

Suicide Prevention Coalition Clackamas County
 Tuesday, May 19, 2020 4:30 to 5:30 pm Online

AGENDA

Present: Michael, Michele, Carlos, Mandy, Kathy, Galli, Caitlin, Howard, Maureen, Elisa, Elise, Jo, Ellen,
 Emily, Jeffrey, Julie, Marla, Vahid, Alice, Jeff

Item	Steering Committee Leader	Time
Opening 1. Welcome 2. Agenda Overview 3. Introductions Galli opened the meeting, welcomed everyone, did an overview of the agenda and facilitated introductions	Galli & Jenn	4:30 pm 15 minutes
Education /Discussion: COVID Resources 1. Street Outreach – guest, Vahid Brown, H3S Houseless Liaison Vahid described efforts to support folks who are houseless during the pandemic <ul style="list-style-type: none"> • Coordinating efforts with the Emergency Operations Center • Many public restrooms are closed • People still need access to bathrooms, showers and handwashing • Have opened up stations in Molalla on Mondays & Thursday and at the Clackamas Service Center near Johnson Creek on Tuesdays & Wednesdays • They are working with Providence BOB, Do Good Multnomah, Fort Kennedy & LoveOne Laundry • Gone through one warehouse of materials; working through another one; helping to keep people safe • Working to educate law enforcement to avoid camp sweeps as they can potentially separate people from resources and also force them into unsafe situations • Working with camps, hotels, trailers • Accept donations and help – contact vbrown@clackamas.us 2. Go Teams – guest, Jeffrey Anderson, CC Mental Health Center <ul style="list-style-type: none"> • Purpose was to create a prevention effort before folks experienced an emotional crisis—chronic worry is not good for humans • Three Multi-discipline teams trained in psychological first aid • Responding to requests and proactively going out to food distribution sites, school lunch pickups, school assignment pickups, and other locations. • Created a “calling card” with resources – Galli shared with the group • Will be continuing through the summer -- call the MHC crisis line to request go team action -- 503 655-8585 • Alice Perry and Elisa Gerber were both interested in receiving “Go Team” materials Purpose: raise awareness of outreach services during COVID and how to access them	Facilitated by Galli	4:45 pm 30 minutes
3. Connection Card Rally Week of May 26-29; Each person – Send out three cards per day <ul style="list-style-type: none"> • The group discussed the idea of honoring May is Mental Health Awareness Month. Since we aren’t able to do the sign rallies this year, folks agreed to send out “connection cards” next Tuesday through Friday and send three per day – to reach out to someone who may be lonely or upset with resources or 	Facilitated by Galli & Maria	5:15 pm 10 minutes

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to recognize someone who's been helping out or as just a check in to say hello.		
Next Meeting <ul style="list-style-type: none"> • June 16, 2020 4:30 pm to 5:30 pm Galli announced the next meeting date – third Tuesday of the month for an hour via zoom until the social distancing guidelines are lifted.	Facilitated by Michael	5:25 pm 5 minutes

Respectfully submitted, Kathy Turner

Resources and Coronavirus (COVID-19) Information (please check as circumstances are changing):

- Clackamas County: <https://www.clackamas.us/coronavirus>
- Multnomah County: <https://multco.us/novel-coronavirus-covid-19>
- Washington County: <https://www.co.washington.or.us/HHS/CommunicableDiseases/COVID-19/index.cfm>
- State of Oregon: <https://govstatus.egov.com/OR-OHA-COVID-19>



CALL 211 or 1-866-698-6155
TEXT your zip code to 898211 (TXT211)
EMAIL help@211info.org
HOURS Monday-Friday 8am-6pm

Upcoming QPR Suicide Prevention Trainings – register at <https://www.gettrainedtohelp.com/>

QPR- Question, Persuade and Refer Training - Online, Live Thursday, May 21st, 2020 5:30pm-7:30pm	QPR- Question, Persuade and Refer Training - Online, Live Friday, May 22, 2020 1:30pm-3:30pm
QPR- Question, Persuade and Refer Training - Online, Live Wednesday, May 27, 2020 10 am-noon	QPR- Question, Persuade and Refer Training - Online, Live Friday, May 29, 2020 1:30pm-3:30pm

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.

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- 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.
- 14. Decision Making for Coalition Meetings
 - a. Full Coalition -- Decisions by vote; vote may be reconsidered to include alternative perspectives raised by coalition members. If the full coalition is unable to come to a satisfactory resolution, the matter will be referred to the steering committee who will work with the ad hoc group to reach a resolution.
 - b. Ad Hoc Work Groups – Decisions by vote; vote may be reconsidered to include alternative perspectives raised by work group members. If the ad hoc work group is unable to come to a satisfactory resolution, the matter will be referred to the steering committee who will work with the ad hoc group to reach a resolution.
- 15. Conflict Resolution for the Coalition - The Steering Committee is charged with resolving conflicts for the Coalition, including but not limited to, getting additional perspectives, doing additional research and other methods to ensure equity, diversity and inclusion in decision making within the Coalition.