



NLASA Coalition Meeting
Thursday, February 27, 2025, at 12 PM
Eastern District Police Station

- 1. Attendance:**
- 2. Visual Exploring:**
 - a. Pick a card; Let's Talk about it.**
 - b. Three things you want to see out of the work we do**

Rebecca and Stacey added read.ai meeting notes to the meeting.

Read provides AI generated meeting summaries to make meetings more effective and efficient.

View our Privacy Policy at <https://www.read.ai/pp>

Type "read stop" to disable, or "opt out" to delete meeting data.

[Omolade Oludare \(omo\)](#)toEveryone

12:33 PM

OO

Teamwork

[Cassidy McConnell](#)toEveryone

12:34 PM



Mental Health strategies - like healthy coping

[Rebecca Klug](#)toEveryone

12:35 PM



Connect people

Inform

Share small ways people can help

[Joy Cortina](#)toEveryone

12:37 PM



- 1) Personal touch... when you get a prompting to check in with someone, with each other, follow it.
- 2) Focus on the little circle (what we can control) vs big circle (what we can't)

3) Get out in nature

I'm here, just eating lunch!

Despina Thomas (she/her) to Everyone

12:39 PM

DT

Collaborate with other outreach initiatives and upstream prevention, mental wellness first aid kits

Who can see your messages? Recordi

3. Grant Deliverables and Strategy Planning for FY25:

- i. Coalition Meeting Membership
- ii. Safe County Alliance
- iii. Responsible beverage service training: (Updates)
- iv. Narcan Training
- v. Listening Sessions

b. Listening Sessions

- i. Is anyone willing to host a session in Q4 with their Group?

4. House of Addiction:

- a. We are looking to gain feedback from students. What are three questions, pre-and-post, we should ask?

5. Stakeholders Updates:

Desi Summit is June 17th, 2025 all day

Mental health agency: Mental health event at Cat North May 10 from 10 am - 2 PM if you are interested in local legislation on the health care website, they have a link to sign up to help write the bill. Lots of information to check out.

Joy: Life of Joy- will be leading a break out session-soul prevention breakout session at the summit to help those who need support Faith-based leadership soul workshop - dates not up yet but will be in the next few months. You get trained to be a trainer Also, some fundraisers for Life of JOY- such as restaurant nights, keep a lookout for them.

Also, teen mental health night at Lake Waterford Park 3rd or 4th Monday of the month

Joy will drop the open house and workshop links in the chat

Christina: CADCA, at the beginning of February, had a harm reduction kit they were creating Harm Reduction Kits- She has information about them and photos she will share with us for anyone interested.

Joy CortinatoEveryone

12:37 PM



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Collaborate with other outreach initiatives and upstream prevention, mental wellness first aid kits

Despina Thomas (she/her)toEveryone

12:47 PM

DT

<https://healthyannearundel.us21.list-manage.com/subscribe?u=973b59d07fff8fb5a98cc40c1&id=48b5ae2296>



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Joy Cortina to Everyone

12:52 PM



<https://lifeofjoyfoundation.org/support-groups>



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to: