

Clackamas County Suicide Prevention Action Plan Youth and Young Adults Action Team (YYAAT)

February 16, 2023 | 4-5pm
Virtual Meeting

Attendees: Carlos Benson Martinez (Chair and facilitator/Clackamas County), Jenn Fraga (Chair and facilitator/OR Alliance to Prevent Suicide) Galli Murray, Brian McCrady (Clackamas County Youth A&D Prevention), Ashley Meilahn (Lines for Life School Suicide Prevention and Wellness Coordinator), Monica Parmley-Frutiger (Adjunct Faculty at PSU School of Social Work, ASIST Trainer/Steering Committee Member), Sandy Mathewson (Clackamas ESD), Megan Hohman (Youth Action Board Member/NW Family Service)

1) Welcome to the Youth and Young Adults Action Team meeting & introductions

Reviewed purpose of this action team which is:

Youth and young adults and the agencies and individuals who care for and support them will regularly be provided with skills and resources and will understand their role in suicide prevention.

Strategic directions for this action team:

- 1a. Increase student awareness of how to identify a peer who may be struggling, how to be of support, and when to involve a trusted adult.
- 1b. Increase parent/caregiver awareness about suicide warning signs and other areas of suicide prevention such as intervention, postvention and how to navigate accessing help.
- 1c. Improve safe transitions from hospital to home and school.
- 1d. Increase awareness on the issue of suicide prevention and improve engagement in, and implementation of, effective suicide prevention activities.
- 1e. Increase utilization of prevention strategies such as universal suicide risk screenings and upstream

curriculum

b) Reviewed the meeting that Carlos, Galli, Sara McClurg (Officer with CCSO) and Bryan Sheldon (West Linn Police School Resource Officer) had to discuss each of their digital safety trainings that they have been offering to adults and youth all over the county for many, many years. Discussed asking if they would both be willing to have youth provide some feedback about these trainings. Carlos will follow up.

2) A variety of smart phone apps were suggested that may be supports for youth/young adults/parents and caregivers. The team was asked to take a look at these to see if any may be ones that we would like to promote. Feedback form the team is written in red.

- a) "First Step" <https://www.firststeporegon.org/> resources for any youth needing support for themselves or a friend Created in 2016 or 2017 and is specific to the Decshutes County area. Caroline Suiter in Decshutes is one contact for this app. Plan for an update of the app is in the works. Ashley M from this Action Team will bring back info from a meeting about a meeting that is happening on March 6th back to this group (questions such as analytics, cost, was the youth voice included, etc.)
 - b) "A Friend Asks" <https://jasonfoundation.com/get-involved/student/a-friend-asks-app/> provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide
 - c) "Talk. They Hear You" (SAMHSA) <https://www.samhsa.gov/talk-they-hear-you/mobile-application> (promotes open dialogue about things like substance use, underage drinking but not necessarily suicide) Brian M. has used this app as a good starting point for conversations and A & D. Emphasized the need to have these important conversations with youth.
 - d) "My3" <https://lifelineforattemptsurvivors.org/my3-app/> support for persons living with suicidal thoughts and suicide attempts
 - e) "Notok" <https://www.notokapp.com/how-it-works> created by youth for youth as a "pre-crisis" tool. Carlos downloaded this – you can send a message to someone (natural support) saying that you are not ok, it has a locator, you can later tell them you are okay. He would recommend.
 - f) "Calm Halm" <https://calmharm.co.uk/#about> provides some immediate activities and techniques to help youth break the cycle of self-harm behaviour and explore underlying trigger factors
 - g) Anxiety Helper (this was mentioned by the group but a link to this specific title was not found)
 - h) "Beyond Now" <https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning> suicide safety planning
 - i) "Raise a Health Mind" <https://raisingchildren.net.au/guides/raising-healthy-minds> (cannot be downloaded in the US, unfortunately)
 - j) "PPS Virtual Calming Room" <https://sites.google.com/pps.net/pps-virtual-calming-room/home> Monica shared that this taps into resiliency factors, reminders for students as to how to cope. Developed by Portland Public Schools staff during the pandemic when the need was very clear that more supports for young people were needed. She would recommend.
- Team discussed interest in developing an app that is specific to Clackamas County (versus a more general app)
 - If we are to create a one pager with a list of apps, it might be helpful to list them by "category" for our community.
 - Do we want to get youth input in creating a one-page resource list of apps? Creation of an app? The team said yes. Megan said that the Youth Action Board would be open to discussing this. Carlos will follow up with this request.

3) ESD Training check-in – any updates?

Sandy M. indicated that ESD is aware that their website isn't super easy to navigate for teachers/school staff to locate suicide prevention training opportunities and discussion about updates are occurring. Sandy will continue to advocate for updating to occur. The team and any others, are invited to request that ESD update so access to trainings is easier by contacting ESD's Student Success Leader Angie Kautz at akautz@clackesd.k12.or.us.

4) Lines for life training outreach – any updates?

Follow up on previous action item who do schools/others contact to inquire about accessing Youth Line Lessons from Lines for Life? Contact person is Craig Leets at Craigl@linesforlife.org.

5) Youth and Young Adults Action Team (YYAAT) Action Item Work Plan Google Doc

Reviewed work plan for this action team. The team will focus on strategic direction 1a.

6) Drafting outreach materials (Jamboard?) – DID NOT HAVE TIME FOR THIS AGENDA ITEM TODAY

- About the YYAAT
- Ask (health fair, qpr)

Action items

- Carlos will request to speak with the Youth and Young Adult Advisory Board about creating a list of apps for youth and young adults and for parents/caregivers. He will ask them what apps they use and don't use and bring back this info to this Action Team.
- Carlos will reach out to Bryan and Sara to see if they would be open to youth feedback for their digital trainings.
- Carlos will request to speak with the Youth and Young Adult Advisory Board about the potential of giving feedback on these trainings if Sara and Bryan are okay with that.
- Ashley will speak with Deschutes County folks about the First Step app and bring info back to this group.

Next meeting: | March 16th from 4 – 5pm | Location: <https://clackamas-us-countyhealth.zoom.us/j/85337374877>

Meetings are open to anyone. All are welcome!