

**Clackamas County Suicide Prevention Action Plan**  
**Youth and Young Adults Action Team**  
December 15, 2022 | 4-5pm  
Virtual Meeting

**Attendees:** Carlos Benson Martinez (Chair and facilitator), Galli Murray, Bryan Sheldon (School Resource Officer (SRO) for Lake Oswego), ~~Jo Morton (community member)~~, Caroline Nielson (West Linn High student), Rachel Howard (Oregon Dept of Human Service - ODHS -State Wide Child Fatality and Suicide Prevention Coordinator), Kathy Turner (Clackamas County Behavioral Health), Teresa Melville (Board President of Clackamas County Addictions Council/Intern at Heron Creek, Brian McCrady (Clackamas County Youth A&D Prevention), Abby Wells (Prevention Manager Northwest Family Services), Ashley Meilahn (Lines for Life School Suicide Prevention and Wellness Coordinator), Sarah Hiatt (School Social Worker West Linn School District)

**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.

## 2) Reviewed Suicide Prevention Action Plan (SPAP) strategic directions for the Youth and Young Adults

### 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.

### Update on action items from previous meeting:

**Action item:** Caroline will ask Lines for Life/Youth Line how best to get Youth Line lessons

<https://oregonyouthline.org/our-lessons/> into Clackamas County Schools.

**Update:** She has sent two emails inquiring but has not heard back yet. She and Ashley noted significant staffing changes that have been a barrier. Lessons may not be available until next school year due to these changes.

**Action item:** Carlos will connect with Bryan to discuss when best to present a 20-minute version of the digital safety training that he discussed at last meeting.

**Update:** Carlos did not have a chance to connect with Bryan but asked him during the meeting if he would be able to present to the action team for 10 – 15 minutes. Bryan is more than willing to present when we are ready. The goal would be to see if this is a training that we would want to promote.

**Action item:** Galli will reach out to Clackamas County Sheriff's (CCSO) officer Sara McClurg who provides a digital safety training (that she created) all over the County that is very well attended to see if she has heard of the Yahoo training for law enforcement and perhaps there's a way to unite forces with what Bryan is doing in Lake Oswego and what Sara is doing with CCSO. Galli will also update Brian on these conversations to keep him in the loop.

**Update:** Officer McClurg had not heard of this training. Galli to set up a meeting with Sara McClurg from CCSO, Lake Oswego Officer Bryan Sheldon and Carlos to discuss the digital safety training offerings for our community. Bryan S. shared Jill's Story which is part of the Digital Safety training that he provides. Attachment video below (\*\*warning that content includes discussion about suicide and suicide death\*\*).



Jill's Story.f4v

This Action Team focus will be on one strategic direction at a time (versus all of them). **We will focus on 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.** The below conversation and ideas pertain to 1a and moving it forward.

Team discussed wanting to focus on getting students trained in QPR however raised the importance of having the majority of school building staff trained in QPR before training students in QPR. The need to make sure the adults in the building are prepared to support students after taking QPR (since this can at times be activating) is crucial.

School staff are getting trained however finding suicide prevention trainings on the Clackamas Education Service District (ESD) website is difficult for some school staff. Ashley will speak with ESD staff Sandy Mathewson about this to see about reducing barriers.

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.

- a) "First Step" <https://www.firststeporegon.org/> resources for any youth needing support for themselves or a friend
- 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)
- 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
- 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)

Abby suggested that an infographic on all the available phone apps, once we decide what to promote, could be offered as a resource to youth.

Caroline is part of Sources of Strength <https://sourcesofstrength.org/> at her school and noted how useful this curriculum is.

Ashely suggested speaking with Matchstick Consulting <https://matchstickpdx.com/> about possible training options as they provide community training, etc. on a variety of topics and may be able to help us move our strategic direction forward.

Ashley reported that Lebanon School District put on a community wellness fair last year. Sources of Strength was there, and it was successful. She has connections with Lebanon if we want to learn more.

Teresa noted that Heron Creek school will be revamping their wellness fair and will be in touch about this opportunity to share resources and education.

#### **Action items**

1. Galli to set up a meeting with Sara McClurg from CCSO, Lake Oswego Officer Bryan Sheldon and Carlos to discuss the digital safety training offerings for our community.
2. Finding suicide prevention trainings on the Clackamas Education Service District (ESD) website is difficult for school staff. Ashley will speak with ESD staff Sandy Mathewson on 12/16/22 about this to see about reducing barriers.
3. All Action Team members will review above apps (and any others you might find) to see what we might want to promote.
4. Brian M. shared mental health awareness posters and magnets that youth and young adults created

and are available for distribution. Examples below. Contact him to receive them.  
[bmccrady@clackamas.us](mailto:bmccrady@clackamas.us)



FNL-CFCC-Poster-11 Final-CFCC-Poster-1 FNL-CFCC-Poster-11 FNL-CFCC-Poster-11 Final-CFCC-Poster-1 CFCC-Magnet-2x3.5  
x17-Bleed-3-CropsBl 1x17-Bleed-2-Spanis x17-Bleed-1-CropsBl x17-Bleed-2-CropsBl 1x17-Bleed-2-Spanis -Spanish 1.pdf

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

Meetings are open to anyone. All are welcome!