

Lewis and Clark Central Committee Meeting

Minutes 9/19/2023

Call to order: 6:34 pm

Secretary's report:

Suggestion: Make updates to the minutes about things that changed between the mtg vs the next meeting when they were adopted.

Minutes approved by acclamation after edits made to reflect that the fall fundraiser event had been canceled.

NOTE Update minutes on website with updated minutes from August.

Treasurers report

Raised in last month (8/16/2023-9/19/2023): \$228.01

- \$226 from ActBlue, 15 contributions, still 10 recurring donors @ \$141/month
- \$2.01 in interest received from the bank

Spent since last meeting: \$429.97

- \$26.54 ActBlue fees
- \$400.93 SquareSpace website maintenance
- \$2.50 banking fee

Cash in Bank: \$4,285.69

- \$1,000 Helena Civic Center deposit has been voided

Outstanding ActBlue checks will bring us up to \$4,334.66, mail seems to be running slow, last check received 9/19 was from 8/20.

Discussion of a savings account with \$100 in it, and what to do with it. First activity in October, 2018, received \$150.

Events update

- Saturday was the last Farmers Market table of the year, good conversations with people.
- Sunday's quad-county social went well; 30-40 attendees.
- Last Monday we met with Rep Zooey Zephyr at the weekly working meeting to discuss issues that we're hearing about; candidate

recruitment; learning about her fundraising tour on the coasts to raise money for Montana candidates.

Upcoming events

- This Thursday is a JeffCo Adopt a Highway and potluck dinner after.
- Next Monday is Ryan Busse's Helena
- September 29 – October 1, 2023: Last Chance Pow Wow
- Oct 2 Tax Rally
- Oct 7 MDLCC candidate training
- Oct 17 for next monthly meeting
- Nov 5 6:30 to 8 pm. Pints and Politics social. Private event, RSVP only. \$24 donation requested.
- Weekly Tuesday planning meetings. Next one NOT at MTDems HQ, location TBA

Swag updates

Shirts should be ready any day; stickers not ordered but we will work with union shops to acquire them.

Subcommittee reports:

Fundraising, Membership, Vision/Values: Looking for volunteers

Bob proposal: Set up a values/vision meeting with local candidates

There was a discussion on not receiving notice of events; suggestion of moving MailChimp names over to Squarespace. Bob to connect with Kev to review.

Mary Ann: We should be publicizing all of our events, and not worry so much about the "bad element" and get notices out everywhere. We should consider combing the VAN to broaden our outreach to get all the help we can.

Suicide prevention presentation

Speaker [Jess Hegstrom, Lewis & Clark County Suicide Prevention coordinator](#), works with the LOSS team that reaches out to families dealing the aftermath of suicides.

Suicide is one of the most preventable types of death through education, community messaging, getting a "dunlop" (taking weapons away from potential victim).

Typically an underlying mental health challenge and don't know how to cope. We attempt to show other options.

There's a lot of stigma around suicide so the language we use should attempt to remove judgement. Someone died by suicide, attempted suicide: language that removes judgement from how we talk about it.

Suicide survivors tend not to try again.

We (LOSS team) provide evidence-based education to many types of groups in the county.

Safer Communities Montana attempts to normalize safe storage of firearms and medication. Bring firearms dealers and pharmaceutical together to figure out good approaches.

L&C Public health are conveners, not the solution: the community is the solution.

Firearms are very effective, far more than pharmaceuticals for committing suicide. Preventing access by people contemplating suicide is critical.

LOSS (Local Outreach to Suicide Survivors) team: For everyone who dies by suicide, typically 140 people are affected, and the nearest 6 are more likely to make an attempt themselves. The family feels shame, a stigma, goes through very rough times. It typically takes 4 years to get the help needed (?)

We also work with survivors on various ways to address post-traumatic issues and symptoms.

We have a shortage of mental health providers, there's a stigma about going to mental health providers.

85% of gun violence statistics in Montana are the result of suicide.

What can your average citizen do to make a difference?

- Take a 2 hr training
- Share messaging, talk about mental health / suicide with other people (learn how to do it by going to a training)
- Donate to suicide prevention causes
- People slip through the cracks in medical settings
- Talk to people about gun storage (and lock up your firearms)
- Slow things down
- Testify at the legislature about these issues
- Give out gun locks
- Talk about **988** - suicide prevention hotline

Mary Ann Dunwell has championed suicide awareness and prevention in the legislature and spearheaded the passage of the most recent bill limiting liability for safe storage of firearms.

New business

- Kev Hamm needs volunteers for stuffing and stamping envelopes. Will provide beverages.
- Linda has all the historical records. Bob will retrieve from Linda

Motion to adjourn at 8:08pm

Attendees

Mary Ann Dunwell State Senator SC42,
Mark Makin, Pct
Carol Makin, Alt State Committeewoman
Jakob Miles, President
Ciera Maxwell, 4, Treasurer
Bob Schmitt, 22 and Secretary
Shani Henry, VP
John Driscoll,
Linda Bissell 16
Thai Nyguen, Pct 16, State Committeeman
Kev Hamm, US House MT-2 candidate
Leonard Bates, 33
Jan Clinard 13