



Suicide Prevention Coalition

of Clackamas County

Connection. Support. Community.

April 16, 2024

Suicide Prevention Quarterly Meeting Minutes

(this meeting was recorded and can be found here: [Suicide Prevention Coalition of Clackamas County Meeting 4.16.24](#))

1. **Open**

- a. Welcome
- b. Intros in chat – name, pronouns, role
- c. Agenda Overview

2. **Announcements:**

You may be eligible for a gift card for participation in our Action Team meetings! Each team – Community, Lethal Means and Youth and Young Adult - meets monthly. Gift cards can be provided to individuals who are not already being compensated for their time (e.g., their job).

3. **Senior Loneliness Line- Yvette Gorza (Lines for Life)**

- Nearly 1 in 5 adults over the age of 50 is at risk of social isolation, which may lead to loneliness.
- Loneliness can impact your immune system, increase inflammation, lead to diabetes, heart disease, stroke, arthritis, and other serious health conditions - the impact on your health can be as significant as smoking 15 cigarettes a day.
- Who We Are
 - Statewide partnership between Lines for Life and Oregon Health Authority
 - Specially trained volunteers and staff in working with older adults

- Who Can Call
 - Oregonians 60 and older or their loved ones concerned for them. Seniors who are lonely, having difficulty connecting, or simply needing a friendly conversation
- What We Provide
 - A free, confidential, call service
 - In every call we listen, connect, provide emotional support and understanding, suicide intervention, elder abuse prevention and counseling
 - We provide resources and referrals
 - Seniors are offered Caring Cards, pre-scheduled weekly connection calls, Senior Connection Plans
- Resources with multiple languages available
- Friends & family members can refer their loved ones
- Anyone over the age of 60 would qualify as an older adult
- Required info will be their county & zip code
- Contact info:
 - Senior Loneliness Line
 - Yvette Garza
 - Email: yvettegarza@linesforlife.org
 - Phone: 503-200-1633 or 1-800-282-7035
 - Website: www.seniorlonelinessline.org
 - Clackamas County Crisis/Support Line
 - Phone: 503-655-8585
 - Warm line
 - Phone: 1-800-698-2392

4. Radical Aging is Suicide Prevention- Kera Magarill, MA (Older Adult Behavioral Health Specialist)

- Embracing the gifts of aging at every decade and being aware of, rejecting and working against the internal and external messages actions and policies that result from living in an ageist society that tell us we have no value, meaning or purpose. It is hope.
- Ageism refers to how we think (stereotypes), feel (prejudice), and act (discrimination) towards others or ourselves based on age
- Ageism and suicide prevention
 - Structural- barriers to care, housing, employment, lifelong age-based segregation

- Interpersonal- dismissive, patronizing, exacerbates invisibility, Denigrates value and capacity
- Internal- shortens lifespan, increases risk for anxiety and depression, increases risk for cognitive decline
- Myths of the social construct of aging
 - Us and them- an imaginary line that divides “old” & “young”
 - Us versus them- scarcity of resources
 - Us, not them- justification that “young” people should get the best suicide prevention
- QPR Situational Risk Factors
 - Unemployment
 - A recent unwanted move
 - Loss of any major relationship
 - Death of a spouse, child, or best friend – especially if by suicide
 - Diagnosis of a serious or terminal illness
 - Sudden unexpected loss of freedom/fear of punishment
 - Anticipated loss of financial security
 - Loss of a cherished therapist or counselor
 - Fear of becoming a burden to others
- Why do people die by suicide?
 - A potentially fatal suicide attempt requires:
 - An intense desire for death from the belief one is a burden to others
 - The belief that one does not belong
 - The capability for lethal self-harm
- Lafa-life suicide
 - Older adults are at higher risk for suicide than any other age group in America.
 - The highest suicide rate per capita in America is among white males over 85.
 - Older people tend to be more deliberate in planning and use highly lethal means when attempting suicide.
- Older adult reasons “why” (Van Orden et. al, 2015)
 - Desire to escape
 - Perceived burdensomeness
 - Thwarted belongingness
 - Lack of meaning in life

5. Adjourn

