

# Clackamas County Suicide Prevention Action Plan

## Youth and Young Adults Action Team (YYAAT)

April 8, 2024 | 4-5pm  
Virtual Meeting

**Attendees:** Carlos Benson Martinez (Chair and facilitator/Clackamas County), Megan Miller, Sierra Wilson, Tabor Moro, Teresa Melville, Brian McCordy, Nick Anderson, Shannon Marble, Pam Pearce, Tianna Melville, Totiana Scott

### 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.

#### Strategic directions for this 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

### 2) Announcements & Updates

- The app will roll out in 2 phases: 1. Most important features of the app: identify resources to get out to the community. This should be completed 7/8/24. 2. "Fancy" things/extras: activities, breathing exercises, podcasts, films, songs, etc. Rough draft will be ready 6/3/24
- QPR training is underway and in communication with some schools to have their staff and students trained.
- Hosting first train the trainer in-person for youth that have already been trained in QPR and have expressed interest in QPR to help facilitate peer approach to youth.
- Upcoming Coalition meeting is April 16<sup>th</sup> at 4:30pm

### 3) Brainstorm resources

- It will be important that school districts promote the app.
- Recommend the app being put on school ID cards
- Post posters with QR codes in schools/bathroom
- Bring/Present app to Pam's group (Harmony) in West Linn on April 19<sup>th</sup> and get feedback
- Mentorship to give students a sense of ownership
- Include parents to make sure they feel supported

### 4) Volunteers

- Compensation is available for volunteers that are not already getting paid to attend meetings or events. Please complete compensation form to receive a \$50 visa gift card per meeting/activity.

### Action items

- Pam Pearce will send upcoming Teen advisory board lunch info (4/19/24 at 11:30am)
- Brian McCordy will send poster to be included in app
- If anyone has feedback regarding the app, please reach out to Carlos or Megan.
- Please let Carlos & Megan know how to better utilize the meeting time

**Next meeting:** | May 13<sup>th</sup> from 4 – 5pm | Location: [Click here to join](#)

Meetings are open to anyone. All are welcome!