



# Suicide Prevention Coalition

of Clackamas County

Connection. Support. Community.

July 18th, 2023

## Minutes

### 1. **Open**

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

### 2. **Announcements:**

- a) The Suicide Fatality Review annual report from cases that were reviewed in 2022 has been completed. It provides high level information on the cases reviewed and associated system level recommendations. Galli will send this out to the Coalition list serve via email.
- b) September is Suicide Prevention Awareness month! The community is invited to participate in the [signs of hope](#) sign planting event in the Circle of Honor in Oregon City which will occur sometime between September 18<sup>th</sup> – 21<sup>st</sup> (date TBD). Community members are also encouraged to hold their own sign rally sometime during the month of September – you choose where, when. Clackamas County will provide you with signs to use and then keep! Galli will send out more details via email.
- c) Welcome Megan Miller, who will be our AmeriCorps VISTA Member for the next year and will be supporting the work of the Coalition!
- d) King of Kings Lutheran Church and Saint Stephens Church in Gladstone will have a Soul Box Project

display in September to display deaths by gun violence with a specific emphasis on deaths by suicide by gun violence.

**3. NAMI Clackamas' Latinx Community Engagement Program by Eva Christenson**

- a. There are values of hard work and sacrifice that the Latinx community has felt they needed to uphold, which has caused individuals to not prioritize themselves nor focus on their mental health.
- b. The Latinx community has been disproportionately affected by the pandemic, policies, and false representations, which has caused a lot of trauma within the community.
- c. More than half of the Latinx young adult community with serious mental illnesses will not receive the care that's needed, which puts them at a higher risk of receiving more severe mental health conditions.
- d. Only 35% of Latinx adults with any type of mental condition/illness will receive treatment each year compared 47% of White Americans.
- e. Language barriers are a significant challenge and makes it difficult for patients to explain their symptoms, which leads to misdiagnosis, etc.
- f. 20% of Latinos lack health insurance.
- g. There are 11 years before someone is able to be seen for treatment for mental illness in the Latinx community.
- h. All of the services offered in the program are free to the community. Different classes are available, for instance, there are Spanish and English classes available, 6-9 weeks long.
- i. There are English support groups available; Mental illness, Family members affects by mental illness, and Suicide survivors or family members affected.
- j. A program called Conexión is a peers support group for those that would prefer Spanish
- k. Peer resources are available, which is one-on-one help for those that may need help getting health insurance or housing, etc.
- l. Presentations are available to bring awareness to larger groups
- m. Volunteers are welcome to join (in need of Spanish speaking volunteers)

**4. The problem and intersectionality of suicide, opioids, and other substances by Meghan Crane (see slides)**

- a. Excessive alcohol use is the leading cause of preventable deaths and alcohol related deaths are rising in Oregon and there are similar trends in suicide and overdose deaths.
- b. Approximately 100 drug overdose suicides occur in Oregon over year. (7% of overdose deaths/year, 13% total suicide deaths/year) Drug overdose deaths account for nearly 80% of poisoning suicides.
- c. Women are more likely to die of drug overdose than men, which is the opposite of what is seen.

- d. Between 2015-2020, 52% of overall suicides were via firearm.
- e. The statistics/graphs are not representing of all gender/racial (non-binary/gender conforming) identities.
- f. Other state and national evidence shows that other Non-binary/gender conforming people are more likely than cis-gender people to attempt and die by suicide or overdose, not due to how they identify, but due to homophobia, transphobia, acceptance from family, trauma/experiencing rejection, and not having access to healthcare that supports their ability to live their authentic lives through gender affirming healthcare.
- g. The highest drug overdose suicides are from Oxycodone, diphenhydramine, and Alcohol.
- h. Alcohol is the cause for only 1.4% of suicide deaths in Oregon.
- i. When people lack access to healthcare, economic stability, secure housing, and quality education they're less likely to attain the best possible health and quality outcomes, these are risk factors. When people obtain the skills and support necessary to avoid risk and promote resilience in the face of risk, it is more likely that they would have optimal outcomes, which are protective factors.
- j. Prevention efforts should start early on and continue across the lifespan to improve multiple injuries and violence of overdose.
- k. The Construction Suicide prevention partnership, which is ran by Lines for Life teamed up to look at alcohol and suicide risks in the construction industry. They came up with a toolkit, made hard hat stickers, created a "safety moment" to bring awareness. <https://www.suicide-stops-here.org/>
- l. Heal Safely is a campaign to empower people to heal safely after injury or surgery. Chronic pain is a risk factor when looking at overdose/misuse and suicide. <https://healsafely.org/>

## **5. Project Hope by Katie Knutsen (see slides)**

- a. The goals are to decrease harms and death from Opioids and other drugs, support recovery at various access points, use data to inform our work, implement target interventions, strengthen community partnerships and provide care coordination
- b. Project Hope (started in 2018) is a collaborative, person centered approach to assist people suffering from substance abuse on the path to successful recovery.
- c. Goals of project Hope is to reduce the number of people who have had first time/repeat overdose on opioids or other drugs decreasing future 911 and hospital readmission, and improve the quality of life for patients with substance use disorders, and hope to bridge gaps of care for resources and treatment.
- d. Naloxone is the overdose reversal medication.
- e. Fentanyl test strips remain illegal in 28 states and Narcan is not easily accessible, often requires a

- prescription, and is cost-prohibitive for many, especially those without health insurance.
- f. The community paramedic is Neil Clayson, who works with Clackamas Fire and does home visits for patients that have had overdoses and their families.
  - g. <https://projectredinitiative.org/> (Able to mail out naloxone kits to individuals)

## 6. Adjourn

**Next meeting October 17<sup>th</sup> 4:30 – 6pm (virtual)**