



# Laredo Suicide Prevention Committee

## Members

**Dr. Julie Bazan, Chair**

**Maxine Rebeles**

**Edwin Martinez\***

**Miguel Rangel**

**Marisela S. Jacaman\***

**Earl Medina, Vice-Chair**

**Gabriel Martinez**

**Jaime Montes**

**Marina Medina**

**Richard A. Chamberlain,  
Director of Public  
Health,  
City Liaison**

August 30, 2024

Honorable Mayor Dr. Victor Trevino  
City of Laredo  
1110 Houston Street  
Laredo, Texas 78041

Dear Honorable Mayor and City Council Members:

On behalf of the Laredo Suicide Prevention Committee, we would like to thank you for appointing us to serve on this committee. It is our privilege to continue to collaborate with community members, agencies and families to prevent suicides and create awareness about services available for people in crisis.

Since January 2024, we have met multiple times to discuss and generate ideas for suicide prevention projects in our community. Suicide prevention messages are being displayed in various media formats throughout our city. The year-to-date deliverables include bus wraps, digital banners, t-shirts, buttons, suicide awareness and prevention presentations, "988 You Are Not Alone" information tables at community health fairs and local school district events. Through the efforts and support of the City of Laredo Public Health staff, there were several "knock and talks" and messages at *Teco's Games 988 Nights*. The highlight of this year thus far has been the community-wide "988 You Are Not Alone" gathering that was held at Jovita Idar Park on May 1, 2024. At this gathering, community agencies were recognized for their efforts to create suicide prevention awareness. The gathering was also a distribution site for the school districts to receive "988 You Are Not Alone" banners to be displayed at all middle and high school campuses. The event also enabled various community members to record PSAs while in attendance. The media outlets continue to support our efforts and they are always ready and present to cover all projects.

We are happy to report that the committee and community members are currently planning a series of events to continue to bring awareness during the entire month of September -- National Suicide Prevention month.

Again, we thank you for your leadership on this initiative. We also acknowledge the support provided by the City of Laredo Public Health Director Dr. Richard Chamberlain and his team for all they do in our community to preserve public health.

Sincerely,

A handwritten signature in blue ink, appearing to read "Julie Bazan", is written over a blue circular stamp.

Julie Bazan, PhD, MHA, CHW  
Chairperson

# Suicide Prevention Committee

Attended	X
Did Not Attend	O
Forfit	•
Meeting Cancelled	□

Member	District	Date Appointed	Date Expires	Date of Forfit	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Dr. Julie Bazan - Chair	Mayor	3/20/2023	11/1/2026		X	X	X	X	□	O						
Maxine Rebledes	District 1	2/6/2023	11/1/2026		X	X	O	x	□	X						
Vacant*	District 2	•	•	•	•	•	•	•	•	•						
Vacant*	District 3	•	•	•	•	•	•	•	•	•						
Marisela S. Jacaman*	District 4	2/6/2023	11/1/2024		O	O	O	O	□	O						
Earl Medina	District 5	2/6/2023	11/1/2024		X	X	X	X	□	X						
Gabriel Martinez	District 6	2/6/2023	11/1/2026		X	X	X	X	□	X						
Jaime Montes	District 7	2/21/2023	11/1/2024		O	O	O	O	□	O						
Marina Medina	District 8	2/20/2024	11/1/2024		X	X	X	X	□	X						



# Suicide Prevention Committee Meeting Agenda

## Wednesday, January 31, 2024, at 5:30 p.m.

**COMMITTEE MEMBERS**

(appointed by):

**Dr. Julie Bazan, "Chair"**

Mayor

Dr. Victor D. Trevino

**Maxine Rebeles**

District 1 Councilman

Gilbert Gonzalez

**Sergio Chavez\***

District 2 Councilman

Daisy Campos Rodriguez

**Ana Saenz**

District 3 Councilman

Melissa R. Cigarroa

**Marisela S. Jacaman\***

District 4 Councilman

Alberto Torres

**Earl Medina**

District 5 Councilman

Ruben Gutierrez, Jr.

**Gabriel Martinez**

District 6 Councilman

Dr. David Tyler King

**Jaime Montes**

District 7 Councilwoman

Vanessa Perez

**Vacant**

District 8 Councilwoman

Alyssa Cigarroa

\*Have not taken their oath

**DISABILITY ACCESS STATEMENT:** *Persons with disabilities who plan to attend this meeting and who may need auxiliary aid or services are requested to contact Angelica Flores, at (956) 712-6001 at least two working days prior to the meeting so that appropriate arrangements can be made.*

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*Pursuant to the Texas Penal Code (trespass by holder of license to carry a handgun), a person licensed under Subchapter H, Chapter 411, Government Code (Concealed Handgun Law or Handgun Licensing Law), may not enter into the meeting room with a concealed or openly-carried handgun.*

The Suicide Prevention Committee will convene at 5:30 p.m. on Wednesday, January 31, 2024 at the City of Laredo Health Department Auditorium, 2600 Cedar Ave. Laredo, TX. To consider the following:

**1. Call to Order, Roll Call, Reflection**

**2. Public Comments-** *Citizens are required to notify members of their intent to comment prior to the start of the meeting. Comments are limited to three (3) minutes per speaker. No more than three (3) persons will be allowed to speak on any side of an issue. Should there be more than three (3) people who wish to speak on a particular issue, they need to select not more than three (3) representatives to speak for them and the presiding officer may limit the public comments further in the interest of an orderly meeting. Speakers may not pass their minutes to any other speaker. Comments should be relevant to City business and delivered in a professional manner. No derogatory remarks will be permitted.*

**3. Committee Membership**

- a. Committee appointees
- b. Future meeting dates

**4. Discussion and possible action**

- a. City of Laredo Police Report on Statistics
- b. Dr. Chamberlain – Update on card design for First Responders
- c. Update on *You Are Not Alone* Awareness Activities

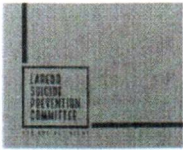
**5. Open Discussion**

**6. Adjournment**

THIS NOTICE WAS POSTED AT THE MUNICIPAL GOVERNMENT OFFICES, 1110 HOUSTON STREET IN LAREDO, TEXAS AND AT A PLACE CONVENIENT AND READILY ACCESSIBLE TO THE PUBLIC AT ALL TIMES. THIS NOTICE WAS POSTED ON January 26, 2024 by 5:00 p.m.

Jose A. Valdez, Jr.  
City Secretary

REC'D CITY SEC OFF  
JAN 26 '24 PM 12:46



# Suicide Prevention Committee Meeting Agenda Tuesday, February 27, 2024, at 5:30 p.m.

**COMMITTEE MEMBERS**  
(appointed by)

**Dr. Julie Bazan, "Chair"**  
Mayor

Dr. Victor D. Trevino

**Maxine Rebeles**  
District 1 Councilman  
Gilbert Gonzalez

**Sergio Chavez\***  
District 2 Councilman  
Daisy Campos Rodriguez

**Ana Saenz**  
District 3 Councilman  
Melissa R. Cigarroa

**Marisela S. Jacaman\***  
District 4 Councilman  
Alberto Torres

**Earl Medina**  
District 5 Councilman  
Ruben Gutierrez, Jr.

**Gabriel Martinez**  
District 6 Councilman  
Dr. David Tyler King

**Jaime Montes**  
District 7 Councilwoman  
Vanessa Perez

**Vacant**  
District 8 Councilwoman  
Alyssa Cigarroa

\*Have not taken their oath

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The Suicide Prevention Committee will convene at 5:30 p.m. on Tuesday, February 27, 2024 at the City of Laredo Health Department Auditorium, 2600 Cedar Ave. Laredo, TX. To consider the following:

**1. Call to Order, Roll Call, Reflection**

**2. Public Comments-** *Citizens are required to notify members of their intent to comment prior to the start of the meeting. Comments are limited to three (3) minutes per speaker. No more than three (3) persons will be allowed to speak on any side of an issue. Should there be more than three (3) people who wish to speak on a particular issue, they need to select not more than three (3) representatives to speak for them and the presiding officer may limit the public comments further in the interest of an orderly meeting. Speakers may not pass their minutes to any other speaker. Comments should be relevant to City business and delivered in a professional manner. No derogatory remarks will be permitted.*

**3. Report on current projects**

a. City of Laredo Police Department Chief Ricardo Gonzalez

**4. Discussion and possible action**

a. City of Laredo Police Report on Statistics

b. Update on You Are Not Alone Awareness Activities

**5. Open Discussion**

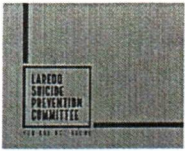
**6. Adjournment**

THIS NOTICE WAS POSTED AT THE MUNICIPAL GOVERNMENT OFFICES, 1110 HOUSTON STREET IN LAREDO, TEXAS AND AT A PLACE CONVENIENT AND READILY ACCESSIBLE TO THE PUBLIC AT ALL TIMES. THIS NOTICE WAS POSTED ON February 16, 2024 by 5:00 pm.

*Salcala*

For Jose A. Valdez, Jr.  
City Secretary

REC'D CITY SEC OFF  
FEB 16 '24 PM 1:01



# Suicide Prevention Committee

## Meeting Agenda

### Wednesday, March 27, 2024, at 5:30 p.m.

**COMMITTEE MEMBERS**

(appointed by):

**Dr. Julie Bazan, "Chair"**

Mayor

Dr. Victor D. Trevino

**Maxine Rebeles**

District 1 Councilman

Gilbert Gonzalez

**Vacant**

District 2 Councilman

Ricardo Rangel

**Vacant**

District 3 Councilman

Melissa R. Cigarroa

**Marisela S. Jacaman\***

District 4 Councilman

Alberto Torres

**Earl Medina**

District 5 Councilman

Ruben Gutierrez, Jr.

**Gabriel Martinez**

District 6 Councilman

Dr. David Tyler King

**Jaime Montes**

District 7 Councilwoman

Vanessa Perez

**Marina Medina**

District 8 Councilwoman

Alyssa Cigarroa

\*Have not taken their oath

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The Suicide Prevention Committee will convene at 5:30 p.m. on Wednesday, March 27, 2024 at the City of Laredo Health Department Auditorium, 2600 Cedar Ave. Laredo, TX. To consider the following:

**1. Call to Order, Roll Call, Reflection**

**2. Committee Membership**

**3. Public Comments-** *Citizens are required to notify members of their intent to comment prior to the start of the meeting. Comments are limited to three (3) minutes per speaker. No more than three (3) persons will be allowed to speak on any side of an issue. Should there be more than three (3) people who wish to speak on a particular issue, they need to select not more than three (3) representatives to speak for them and the presiding officer may limit the public comments further in the interest of an orderly meeting. Speakers may not pass their minutes to any other speaker. Comments should be relevant to City business and delivered in a professional manner. No derogatory remarks will be permitted.*

**4. Report on current projects**

- a. City of Laredo Police Department Chief Ricardo Gonzalez

**5. Discussion and possible action**

- a. City of Laredo Police Report on Statistics
- b. Update on *You Are Not Alone* Awareness Activities

**6. Open Discussion**

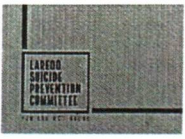
**7. Adjournment**

THIS NOTICE WAS POSTED AT THE MUNICIPAL GOVERNMENT OFFICES, 1110 HOUSTON STREET IN LAREDO, TEXAS AND AT A PLACE CONVENIENT AND READILY ACCESSIBLE TO THE PUBLIC AT ALL TIMES. THIS NOTICE WAS POSTED ON March 22, 2024 by 5:00 pm.

*Jose A. Valdez, Jr.*

Jose A. Valdez, Jr.  
City Secretary

REC'D CITY SEC OFF  
MAR 22 '24 PM 8:51



# Suicide Prevention Committee Meeting Agenda Wednesday, April 24, 2024, at 5:30 p.m.

## COMMITTEE MEMBERS

(appointed by):

**Dr. Julie Bazan, "Chair"**

Mayor

Dr. Victor D. Trevino

**Maxine Rebeles**

District 1 Councilman

Gilbert Gonzalez

**Vacant**

District 2 Councilman

Ricardo Rangel

**Vacant**

District 3 Councilman

Melissa R. Cigarroa

**Marisela S. Jacaman\***

District 4 Councilman

Alberto Torres

**Earl Medina**

District 5 Councilman

Ruben Gutierrez, Jr.

**Gabriel Martinez**

District 6 Councilman

Dr. David Tyler King

**Jaime Montes**

District 7 Councilwoman

Vanessa Perez

**Marina Medina**

District 8 Councilwoman

Alyssa Cigarroa

**Public Health Department**

**Representative**

Richard A. Chamberlain

Director of Public Health

*\*Have not taken their oath*

**DISABILITY ACCESS STATEMENT:** *Persons with disabilities who plan to attend this meeting and who may need auxiliary aid or services are requested to contact Angelica Flores, at (956) 712-6001 at least two working days prior to the meeting so that appropriate arrangements can be made.*

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The Suicide Prevention Committee will convene at 5:30 p.m. on Wednesday, April 24, 2024 at the City of Laredo Health Department Auditorium, 2600 Cedar Ave. Laredo, TX. To consider the following:

### 1. Call to Order, Roll Call, Reflection

**2. Public Comments-** *Citizens are required to notify members of their intent to comment prior to the start of the meeting. Comments are limited to three (3) minutes per speaker. No more than three (3) persons will be allowed to speak on any side of an issue. Should there be more than three (3) people who wish to speak on a particular issue, they need to select not more than three (3) representatives to speak for them and the presiding officer may limit the public comments further in the interest of an orderly meeting. Speakers may not pass their minutes to any other speaker. Comments should be relevant to City business and delivered in a professional manner. No derogatory remarks will be permitted.*

### 3. Committee Membership

- a. Status of Swearing-In of Committee Members
- b. Committee Secretary

### 4. City of Laredo Police Report on Statistics

### 5. Report on Current Projects

### 6. Discussion and possible action

- a. Update on *You Are Not Alone* Awareness Activities
- b. Other

### 7. Open Discussion

### 8. Adjournment

THIS NOTICE WAS POSTED AT THE MUNICIPAL GOVERNMENT OFFICES, 1110 HOUSTON STREET IN LAREDO, TEXAS AND AT A PLACE CONVENIENT AND READILY ACCESSIBLE TO THE PUBLIC AT ALL TIMES. THIS NOTICE WAS POSTED ON APRIL 16, 2024 BY 5:00 PM.

Jose A. Valdez, Jr.  
City Secretary

REC'D CITY SEC OFF  
APR 18 24 4:01:01

**Suicide Prevention Committee  
MEETING MINUTES  
Wednesday, April 24, 2024, at 5:30 pm**

Meeting was called to order at 5:36pm

**1. Call to Order/Roll Call**

**COMMISSION MEMBERS PRESENT**

Dr. Julie Bazan, Marina Moreno Medina, Earl Medina, Gabriel Martinez, and Maxine Rebeles

**OTHERS PRESENT:** Erica Lopez, Cinthia Jimenez, Alma Bertani, Andy Juarez, Christina Duarte, Adriana Morales, Juan Rodriguez, Robert Garcia, and Jaime Perez

**COMMISSION MEMBERS NOT PRESENT:** Marisela Jacaman and Jaime Montes

**2. Public Comments:** No Public Announcements.

**3. Approval of Minutes:** There were no minutes presented for approval.

**4. Committee Membership:**

- a. Status of Swearing-In on Committee Members: Follow up for Marisela Jacaman and Jaime Montes
- b. Committee Secretary: Current board nominated Earl Medina to be appointed and motion was made to approve by Marina Medina and seconded by Maxine Rebeles. Motion carried unanimously. Dr. Bazan thanked Earl for agreeing to serve in this capacity. She further acknowledged all committee members for their service to the community.

**5. City of Laredo Police Report and Statistics:** Lieutenant Garcia Jr., City of Laredo Police Department, shared the statistics on Laredo suicides as of the start of calendar year 2024. He expressed that just in one week of April, a total of 4 suicide deaths had occurred. The ages of the deceased range from 17 years old up to 64 years old of age. He also added that as numbers are growing, they have been seeing an increase in females and attempts in the community.

**6. Report on Current Projects:** Gabriel reported that The Bethany House Project got approved for Posters and Notecards to be distributed within the facility and to those seeking services. Maxine reported that the Poetry Contest and an Art Contest, at her school, will be started in the Fall of 2024.

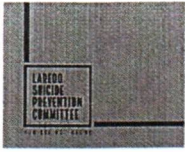
Dr. Richard Chamberlain reported on a series of projects that the Laredo Public Health staff will be undertaking to create awareness. Some of these include visiting homes in various parts of the community to promote and inform about the 988; attending Tecos games to create awareness and others. All committee members were invited to participate.

**7. Discussion and Possible Actions**

- a. Update on *YOU ARE NOT ALONE* Awareness Activities – The committee was invited to an event on Wednesday, May 1<sup>st</sup> at 10:00 a.m., at Jovita Idar Park, to join members of the community Suicide Awareness Coalition to revamp the awareness efforts throughout the community for 2024.
- b. Other – The committee members agreed to continue to spread the word throughout the community and to call SAMHSA to request the available FREE materials to hand out.

**8. Open Discussion:** No other business were discussed.

**9. Adjournment:** 6:30pm – The meeting adjourned at 6:30 p.m. Approved by Marina Medina and seconded by Gabriel Martinez.



# SUICIDE PREVENTION COMMITTEE Meeting Agenda Wednesday, May 29, 2024, at 5:30 p.m.

## COMMITTEE MEMBERS

(appointed by):

**Dr. Julie Bazan, "Chair"**

Mayor

Dr. Victor D. Trevino

**Maxine Rebeles**

District 1 Councilman  
Gilbert Gonzalez

**Vacant**

District 2 Councilman  
Ricardo Rangel

**Vacant**

District 3 Councilman  
Melissa R. Cigarroa

**Marisela S. Jacaman\***

District 4 Councilman  
Alberto Torres

**Earl Medina**

District 5 Councilman  
Ruben Gutierrez, Jr.

**Gabriel Martinez**

District 6 Councilman  
Dr. David Tyler King

**Jaime Montes**

District 7 Councilwoman  
Vanessa Perez

**Marina Medina**

District 8 Councilwoman  
Alyssa Cigarroa

**Public Health Department  
Representative**

Dr. Richard A. Chamberlain  
Director of Public Health

*\*Have not taken their oath*

**DISABILITY ACCESS STATEMENT:** *Persons with disabilities who plan to attend this meeting and who may need auxiliary aid or services are requested to contact Angelica Flores, at (956) 712-6001 at least two working days prior to the meeting so that appropriate arrangements can be made.*

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The Suicide Prevention Committee will convene at 5:30 p.m. on Wednesday, May 29, 2024 at the City of Laredo Public Health Department Auditorium, 2600 Cedar Ave. Laredo, TX. To consider the following:

### 1. Call to Order, Roll Call, Reflection

**2. Public Comments-** *Citizens are required to notify members of their intent to comment prior to the start of the meeting. Comments are limited to three (3) minutes per speaker. No more than three (3) persons will be allowed to speak on any side of an issue. Should there be more than three (3) people who wish to speak on a particular issue, they need to select not more than three (3) representatives to speak for them and the presiding officer may limit the public comments further in the interest of an orderly meeting. Speakers may not pass their minutes to any other speaker. Comments should be relevant to City business and delivered in a professional manner. No derogatory remarks will be permitted.*

### 3. Committee Membership

a. Update --- Swearing-In of Committee Members

### 4. City of Laredo Police Report on Statistics

### 5. Report on Current Projects

### 6. Discussion and possible action

- a. Laredo Public Health updates
- b. **You Are Not Alone Awareness Activities**
- c. Announcements

### 7. Open Discussion

### 8. Adjournment

THIS NOTICE WAS POSTED AT THE MUNICIPAL GOVERNMENT OFFICES, 1110 HOUSTON STREET IN LAREDO, TEXAS AND AT A PLACE CONVENIENT AND READILY ACCESSIBLE TO THE PUBLIC AT ALL TIMES. THIS NOTICE WAS POSTED ON May 22, 2024 BY 5:00 PM.

*Fov*  
Mario I. Maldonado, Jr.  
City Secretary

REC'D CITY SEC OFF  
MAY 22 '24 AM 9:19





# SUICIDE PREVENTION COMMITTEE Meeting Agenda Wednesday, June 26, 2024, at 5:30 p.m.

## COMMITTEE MEMBERS

(appointed by):

**Dr. Julie Bazan, "Chair"**

Mayor

Dr. Victor D. Trevino

**Maxine Rebeles**

District 1 Councilman

Ricardo Gonzalez

**Vacant**

District 2 Councilman

Ricardo Rangel

**Vacant**

District 3 Councilman

Melissa R. Cigarroa

**Marisela S. Jacaman\***

District 4 Councilman

Alberto Torres

**Earl Medina**

District 5 Councilman

Ruben Gutierrez, Jr.

**Gabriel Martinez**

District 6 Councilman

Dr. David Tyler King

**Jaime Montes**

District 7 Councilwoman

Vanessa Perez

**Marina Medina**

District 8 Councilwoman

Alyssa Cigarroa

**Public Health Department  
Representative**

Dr. Richard A. Chamberlain

Director of Public Health

\*Have not taken their oath

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The Suicide Prevention Committee will convene at 5:30 p.m. on Wednesday, June 26, 2024 at the City of Laredo Public Health Department Auditorium, 2600 Cedar Ave. Laredo, TX. To consider the following:

### 1. Call to Order, Roll Call, Reflection

**2. Public Comments-** *Citizens are required to notify members of their intent to comment prior to the start of the meeting. Comments are limited to three (3) minutes per speaker. No more than three (3) persons will be allowed to speak on any side of an issue. Should there be more than three (3) people who wish to speak on a particular issue, they need to select not more than three (3) representatives to speak for them and the presiding officer may limit the public comments further in the interest of an orderly meeting. Speakers may not pass their minutes to any other speaker. Comments should be relevant to City business and delivered in a professional manner. No derogatory remarks will be permitted.*

### 3. Committee Membership

a. Vice Chair

b. Update --- Swearing-In of Committee Members

### 4. City of Laredo Police Report on Statistics

### 5. Report on Current Projects

### 6. Discussion and possible action

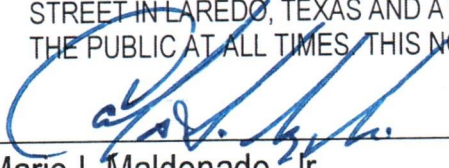
a. Laredo Public Health updates

b. *You Are Not Alone* Awareness Activities

### 7. Announcements/Open Discussion

### 8. Adjournment

THIS NOTICE WAS POSTED AT THE MUNICIPAL GOVERNMENT OFFICES, 1110 HOUSTON STREET IN LAREDO, TEXAS AND AT A PLACE CONVENIENT AND READILY ACCESSIBLE TO THE PUBLIC AT ALL TIMES. THIS NOTICE WAS POSTED ON JUNE 20, 2024 BY 11:00 AM.

(For)   
Mario I. Maldonado, Jr.  
City Secretary

REC'D CITY SEC OFF  
JUN 20 '24 AM9:05

**Suicide Prevention Committee**  
**MEETING MINUTES**  
**Wednesday, June 26, 2024, at 5:30 pm**

Meeting was called to order at 5:37pm

**1. Call to Order/Roll Call**

**COMMISSION MEMBERS PRESENT**

\Earl Medina, Gabriel Martinez, and Maxine Rebeles

**OTHERS PRESENT:** Angie Flores, Laura Cortez, Juan Rodriguez, Becky Diaz, Adriana Morales, Benicio Rebeles, Deidra Hernandez

**COMMISSION MEMBERS NOT PRESENT:** Dr. Julie Bazan, Marina Moreno Medina, Marisela Jacaman and Jaime Montes

**2. Public Comments:** No Public Announcements.

**3. Approval of Minutes:** No approval of minutes. Pending Approval of Minutes for April and June. No minutes accounted for May (No Meeting held)

**4. Committee Membership:**

**a.** Swearing of Vice Chair: Still Pending for committee vote

**b.** Update on Committee Member Swearing: For District 2 swearing for member and pending to fill District 3

**5. City of Laredo Police Report and Statistics:** No Report – No representative was present.

**6. Report on Current Projects:** Adriana Morales from Laredo Public Health gave us an update on the Knock and Tall Project and how things have been processing. She also mentions the next topic on their next travel to talk about Mental Health and Suicide Prevention, but also invited us on their next event at the Tecos Game to hand out information for 988. Gabriel Martinez also talked about the services that Pillar was offering on September 7<sup>th</sup> from 8am to 1pm on Psychos Therapy/Treatment

**7. Discussion and Possible Actions**

**a.** Update on *YOU ARE NOT ALONE* Awareness Activities – Still Pending

**b.** Other – Spreading the word around the community and getting the resources that are needed to create the materials needed to hand out.

**8. Open Discussion:** No Discussion

**9. Adjournment:** 5:52pm –