

Clackamas County Suicide Prevention Action Plan

Health Care Action Team Minutes

March 7, 2023 | 11 – 12pm
Virtual Meeting

Attendees: Joan Hoff (facilitator and Chair); ~~Donna Marie Drucker (OR Firearm Safety Coalition President)~~, Galli Murray (Suicide Prevention Coordinator), Ashley Thompson (Community Engagement & Partnership Coordinator Portland VA), ~~Becky Wilkinson (Providence)~~

1) Welcome & introductions.

Reviewed purpose of this action team which is to: Promote suicide prevention as a core component of health care services and implement best or promising practices for identifying and supporting individuals at risk for suicide.

2) Reviewed Suicide Prevention Action Plan (SPAP) strategic directions for the Health Care Action Team:

- 3a. Increase lived experience and other related support groups that increase hope, connection, and resiliency.
- 3b. Training for, and materials to, healthcare providers will highlight universal suicide risk screening and treatment for suicide.
- 3c. Diversify and increase utilization of mental health and suicide prevention trainings available to health care providers.

Updates from previous meetings:

- The team met with NAMI Clackamas about the possibility of them hosting a group/space for middle aged men. We are waiting on hearing back from them. **Update:** NAMI sent a survey out to community members regarding potential interest in attending a group for men and there was reportedly no interest that was identified via this survey.
- Galli is in conversations with OHA about screening tools that weren't normed on white people that may be available for us to use. More information to come. **No updates on this at this time.**
- Still waiting on if AFSP is interested in collaborating on a tool kit with us.

For strategic direction 3a. Increase lived experience and other related support groups that increase hope, connection, and resiliency.

Joan reported on a video called "Finding Hope" (American Foundation for Suicide Prevention (AFSP) program) that can be shown to folks who may be struggling with thoughts of suicide.

Mental Health & Addiction Association of Oregon (MHHAO) will be starting an Alternatives to Suicide Peer Support Group. Info on this curriculum, "The Western Mass RLC developed the 'Alternatives to Suicide' approach because the opportunity to talk openly about suicide and feelings of deep emotional distress with others who have or are experiencing similar struggles can be a powerful way to support people to move through those darkest places. During groups, people share their

successes and their challenges, provide support for one another and strategize and share ideas for coping with difficult life circumstances. People are encouraged to come both in times of strength and challenge. Individuals need not identify as being in 'crisis' in order to attend." Once we have more details, Galli will send out info.

Folktime is also continuing their SLOP group (Suicide is a Language of Pain) which is a virtual group for those with thoughts of suicide or attempt survivors. See below attachment (SLOP Friday) with info.

Discussion about the groups that Didi Hirsch offers and if we would want to replicate something similar here continues to occur <https://didihirsch.org/training/suicide-prevention-training/>. Joan reached out to them to get costs info: 4 half day zoom training for one participant is \$495. So for 10 participants to go through the entire training is \$4,950. The TA calls are an add on, optional service (very similar to consultation calls) that is \$3,750 additional to the training cost. More info in attachment "SOSA Training Overview" below. Galli will investigate funding options for this. Recommendations to keep groups separate (attempt and ideation groups should be kept separate). QMHPs will be needed. Questions such as: do we pay QMHPs? Could we use interns? Maybe recruit leaders from churches? Leaders are recommended to be diverse.

AFSP is working with Safe Side to provide training for primary care clinics. Joan will check with Erin Weldon with AFSP about being able to observe one of these trainings. AFSP is also working with Echo (a pediatric program) that supports primary care clinics.

What about doing a presentation at an AA meeting? Men (and others) go there and talk about life stressors. Galli will find out more info about the Clackamas AA/NA community and if we might be able to collaborate.

Ashley will reach out to VA substance use provider(s) to inquire about environments where men might show up and how we might be able to leverage these environments to better support men.

Ray Keene at the Canby Center is interested in holding conversations/groups with men. Joan will follow up with him. Joan reported that there is a meeting coming up in a few weeks.

Idea was suggested to partner with Chamber of Commerce's – use them to find churches/other organizations to help identify opportunities to increase connection for men.

[For strategic direction 3b. Training for, and materials to, healthcare providers will highlight universal suicide risk screening and treatment for suicide.](#)

The VA has toolkits for things such as reducing access to lethal means. We might be able to learn from these.

<https://www.mirecc.va.gov/visn19/lethalmeanssafety/>

Discussed creating a list of things that we want in the toolkit that we plan to develop for our next meeting. Joan will investigate other tool kits to see what's in them to get ideas. Galli to send primary care provider suicide prevention toolkit that Deschutes County created to this group.



SLOP Friday.pdf



SOSA Training
Overview Document R

Action Items

- a. Didi Hirsch group possibility - **Galli** will look into funding options.
- b. What about doing a presentation at an AA meeting? Men (and others) go there and talk about life stressors. **Galli** will find out more info about the Clackamas AA/NA community and if we might be able to collaborate.

- c. **Ashley** will reach out to VA substance use provider(s) to inquire about environments where men might show up and how we might be able to leverage these environments to better support men.
- d. Ray Keene at the Canby Center is interested in holding conversations/groups with men. **Joan** will follow up with him. Joan reported that there is a meeting coming up in a few weeks.
- e. **Galli** to send primary care provider suicide prevention toolkit that Deschutes County created to this group.

Next meeting: May 2nd from 11 – 12am | Location: Virtual: <https://clackamas-us-countyhealth.zoom.us/j/83109652657>

Meetings are open to anyone. All are welcome!