

Coalition for Suicide Prevention in Clackamas County
Meeting Notes (in blue beneath each agenda item)

Tuesday April 16, 2019 4:30 pm to 6:30 pm

Clackamas County Development Services Building ★ 150 Beavercreek 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: Updates/Reports – NAMI, AFSP Walks, Legislative Session, Connect, Trainings
Work plan Next Steps: Form Communication Workgroup, Services Workgroup
Meeting Highlights: Carlos Benson Martinez (thank you!)

- I. Welcome** Jennifer 4:30 pm
- A. If you feel activated, support is available
 - B. Meeting notes on the website, side table – submit any changes by 04.23.19 - <https://www.clackamas.us/behavioralhealth/suicideprevention.html>
 - C. Meeting guidelines are on p.3 of the agenda
 - D. Resource Table
 - E. Intros and is this the first meeting for anyone tonight? If so, a special welcome & – Intro Question - your favorite movie
 - F. Agenda Overview for tonight

Jennifer opened coalition meeting, and facilitated introductions. Galli gave a brief background on how the coalition came to be for new coalition members.

- II. Updates** Jennifer 4:50 pm
- 3-5 minutes each with questions
- A. Legislative Session Jennifer Fraga

A central mental health 911 line is trying to be formed at the federal level

SB 52: Requiring school districts to adopt policies on student suicide prevention - Still sitting - Committee on education

SB 485: OHA to collaborate with certain schools and facilities when developing plans for communication following a suspected suicide - Still sitting - Committee on education

SB 707: Establish a youth suicide intervention and prevention advisory committee - Still alive - At senate desk waiting for another reading

HB2667: Establish adult suicide intervention and prevention and coordinate with OHA - No movement/dead

HB2813: Require licensing boards to take suicide related CEUs - No movement

SB808: Same as HB2813 but is recommended to pass - Will likely be moving

SB 141: OHA issue grants to hospitals to establish, maintain or contract with third parties to provide caring contacts to ED patients that present with suicide ideation or suicide attempts for the state to study barriers for clients to access follow up care - Will likely be moving forward

Olis.gov to find more information on committees and bills in session!

Submit testimony online & find dates to submit verbal testimony

B. Connect Training

Kathy Turner

How communities can respond to a death by suicide and reduce the potential for contagion. There are three CONNECT trainings in the works - reach out to Kathy to attend! Is the coalition interested in attending a CONNECT training as a whole?

C. NAMI Walk

Michele Veenker

Sunday May 19, 2019. Registration is 12pm. 5k walk begins at 1pm. Located at Vera Katz Eastbank Esplanade. Go to namior.org for more information or donations.

D. AFSP Walk

Jennifer Fraga

American Foundation for Suicide Prevention does walks throughout the year. The women's prison had the first walk in the USA and approx. 50 women attended. This walk was organized by three women who raised about three grand for AFSP.

There will be a walk in May at Santiam for the Men's prison, as well as Hike for Hope in May and a big Portland walk in October.

Clackamas County has a team for walks. Does the coalition want to have their own team? Ask Jennifer for more information!

E. Steering Committee

Maria Harmon

The CSPCC steering committee does general oversight for the coalition. The first meeting was two weeks ago. The committee discussed making changes to roles and responsibilities for steering committee members. These will be published to the Coalition's webpage on the Clackamas county website.

Discussed possibility of becoming a nonprofit organization.

Discussed next steps and work groups for the coalition

F. Mental Health Awareness Month

Galli Murray

Galli reminded the coalition that May is mental health awareness month!

In the first or second week of May Clackamas County will kick off mental health awareness month with a half hour event. Community members will be invited to the circle of honor to plant a "You Matter" sign. Connection is the theme for 2019.

Community members are also welcome to plant additional signs to create a "sea" of messages of hope and recovery.

At the end of May community members will be invited to take a sign home to spread the message throughout Clackamas County.

Amy Wolff is the sign designer, her website is dontgiveupsigns.com

The second week of May Galli will be looking for volunteers to hold up signs at various intersections throughout the county. This will occur during rush hour (7am-8am and 5pm-6pm) rain or shine, snow or hail. Galli is planning on having four volunteers for each intersection but more is OK! Locations may be as far as Molalla. Exact locations will be sent out to interested members in a follow-up email.

III. Plan: Next Steps and Workgroups Galli 5:10 pm

A. Work plan Priorities six month forecast

- ✦ Goal 2- Encourage outreach & communication for suicide prevention
- ✦ Goal 4- Increase awareness of risk factors & warning signs
- ✦ Goal 5- Improve Equitable Access & Coordination for Treatment, Services & Supports

Last month, the CSPCC developed three goals to pursue. Goals from the listening session were incorporated with the national practices for suicide prevention. Now we need to come up with action steps.

B. Work Groups Work Plan Presentation and Discussion

- ★ Indicates potential synergy & coordination opportunity between work groups

1. Communications/Outreach Work Group Overview Mindy

- ✦ Work Group Leads: Mindy & _____

Front and center, what is our mission? Peerpocalypse-wall of hope. Community members will be encouraged to write their stories. This wall will be our signature that we will carry with us.

- ✦ Outreach
 - Tabling, e.g. Peerpocalypse
 - Events, e.g. AFSP, NAMI
 - Visibility
- ✦ Communication
 - Coalition Graphic
 - Wall of Hope
 - Signs
 - ★ ○ Materials
 - SWAG for sale (T-shirts, sweatshirts)
- ✦ Identify timeframe and deliverables
- ✦ Identify metrics (inputs and outcomes).e.g. # of events, # of people reached, # of stories of hope & recovery; materials created, etc.

2. Risk Factors & Warning Signs Awareness Overview Scott

- ✦ Work Group Leads: Scott & _____

Promote prevention and early intervention.

- ✦ Training
 - ASIST, QPR & CALM?
 - May 1, 15, 30 QPR Classes on CC
- ✦ Media
- ✦ Materials
 - Infographic ★

- Schools, Senior Centers, Clinics ★
- ✦ Identify timeframe and deliverables
- ✦ Identify metrics (inputs and outcomes)

★ 3. Services & Supports Work Group Overview Galli

- ✦ Work Group Leads: Galli & _____

Partnering to send out a survey. This will give us information about what will happen in the community and where. What we learn will better inform where we need to move and what we need to do.

- ✦ Gap Analysis
 - Inventory Outreach, Analysis
 - Ask each person in the coalition to identify 5-10 organizations/people to send the inventory to
 - Identify Pilots, Programs, Initiative that increase equity
- ✦ Universal Use of Suicide Risk Screening Tool
 - Include in Inventory Outreach ★
 - Prioritize Health Systems first? Clinics, Hospitals, Primary Care Providers that serve youth, older adults and mid aged adults ★
- ✦ Identify timeframe and deliverables
- ✦ Identify metrics (inputs and outcomes)

Activity: Divide into groups by interest

Roles: Work Group Leaders facilitate and take notes (we will need a copy of the notes for the meeting highlights—thank you)

Please discuss the following:

1. Review ideas and develop further - If near term, identify volunteers and timeframe to get the job done, if longer term identify task completion by months
2. Identify needs/barriers to getting started, moving forward
3. If you have time, identify metrics – what we will measure and how we will do it and please note, we don't have to measure everything

Report back (4 min from each workgroup – focus on activities for the next month, and asking for volunteers for specific purposes)

Mindy (Goal 2) – Communication/Outreach - discussed “the wall” starting small and going from there. Sharing our own stories to encourage others

Scott (Goal 4) – Promote Prevention/Early Intervention -- Posed the question what are our target audiences? Youth and older adults are often overlooked. Discussed the importance of “being with” versus “power over.”

Galli (Goal 5) – Equitable Services & Supports -- Connect with veterinary services in Clackamas County (see notes at the end for further detail)***

**A workgroup to design “the wall” for Peerpocalypse will take place on:
Tuesday May 14, 2019
4 pm to 6 pm
Sunnyside Little Chapel of the Chimes
11667 SE Stevens Rd, Happy Valley, OR 97086**

The next CSPCC meeting will still happen May 21st.

The next meeting will be spent in workgroups.

We discussed the flexibility of workgroups. Members are invited switch groups based on interest, just be sure to respect commitments previously made in each group.

IV. Closing

Galli

6:25 pm

Next Coalition Meeting:

Third Tuesday
May 21, 2019 ✦ 4:30 to 6:30 pm
Clackamas Development Services Building
150 Beaver Creek Road, Room 115
Oregon City OR 97045

Submitted by Carlos Benson Martinez 04.17.19

WORKING 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 be mindful about sharing details of a suicide attempt or death, discussion of statistics, discussion about means or other topics that may have potentially dangerous content.
 - 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 the phrase "died by suicide" instead of "commit," because "commit" is a word associated with a crime or a sin. We also suggest avoiding the use of the terms "successful" or "unsuccessful" when talking about attempts/suicides; as an alternative we suggest 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 take important calls 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. Please raise your hand to be recognized by the facilitator if you want to contribute to the full group.
 11. There are often many possible solutions to complex issues; when generating ideas about solutions, please strive to speak about interests not positions.
 12. Identify next steps that foster commitment to the goals.
 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.

*** CSPCC Group 3 – Improve Equitable Access & Coordination for Treatment, Services, and Supports

Group Members: Galli (Chair), Maria, Ashley, Melinda, Donna, Ellen, Cara, Jenn

- Survey Link
 - Open until May 2nd
 - What are other populations that we should target and how do we specifically target smaller, rural communities? Ideas of places to contact:
 - Sandy Community Center → Ellen
 - Reach out to resorts? Men / Women golf group → Donna
 - Ant Farm → Melinda
 - Libraries → Galli

- Estacada: Food banks, clothing closet. Specific church in Estacada → Ellen
 - Colton → Galli
 - Other medical providers
 - Corrections: Undersheriff → Galli; Coffee Creek? → Jenn
 - Clackamas College / Workforce _____
 - Those with disabilities → Ellen
 - Dr. Hassan → Maria
- Language Access: Survey translated into Spanish, Russian, Vietnamese → Galli
- Can we extend the deadline for survey end date? Galli will reach out and ask if deadline is a steadfast date
- Universal use of Suicide Risk Screening Tool
 - Two different kinds: PhQ and CSSR-S (Columbia)
 - Columbia has a free training on how to utilize the tool online
 - Is this something we should take?
 - Metropolitan Pediatrics has a whole pathway for how and when they utilize CSSR-S
 - We should implement a Pilot Program of a toolkit / CSPCC “who we are” to hand out
 - Do it out of county agencies
 - Start with veterinarians / animal shelters
 - Action Items:
 - Cara → homework on occupational risk of veterinarians that are dying from suicide
 - Jenn will connect Cara with Meghan Crane from DHS(?) to collect data
 - Galli also suggested looking at SPRC
 - Galli & Melinda → Look into who is already doing this kind of work in the community

- Jenn → Get started on working on a Coalition Toolkit; talk with Mindy
- All of us → Find out who are current champions of this work in veterinarian fields

Submitted by Jennifer Fraga 04.17.19