

# Coalition for Suicide Prevention in Clackamas County

## ANNOTATED AGENDA

Tuesday September 17, 2019 4:30 pm to 6:30 pm

*Clackamas County Development Services Building ✦ 150 Beavercreek Road*

*Room 115 ✦ Oregon City, OR 97045*

### Meeting Highlights in Blue

Goals: Education: Clackamas County Zero Suicide Initiative

Updates/Reports

Work plan Activities Next Steps: Outreach and Services

Roles: Meeting Highlights: **Carlos Benson Martinez** (thank you!)

Greeter: **Carlos Benson Martinez** (thank you!)

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

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

#### 1. Welcome

4:30 pm

##### a. Meeting Highlights from July 16 meeting –

-Copies available on website at <https://www.clackamas.us/behavioralhealth/coalition-for-suicide-prevention>; if you have corrections or changes, please submit to [kturner@clackamas.us](mailto:kturner@clackamas.us) by September 24, 2019, close of business.

##### b. Meeting Guidelines on page 5

##### c. Welcome New Members

-New faces include AFSP chairperson, Canby HS, services chaplain

##### d. Agenda Purpose for Tonight—

-continue building on coalition's work plan for activities related to the goals of outreach and education and equitable services and supports.

#### 2. Reports and Updates

4:45 pm

##### OUTREACH/EDUCATION GOAL

##### a. Tabling Reports – Acknowledgements

-Great job coalition for showing up at these events!

###### 1. July 20, Oregon City Community Festival

- Kudos to Emily and Mindy – thank you

###### 2. July 27, Estacada Summer Celebration

- Kudos to Ellen (Naomi, Kevin & Mandy too)

###### 3. September 14, Downtown Oregon City

- Kudos to Scott, Sarah, Elise, Kevin and Mandy

##### b. Upcoming Tabling – Recruitments

###### 1. September 28, Molalla – additional signs ups needed for each shift – set up and shift (set up 8:30 am) shift 9 am to noon, noon to 3 pm, 3 pm to 6 pm and close down (6-6:30 pm)

-Need at least one other person for 9 am to noon and noon to 3 pm; nod to Carlos and Mindy's staff for 3 – 6 pm

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-Let's continue to show up for our smaller communities!

2. October 5, American Foundation for Suicide Prevention, Veteran's Coliseum  
<https://afsp.donordrive.com/team/213146> link to join Clackamas County team of staff, friends and family on the walk!  
"Out of the Darkness Walk"  
We have shirts! Swag included

### c. Name & Logo Update

1. Nominations Overview/Logo Update

-Lots of similarities between name suggestion

-Steering committee narrowed down selection to 4 names based on commonalities

2. Ballots

-Coalition members submitted ballots at the end of the meeting. Votes will be tallied and new name announced in Oct

## SERVICES & SUPPORTS GOAL

### d. Inventory Update

- Environmental scan survey assessment complete
- U of O is working with the steering committee to formulate next steps which will presented to coalition at a date TBD

## OUTREACH/EDUCATION GOAL

### e. Animal Care Professionals

Galli, Kathy and Ellen went to Clackamas County Dog Services last week--they were thrilled to have us and had a lot to say!

1. Share Written Report

Distributed at meeting

- Women vets have a suicide rate of 3.5 times country average
- Note the cost of care for surrendered animals
- Vets talked about paying out of pocket to "chip in."
- Many homeless owners cite dogs as "only reason to live."
- Discussed funding to release dogs to owners who can't pay.
- Staff suggested "foster network" for short term care.
- Animated discussion of "compassion fatigue."
- Lots of opportunities to continue conversations

2. Sustained effort for at least of year

-Proposed workgroup

3. Team Meeting October 4\*\*\* – 10 am to noon – for folks who want to work on the project to follow up with dog services and reach out to other animal care workers

-How might we connect with Banfield & areas to partner with dog services?

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### OUTREACH/EDUCATION GOAL

#### f. Connect Postvention Trainings

- Jenn trained Youth Villages on Connect, Kathy trained Canby, Molalla crisis response team on Connect
- Would the coalition be interested in attending a Connect training?

### OUTREACH/EDUCATION GOAL

#### 3. Clackamas County Zero Suicide Initiative 5:20 pm

See attached slides

Fast facts:

- While we focus on those who die we also need to recognize attempt survivors!
- Men more likely to die, a gun is 55% likely to be involved
- Younger groups have lowest rate of suicide, middle age and older adult white men are highest rate
- Oregon rate 19.01 per 100,000 National rate 14.00. 8<sup>th</sup> leading cause of death in Oregon
- 68% age 25-64 years old
- 6x as many deaths by suicide as alcohol-related car crashes
- Clackamas at higher rate than both Washington and Multnomah
- National rate going up—Clackamas going down!
- 1 death by suicide every 5 days in Clackamas, 60/year
- Consistently, people are dying in Clackamas by firearms
- Check out the Zero Suicide website!  
<https://www.clackamas.us/behavioralhealth/suicideprevention.html>
- People often show up at the office of/visit a doctor or provider before attempting suicide (often with various symptoms)
- Risk of suicide is highest after discharge from emergency or inpatient psychiatric unit (this is all hands on deck time)
- Over the past decade, national suicide rate has increased
- Zero Suicide Initiative: What *was* the approach? Let's look at it differently
- Stroke, aids, heart disease rates dropped with **intentionality**
- What If we were intentional about identifying and supporting those we knew to be at risk of suicide?
- We have been conditioned to send people presenting with suicide to mental health professionals/emergency/away
- Anyone can make a difference by reaching out to the person, asking the question and being intentional
- If someone clutched their chest in pain, you would take time to assess the situation! If someone was emotionally upset, would you do the same?

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- Put national suicide prevention lifeline in phone, use it like 911!
- Commit to suicide prevention in all systems
- Develop intentional pathways to care
- Commit to reduce suicide deaths and provide suicide safer care
- SAMHSA grant awarded to CC: multimillion grant for zero suicide prevention
- Think to yourself, *do the people around me know what to do?* If no, let's get them trained!
  
- Instead of thinking *what does this work have to do with me?* Ask in what ways can I be intentional about suicide prevention?
- Start talking about mental health issues in everyday conversations!

National Suicide Prevention Lifeline: 1-800-273-8255

### 4. Discussion

- Stigma exists but is starting to change
- Families are starting to talk about loved one's death by suicide
- Youth may begin conversation with a trusted adult or peer
- Locally** the culture within the national guard, VA beginning to change—leaders are receiving training, mental health professionals are on site
- AFSP has partnered with soldiers and families at home for suicide prevention
  
- On flip side: training scenarios within the army have changed, made to be tougher, more intense

### 5. Closing

5:55 pm

- Continue to discuss veterans at next meeting
- Check out the art in the DSB building! -- 14 portraits/stories of recovery from suicide
- a. Next meeting October 15, 2019

b. Thank you and Adjourn

6:00 pm

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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.