

# CLACKAMAS COUNTY BOARD OF COUNTY COMMISSIONERS

## Sitting/Acting as (if applicable) Policy Session Worksheet

**Presentation Date:** 2/11/20    **Approx. Start Time:** 11:00am    **Approx. Length:** 30 minutes (15 for presentation, 15 for BCC questions)

**Presentation Title:** Raising Awareness about Suicide

**Department:** H3S

**Presenters:** 1) Richard Swift; Director, Health, Housing & Human Services Department  
2) Galli Murray; Suicide Prevention Coordinator, Health, Housing & Human Services Department

**Other Invitees:**

### WHAT ACTION ARE YOU REQUESTING FROM THE BOARD?

This is an informational update only

**EXECUTIVE SUMMARY:** In December 2019, the BCC requested a policy session on suicide prevention. This topic has been presented to the BCC in the past (May 2016, July 2018)

### FINANCIAL IMPLICATIONS (current year and ongoing):

Is this item in your current budget?     YES     NO

What is the cost?    \$190,234  
Funding and County General Fund

What is the funding source?    Behavioral Health

**No Additional Funding Being Requested at this time**

### STRATEGIC PLAN ALIGNMENT:

- How does this item align with your Department's Strategic Business Plan goals?
  - "By 2025, there will be no suicides in Clackamas County" (H3S Director's Office, Behavioral Health Division, Health Centers Division)
- How does this item align with the County's Performance Clackamas goals?
  - BCC Performance Clackamas goal of "Ensure Safe, Healthy and Secure Communities"

### LEGAL/POLICY REQUIREMENTS:

N/A

### PUBLIC/GOVERNMENTAL PARTICIPATION:

Health Centers and Behavioral Health Divisions are working to eliminate suicide attempts and deaths within our patient population and raise awareness of suicide prevention in the larger community.

### OPTIONS:

N/A

**RECOMMENDATION:**

N/A

**ATTACHMENTS:**

Power Point Presentation

**SUBMITTED BY:**

Division Director/Head Approval \_\_\_\_\_

Department Director/Head Approval \_\_\_\_\_

County Administrator Approval \_\_\_\_\_

For information on this issue or copies of attachments, please contact Galli Murray @ 503-742-5373

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# CLACKAMAS COUNTY BOARD OF COMMISSIONERS POLICY SESSION: SUICIDE PREVENTION

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Richard Swift

Director, Clackamas County Health, Housing & Human Services

Galli Murray, LCSW

Suicide Prevention Coordinator

Clackamas County Health, Housing & Human Services

February 11<sup>th</sup>, 2020

# A BRIEF REVIEW . . .

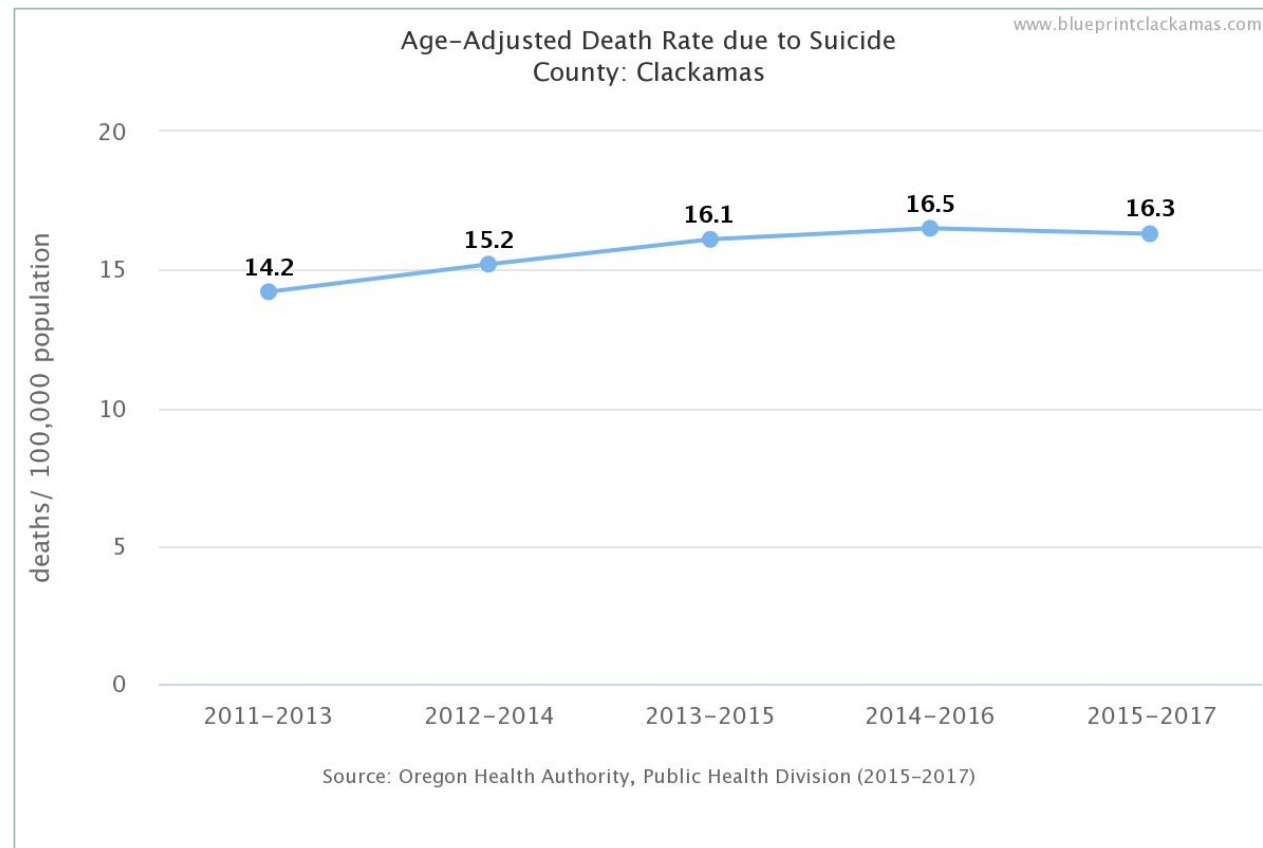
- We believe that suicide is preventable.
- Many factors lead individuals to try to end their lives. Feeling hopeless is a common theme.
- Suicide attempts (whether fatal or nonfatal) rarely occur “out of the blue.” Attempters typically face multiple problems—some long term, some short term. The moment when they take action, however, is often during a brief period of heightened vulnerability.
- One of the most powerful risk factors for suicide deaths is the ready availability of highly lethal methods.
- Nine out of ten people who attempt suicide and survive will not go on to die by suicide at a later date. Getting people supports, infusing them with hope is crucial.

# BRIEF REVIEW OF THE NUMBERS

- The national rate of suicide is 13.6 per 100,000 people.
- Oregon ranks 14<sup>th</sup> in the nation with a suicide rate of 19.01 per 100,000 people.
- Clackamas County's suicide rate is 16.3 per 100,000 people. Rate continues to increase.
- Clackamas County's rate of suicide is highest in the tri-county area compared to Multnomah (15.7) and Washington (12.5) counties (2017).

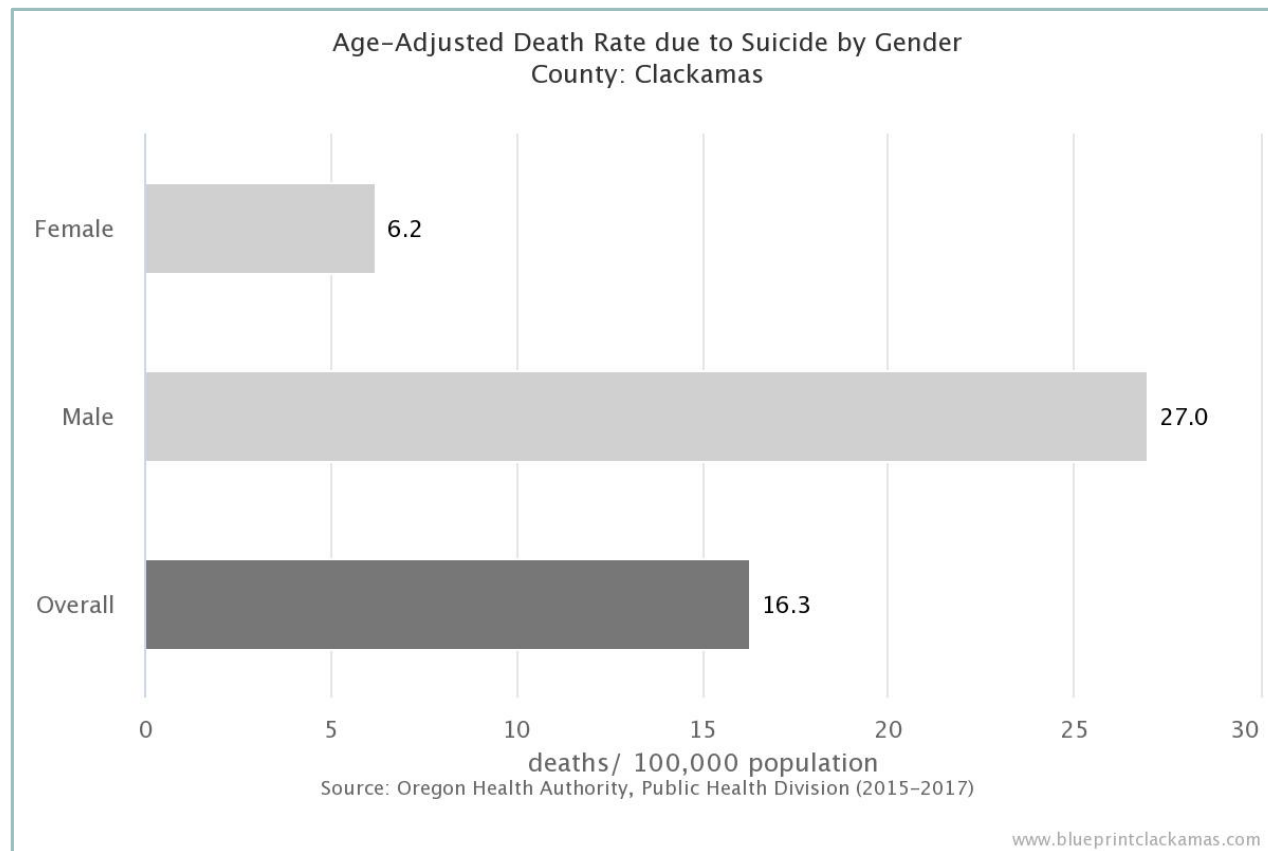
Source: <https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/INJURYFATALITYDATA/Pages/nvdrs.aspx#dashboard>

**DESPITE THE SMALL DECREASE FROM 2016 TO 2017, CLACKAMAS' TREND IS "INCREASING SIGNIFICANTLY."**



*\*Trend is determined by measuring 4 – 10 periods of measure.*

# SUICIDE BY GENDER IN CLACKAMAS COUNTY



# SUICIDE PREVENTION: CURRENT STATE

- In 2018, SAMHSA awarded Clackamas County Health Centers and Behavioral Health Divisions with a 5-year Zero Suicide grant to further extend existing suicide prevention efforts.
- This grant is a system wide initiative to eliminate suicide attempts and deaths within our patient population and raise awareness of suicide prevention in the larger community.



# SAMHSA ZERO SUICIDE GRANT GOALS

**TRAIN:** All staff are adequately trained to competently provide suicide safer care as appropriate to their role within the health system.

**IDENTIFY:** Patients will be screened for suicide risk in a standardized and consistent manner.

All staff are adequately trained to competently provide suicide safer care as appropriate to their role within the health system.

Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Data Analysts	Customer Service	Health Promotion & Prevention Staff	Environmental Health Specialists	Weatherization Staff	Clinicians
Finance Staff	Front Desk Staff	Program Planners	Community Devel Admin	Energy Assistance Staff	Nurses
Billing Staff	OHP Front Desk	Policy and Data Analysts	Community Development Project Coordinators	Case Managers - Workforce	Medical Assistants
Chart Review Staff	Support Staff			Rehab Specialists	Case Managers - BH, SS, Housing, OPI, Occupancy Specialists
Admin Assistants				Human Services Assistants	Peers
Contracts Staff				Maintenance Staff-Housing Auth	Prescribers
QM & Compliance Staff				Call Center Staff	Nutrition Assistants - Dietitans
Protective Services Investigators				Front Desk Staff - Clackamas MHC, Social Services, BH Clinics, Primary Care, VSO	Infectious Disease Staff
Admin Analysts					Dental Hygienists
					Abuse Investigators
					Care Coordinators
					VSOs
					Family Self-Sufficiency Coordinators
					Human Svc. Coordinators

**Directors, Supervisors, & Managers - training requirements same as the highest level of staff they supervise**

No client contact	Phone & F2F Contact	Limited contact with individuals	Some contact with individuals	Phone & F2F Contact	Phone & F2F Contact
Limited influence on individuals	Some influence on individuals	High influence on system (internal & external)	Moderate influence on system and some influence on individuals	Moderate influence on individuals	High degree of influence on individuals

**Training Recommendations**

Mental Health First Aid	Mental Health First Aid				Mental Health First Aid
*CALM is made available but not required	CALM (in-person)				CALM
	QPR (Agency refresher to MHFA)				ASIST
					QPR (Refresher)

# CLACKAMAS COUNTY PRIMARY CARE REVIEW 2019:

- 34,323 total individuals seen in 2019
- 28,194 individuals completed the Patient Health Questionnaire
- 2530 individuals identified as Positive (Endorsed Question #9 on Questionnaire)\*
- 1635 individuals completed the Columbia Suicide Severity Rating Scale Screening if Positive PHQ

This is 28,194 individuals who were asked about suicide.

*\*“How often have they been bothered by the following over the past 2 weeks? Thoughts that you would be better off dead, or thoughts of hurting yourself in some way?” (PHQ #9)*

# SUICIDE PREVENTION IN THE COMMUNITY

## **Clackamas County Coalition to Prevent Suicide**

### Coalition Priorities:

- Improve Equitable Access & Coordination for Treatment, Services & Supports
- Creating awareness through community outreach

## **Schools**

- 3 school districts have trained all school staff in Question, Persuade & Refer (QPR) or have committed to doing so in the near future.

# SUICIDE PREVENTION IN THE COMMUNITY

## **Juvenile Department**

- This Spring, Clackamas County Juvenile Department staff will be trained in Question, Persuade & Refer (QPR)

## **Law Enforcement Agencies**

- Lake Oswego Police department has trained all police officers in Applied Suicide Intervention Skills Training (ASIST)

# SUICIDE PREVENTION IN OUR JAIL

- Increased suicide risk screening of individuals who are incarcerated
- Training for all jail staff in Question, Persuade, Refer (QPR)
- Messaging normalizing mental health, awareness of suicide risk factors visible
- Recorded message when you call jail changed to provide detailed information about what to do if concerns develop about an individual who is incarcerated.
- Individuals who are incarcerated will have access to the Clackamas County crisis and support line.
- Increase information pathways between community providers and jail medical team for coordination of care
- Increased utilization of Peer Supports in the jail

# SUICIDE PREVENTION IN THE COMMUNITY

## **Clackamas County Behavioral Health Provides Postvention Support for Those Impacted by a Death from Suicide to:**

- 1) create space for existing emotions; hold space for those impacted
- 2) inform individuals about various resources that exist if and when they should want or need them; assist with linking to resources if needed
- 3) inquire about any one else who may need postvention support so calls can be made
- 4) assess risk of suicide

# POSTVENTION OUTREACH CALLS

**These numbers reflect one employee's efforts:**

2016 = 2 calls made (1 death)

2017 = 9 calls made (5 deaths)

2018 = 27 calls made (36 deaths)

2019 = 63 calls made (39 deaths)



# WE NEED TO CONTINUE TO CHANGE OUR APPROACH

- Individuals that we know to be at risk for suicide shall be put on an intentional pathway for care.
- Instead of believing that this work belongs to mental health professionals, help us to shift the paradigm that everyone has a responsibility.

# QUESTIONS?

Galli Murray, LCSW

Suicide Prevention Coordinator

Clackamas County Health, Housing and Human Services

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