

Clackamas County Suicide Prevention Action Plan

Youth and Young Adults Action Team

November 17th | 4-5pm
Virtual Meeting

Attendees: Carlos Benson Martinez (Chair and facilitator), Galli Murray, Bryan Sheldon (School Resource Officer (SRO) for Lake Oswego), Jo Morton (community member), Caroline Nielson (West Linn High student), Rachel Howard (Oregon Dept of Human Service - ODHS -State Wide Child Fatality and Suicide Prevention Coordinator), Kathy Turner (Clackamas County Behavioral Health)

1) Welcome to the first meeting of the Youth and Young Adults Action Team & introductions

Reviewed purpose of this action team which is:

Youth and young adults and the agencies and individuals who care for and support them will regularly be provided with skills and resources and will understand their role in suicide prevention.

2) Reviewed Suicide Prevention Action Plan (SPAP) strategic directions for the Youth and Young Adults Action Team:

- 1a. Increase student awareness of how to identify a peer who may be struggling, how to be of support, and when to involve a trusted adult.
- 1b. Increase parent/caregiver awareness about suicide warning signs and other areas of suicide prevention such as intervention, postvention and how to navigate accessing help.
- 1c. Improve safe transitions from hospital to home and school.
- 1d. Increase awareness on the issue of suicide prevention and improve engagement in, and implementation of, effective suicide prevention activities.
- 1e. Increase utilization of prevention strategies such as universal suicide risk screenings and upstream curriculum.

Bryan suggested a digital course developed by Yahoo called "Digital Safety". Provided by law enforcement. Parent version and student version. Info here: <https://buttecreek.silverfallschools.org/download/miscellaneous/Youth-Digital-Safety-Presentation-2016.pdf>. Course was developed after a young person died from suicide after a photo was posted of her on line that was explicit in nature and that she did not give permission for. In the past the courses have been provided simultaneously so families can talk about it when they get home. Bryan would be willing to provide a briefer presentation to this group. (connects to 1a, 1b and 1d) Also - Nov. 30th there is a safety symposium that the district is hosting on safe gun storage and fentanyl.

Caroline noted that due to COVID, she missed training that was provided by Youth Line. She and others missed learning about signs and symptoms due to COVID. She also indicated that she is a Youth Line volunteer. She asked if the Digital Safety presentation could be provided to younger students (sounds like middle and high school are prime target for presentation). She noted that students don't necessarily check their email so that they might not be the best channel for any communication. Next year West Linn High will be implementing an advisory period that all grades will have – perhaps this is one way to distribute information. (connects to 1a) At her school, programs like Sources of Strength (connects to 1e) engage parents/caregivers and is a nice step towards talking about resiliency and connection. (connects to 1b ,1d, 1e)

Kathy shared the advantages of QPR and the possibility of offering this to students. Discussed the possibility of

offering QPR to parents but want to make sure that we better understand how to capture their attention and engage. (connects to 1b)

Rachel suggested a survey to ask parents/students about what prevents them from engaging. Schedule? Location? Time?

Carlos asked what the best method is for everyone to see information – email is not a great way for students. Have principals share info in news letters as a way to distribute.(1b)

Jo would like to see more opportunities for parents to get involved. She noted that parents are really engaged in elementary school level but less so in high school. (1b)

Brian suggested a health and wellness fair – bring different professions in, different areas of expertise. It may help us spread more information and create opportunities to learn more. Caroline noted that it may be a great opportunity to engage people. Food is a big motivator for students. Idea of piloting at middle and high school level was suggested. (1a, 1b, 1d)

Review action items

- Caroline will ask Lines for Life/Youth Line how best to get Youth Line lessons into Clackamas County Schools.
- Carlos will connect with Bryan to discuss when best to present a 20 minute version of the digital training that he discussed.
- Galli will reach out to Clackamas County Sheriff's (CCSO) officer Sara McClurg who provides a digital safety training (that she created) all over the County that is very well attended to see if she has heard of the Yahoo training for law enforcement and perhaps there's a way to unite forces with what Bryan is doing in Lake Oswego and what Sara is doing with CCSO. Galli will also update Brian on these conversations to keep him in the loop.

Next meeting: | December 15th from 4 – 5pm | Location: Virtual <https://clackamas-us-countyhealth.zoom.us/j/87371340307>

Meetings are open to anyone. All are welcome!