

# Clackamas County Suicide Prevention Action Plan

## Community Action Team Minutes

December 8, 2022 | 4 – 5pm  
Virtual Meeting

**Attendees:** Elisa Gerber (Chair and facilitator), Monica Parmley-Frutiger (Co-chair), Mike Foley, Mary Clark, Galli Murray

### 1) Welcome to the Community Action Team & introductions

**Reviewed purpose of this action team which is to:** Develop, implement, and support community-based programs and education that promote wellness, safe messaging and prevent suicide within our community.

### 2) Reviewed Suicide Prevention Action Plan (SPAP) strategic directions for the Community Action Team:

- 4a. Train youth and young adults how to identify signs and symptoms of someone who is struggling **\*\* (the team decided to move this to youth and young adults action team and out of community area) \*\*\***
- 4b. Increase and sustain mental health awareness and suicide prevention training trainer capacity.
- 4c. Increase awareness of suicide prevention related resources and make information accessible to all Clackamas County residents.
- 4d. Develop strong social networks and connections to reduce isolation

Team previously discussed the need to better understand what is currently happening/current available resources in the County before being able to go too far with these strategic directions and the possibility of surveying the community. The team was provided with documents from a needs assessment completed in 2019 and from resource mapping done in 2020. Team discussed that there no need to re-survey the community since this information is available to us and, although a few years old, is still very relevant.

Mary reached out to Clackamas NAMI to see what suicide prevention programming they have – “Ending the Silence” program is a program that goes into the schools. They have only reached North Clackamas School District so far – no other school districts with this program ([connects to 4b and 4c](#))

Mike suggested that we move forward on establishing a relationship with Pamplin media. Mike will reach out to his connections at Pamplin. ([connects to 4c](#))

Monica suggested that we engage the communications team at the County (PGA) and invite them to come to one of our meetings to discuss developing a communications plan. The request would be to have them assist us with our goal to provide equitable messaging in a collaborative, thoughtful way to the entire community. Also will need messaging to be available in languages in other than English and will need help with that. Galli will follow up with this idea. ([connects to 4c and 4d](#))

Discussed ways to increase connection and decrease isolation ([connects to 4d](#)). Perhaps use some of the examples that the older adult systems currently use such as letter writing, circle of friends, or the Oregon Humanities project <https://www.oregonhumanities.org/programs/other-projects/dear-stranger/> to those that may be isolated. Possible utilization of the Senior Loneliness Line and other programs to get referrals for these programs.

Galli also found several national and international programs that support increasing connection and decreasing isolation and will forward these resources to the group as ideas as to how this work is done elsewhere. They are also listed here:

<https://www.gilc.global/>

<http://www.healthyplacesbydesign.org/>

<https://www.endsocialisolation.org/>

<https://www.social-connection.org/>

<https://apolitical.co/solution-articles/en/tackling-social-isolation-at-all-levels-of-government>

#### **Review action items**

1. Galli to create recurring zoom link for action teams and add to the website so it's easy for new folks to join.
2. Galli to bring to the Youth and Young Adults Action Team the idea of expanding QPR to students in schools (this has happened in a few districts already) and to youth that are connected to youth serving organizations (suggestion of Ant Farm in Sandy was made as well as others)
3. Mike will reach out to his connections at Pamplin media to establish a connection.
4. Galli will reach out to PGA to invite them to a meeting to discuss communications.
5. Galli will send information to this group about national and international programs that support increasing connection and decreasing isolation and will forward these resources to the group

**Next Action Team meeting:** | February 9<sup>th</sup> Time: 4 – 5pm | Location: Virtual - <https://clackamas-us-countyhealth.zoom.us/j/82808775723>

Meetings are open to anyone. All are welcome!