 | 9:00–10:30 AM via TEAMS
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Third Spaces & Intergenerational Efforts

Third Spaces

- Discussion centered around the importance of “third spaces”:
 - Community-driven
 - Substance-free
 - Gathering spaces outside of home, school, or work

- Coalition discussed:
 - Existing third spaces in local communities
 - How to gain business/community buy-in

Intergenerational Efforts

- Coalition discussed the need for regional intergenerational initiatives.
 - Example shared:
 - Older adults sharing life stories with youth to inspire and create connection.
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State Suicide Prevention Conference Discussion

Coalition members shared feedback from the Minnesota Suicide Prevention Conference:

Positive Feedback

- Keynote speakers
- Drumming and smudging sessions
- Food provided
- Session on youth-led initiatives with adult guidance
- Session focused on older adults and suicide prevention

Constructive Feedback

- Lightning sessions felt too short
- Day 1 structure was unclear
- Conference felt heavily youth-focused
- Members requested broader representation next year, including:
 - Veterans
 - Older adults

Additional Takeaways

- Session on older adults highlighted increasing suicide rates among the elderly and noted many individuals visit a doctor within two weeks prior to suicide.

- Members would like to see youth-focused sessions continue next year.
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Welia Partnership

- Welia reached out to Rhonda Bergstadt regarding collaboration with local LACs.
- Discussion included differences between:
 - Consumer-focused LACs (Kanabec & Pine County)
 - Provider-focused LACs in other areas

Discussion Points

- Local Mental Health Advisory Councils (LACs) provide individuals, families, and providers an opportunity to influence mental health care in their communities.
 - Coalition discussed ways clinics and hospitals could better partner to distribute mental health and suicide prevention resources.
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Upcoming Events

- **Pine County Mental Health Awareness Event**
Pine Tech | May 21 | 9:00 AM – 2:00 PM
 - **NAMI Beyond the Baby Blues**
American Swedish Institute, Minneapolis | June 2 | 9:00 AM – 3:00 PM
Cost: \$75
 - **Alzheimer's Disease: What It Is and What Can Be Done**
Braham Event Center | June 25 | 10:00 AM – 3:30 PM
Presentations:
 - 10:00–11:30 AM
 - 2:00–3:30 PM
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Next Meeting

Friday, June 26, 2026

9:00 AM – 10:30 AM

Virtual via TEAMS