

Coalition for Suicide Prevention in Clackamas County

Tuesday, October 15, 2019 4:30 to 6:30 pm

Clackamas County Development Services Building 150 Beavercreek Road, Room 115, Oregon City OR 97045

Goals: Celebrate the coalition first anniversary

Work plan Activities Next Steps: Outreach and Services

Roles: Meeting Highlights: **Carlos (thanks!)**

Greeter: **Jenn**

Timekeeper: **Scott**

Facilitator: **Various Steering Committee & Coalition members** (thank you!)

Agenda Items: **Various Steering Committee & Coalition members** (thank you!)

Meeting Highlights in Blue

1. Welcome 4:30 pm **Carlos**
 - a. **Support and Resources** - Support is available, resource information is available on the resource table
 - b. **Meeting Highlights from September 17 meeting** – copies are available on the resource table and on the website at <https://www.clackamas.us/behavioralhealth/coalition-for-suicide-prevention>; if you have corrections or changes, please submit to kturner@clackamas.us by October 22, 2019, close of business.
 - c. **Meeting Guidelines** on page 2 (on the reverse of the agenda)
 - d. **Welcome New Members** - Welcome to first time attendees & introductions; we'll do the reflection question in the next section of the agenda

-YSPN Diversity, Equity and Inclusion training – Nov 6th, 10am-12pm @ Oregon City DHS

-NAMI is looking for “ending the silence” presenters – Individuals who experienced mental health issues in school – contact Michele Veenker at michele@namicc.org

-Little Chapel of Chimes QPR Training Nov 13th hosting senior-oriented training

QPR- Question, Persuade and Refer Training Wednesday, November 13, 2019 9 am to 11 am	Sunnyside Little Chapel of the Chimes 11667 SE Stevens Rd, Happy Valley, OR 97086
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e. Agenda Purpose for Tonight:

1. Celebrate the coalition first anniversary
2. Work plan Activities Next Steps: Outreach and Services

2. 1st year anniversary celebration!

4:45 pm **Michael**

a. Progress Report

- i. **Discussion and Brainstorm:** What stands out for you as you think about what we've accomplished in the past year?
 - Increase Community Awareness
 - Charter
 - Legislation
 - Increase in QPR trainers/trainings

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- Established monthly meetings
- Built strong community
- ASIST Training LO Law enforcement
- Youth QPR training in the works
- Logo creation
- Tabling events – 697 contacts
- We ate together
- Met with and continuing conversations with animal services
- Coalition a resource for county decision making
- Diverse groups working together throughout/within county
- Susan keys presentation

ii. Celebrate with Cake!

3. Reports and Updates

5:15 pm

OUTREACH/EDUCATION GOAL

a. Tabling & Outreach Acknowledgements 697 contacts between July and October **Kathy**

-Volunteers have been utilizing hand counters at events – 697 contacts

-These have been great opportunity to talk, share resources and connect

b. ATQ Sweatshirts

Galli

-Coalition will be selling **sweatshirts**, we will decide what to do with the money

-Cash & check only – \$30 each!

-Pop-up store @ Clackamas PSB building during workday – Seeking volunteers – Carlos said yes, others?

-We have close to \$4000 worth of sweatshirts

-Coalition discussed reaching consumers, peers and community partners at Hilltop and MHC

-Discussed possibility of selling sweatshirts at upcoming QPR trainings

-If you are interested in **purchasing** or **selling** email Kathy or Galli –
kturner@clackamas.us & gallimur@clackamas.us

c. Name & Logo Update

5:25 pm

Kathy & Galli

-Mindy recruited a graphic artist for logo ideas. Shout out to Mindy!

Name – thank you!

1. Logo Decisions and Process

a. Colors

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1. Green, and orange
2. Green, purple and yellow
3. Dark blue light blue green
4. Green blue gray

-Yellow can be hard to read (particularly for seniors)

-The group liked options **3 and 4**, debated muted vs vibrant colors

-Suggested outlining letters to make it clear

b. Scale of Elements

-Cursive might be hard to read – let's make it **bold or outline**

-**"suicide prevention" bigger**

-**Scale the image (smaller)** to be in line with lettering

-Tagline to balance the image

c. Tag Line – Discussion – whether we need one at all

-Why: Spark a connection, clarify what you do, summarize value and/or define philosophy, especially useful to new members

-When adding a tagline: Design logo and tagline as standalones in various formats. If not distinct, better off without. Too much detail can muddy the design

-The majority of the group was **in favor** of keeping the tagline

2. Next Steps!

-Kathy proposed starting a focus group of loss survivors and those with lived experience to discuss specifics of the tagline. Dates TBA

SERVICES & SUPPORTS GOAL

d. Inventory Update

5:55 pm

Maria

-The [Clackamas County Suicide Prevention Stakeholder Assessment Summary](#) is the product of an ask the committee made a year ago regarding mental health services and supports throughout the county.

1. Share report with the coalition

-The document will be distributed via email with meeting minutes

a. Take it home, review it

b. Send questions to Maria by October 30

-At July meeting Michele asked: *how do we collect data from those who refuse services or deny having mental illness?*

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- c. Steering Committee Meeting with U of O on November 4
2. Share results at November Coalition Meeting

OUTREACH/EDUCATION GOAL

- e. Animal Care Professionals Work Group Update 6:00 pm **Elisa & Ellen**
- “...opportunity to create some positive messaging and media attention, to shift the conversation, and provide recognition for valuable staff and services that currently go unrecognized”
 - Coalition decided to follow up with dog services sooner rather than later due to urgency
 - To do:** set up a meeting with Dr. Adams, asking for her assistance drafting an outreach letter to PVMA
 - Kathy will draft “tough decision” cards for community members letting go of animals
 - Galli will talk to dog services regarding free compassion fatigue training
 - Conduct research on “foster network” for those temporarily relinquishing dogs
 - Discuss funding possibilities with medicaid
 - Elisa initiated discussion with contact at CareOregon (thanks Elise!)
 - Reach out to groups that are already supporting low income folks: FIDO, Pixie Project, PAWS Team, Pongo
 - Reach out to Banfield regarding trainings they already have in place, explore opportunities for coalition collaboration
- Galli discussed how the county is working on a **suicide fatality review** – working with medical examiner to collect data in very standardized way – additional information will be collected to tell story of who is dying and what the psychosocial factors are. This information will be passed along to health, housing and human services
- To be discussed more at a later date

OUTREACH/EDUCATION GOAL

6:10 pm **Scott**

- f. Upcoming Trainings

Here are upcoming Question, Persuade and Refer Suicide Prevention Gatekeeper training opportunities – you can register at <https://www.gettrainedtohelp.com/>

Date & Time	Location
QPR- Question, Persuade and Refer Training Tuesday, October 15, 2019 8:30 - 10:30 am	Clackamas County Development Services Building 150 Beavercreek Road, Room 119/120 Oregon City OR 97045
QPR- Question, Persuade and Refer Training Saturday, October 19, 2019 10 am to Noon	Colton Lutheran Church Fellowship Hall 20808 S. Hwy 211 Colton OR 97017
QPR- Question, Persuade and Refer Training Wednesday, October 23, 2019 2:30 - 4:30 pm	Clackamas County Development Services Building 150 Beavercreek Road, Room 119/120 Oregon City OR 97045

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QPR- Question, Persuade and Refer Training Wednesday, November 13, 2019 10 am to noon	Clackamas County Development Services Building 150 Beavercreek Road, Room 115 Oregon City OR 97045
QPR- Question, Persuade and Refer Training Wednesday, November 20, 2019 10 am to noon	Clackamas County Development Services Building 150 Beavercreek Road, Room 119/120 Oregon City OR 97045

- a. Closing 6:25 pm **Scott**
- Next meeting
 - Tuesday, November 19, 2019, 4:30 to 6:30 PM
 - Clackamas County Development Services Building
 - 150 Beavercreek Road, Room 115 Oregon City OR 97045
- b. Thank you and Adjourn 6:30 pm **Scott**

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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.