



Coalition for Suicide Prevention in Clackamas County
Meeting Highlights (in blue)

Tuesday February 19, 2019 4:30 pm to 6:30 pm

Clackamas County Development Services Building ✦ 150 Beavercreek Road, Room 115 ✦ Oregon City, OR 97045

Please sign in, make a nametag, take an agenda, help yourself to refreshments and check out the resource table.....and have a seat!

Goals: Updates/Reports from Action Planned in January Meeting
Briefing/Discussion on Lethal Means

- I. Welcome Co-chair **Michael** 4:30 pm
- a. **Extra support is available if you want it**
 - b. Meeting notes on the website, side table – submit any changes by 02.26.19 - <https://www.clackamas.us/behavioralhealth/suicideprevention.html>
 - c. Resource Table and sharing emails
 - d. Intros – one sign of hope that you've experienced
 - e. Agenda Overview for tonight
- II. Reducing Access to Lethal Means Co-chair Galli 4:50 pm
- a. Context
 - b. Introduction and Virtual Presentation by Susan Keyes 5:00 pm
Deschutes County
 - c. Q & A Session

POWER POINT PRESENTATION AVAILABLE ON WEBSITE – SEE MINUTES AND PRESENTATIONS FOR FEBRUARY 19, 2019 COALITION MEETING -
<https://www.clackamas.us/behavioralhealth/suicideprevention.html>

- d. Small Group Discussions (5:45 pm) Co-chair Michael
 - ✦ Appoint a facilitator/note taker (someone to lead the discussion and someone to take notes and report back to the large group)
 - ✦ What seem applicable and actionable to our situation? (Identify up to 3 items for each)
 - ✦ What questions do you want to explore/want answers to? (Identify up to 3 questions)
- e. Brief Report Backs (6:00 pm)

REPORT BACKS

What's applicable/actionable to our situation?

- Brochures
- Video when available
- Applicable to rural areas, military bases
- Every floor in Withycombe



- Galli will ask if the coalition can have a password for the videos
- Do outreach to small clinics with videos
- Segmented marketing is important for multiple cultures – need messaging for different cultures
- Scratched the surface – what's the next group that could be so positively affected
- More people hearing it may who aren't gun owners may then reach out to people who have them
- How do we make it applicable to parents and students
- Videos are more impactful because you can hear the language
- Language was key to opening up conversation
- Frustrated that the bottom line has not been addressed – how is loss of life reduced
- It is important to talk about all of the means – today just happened to talk about firearms
- We have be open to talking about what other means are available
- Brochures – distribute through Meals on Wheels, in the breakroom at schools – we need to coordinate
- Make it available in the gun clubs in rural areas
- You are not addressing what got them there -
- Suicide Prevention should address all means
- Firearms is a tough issue for school counselor to address – a school counselor may not have the right language – training could be helpful
- Since folks from rural communities often come to urban areas to get their care, it is important for health care professionals to be trained and know how to talk about it
- It could be beneficial for the broader population
- What would it look for us to partner with gun owners or retailers; approach gun owners – learned a lot about the culture of firearms; right of passage; do we want to partner with them – is that something we would want to partner with them
- Yes, opportunity to educate and engage that are around people who may have thoughts of suicide; if we don't give them the tools to recognize the warning signs; empower the first line the defense; how to approach the conversation
- Would they be able to influence purchasers?
- Pamphlet if they don't have the words; it is another tool
- We're trying to destigmatize
- Workplan – strong interest in pursuit; talking about this

III. Updates/Reports from last meeting Co-chair Michael 6:10 pm
a. CALM – Reactions?

Several Coalition participants took all or parts of Counseling on Access to Lethal Means (CALM); here were their remarks

- Hard to take it at work and online—hard to stay on track and focus while doing the training—easy to get off track
- Lot of good information; how to be direct with your interaction – it was painful – better to be in a classroom or interactive
- Not user friendly – navigation was a pain



- Good info, geared toward providers, just a few changes could make it applicable to a broader audience
 - b. Three Digit # for Mental Health/Suicide Emergencies
- Right now, it is sitting at the FCC at the federal level
 - c. AFSP Lobbying Day?
- Jenn and Cora attended the Lobbying Day and reported the following:

American Foundation for Suicide Prevention (AFSP)

- Heard from Ryan Price and Alyssa Keny-Guyer
- Lots of interest from policy makers
- Learned how to talk to legislators – personal stories are important
- Several Bills Under Consideration
 - 52-Schools prevention and training – adopt policies re: risk and action; AFSP has a policy ready to go
 - 485—developing a plan of postvention communication
 - 707—establish advisory committee
 - 2267—create an adult statewide suicide prevention coordinator
 - 2813 – require reporting on CEU's on suicide prevention, treatment, etc.
 - 141/2161—require OHA to create mental health crisis line for hospital staff
 - Not a bill number for the three digit crisis line—talking to FCC
 - Governor and legislators understand the importance
 - Get involved? Google OLIS.gov—look up current bills, submit testimony, search by # or topic, sign up to receive newsletter; contact Angela Perry angelaperry.bethevoice@gmail.com – Board Chair of Oregon Chapter of the AFSP

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| IV. | Closing | Co-chair Galli | 6:25 pm |
| a. | Next meeting: March 19 4:30 to 6:30 pm – possibly at the Oregon City Fire Station | | |
| b. | Connect Training – focus on youth and schools | | |
| i. | In the process of inviting folks in schools and connected to schools in the 10 districts – talk about postvention at the next meeting | | |
| c. | Oregon Suicide Prevention Conference in Bend March 13 – 15 – Communities Build Hope Together - https://www.linesforlife.org/2019-oregon-suicide-prevention-conference/ | | |
| V. | Adjourn and Thanks | Co-chair Galli | 6:30 pm |

Respectfully submitted,

Kathy Turner, 03.05.19



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.