

Clackamas County Suicide Prevention Coalition  
Community Action Team (CAT)

January 11, 2024 | 4-5pm  
Virtual Meeting

**Attendees:** Monica Parmley-Frutiger, Elisa Gerber  
Megan Miller, Brandy Carter, Kelly D., Ric Hegemeister,  
Mike F., Celia DeLos Reyes, Haley Barlow, Debbie  
Lindgren

**1) Welcome New Members! & Introductions**

**2) Reviewed the purpose of the Community Action Team (CAT)**

- a. Mission: Develop, implement, and support programs and education that promote wellness, safe messaging and prevent suicide within our community. In the new year, we will prioritize older adults in these efforts.
- b. Strategic Directions:
  - i. 4a. Increase and sustain mental health awareness and suicide prevention training trainer capacity.
  - ii. 4b. Increase awareness of suicide prevention-related resources and make information accessible to all Clackamas County residents.
  - iii. 4c. Develop strong social networks and connections to reduce isolation.
- c. Discussed previous team ideas/activities and new priorities (older adults).
  - i. Public communications of available resources (on hold)
  - ii. Trainings
  - iii. Meeting with older adult behavioral specialist (Kim Whitely)

**3) Group discussion of ways to decrease isolation, increase sense of belonging, the barriers that exist for certain populations in accessing these resources and potential ways to reduce barriers.**

- a. Where do you feel most connected and have a sense of belonging?
  - i. Calling folks just to chat.
  - ii. Getting out of the house.
  - iii. Attending community events.
- b. What programs are you aware of that increase connection among community members (with a special focus on older adults)?
  - i. At-home services
    1. (<https://www.safestrongoregon.org/>).
    2. Meals on Wheels
  - ii. Senior/community center events
  - iii. Outpatient centers/shelters
    1. (Father's Heart)

- iv. Schools
  - 1. honors society community projects
  - 2. Clackamas County Writes  
(<https://www.clackamas.us/behavioralhealth/olderadults.html#:~:text=Clackamas%20County%20has%20partnered%20with,this%20time%20of%20physical%20distancing.>)
- v. Call Lines
  - 1. Warm Line
  - 2. Senior Loneliness Line
- vi. Community member driven Wellness checks.
  - 1. Potentially: Mail carriers, Grocery employees, other commonly accessed areas
  - 2. Training for community members on how to identify isolated/struggling individual (Gatekeeper program trainings)
  - 3. <https://www.clackamas.us/socialservices/gatekeeper.html>
- vii. Questionnaires in healthcare settings
- c. Are there gaps in services or barriers to receiving services that you have noticed?
  - i. Finances/insurance coverage.
  - ii. Transportation.
  - iii. Loss of loved ones/previous community & connections.

#### 4) Committee Compensation

- a. Compensation is available via [giftogram.com](http://giftogram.com) for volunteers that are not already getting paid to attend meetings or events (such as through employment). 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.
  - i. Compensation Form:  
<https://docs.google.com/document/d/1Wxvc44u5N6zrz47IIxBnQuXCGLvPrgem/edit?usp=sharing&oid=107273737831430841789&rtpof=true&sd=true>
    - 1. Make a copy to add your own information.
    - 2. Send the completed form to [gallimur@clackamas.us](mailto:gallimur@clackamas.us)
- **Next Meeting:** February 8th, from 4:00-5:00pm at <https://clackamas-us-countyhealth.zoom.us/j/85814600389>

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

- **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 ([monicaparmleylcs@gmail.com](mailto:monicaparmleylcs@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>

