### Coalition for Suicide Prevention in Clackamas County

### Meeting Highlights in Blue

Tuesday May 21, 2019 4:30 pm to 6:30 pm

Clackamas County Development Services Building ≠ 150 Beavercreek Road, Room 115 ≠ Oregon City, OR 97045

### Please sign in, make a nametag, take an agenda, help yourself to refreshments and check out the resource table....and have a seat!

Goals: Updates/Reports –Legislative Session, May is Mental Health Month

Work plan Development Next Steps: Communication Workgroup, Services Workgroup

Meeting Highlights: Carlos Benson Martinez (thank you!)

I. Welcome Michael/Galli 4:30 pm

- A. If you feel activated, support is available
- B. Meeting notes on the website, side table submit any changes by 05.28.19 <a href="https://www.clackamas.us/behavioralhealth/suicideprevention.html">https://www.clackamas.us/behavioralhealth/suicideprevention.html</a>
- C. Meeting guidelines are on p.3 of the agenda take a moment to review them
- D. Resource Table
- E. Intros and is this the first meeting for anyone tonight? If so, a special welcome & Intro Question connection message which one resonates with you the most and briefly why



F. Agenda Overview for tonight

Galli opened the meeting and facilitated introductions. Members shared how they feel "connected" within their community. Ellen encouraged CSPCC members to check out a documentary titled "*Breaking the Silence: An Oral History of LGBTQ Veterans and Service Members.*" Check out the website at <a href="http://bts.oregondva.com/">http://bts.oregondva.com/</a>

II. Updates Jennifer 4:45 pm

3-5 minutes each with questions

A. Legislative Session Jennifer Fraga

Jennifer gave a PowerPoint demonstration on searching bills on the Oregon State Legislature website. Check out the powerpoint attached on pages 6-15. You can use this website to

research bills, check status, submit & read testimony find dates & locations for hearings. The website is <a href="https://www.oregonlegislature.gov/">https://www.oregonlegislature.gov/</a> You can also subscribe for updates.

Be aware that the second deadline is approaching and many bills will disappear.

B. AFSP Walk

Jennifer Fraga

"Hike for Hope" is this weekend in Tryon Park! Tryon Park is relatively flat and accessible. Join AFSP for their first ever hike! The AFSP walk will be October 5<sup>th</sup>. Registration starts at 10 at the Veteran's Memorial Coliseum (300 N Winning Way, Portland, OR 97227) in Portland.

FYI: NAMI Walk serves to create awareness & build connection; AFSP Walk promotes research and advocacy.

C. Mental Health Awareness Month

Galli Murray

1. Signs of Hope

Commissioner Fisher kicked off Mental Health Awareness month by planting a sign of hope in the Circle of Honor lawn. Community members gathered to help plant signs. In the last week of May community members will be invited to take home signs to display in their own communities.

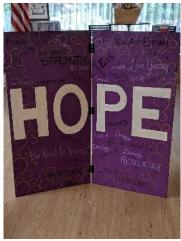
There are still opportunities to participate in the signs for hope rally. We will be rallying in Sandy, Molalla and Happy Valley. Check out the link with dates and locations here:

https://www.signupgenius.com/go/8050f4da4ab28a3fa7-mental

Ask Galli for more info.

2. Wall of Hope/Hope Rocks

Mindy Rocha-Barella



The wall of hope has been constructed! Much thanks to Mindy for leading the project. The wall is a folding structure that people will be invited to put post-its on the board sharing their stories.

The wall be on display at Peerpocalypse by the CSPCC table. In a future meeting we can decide where to put it in the interim. The wall of hope can be used at future events.

Thanks also to Emily P and Mindy's staff for painting the hope rocks! They were hugely popular at Peerpocalypse!

- 3. Mental Health Heroes KeepOregonWell & Clackamas County Congratulations Michael for being elected Trillium's Mental Health Hero for the Month of May!
- D. Steering Committee Highlights (except workgroups) Carlos Benson Martinez Carlos summarized the last steering committee meeting. 68% of suicides in the nation are ages 35-65. "Means safety" is preferred language over "access to lethal means." April 22, 2020 the American Association of Suicidality Conference will take place in Portland! Should the coalition present in 2020?
  - III. Plan: Next Steps and Workgroups Michael 5:15 pm
    - A. Steering Committee Workgroup Recommendations Michael Simplify the structure; leverage resources by combining goals; establishing a year timeline for planning and activities
      - 1. Renumber goals as "1,2,3" Instead of "2,5,6;" Consolidate goals 1 and 3 into: "
        Creating awareness through community outreach"
      - 2. Planning timeframe of one year; review in April 2020 we'll categorize timeframes between our immediate or current focus and phase II for activities, initiatives we are looking for next year
      - 3. Idea about outreach to veterinarians transferred to the outreach/awareness
    - B. Workgroups Meet Workgroup Members are invited switch groups based on interest, just be sure to respect commitments previously made in each group. 5:30 pm to 6:15 pm

Workgroup leaders – please ask for a note taker who will take pictures of/turn in notes to Carlos and Kathy for workgroup discussions – thank you!

Michael discussed action items proposed by the steering committee. See the action items highlighted above.

Committee members split into workgroups led by Scott and Spencer. Members were encouraged to float between groups to decide where they can provide best input.

Workgroup 1: Creating Awareness through Community Outreach Scott Thran (Mindy Rocha Barella) Notes: Elise Thompson

- Goal of discussion: Identify possible touchpoints for people at risk by age groups; identify toolkit for outreach
- Identify "touchpoints" for age groups across the lifespan
- Use State Age Groups: 10-24; 24-44; 45-64; over 65

- Touchpoints are community institutions, agencies, professions, gatekeepers, cultural organizations, social organizations, service clubs, families, community networks, etc. (include veterinarians)
- Note: are there touchpoints in common in more than one age group?
- Discuss Toolkit
  - Listening Sessions
  - o Trainings
  - o Materials
  - Presentations
  - o Media
  - o What else?

### CSPCC Meeting - Workgroup 1: Outreach break out session 5.21.19

The group brainstormed groups, locations and materials for outreach:

12 step meetings

Churches (newsletters, etc.)

Connecting training to another event (i.e.

meal)

Create materials describing coalition (for

tabling)

**Deschutes County Means Safety** 

Dispensaries/Liquor Stores

"Do you know someone you're worried

about?"

ERPO Information (extreme risk protective

order) firearms

Financial Advisors (\$ as a stressor)

Food Banks/Pantries

Fundraising for these efforts?

Gatekeeper program

Gender-specific messaging

Gun shops/pawn shops

How to involve media

Laundromats

Mantherapy.com

Meals on Wheels

Multiple formats for training -- age specific

**Posters** 

Primary Care Clinics -- all staff

Quick Look - signs & symptoms

SAMHSA Materials (free)

Senior Centers (newsletter)

Social Media (how to work around county

requirements?)

Summer Social Events - Tabling

Use of data judiciously -- can be paralyzing

Veterinarians

Vocation specific rack cards

What are the touch points for county staff

Workgroup 2: Services and Supports

Spencer Delbridge Notes: Maria

- Goal of discussion: Identify organizations, individuals for survey, particularly for Spanish, Russian, Vietnamese
- Identify influential organizations, contacts who can encourage participation on the survey both Clackamas County specific and regional organizations; examples: Latino Network, Virginia Garcia, Asian Health & Services Center, IRCO, Russian Oregon Social Services
- Identify any connections within our workgroup who could help get the word out

## CSPCC Meeting - Workgroup 2: Services and Supports break out session 5.21.19 Spencer, Cara, Galli, LeeAnn, Maria (scribe)

Discussions centered on the Gaps & Strengths survey which currently has a deadline of June 14, 2019. We primarily discussed identifying and contacting various groups in Clackamas County that interact with non-English speaking community members (Russian, Vietnamese, Spanish speaking)

### Ideas were presented and discussed:

- Identifying groups within various socio-economic statuses.
- Sending the survey to workers at DHS, State organizations that interact with various communities (people who utilize WIC/SNAP for example).
- It was suggested that we create a website where people could log in, select their language, and complete the survey. For example, placing it at <a href="https://www.clackamas.us/behavioralhealth/suicideprevention.html">https://www.clackamas.us/behavioralhealth/suicideprevention.html</a> We discussed that may not be feasible due to time constraints (and resources).
- At the end of the CSPCC meeting, Galli asked the workgroup 1 members if they were OK with pushing out our deliverable of survey results until we could obtain non-English speaking results. They agreed it was important and would wait.

### Action items derived from workgroup discussion:

- Maria will create a standard email (in English) that will be sent along with the survey in the future. (do we need to have this translated into Russian, Spanish and Vietnamese as well?). The work group will review and provide feedback.
- **Galli** will ask Nicholas (our UO resource) 1) How many responses to date of English survey version, 2) what his availability is in future if we extend our due date for the survey in order to send out and obtain non-English speaking community responses.
- Galli it was asked that the English survey be sent out again to workgroup 2...but maybe we resolved that in the meeting? (I have a note that Galli will send out the non-English versions to the workgroup what about the full coalition?)
- **Spencer** will check into Spanish speaking community resources for the non-English survey (ESD, CC Behavioral Health Unit, Todos Juntos)
- LeeAnn will contact her daughter who works with IRCO, re: non-English survey.
- Cara will call the Asian Family Services re: non-English survey. (I have a note about primary care physicians as well?)

Report back (5 min from each workgroup – focus on activities for the next month, and asking for volunteers for specific purposes)

Michael 6:15-6:25 pm

I. Closing Michael 6:25 pm
Next Coalition Meeting:

Galli mentioned that the Environmental-Scan Survey has successfully been translated into several different languages, however it is still in the process of being re-formatted. Galli asked the workgroup if it was okay to wait on distribution and extend the deadline. The CSPCC communally agreed to extend the deadline.

Michael expressed his thanks for so many different folks coming together to form the CSPCC. The steering committee will discuss ideas created by the workgroups and report back next meeting.

Third Tuesday
June 18, 2019 ★ 4:30 to 6:30 pm
Clackamas Development Services Building
150 Beavercreek Road, Room 115
Oregon City OR 97045

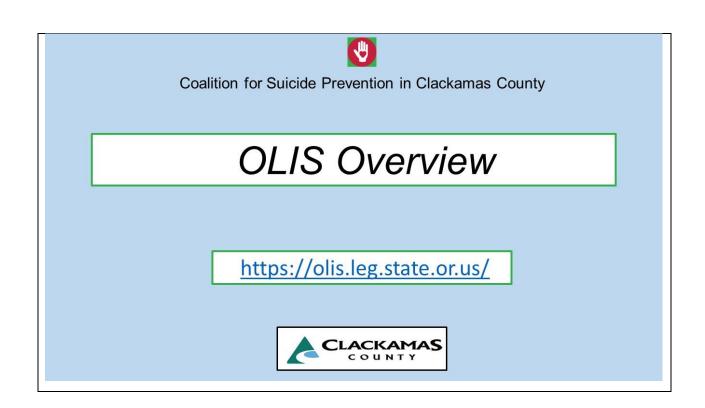
Respectfully submitted, Carlos Benson Martinez, Maria Harmon & Elise Thompson

#### WORKING MEETING GUIDELINES (revised)

- 1. Show each other respect.
- 2. Start and end on time.
- 3. Listen to others and be open to hearing others' perspectives.
- 4. Share the airtime and self-regulate your participation; please don't interrupt others while they are speaking.
- 5. Please keep to one conversation and avoid sidebar conversations.
- 6. Create a safe environment.
- 7. We value stories of lived experience and we want to communicate about the topic safely.
  - a. We recognize the value of stories of lived experience and welcome them as an essential part of our discourse.
  - b. We also recognize that certain words, statistics and details about suicide attempts or deaths can activate emotions and feelings. To communicate safely, we will strive to be mindful about sharing details of a suicide attempt or death, discussion of statistics, discussion about means or other topics that may have potentially dangerous content.
  - c. Please don't share personal stories that are told in the meeting outside the meeting.
  - d. How we say it matters. We suggest using the phrase "died by suicide" instead of "commit," because "commit" is a word associated with a crime or a sin. We also suggest avoiding the use of the terms "successful" or "unsuccessful" when

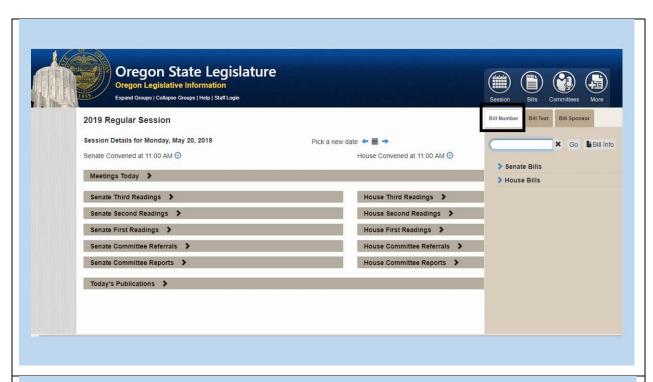
talking about attempts/suicides; as an alternative we suggest saying "attempts" or "died by suicide," so that we avoid attributing positives or negatives.

- 8. Please place mobile phones on vibrate during the meeting and take important calls outside the room. Thank you for your cooperation.
- 9. The role of the co-chairs and meeting facilitators is to manage the agenda, the discussions and the time we have together; please cooperate with their requests.
- 10. Please raise your hand to be recognized by the facilitator if you want to contribute to the full group.
- 11. There are often many possible solutions to complex issues; when generating ideas about solutions, please strive to speak about interests not positions.
- 12. Identify next steps that foster commitment to the goals.
- 13. Resource Table please share information about other upcoming events, programs, or trainings by providing written materials for the resource table which will be available at all meetings of the Coalition; because of time limitations we request no verbal announcements; thank you for your cooperation.





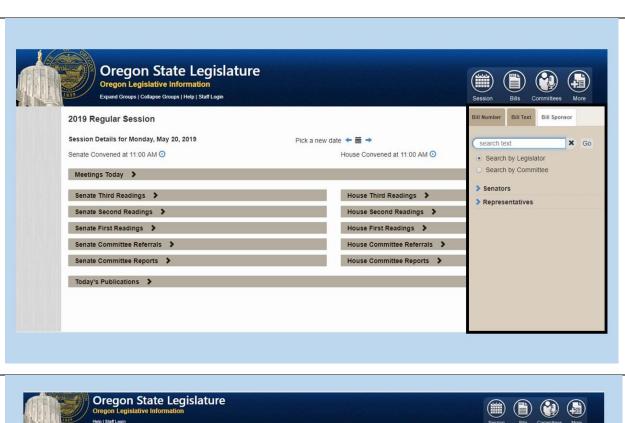


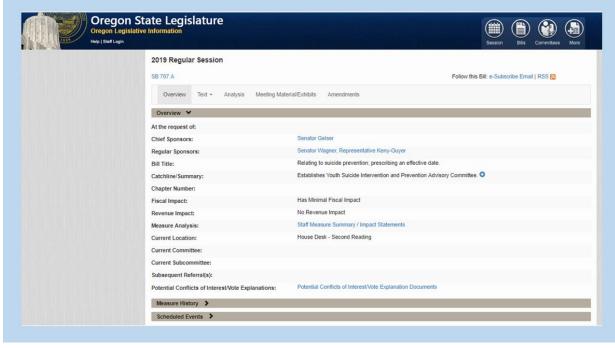






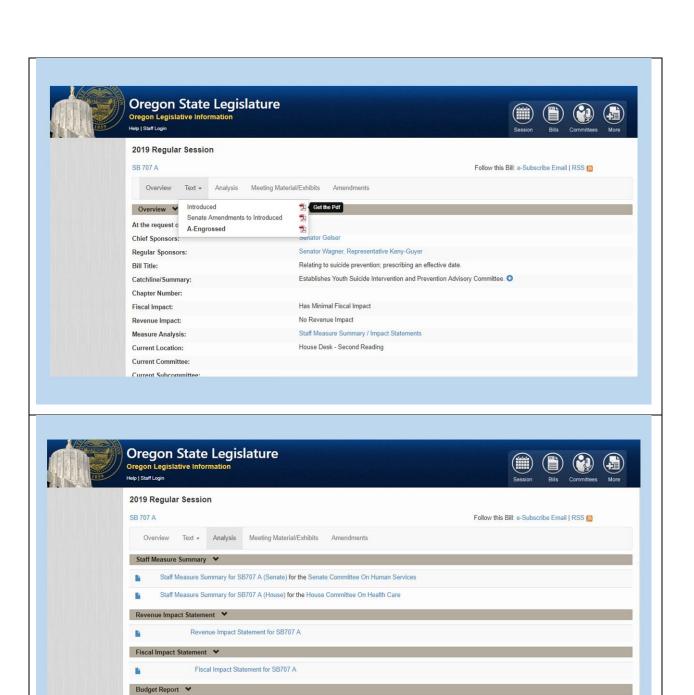






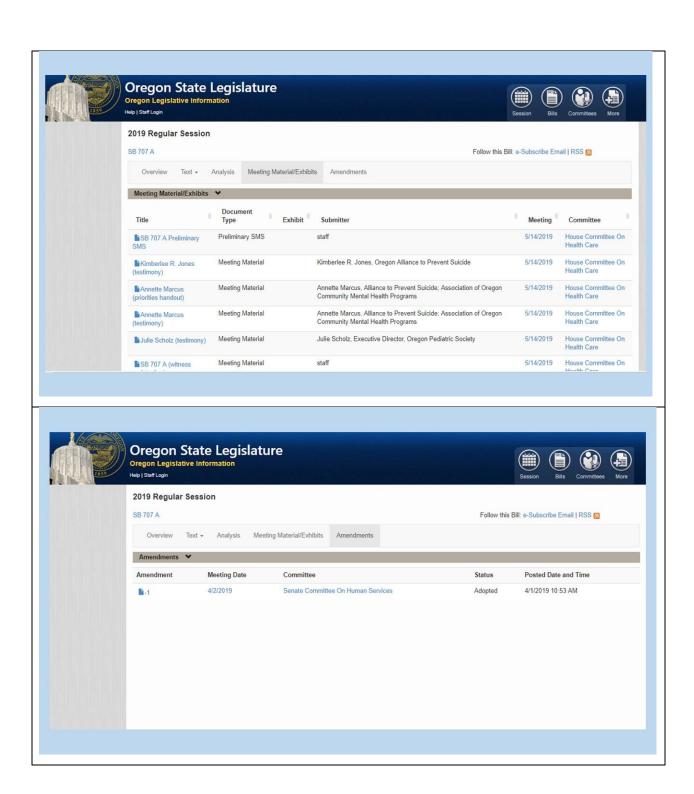
Current Committee:	
Current Subcommittee:	
Subsequent Referral(s):	
Potential Conflicts of Interest/Vote Explanations:	Potential Conflicts of Interest/Vote Explanation Documents
Measure History 💙	
1-29 (S)	Introduction and first reading. Referred to President's desk.
1-30 (S)	Referred to Human Services, then Ways and Means.
3-5 (\$)	Public Hearing held. 🗗
3-28 (S)	Work Session cancelled.
4-2 (S)	Work Session held. C O
4-15 (S)	Recommendation: Do pass with amendments and subsequent referral to Ways and Means be rescinded. (Printed Eng.)
4-15 (S)	Subsequent referral rescinded by order of the President.
4-16 (S)	Second reading.
4-17 (S)	Carried over to 04-18 by unanimous consent.
4-18 (S)	Third reading. Carried by Gelser. Passed. Ayes, 29; Excused, 1President Courtney.
4-22 (H)	First reading. Referred to Speaker's desk.
4-26 (H)	Referred to Health Care.
5-14 (H)	Public Hearing and Work Session held. C O
5-20 (H)	Recommendation: Do pass.
Scheduled Events >	

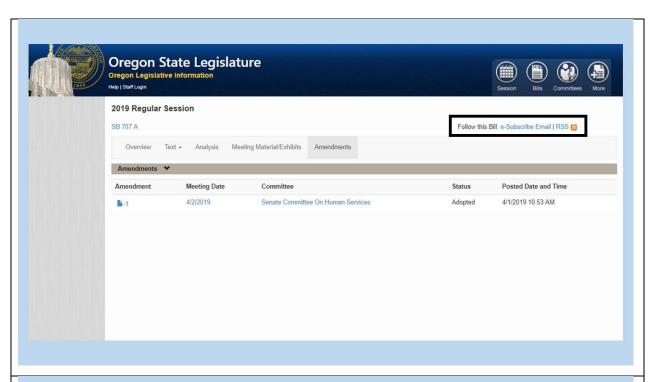
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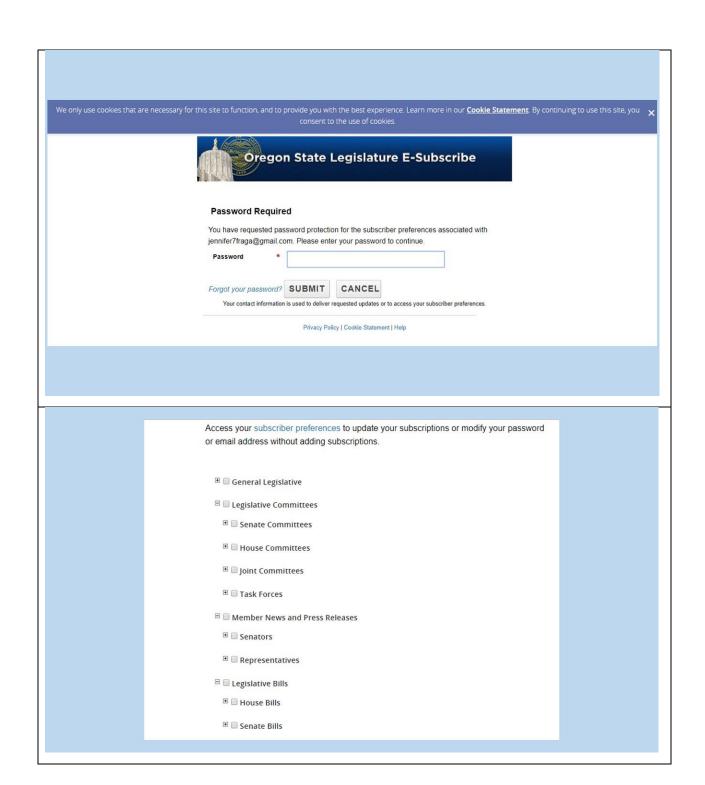
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Open Government Impact Statement











Coalition for Suicide Prevention in Clackamas County

# Questions?

