

Mental Health & Addictions Council

Meeting Minutes

Tuesday, February 25, 2025

4:30 – 6:30 PM

Zoom Meeting

Members Attending: Teresa Melville, Sheri Price, Cathy Horey, Pam Pearce, Sara Clement, Bo Brinson, Catherine LeJeal, Beto Contreras, Dave Hunt, Sarah Schindlbeck, Ashley Cross

Members Unexcused:

Members Excused:

Staff: Elise Thompson, Keely Gilbert

Guests: Gallie Murray, Adam Caba, Rae Gordon

Item	Discussion	Action/Follow up
Call to Order, Establish Quorum (6 members), Approval of Minutes – Vice President	<ul style="list-style-type: none"> ➤ Teresa brought the meeting to order 4:36pm ➤ Introductions of members and guests. ➤ Review of group norms ➤ Approval of Minutes. ➤ Bo 1st Dave 2nd. ➤ Acronym list updates. 	Add TIP (Trauma intervention Program), SI (Suicidal Ideations), SA (Suicide Attempt) to acronym list.
Galli Murray Suicide Prevention Coalition Presentation	<ul style="list-style-type: none"> ➤ See slides attached. ➤ See handout attached. This handout can be also be found here: https://www.clackamas.us/behavioralhealth/postvention ➤ Q&A <ul style="list-style-type: none"> • Are people outside of Clackamas County able to use this resource? If the death occurred in Clackamas County we will reach out to those affected by the death regardless of location. • What happens if the death occurs outside of Clackamas County but our community members are affected? We will still reach out. • Is this program at future risk with the current administration cuts? No, it is legally required for counties to follow up and provide Postvention for every death by suicide for youth under the age of 24. • Have you done outreach to affected individuals much later after the occurrence? When we call initially, we ask if it is okay to call them back in a few months to check in. We make sure it is the same person reaching out, thoughtful follow ups (anniversaries, birthdays, ect.) • Are there support groups for people who struggle with Suicidal Ideations? Virtual, free, group for anyone who identifies as having thoughts of suicide: Suicide is a Language of Pain Support Group • For anyone who lives in Clackamas County: Secure Storage Items Clackamas County ➤ Gallimur@clackamas.us (971) 201-8468 	

Committee updates – All	<ul style="list-style-type: none"> ➤ Advocacy/Legislative Committee: <ul style="list-style-type: none"> • Article in the Oregonian last week about the effort to change the states Civil Commitment law. Governor and Representative Christine Drahan on the same page about the issue. • Legislative townhalls happening now, you can find information on how to attend on your representatives websites. • CareOregon is changing part of their policy this summer to not reimburse for licensure associates. CareOregon approved certain organizations to continue providing services to individuals being seen by licensure associates. ➤ Nominating Committee: Voting next month. ➤ Director Update: <ul style="list-style-type: none"> • Closed our RFP for the community based peer services and getting ready to start reviewing applications. • BHD director position will be posted soon. Looking for ideas from this group about how you would like to participate (ex: questions and representation on the interview panels). 	Elise will follow up via email to collect interview questions.
Round Table	<ul style="list-style-type: none"> ➤ Teresa: guide for parents, being able to ask for help and connect for help. Have her come speak? ➤ Pam: Dr. Crystal Collier will be here next week, if you have children, or are ever around children in recovery you should attend. Speaks on prevention. See flyer attached. ➤ Sheri: N/A ➤ Bo: Advocacy day rescheduled to March 5th. ➤ Dave: Nami Comedy night https://event.auctria.com/515d9b53-c451-4e8f-9e6e-0661f1e3b408/c4a5a89c4b274c2895743ae63cc9544a ➤ Beto: N/A ➤ Elise: N/A ➤ Ashley Cross: N/A ➤ Catherine LeJeal: N/A ➤ Sara Clement: N/A ➤ Sarah Schindlbeck: 4D has been offering clinical services, we have a building in Gresham. Initially it was for Multnomah county residents, but we just opened it so that Clackamas and Washington county residents can access services as well. We offer co-occurring intensive outpatient, Partial hospitalization Program (PHP) , intensive outpatient housing, same day assessments. Taking Medicaid only, for ages 18-35. See handout attached. 	
Public Comment	<ul style="list-style-type: none"> ➤ Rae: Team lead for gleaners, looking for resources to be included in the boxes. ➤ Adam: Keep up the good work. 	
Recap; Summarize action items; Agenda item suggestion – All	<p style="text-align: center;">The meeting adjourned at 6:21 pm</p> <ul style="list-style-type: none"> ➤ Proposed agenda: 	

Next Meeting Date and Location	Tuesday, March 25, 2025 from 4:30-6:30 pm via Virtual and Crisis Walk-In Clinic Please RSVP to Keely Gilbert at Kgilbert@clackamas.us.	
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Postvention Support

The What, Why & How

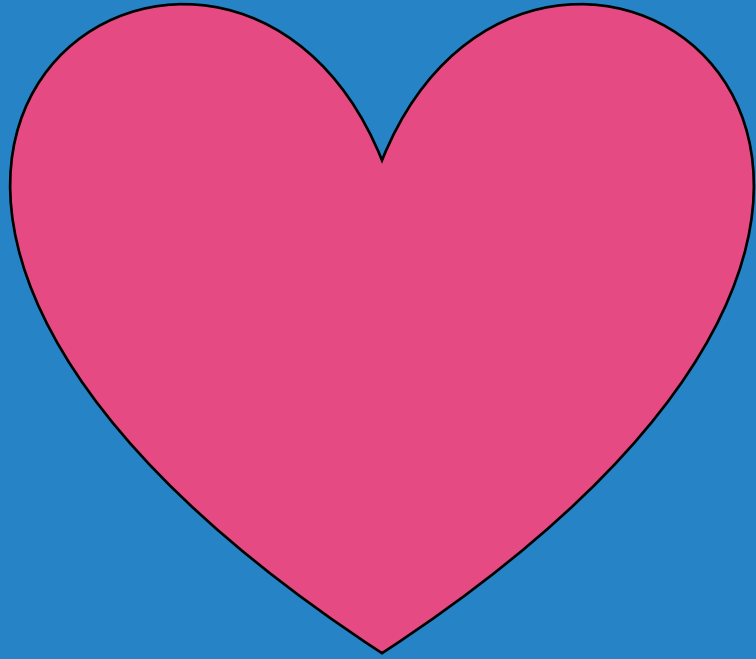
Training for Mental Health Advisory Council

Galli Murray, LCSW
Suicide Prevention Coordinator
Clackamas County
Gallimur@Clackamas.us



Overview

- What is “postvention” and how it occurs in Clackamas County
- The role of Community Partners and what to do after you hear of a suicide



Taking good care of you.

Postvention

“**Postvention** is an organized response in the aftermath of a suicide to accomplish any one or more of the following: To facilitate the healing of individuals from the grief and distress of suicide loss. To mitigate other negative effects of exposure to suicide.”

Postvention in Clackamas County

After a death from suicide in Clackamas County:

- We get notification about a death from suicide from community partners (schools, law enforcement, medical examiner, etc.) for the purpose of getting folks support who need it.
- Community partners, such as yourself, can call or email the Suicide Prevention Coordinator to notify of a death from suicide. Knowing this information allows for postvention support to get to those who need it.

Did you know?

For each death by suicide, approximately 140 people are affected.

Of these, more than 6 experience a major life disruption.

Getting postvention support to those who are affected is crucial.



Postvention Outreach Calls



The Clackamas MHC, our urgent mental health walk in clinic, has a team of clinicians who make calls to individuals who are impacted by a suicide death. They offer the support at no cost for the following reasons:

- 1) To hold space for the variety of complex emotions that people experience after a death from suicide.
- 2) To let individuals know that resources and supports are available to them if they want or need. Resources such as American Foundation for Suicide Prevention (AFSP) suicide loss bereavement groups are offered or, if appropriate, being seen by a mental health professional at Clackamas MHC.
- 3) To gather additional names of individuals who may need postvention support.
- 4) Because of the known increase in suicide risk after an individual experiences a loss from suicide, the team assesses risk and asks the bereaved, “Are you having thoughts of suicide?”

Did you know?

If your team/organization has been impacted by a death from suicide (of youth or adult), there are ways that we can offer you no cost group support.

Getting postvention support to those who are affected is crucial.



You are not alone in this work.

Remember that Galli is just a phone call/text/email away for support, guidance and resources.

- You do not have to handle this alone.
- We are here to be of support.

Galli Murray

Gallimur@Clackamas.us

Cell for calls or text: [971-201-8468](tel:971-201-8468)

Questions?



Clackamas County Postvention Support after a Death from Suicide

When suicide affects our community, Clackamas County provides support to encourage resilience, explore resources, and reduce risk among suicide loss survivors. We call this work Postvention, and it is provided by mental health professionals working at the county's urgent mental health walk in clinic, Clackamas Mental Health Clinic.

What is Suicide Postvention?

Postvention is an organized response following a suicide that aims to reduce further suicide risk by identifying and supporting the emotional and mental health needs of the survivors.

What Postvention Support is Available?

Immediate Support

Along with local chaplains, the **Trauma Intervention Program (TIP)** is called to the scene after a suicide occurs to provide emotional first aid to families and other impacted individuals. They may offer referrals or resources, such as helping to choose a funeral home. The Medical Examiner will also discuss ongoing Postvention support with loss survivors. www.tipnw.org

Short- and Long-term Support

With information provided by the Medical Examiner or TIP, the Postvention Team at Clackamas MHC will contact identified survivors to facilitate any or all of the following:

1. Exploring resources, including natural or community supports like suicide loss bereavement groups
2. Offering no cost peer services and mental health treatment at Clackamas MHC
3. Normalizing common grief responses to minimize complicated grief and guilt reactions
4. Inquiring as to who else might need postvention contact
5. Planning a future call to check in and provide additional support, especially around anniversary or other important dates

How do I access Postvention in Clackamas County?

If you or someone you are supporting identify as a suicide loss survivor, please contact the county's Suicide Prevention Coordinator at gallimur@clackamas.us. Ideally, you will provide the name(s) of the person(s) needing support, contact information and their relationship to the deceased.

For time-sensitive needs or for immediate attention or support, please use our 24/7 Crisis and Support Line at 503-655-8585.

What is the Role of Community Partners?

In the event of a known or suspected suicide, Clackamas County asks community partners to communicate this information to the county's Suicide Prevention Coordinator so that this crucial Postvention support can be offered.

Postvention Resources

Trauma Intervention Program's (TIP) Resource Guide

Provides a broad range of resources, including what is required information for a death certificate, a list of funeral homes, a checklist of activities following a death and 10 things to do and not do after a tragic event.

Learn more at bit.ly/TIPResourceGuide

The Dougy Center

Offers a wide range of groups and resources for people of all ages who are grieving, including activities to help kids ages 0 – 12 express their grief, as well as information on death and bereavement for supporters of kids who are grieving.

**Dougy Center often has a wait list.

Learn more at www.dougy.org/grief-support-resources

After a Suicide: Toolkit for Schools

Includes an overview of key considerations, general guidelines for action, do's and don'ts around memorials, templates, and sample materials, all in an easily accessible format applicable to diverse populations and communities.

Learn more at bit.ly/AfterSuicideToolkit

A Manager's Guide to Suicide Postvention in the Workplace: 10 Action Steps for Dealing with the Aftermath of Suicide

This guide provides clear steps for postvention in workplaces, including information for workplace leadership on how to respond immediately to a suicide, how to plan in the short-term for recovery and what long-term strategies to consider. It contains succinct procedures with checklists and flow charts and can be useful to managers at all levels.

Learn more at bit.ly/ManagerGuideToPostvention

Suicide Loss Bereavement Groups

Find a free group to attend by putting in your zip code.

Learn more at afsp.org/find-a-support-group/

American Foundation for Suicide Prevention's Healing Conversations program

Speak with an individual who is also a suicide loss survivor. These individuals offer understanding and guidance in the weeks and months following a suicide death.

Learn more at: <https://afsp.org/healing-conversations>

American Foundation for Suicide Prevention's Resource and Healing Guide

Provides information about coping with loss, the survivor loss community, and resources to help with your journey.

Learn more: <https://afsp.org/ive-lost-someone>

American Association of Suicidology Handbook for Survivors of Suicide

A book for people who have lost a loved one to suicide, written by someone who has suffered the same loss.

Learn more: https://suicidology.org/wp-content/uploads/2019/07/SOS_handbook.pdf



21440 SE Stark St Gresham, OR 97030

4D Recovery Treatment and Mental Health Services

Now Available!

Co-occurring Capable Levels:

1.0 - Outpatient (OP)

2.1 - Intensive Outpatient (IOP)

2.5 - Partial Hospitalization (PHP)

Services available for:

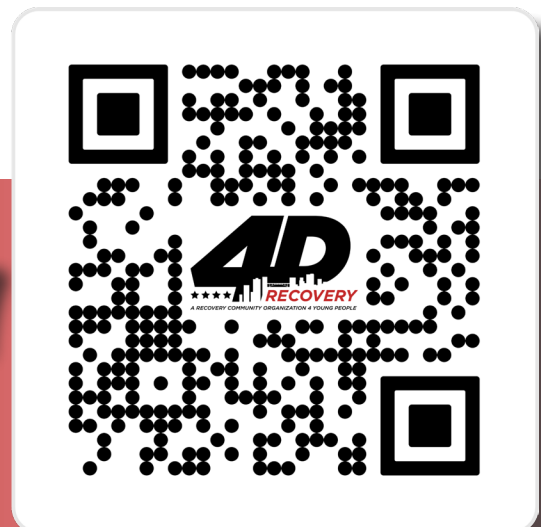
- Ages 18-35
- Medicaid Insurance only

- Mental Health Services
- Case Management Services
- Clinical Mentor Services
- IOP Housing (limited)



Same-day Assessments

Monday - Friday
Hours: 7:30 am-5:00 pm



Service Form