

# Clackamas County Suicide Prevention Action Plan Community Action Team (CAT)

February 8, 2024 | 4-5pm  
Virtual Meeting

**Attendees:** Monica Parmley-Frutiger, Megan Miller,  
Kristine O'Brien, Debbie Lindren, Celia Del Reyes, Gayle  
Keller

## 1) Welcome & Introductions

## 2) Announcements and Review of last CAT Meeting:

- MHA AO Grant
  - small very low barrier grant (8 – 15k) meant to support social connection among isolated rural older adults in Oregon. Extra points will be given to supporting marginalized groups such as:
    - Service Member, Veteran, and Family (SMVF)
    - Black, Indigenous, and People of Color (BIPOC)
    - Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual, Two-Spirit (LGBTQIA2S+) Immigrants/refugee
- Update on Clackamas Writes
  - Doesn't look like it is still going on, or with maintained connections. In the process of speaking with older adult specialists to learn why it failed and potentially how to restart.
- Update on restructuring of Coalition Teams
  - Potentially take on some Healthcare action items that align with the goals and mission of CAT.
- **Today's Goal: Brainstorm Support Groups in Clackamas/Tri-County**
  - [Brainstorm](#): List of agencies that might provide support groups in Clackamas County
    - Ex: Caregiver support groups (audience: nonpaid, usually family members taking care of older adults)
  - Create a list of current Clackamas County Support Groups using a [Google Form](#) and add names of who is following up:
  - Questions on Form:
    - Your name and email
    - Name of agency
    - Support group contact name
    - Support group contact phone
    - Support group contact email
    - Support group purpose & target audience

- Support group time
- How often does this support group meet (days of the week)?
- Support group location
- Do you know of any other agencies offering support groups who we should contact?
- Do you know other agencies that offer support groups in Clackamas County?

□ **Committee Compensation Review & Check-In**

- Compensation is available via [giftogram.com](https://www.giftogram.com) for volunteers that are not already getting paid to attend meetings or events by their employer. Please complete the compensation form by *the 10<sup>th</sup> of the following month* to receive a \$50 visa gift card per meeting/activity attended.

- Compensation Form:

<https://docs.google.com/document/d/1Wxvc44u5N6zrz47IIxBnQuXCGIvPrgem/edit?usp=sharing&oid=107273737831430841789&rtpof=true&sd=true>

- Make a copy to add your own information.
- Send the completed form to [gallimur@clackamas.us](mailto:gallimur@clackamas.us)

□ **More Information:**

- For questions about the CAT, contact co-facilitators, Elisa Gerber ([ELISA.GERBER@odhs.oregon.gov](mailto:ELISA.GERBER@odhs.oregon.gov)) and Monica Parmley-Frutiger ([monicaparmleylcsw@gmail.com](mailto:monicaparmleylcsw@gmail.com))
- Learn more about the Suicide Prevention Coalition of Clackamas County (SPCCC) here: <https://www.clackamas.us/publichealth/suicide-prevention-get-involved>
- Review the SPCCC Strategic Plan: <https://dochub.clackamas.us/documents/drupal/be81fe4c-ba1e-4a1f-a578-84218e729254>

**Next Meeting:** March 14th, from 4:00-5:00pm at <https://clackamas-us-countyhealth.zoom.us/j/85814600389>

**Meetings are open to everyone! All are welcome.**