

# Suicide Prevention Coalition Clackamas County

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

## MEETING HIGHLIGHTS (IN BLUE) UNDER EACH AGENDA ITEM

Clackamas County Development Services Building 150 Beaver Creek Road, Room 115, Oregon City OR 97045

Goals: Education: Legislative Update on Postvention and Notification of Systems  
Data Update

Work plan Activities Next Steps: Outreach and Services

Roles: Meeting Highlights: **Carlos (thanks!)**

Greeter: **Jenn**

Timekeeper: **Scott**

Facilitator: **Various Steering Committee & Coalition members** (thank you!)

Agenda Items: **Various Steering Committee & Coalition members** (thank you!)

1. Welcome 4:30 pm **Carlos**
  - a. **Support and Resources** - Support is available, resource information is available on the resource table
  - b. **Meeting Highlights from October 15 meeting** – copies are available on the resource table and on the website at <https://www.clackamas.us/behavioralhealth/coalition-for-suicide-prevention>; if you have corrections or changes, please submit to [kturner@clackamas.us](mailto:kturner@clackamas.us) by November 26, 2019, close of business.
  - c. **Meeting Guidelines** on page 2 (on the reverse of the agenda)
  - d. **Welcome New Members** - Welcome to first time attendees & introductions; we'll do the reflection question in the next section of the agenda
  - [Welcome Clackamas Juvenile Justice!](#)
  - [MHAAO awarded request for Peer Support proposal – congratulations!](#)
  - [Milwaukie HS – QPR for Spanish speaking individuals – Thursday December 19 –6:30-8:30](#)
  
2. Education 4:50 pm
  - a. **Legislative Update** – Postvention and Notification of Systems **Galli**
  - [Updated Zero Suicide Initiative statistics \(2017 data\)](#)

### National data

- [Suicide 10<sup>th</sup> leading cause of death in US](#)
- [For every death by suicide, 25 attempts occur](#)
- [National rate is 14.0 per 100,00 individuals](#)
- [Men died by suicide 3.5x more often](#)
- [Average 129 suicides per day](#)
- [69.67% deaths by firearms](#)

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- Data continues to rise
  - ❖ 2003 -- 10.8
  - ❖ 2013 -- 12.6
  - ❖ 2015 -- 13.26
  - ❖ 2017 -- 14.0
- 56% death by suicides by young individuals who identify as black (disproportionally to non-black peers) \*\*\*see article attached\*\*\*

### Oregon data

- Ranks 14<sup>th</sup> in country --rate of 19.01 per 100,000 , (national is 14.0 per 100,000)
- 8<sup>th</sup> leading cause of death in Oregon
- Suicide rates increase with age
- 68% of suicides 25-64
- 22% suicides occurred among veterans
- 55% death by firearms
- 6x more deaths by suicide than alcohol related car crashes
- Clackamas County continues to sit at a higher rate (15.9 per 100,000)
- 13% higher than national rate
- 1 death every 5 days in Clackamas County, 60 deaths per year
- In Clackamas, Latinx individuals are dying by suicide disproportionately to non-Latinx peers
- The trend in Oregon has been a decrease in youth suicide over the last few years
- Youth suicide prevention plan due for redraft – planning to call out racial disparities
  
- **“SB 918 (passed) states: “Directs local mental health authority to notify local systems having contact with deceased individuals 24 years of age or younger of suspected suicide if local mental health authority received notice of death from third party”**
- **SB 485 (passed) states “Directs Oregon Health Authority to collaborate with certain schools\* and facilities when developing plan for communication following suspected suicide. Directs schools attended by individual at time of individual’s death to report to authority regarding activities implemented following suicide”**
  - ❖ \*Private schools not required by law
- Advisory committees meeting on same date in February
- Action steps for coalition? Galli suggests inviting community touchpoints to CONNECT Training (suicide prevention), QPR, ASIST
- If individuals are interested in providing comment, submit in writing or show up in Salem
- Galli will keep us in the loop!

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- **SB 52 “Adi’s Act” (passed) states: “Requires school districts to adopt policy on student suicide prevention. Prescribes requirements of policy”**

Resources:

- Seize the Awkward
- American Foundation for Suicide Prevention
- The Trevor Project
- Oregon Youth line
  
- OHA hires adult Suicide Prevention Coordinator
- National work being done to create 3 digit mental health crisis number (988)
  - ❖ Contact legislators to encourage support
  - ❖ SB2661 HR4194

b. **Data Update** – Recent Local Data Trends

**Galli**

c. **Education Ideas** – If you have ideas or questions for education topics for future meetings. Suggestions from prior meetings:

**Carlos**

- More about older adults and suicide
- Suicide and race and ethnicity

### Ideas generated at the meeting:

- Older Adult Resources, Gatekeepers
- Suicide Prevention from an Equity Lens
- Peer Panel
- Homeless Services Providers
- Cultural Taboos
- Invite Cultural Representation
- Interfaith Panel
- Underserved Populations – veteran’s/immigrants/Native Americans/Latinx/rural areas
- Gun Owners
- Youth Panel
- School Staff

Steering Committee will be looking at topics, creating a calendar and creating an education coordinator

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### 3. Reports

5:40 pm

Carlos

- Steering committee 11/04/19
  - ❖ Discussed environmental scan survey with Nicholas Parr (U of O)

3 main questions –

- **How do we identify data about those who refuse services and disagree with/do not believe in being diagnosed with a mental health issue?**
  - ❖ Nicholas: Next steps include addressing barriers such as stigma
- **How have others used these assessments in the past to understand and prioritize service and supports that are a strength (and might be expanded) and/or gaps to address?**
  - ❖ Nicholas: Next steps is a “needs assessment” addressing inner systems
    - What needs/barriers does the system (human services/county) perceive and where do these align with community?
- **How have others used these assessments in the past to understand and prioritize service and supports that are a strength (and might be expanded) and/or gaps to address?**
  - ❖ Nicholas: “unfeasible,” however suggests referring to ACES
  - ❖ Galli disagrees with “unfeasible”

Michelle mentions - Stigma + discrimination – if people are experiencing stigma they are also experiencing discrimination. When you use discrimination you get more awareness more people on board

### OUTREACH/EDUCATION GOAL

- a. ATQ Sweatshirts **Galli**
- 80 sweatshirts 1200 dollars -- nice job team!
- b. Logo Update **Kathy**
- Draft in progress based on colors chosen – Kathy will get with attempt/loss survivors to talk about tagline
- c. Animal Care Workers Workgroup **Ellen & Elisa**
- What resources are available?
  - ❖ Portland VCA – website has section addressing suicide in veterinarians
- Perspective training in January
- Ellen and Kathy drafted letter for Dr. Adams at dog services, get thoughts on if its ready to send out too Clackamas veterinarians
- Permission to reach out to VCA – “teaching Tuesdays” suicide prevention training opportunities

### SERVICES & SUPPORTS GOAL

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d. Inventory Update

**Maria**

e. Attempt Survivors Support Group

**Maria**

"The group is called Suicide is a Language Of Pain. It's "designed by, facilitated by, and attended by survivors for survivors." The Intentional Peer Support (IPS) framework will be used for the meetings. Only individuals trained in IPS will facilitate meetings although others may co-facilitate. Attendees will be "anyone who has ever tried to die by suicide and/or anyone living with thoughts/visions/plans/dreams of suicide and just needs a place to talk about it, feel heard and listened to!" Attendees will be 18 and over although they may bring their children if needed. I haven't nailed down the frequency of the meetings but will share that with you when known. The first survivor support group meeting will be at 12:30-1pm, Thursday 12/5/19 at 710 6th street in Oregon City. More info on IPS is available at [folktime.org/ips-or-hub](http://folktime.org/ips-or-hub). More info on the support group will eventually be available at [folktime.org/SLOP](http://folktime.org/SLOP)"

--Maria

**OUTREACH/EDUCATION GOAL**

6:10 pm

**Scott**

f. Let us know if you organization or group would like a QPR Training

- Ongoing training and opportunities—
- Opportunities to expand coalition, spread awareness, get people trained
- Please continue to encourage organizations to get involved!
- Reach out to Kathy or go to [gettrainedtohelp.com](http://gettrainedtohelp.com)

QPR Trainings in September through December 2019

Northwest Family Services Milwaukie (Spanish), Jesuit Volunteer Corps Milwaukie, Youth Music Project West Linn, Molalla Public Library, CIT Training Clackamas, Clackamas County Libraries Oregon City, Public Training Oregon City, Colton Lutheran Church Colton, Public Training Oregon City, Inn Home for Boys Johnson Creek, West Linn Lutheran Church, Molalla High School Staff, Little Chapel of the Chimes Happy Valley, Cup of Tea Happy Valley, Lake Oswego Adult Community Center, Metro Pediatrics Happy Valley, Canby Women's Group (Spanish), Milwaukie High School for Parents (Spanish)

4. Closing

6:25 pm

**Scott**

- Next meeting
- Tuesday, December 17, 2019, 4:30 to 6:30 PM
- Clackamas County Development Services Building
- 150 Beaver Creek Road, Room 115 Oregon City OR 97045

5. Thank you and Adjourn

6:30 pm

**Scott**

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### 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.