



# Suicide Prevention Coalition

of Clackamas County

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Connection. Support. Community.

July 16, 2024

## Suicide Prevention Quarterly Meeting Minutes

### 1. **Open**

- a. Welcome 4:33
- b. Intros in chat – name, pronouns, role
- c. Agenda Overview

### 2. **Announcements:**

- Monica Parmley-Frutiger: Youth Save trainings coming up. Youth Save is a Virtual Suicide Prevention & Intervention Training geared towards any professional that works with youth. They also have a separate training module for young adults. Training uses Sources of Strength Tools for collaborative work with families and safety planning.
- Galli Murray: Free Community Naloxone Training held on August 5<sup>th</sup> at the Molalla Library from 5-6 pm. Registration is required to attend.

### 3. **Resource Spotlight presentation: Craig Leets, YouthLine Deputy Director with Lines for Life**

- YouthLine is a free peer to peer help support and crisis line for youth ages 10-24 years old. Their team is made up of teen and young adult volunteers that support other youth that may be struggling.
- YouthLine works closely with the Oregon Health Authority and other agencies across the State.

- YouthLine Program is made up of 3 main components:
  - Peer Support and Crisis service 365 days a year
  - Classroom Education and Community Outreach
  - Youth Development Program - Volunteer Mentorship/Internship
  
- YouthLine offers Peer Support and Crisis Service
  - Established in the year 2000. Help support and Crisis line is available 365 days a year:
    - 4pm - 10pm PST.
    - Can receive calls, texts and chats.
    - Open to 10-24 year olds, 365 days a year.
    - 25 years and older will be directed to 988. Any youth younger than 10, a peer will try to help but will likely get an adult involved to find the best support for them.
      - Call: 877-968-8491
      - Text: 'teen2teen' to 839863
      - Chat: theyouthline.org
      - Auto responder after hours will come from an adult or an alert to call 988 or call them directly
  
  - Reasons Youth reach out, Top 8 reasons:
    - Mental Health Concerns
    - Relationship Issues
    - Family Issues
    - Friend Issues
    - Academic Stressors
    - Loneliness or Isolation
    - Suicide
    - Self-Injury
      - One goal is to affirm and validate the struggles the youth is having for each call and come up with a plan.
      - De-escalation rate is in the upper 90%, meaning emergency services don't need to get involved. Emergency services will be called in instances of someone's safety, but it is rare.
  
  - Volunteer Mentorship & Youth Development

- Teen must be at least 15 years old to volunteer.
  - Ask that the teen commits to 1 year of volunteering.
  - Over 65 hours of pre-service/classroom training, role plays, and shadow shifts before they start on the Help Support and Crisis Line.
  - Volunteers will get continuing education and development throughout their time with YouthLine.
  - YouthLine is a Certified Crisis Service by the American Association of Suicidology, which requires volunteers get regular and routine monitoring.
    - An adult will listen to their call and give them feedback and process with them how it went and what they can improve on.
    - First-Aid Certified.
- Classroom Education
  - Offer free Classroom Lessons on Mental Health across the state of Oregon.
    - 6-12 grade
    - They also have a Stress Lesson and Suicide Awareness Lesson
  - Four Call Centers in Oregon that provide outreach at Community Events:
    - South Portland
    - McDaniel Highschool – 82<sup>nd</sup> Ave
    - Bend
    - Satellite Center in Warm Springs
  - Social Media – Follow them on IG: @theyouthline
  - Complimentary Mental Health Materials for schools and organizations
    - [www.theyouthline.org](http://www.theyouthline.org) website for free online materials. There is a flat rate shipping fee but reach out if shipping needs to be covered.
  - Youth and adults are involved in the Lessons.
- Strategies for Supporting Youth
  - Destigmatizing Mental Health
  - Normalizing and encouraging help-seeking
  - Identifying a Trusted Adult
  - Normalizing Mental Health Struggles
  - Role Modeling

- If you are working with a youth that has trepidation, give us a call together.
- If you call 988, you will get connected to one of the two centers that answer those calls. Lines for Life is one of those centers and their adults take those calls.
  - YouthLine is currently hiring.
  - Provides Suicide Prevention mini grants to schools and are available to all levels of schooling.
- Contact Information:
  - Craig Leets
  - Email: CraigL@linesforlife.org

**4. Primary Presentation: Concrete strategies for families and caregivers to start talking about mental health, resources for connecting people to help presented by Liz Thorne, MPH, Director, and Darci Brown, Elementary SEL Specialist at Matchstick Consulting**

- Sources of Strength is part of funding network of programs from the Oregon Health Authority called The Big River Programs.
  - Helps to provide low to no cost support to any school, community, or tribe interested in implementing Sources of Strength.
  - Sources of Strength provides -
    - Readiness: Partnerships and Awareness, what that looks like
    - Capacity building: Hosting Training for Trainers and Elementary Coaches Trainings
    - Training: Adult advisor, Peer Leader, Staff Training,
    - Support: Mini Grants and Financial Resources, Host Learning collaboratives, 1:1 Support to Implementers
    - Celebration: Honor Young people, adults, teams doing the work, Every Spring at Sources Showcase
- Implementing 100 + sites as of May 15, 2024, in the state of Oregon
  - Elementary Sources Curriculum
  - Elementary Connecting to help lessons
  - Secondary – Middle School and Highschool
  - Universities
  - Clackamas County Schools Implementing:

- Harmony Academy - Oregon's first recovery based high school based in Lake Oswego but serves Tri-County area.
      - [www.harmonyacademtrhs.org/](http://www.harmonyacademtrhs.org/)
    - Adrienne C Nelson and West Linn Highschool
    - Wilsonville Highschool just reached out to implement as well
- Primary mission:
  - Upstream Suicide Prevention – Create places where people feel like they belong, feel connected to one another, and to caring and trusting adults. They have a way to get themselves to safety.
  - Secondary Benefits:
    - Intervention
      - Peer Leaders involved with Sources of Strength are 4x more likely to refer a suicidal friend or student after going through the program.
    - Postvention
      - Actions a community takes after the loss of someone by suicide.
- Elementary Model of Sources of Strength
  - Tier 1 Classroom based model that is available to K-6<sup>th</sup> grade but applicable to all students.
    - Focus is on building resiliency skills and teaching coping strategies to find ways to navigate challenges the healthiest way.
    - Emphasis on the adults that are leading the work in schools, giving them space to navigate the curriculum:
      - Coaching Meetings (Staff Wellness Personal Reflection) + Classroom Curriculum (Engaging, Interactive, Applicable Activities) = Positive Culture Change (Positive Social Norming)
  - Secondary
    - 3 Pillars consistent on the model
      - Adult Advisors: Caring, Connected, and Positive.
      - Peer Leaders: Recruited to be representatives of their school or community. They are an influence within their social group.
      - Together adults and young adults attend a training where they start to build relationships. Their role is to be agents of change by creating activities to engage, interact, and apply strength to their own life.

- Goal is to shine a light on positive social norming.
  - Examples:
    - Generosity Food Drive
    - Sources Spirit Week
- Sources of Strength wheel – What helps with your big 3 emotions: Anger, Worry, or Sadness?
  - People Wedges: Family Support, Positive friends, Mentors
  - Activities Wedges: Spirituality, Generosity, Healthy Activities
  - Physical Health and Mental Health Wedges
    - Regulation Railroad Worksheet - Practice and a tool for students to move through. A process that's grounded in brain research about bringing calm, groundedness, and centeredness to an activated body and mind.
      - 1. How is my body feeling?
      - 2. What emotions do I feel?
      - 3. Scale the emotion 1-5.
      - 4. How will I calm and regulate myself?
- More Information Wanted?
  - Information Sessions on Zoom hosted monthly – Posted on their website.
- Contact Information:
  - Website: MatchstickPDX.com
  - Instagram: @SourcesofStrength\_Oregon
  - Facebook: /SourcesofStrengthOregon

**Next Meeting: October 15<sup>th</sup>, 2024 from 4:30 – 6pm (virtual)**  
**Meetings are open to all!**