

Clackamas County Suicide Prevention Action Plan

Youth and Young Adults Action Team (YYAAT)

June 15, 2023 | 4-5pm
Virtual Meeting

Attendees: Carlos Benson Martinez (Chair and facilitator/Clackamas County), Kathy Turner, Lauren Maley (Youth Era), Rachel Howard, Abigail Wells, Teresa Melville

1) Welcome to the Youth and Young Adults Action Team meeting & 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.

Strategic directions for this 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

2) Work plan Review

- We are currently focusing on 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.
- Action items & Next steps are listed below:

Action Item	Next Steps
1. All Clackamas County high schools (brick and mortar only) and higher education institutions will know that QPR for students is available and how to access this training by the end of the reporting period.	• Kathy
2. Posters and other materials (magnets) created by youth for youth (available via Brian McCrady in CFCC) will be distributed to all school-based health clinics, the Clackamas County Gladstone Pediatric Clinic and _____%_ middle and high schools (ask Brian M about this)	<ul style="list-style-type: none"> • 25-30 posters available • Funding available to print more (about how many?) • Brian has started this process, will make list of schools visited so far • Will make chart to identify where we still need to go, who will go • Let's identify more pediatric clinics
3. Create a list of all the smart phone applications that may be of support to youth and young adults.	Completed
4. Create an infographic with the names and links of smart phone apps that are credible resources and would be of value to our community.	<ul style="list-style-type: none"> • How do we define "credible?" <ol style="list-style-type: none"> a. How long since publication? b. How many users/reviews? c. Have updates been made lately? d. What is the source? e. How does the app use youth data • How are we including youth in the conversation?
5. Organize a pilot (with one high school or with one district) a wellness and health fair where different professions and resources could be showcased by the end of the reporting period.	<ul style="list-style-type: none"> • Identify tentative school groups to engage (youth leaders) • Identify school staff/admin that can champion with/advocate within schools. (sbhc's?)
6. Organize a larger scale (all County) wellness and health fair where different professions and resources could be showcased for the 2025 – 2027 reporting period.	See above

- If you would like to join an action group, let Galli or Carlos know and they will connect you with the correct coordinator.

3) Youth QPR Discussion

- QPR Youth Training Guidelines: https://clackamascounty-my.sharepoint.com/:b:/g/personal/cbensonmartinez_clackamas_us/EdG2iYYZkwRAu_Rh-flzY4BbjGtVz7Ekzs4StqUHa9GOg?e=Ka8j9g
- QPR- Question, Persuade, & Refer: A suicide prevention training. It is currently 2 hours long, but this model may not work and would like to look into something shorter.
- Guidelines for Schools and Academies - To ensure the safe delivery of QPR training to youth, we recommend the following:
 - Safe Timing. Requests for QPR training are often made following a student death by suicide. To accomplish all that is required to do in the aftermath of a student suicide, we recommend at least 90 days before initiating QPR training with students. Please review, *After a Suicide: A Toolkit for Schools* (second edition) before proceeding with training. An excellent and highly-endorsed free resource, you may download the PDF at: <http://www.sprc.org/sites/default/files/resource-program/AfteraSuicideToolkitforSchools.pdf>.
 - Order of Training. Students should be trained only after the adults (teachers and staff) have completed QPR training.
 - Seniors first. Begin training the oldest students first, then proceed downward in age into the middle school years.
 - Screen students who may be at risk. Known at-risk students should be screened by a school health professional prior to training.
 - Small groups only. A maximum of 20-25 students may trained at one time, with a supervising/teaching school counsellor or nurse attending.
 - Local mental health experts. To be sure students know referral resources for after school, weekends, holidays and summer vacation, local mental health professionals should be invited to the training.
- Find institutions that are willing to champion this training. It will be best to involve school counselors when working with schools/students.
- The idea is to find some trainers that are younger in age, but over 18 years old.
- The idea was given to possibly partner with Sandy Mathewson at CESD to identify some youth QPR possibilities. Also possibly work with some youth empowerment organizations that could identify potential young trainers.
- If someone is interested in meeting with Kathy & Hunter, you can contact Kathy directly.

4) Posters

- 25-30 posters are available
- Funding available to print more
- Brian has delivered posters to a list of schools already
- Would like to identify more groups/CBO's to get posters out to (i.e. pediatric clinics, etc.)

5) Meeting Frequency

- Currently meeting once a month and seems to be working well
- Would like to hear the voices of the youth
- The idea was given to make a flyer that could be passed out to individuals to join the Youth & Young adults action team
- If you are interested in co-facilitating meeting, you can reach out to Carlos directly.

Action items

- Carlos will reach out to QPR Specialist, Hunter Moen at Lines for Life (QPR@linesforlife.org)
- Carlos will make a chart of all schools that have received posters already and identify where we still need to go and who will go
- Carlos will look into getting posters to Youth Era

Next meeting: | August 17th from 4 – 5pm | Location: [Click here to join the meeting](#)

Meetings are open to anyone. All are welcome!