

Clackamas County Suicide Prevention Action Plan

Community Action Team Minutes

February 9, 2023 | 4 – 5pm
Virtual Meeting

Attendees: Elisa Gerber (Chair and facilitator), Monica Parmley-Frutiger (Co-chair), Mary Clark, Galli Murray

1) Welcome & introductions

Reviewed purpose of this action team which is to: Develop, implement, and support community-based programs and education that promote wellness, safe messaging and prevent suicide within our community.

2) Reviewed Suicide Prevention Action Plan (SPAP) strategic directions for the Community Action Team:

- 4a. Train youth and young adults how to identify signs and symptoms of someone who is struggling.
- 4b. Increase and sustain mental health awareness and suicide prevention training trainer capacity.
- 4c. Increase awareness of suicide prevention related resources and make information accessible to all Clackamas County residents.
- 4d. Develop strong social networks and connections to reduce isolation

Ideas for Community Event to Decrease Isolation and Increase Connection (connects to 4d strategic direction)

- Think about doing event late spring/early summer.
- Build on partnerships that are already out there – decrease isolation & increase connections.
- Would like to look at something like PDX Death Café, but it would be a place where people can come and discuss life and get support.
- Dear Stranger letters were an idea (youth/young adults send letter to older adults)
- Idea: Have an event/training that brings people together, provide childcare, dinner, or anything that cause barriers.
- Host the event at a non-county location, like the Canby Library or Fire station.
- The Canby Community Center expanded their building. It is a hub for all ages. It is also full of resources to get support.
- Front Porch Sessions – have an event that showcases Clackamas County folks, who have stories to tell about loneliness & isolation. Chris Williams (Monica’s friend from Front Porch Sessions <https://www.frontporchsessions.com/>) is great at hosting and Monica will speak with him to see if this is something he would be interested in hosting. (Can compensate him for his time if receive grant)
- How do we target those that we are wanting to target?
- Should have a bag of food/groceries at the event and give way secure storage items and training during event. Maybe partner with the food bank and folks can get a free bag of groceries.
- Maybe we can get computer tablets to give away and discussion loneliness and isolation. Can possibly connect with a company that can assist older adults with the tablets.
- Can possibly get transportation to an event - assistance through vans/buses at senior center.

- Start thinking about prompts (champions) to get the conversation started. Who in our community might be willing to talk openly about isolation?
- Possibly partner with food bank, county pay for food/dinner.
- PGA can help with advertisement, hoping they can help create a video that can be played on the county network.

Action items:

- Start thinking about champions in our community who might be willing to help get the conversation started about decreasing isolation and increasing connection.
- Galli will reach out to Kim Whitely (Clackamas County older adult behavioral health specialist) about champions to possibly help lead these conversations.
- Monica will speak with Chris Williams (Monica's friend from Front Porch Sessions) to see if this is something he would be interested in hosting. (Can possibly compensate him for his time via existing zero suicide grant)

Next Action Team meeting: March 9th, 2023, | 4 – 5pm | Location: Virtual - <https://clackamas-us-countyhealth.zoom.us/j/82808775723>

Meetings are open to anyone. All are welcome!