

Clackamas County Suicide Prevention Action Plan

Youth and Young Adults Action Team (YYAAT)

March 16, 2023 | 4-5pm
Virtual Meeting

Attendees: Carlos Benson Martinez (Chair and facilitator/Clackamas County), Jenn Fraga (Chair and facilitator/OR Alliance to Prevent Suicide) Galli Murray, Ashley Meilahn (Lines for Life School Suicide Prevention and Wellness Coordinator), Sandy Mathewson (Clackamas ESD), Caroline Nielsen, Rachel Howard, Jo Morton, Claire Kille

1). Welcome to the Youth and Young Adults Action Team meeting & introductions

Reviewed purpose of this action team which is:

Youth and young adults and the agencies and individuals who care for and support them will regularly be provided with skills and resources and will understand their role in suicide prevention.

Strategic directions for this action team:

- 1a. Increase student awareness of how to identify a peer who may be struggling, how to be of support, and when to involve a trusted adult.
- 1b. Increase parent/caregiver awareness about suicide warning signs and other areas of suicide prevention such as intervention, postvention and how to navigate accessing help.
- 1c. Improve safe transitions from hospital to home and school.
- 1d. Increase awareness on the issue of suicide prevention and improve engagement in, and implementation of, effective suicide prevention activities.
- 1e. Increase utilization of prevention strategies such as universal suicide risk screenings and upstream curriculum

2). First Step app/Lines of Life- <https://www.firststeporegon.org/> resources for any youth needing support for themselves or a friend. Created in 2016 or 2017 and is specific to the Decshutes County area. Caroline Suiter in Decshutes is one contact for this app. Caroline.Suiter@deschutes.org Ashley had a conversation with Deschutes County folks, Caroline & Bethany. They showed a presentation of the app and its uses. They're working with LIRS Company, in the early stages now. If you need more info, you can get it from Caroline or Bethany. This idea has been added to the list of things we would potentially like to use with grant funds from the OHA/AOCMHP mini grants (app due in early June). Galli will be sending the list of ideas for this grant to the coalition for their feedback.

Cost for the First Step app is here:



First Step App Cost.msg

3). Carlos followed up with Brian Sheldon (Lake Oswego Police) & Sarah McClurg (CCSO), who put on the digital & safety trainings about presenting to the YAB board to get some youth feedback on those presentations and is waiting to hear back from them.

4) Jam board to create action steps for 1a. Increase student awareness of how to identify a peer who may be struggling, how to be of support, and when to involve a trusted adult.:

https://jamboard.google.com/d/1krNQZKM26Wz8gijXS2-2uNThZC_TMEUa9fgsCyHnHpQ/viewer?pli=1&f=1

- Action items of the first strategic direction are found on the Jam board.
- We added our names to the action item we would like to assist with, then we broke out into groups to work on brainstorming first steps.
- Next, we will set tentative timelines to work towards the goals.
- Below are the two action items we focused on and the next steps:

Health & Wellness Fair next steps:

- Identify goals/audience
- Reach out to CCO's (Coordinated Care Organizations) for funding & support
- Create flyers or letter of interest to motivate participants
- Identify organizations to participate
- Identify tentative school groups to engage (youth leaders)
- Identify school staff/admin that can champion with/advocate within schools.
- Connect with organizations that have hosted similar events.
- Identify the best time to host a fair from school perspective (holidays)
- Are there other school related events that could coincide with the event?

App Development next steps:

- Look over the apps you have looked at to date and think of who & what you want to have in the app, & need to have, and an extra added bonus in the app.
- Make sure youth & young adults voices are included in the development of the app to make sure they are heard and seen.

Action items

- Look over the available apps that we have discussed and think of what you want to have in an app that we would potentially develop and be prepared to discuss at next meeting. Link to these apps can be found in previous meeting minutes <https://dochub.clackamas.us/documents/drupal/605bd3c5-b87d-40e7-8dd9-4a1ce428ccf8>

Next meeting: | May 18th from 4 – 5pm | Location: <https://clackamas-us-countyhealth.zoom.us/j/85337374877>

Meetings are open to anyone. All are welcome!