

**Coalition for Suicide Prevention in Clackamas County**

Tuesday December 11, 2018 4:30 pm to 6:30 pm

**Meeting Highlights**

*Clackamas County Development Services Building ✦ 150 Beaver Creek Road, Room 119/120 ✦ Oregon City, OR 97045*

***NOTE NEXT MEETING:  
Date, Time & Location***

***Tuesday January 15, 2019***

***5:00 PM TO 7:00 PM***

***Clackamas County Development Services Building  
150 Beaver Creek 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: Start building a charter  
Steering Committee application and formation  
Further develop relationships

4:40 pm **1. Welcome & Opening** (15-20 minutes) **Galli & Janie**

a. Welcome & Agenda Overview – Galli  
Safety First – Resource People – Galli Janie, Kathy, Galli

b. Introductions– Janie  
Name, Role, Organization and briefly, one sign of hope you see for suicide prevention in our county

c. Minutes available here and online –  
Any questions or corrections – let us know via email – Galli

Galli opened the meeting.

- The focus of the meeting will be reviewing the draft of the Suicide Coalition Charter.
- Reminder that there are resources for people needing a resource person if they are feeling activated—Galli, Janie, Kathy, and Melinda are available.
- Introductions were done—name, role/organization, and a word of hope—something each person felt hopeful about in the area of suicide prevention.
- Reminder that minutes are always on the web site along with other resources distributed during the meeting. If anyone has corrections to any meeting minutes let Galli or Kathy know by December 18 (within a week of the next meeting).

5:00 pm

**2. Coalition Charter & Steering Committee****Galli & Janie**

- a. Steering Committee & Applications – Galli/Janie  
Roles & characteristics, invitation to apply; due date, process for appointment

**Steering Committee**

Steering Committee—A steering committee will be formed to guide the direction of the coalition. All members of the coalition are critical to its success, but a committee is needed to make decisions regarding direction and focus. This will be a group of 7 to 10 people who will meet separately monthly. Galli and Kathy will release an application for positions on the steering committee next week, to be submitted by email by January 18<sup>th</sup>. Kathy, Galli, Janie, and Michael will review applications and submit candidates to Rich Swift and Mary Rumbaugh who will vet and choose people for one or two year steering committee terms.

If you know someone who is not at the meeting tonight who would be a good candidate for the steering committee let them know about the application process.

Handout review—The handout listing high risk groups and gatekeepers was reviewed. Kathy had indicated groups that are represented and groups that still need representation in the coalition. The group was encouraged to do outreach to non-represented groups/gatekeepers. It's possible that some people already part of the coalition are part of the non-represented groups indicated. Anyone who feels comfortable identifying as able to represent those groups is encouraged to do so; if you're not comfortable that's OK too.

The group discussed who might be missing from the handout—veterinary medicine, other people of color, middle aged women, stay-at-home moms, people with chronic illnesses, and military families were brought up. The possibility of linking coalition efforts with existing prevention groups in the future was also brought up. If you feel you can represent an unrepresented group please let Kathy or Galli know.

- b. Early Draft of Charter Discussion – Galli/Janie  
Provide Input on the early draft to give to steering committee

**Early Draft Coalition Charter**

Janie asked the group to review the draft of the Charter and let them know if there was something missing or something people in the group didn't like. Draft and feedback about the draft will go to the steering committee once it's formed.

- Issues raised—It needs stronger language about collaboration with wide numbers of groups and individuals rather than just government agencies. Collaboration is what is allowing us to do this work.
- More passion and directness and less government-ese.
- We want the coalition to be part of the web of resources already available for prevention. The coalition has the county/government ear to be heard on this subject—it can find the holes and gaps the county and other public service organizations might fill.

- People asked that the vision statement more clearly represent the mission; for example, consequences of suicide are not addressed in the vision but are in the mission.
- The core values need to be condensed or combined, possibly limited to five.

People can call or email feedback to Kathy if they think of issues not raised. There will also be future opportunities for charter feedback.

Revised meeting guidelines – we didn't discuss these, but the proposed revisions are at the end of this document.

Feedback and summary

- c. Propose New date for Monthly Meetings – Galli
  - 3<sup>rd</sup> Tuesday of the month/still good with Oregon City location
    - January 15, February 19 (day after the holiday), March 19

### **New Date for Meetings – Third Tuesday of Each Month**

New Date for meetings—changing to the 3<sup>rd</sup> Tuesday of the month instead of the 2<sup>nd</sup>. Next meeting will be January 15<sup>th</sup>, location to be determined.

#### **N.B. NEXT MEETING:**

**TUESDAY, JANUARY 15, 2019 5:00 TO 7:00 PM**

**150 BEAVERCREEK ROAD, ROOM 115**

**OREGON CITY OR 97045**

6:15 pm

### **3. Closing**

**Galli**

- a. Introduce Connect – Postvention framework planning in February

#### **Connect Post Vention Training**

Connect training is coming in February, the 25<sup>th</sup> through the 28<sup>th</sup>. Roughly 8-3:30. This is post-vention training for the aftermath of a suicide. It teaches communities how to come together to coordinate a safe, supportive response. It teaches the appropriate way to memorialize a person who died by suicide and how to respond to the media, while helping the media respond responsibly. It also covers the risk of contagion/suicide pacts. The state is paying for this training, so it will be free.

It's a four day training. People who complete 2 or the 4 days will be qualified to be a Connect trainer, and then be a resource for post-vention work. Anyone who becomes a Connect trainer will be expected to be a training resource. Just the 1<sup>st</sup> day is training on how to convene a community. Day 4 is the planning day—how to convene and implement.

Connect brings individual resources together in a more cohesive response. Invitation Only. Specific members of the coalition will be invited as well as others from schools, community organizations, social services and first responders.

Influencers/leaders in the community will be invited—the people who other people go to when a suicide or unexpected death occurs.

- b. Next Meeting: Themes from Local Voices Listening Sessions Final Summary
- c. Upcoming Events of Interest: ATQ Project and QPR Train the Trainer

### **QPR Train the Trainer.**

QPR—Train the Trainer. Training to train other people on suicide prevention. There is a training from 8 to 5 on January 15<sup>th</sup> to become a QPR (Question, Persuade, & Refer) trainer. After completing this all day training you are qualified to do 90 minute trainings for other groups. The county has a goal to have all employees take this 90 minute training, so lots of trainers are needed. The fee to register is \$500. It will be held at the Clackamas County DSB building in room 119/120. Contact Kathy Turner at [kturner@clackamas.us](mailto:kturner@clackamas.us) to register. Space limited.

### **Ask the Question Project**

Wednesday, December 19<sup>th</sup> from 11-12 at the DSB building—Ask the Question project. Voices of attempt project is open to the public.

- d. Thank you & adjourn

#### **ATQ – Ask the Question Project**

The Ask the Question Project shines light on the issue of suicide and brings hope for recovery. It will include stories of lived experience.

Wednesday, December 19, 2018; 11 am to Noon  
**Clackamas County Development Services Building**  
**150 Beavercreek Road, Room 115,**  
**Oregon City OR**

#### **QPR (Question, Persuade & Refer) Train the Training Suicide Prevention Gatekeeper First Aid Training**

**Tuesday, January 15, 2019; 8 am to 5 pm**

**\$500 fee to register\***

**Clackamas County Development Services Building  
 150 Beavercreek Road, Room 119/120, Oregon City OR**

**\*contact Kathy Turner at [kturner@clackamas.us](mailto:kturner@clackamas.us) for details**

18 years of age or older, please  
 Space is limited

## 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 please avoid sharing details.  
~~Please don't be mindful about share-sharing~~ details of a suicide attempt or death, discussion of statistics, discussion about means or other topics that may have potentially dangerous content, ~~particularly the person's name or family, the location, the method, the contents of a note or other message, or any other assertions about causes~~.
  - 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 ~~Please use~~ the phrase "died by suicide" instead of "commit," ~~because~~ "commit" is a word associated with a crime or a sin. We also suggest  
~~d. Please don't avoiding the~~ use of the terms "successful" or "unsuccessful" when talking about attempts/suicides; as an alternative we suggest ~~just 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 ~~avoid using electronic devices;~~ take important calls/~~emailing/texting~~ 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. We welcome stories of lived experience and recognize their importance; and to communicate safely, please avoid sharing details.~~
- ~~11.~~ Please raise your hand to be recognized by the facilitator if you want to contribute to the full group.
- ~~12. Please give specific examples, when possible.~~
11. There are often many possible solutions to complex issues; when generating ideas about solutions, please strive to ~~Please~~ speak about interests not positions.
- ~~14~~12. Identify next steps that foster commitment to the goals.
- ~~15~~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.