

## Suicide Prevention Coalition Clackamas County

Tuesday, January 21, 2020 4:30 to 6:30 pm

Clackamas Developmental Services Building 150 Beaver Creek Road, Room 115, Oregon City OR 97045

### Meeting Highlights in blue

Item	Steering Committee Leader	Time
<p>Opening</p> <ul style="list-style-type: none"> <li>• Welcome</li> <li>• New Participants</li> <li>• Safety, Guidelines</li> <li>• Agenda Overview</li> <li>• Introductions</li> </ul> <p style="color: #4F81BD;">-Welcome Dave and Aaron!</p>	<p>Carlos</p>	<p>20 minutes</p>
<p>Education /Discussion</p> <ul style="list-style-type: none"> <li>• Overview: Veterans &amp; Suicide: Myths, Facts, and Trends: <ul style="list-style-type: none"> <li><u>Data:</u></li> <li style="color: #4F81BD;">-7/10 individuals that attempt suicide complete = 68% individuals</li> <li style="color: #4F81BD;">-65% of 68% are 55+</li> <li style="color: #4F81BD;">-Female veterans at 2x risk</li> <li><u>Risk factors:</u></li> <li style="color: #4F81BD;">-PTSD, Alcohol and drugs, MST</li> <li style="color: #4F81BD;">-Stigma of not asking for help/showing weakness</li> <li><u>Prevention:</u></li> <li style="color: #4F81BD;">-Trust plays an important role in suicide prevention</li> <li style="color: #4F81BD;">-Watching for signs of trauma</li> <li style="color: #4F81BD;">-Start the conversation</li> <li style="color: #4F81BD;">-Support through collaboration</li> <li><u>In Dave's experience it's important to:</u></li> <li style="color: #4F81BD;">-Listen to their story</li> <li style="color: #4F81BD;">-Make them feel valued</li> <li style="color: #4F81BD;">-Help them be heard</li> <li style="color: #4F81BD;">-"Be with them"</li> <li><u>Online resources:</u></li> <li style="color: #4F81BD;"><a href="http://starttheconversation.veteranscrisisline.net">starttheconversation.veteranscrisisline.net</a></li> <li style="color: #4F81BD;"><a href="http://bethereforveterans.com">bethereforveterans.com</a></li> <li style="color: #4F81BD;">-Aaron reminds us to pay attention to the signs</li> </ul> </li> <li>• Videos: How to Relate to &amp; support veterans and Veterans and Lethal Means <ul style="list-style-type: none"> <li style="color: #4F81BD;"><u>"Why the Words You Use Matter When Talking to Veterans"</u></li> <li style="color: #4F81BD;">-Stigma that veterans are ignorant</li> <li>Language to avoid: <ul style="list-style-type: none"> <li style="color: #4F81BD;">-Social-work/clinical terminology</li> <li style="color: #4F81BD;">-Patronization, condescending</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Kathy Turner</li> <li>• Dave Denny</li> <li>• Aaron Henry</li> <li>• Clackamas County Social Services Homeless Veteran Outreach</li> </ul>	<p>45 minutes</p>

Language to use:

-direct, matter of fact, solution-oriented

Note: it can be hard to ask “do you own a gun?”/discuss the topic of access to lethal means due to the stigmas of owning a gun in our society

Dave and Aaron note that the relationship is essential to establishing trust

“Why is Talking About Suicide and Reducing Access to Weapons Important?”

-“Suicide prevention is everybody’s business”

-Reducing access is important because of fatality

-Conversations about access help reduce fatality of suicide

-Peer work is effective when it comes to sensitive topics

-Harm reduction is an important step in the process

- Veteran’s Outreach: How to reach military service members, their families and veterans and/or the organizations that support them with suicide prevention training and resources
  - Can SPCCC partner with Clackamas County Social Services Homeless Veteran Outreach?
  - Aaron believes it can happen!
  - Zero suicide grant specifies veterans – opportunity for collaboration

Further discussion:

-Clackamas county veteran homeless population going down

-Tiny homes, site based facilities, vet village

-Shelter opening in Canby

**Links to Videos:**

1. [Why the Words You Use Matter When Talking to Veterans](https://www.youtube.com/watch?v=fX0yKtOJPHY)  
<https://www.youtube.com/watch?v=fX0yKtOJPHY>
2. [Why Helping Veterans with Mental Health is Important](https://www.youtube.com/watch?v=Xelly44iscM)  
<https://www.youtube.com/watch?v=Xelly44iscM>
3. Warning Signs that a Veteran in Struggling:  
[https://youtu.be/B4a\\_p13ICB4](https://youtu.be/B4a_p13ICB4)
4. Why Talking About Suicide and Reducing Access to Weapons is Important:  
<https://www.youtube.com/watch?v=bTbZvOqzzqA>
5. How to Approach a Veteran About Reducing Access to a Weapon: [https://youtu.be/Ang340\\_nrKw](https://youtu.be/Ang340_nrKw)

