

**CLACKAMAS COUNTY BOARD OF COUNTY COMMISSIONERS**  
**Sitting/Acting as (if applicable)**  
**Policy Session Worksheet**

**Presentation Date:** August 2, 2016 **Approx Start Time:** 10:30 am **Approx Length:** One hour

**Presentation Title:** Mental Health Crisis

**Department:** Health, Housing, and Human Services

**Presenters:** Mary Rumbaugh and Richard Swift

**Other Invitees:**

WHAT ACTION ARE YOU REQUESTING FROM THE BOARD? 1) Continued support to reduce stigma related to Mental Illness; 2) Increased awareness and support for Suicide Prevention. 3) Consider support for Public Service Announcement's (PSA's) regarding mental health awareness and suicide prevention

EXECUTIVE SUMMARY: At the May 12, 2016 Business Meeting, the Behavioral Health Division (BHD), a division of the Health, Housing & Human Services Department presented on the impact of stigma as it relates to the widespread incidence of mental health concerns and mental illness in our community. The presentation included a brief overview on the topic of stigma and highlighted some of the innovative projects that the division is employing to increase awareness and early intervention for mental illness to support the residents of our community and increase the skills and understanding of County staff and community providers.

FINANCIAL IMPLICATIONS (current year and ongoing): We currently do not have a budget for marketing that would include doing PSA's.

Is this item in your current budget?  YES  NO

What is the cost? \$ To be determined

What is the funding source? To be determined

STRATEGIC PLAN ALIGNMENT:

- How does this item align with your Department's Strategic Business Plan goals?  
Individuals and families in need are healthy and safe
- How does this item align with the County's Performance Clackamas goals?  
Ensure safe, healthy and secure communities

LEGAL/POLICY REQUIREMENTS: N/A

PUBLIC/GOVERNMENTAL PARTICIPATION: N/A

OPTIONS:

- 1) Encourage all Commissioners to attend Mental Health First Aid Trainings.
- 2) Commissioner or Commissioners engage directly with H3S staff on furthering the Department in Suicide prevention.
- 3) Commissioner or Commissioners take a direct role in working with H3S and the community to eliminate stigma regarding mental illness.

**RECOMMENDATION:**

Commissioners adopt all 3 options.

ATTACHMENTS: May 2016 Mental Health Awareness Month Power Point Presentation May 12<sup>th</sup> Business Meeting

SUBMITTED BY:

Division Director/Head Approval Mary Rumbaugh  
Department Director/Head Approval [Signature]  
County Administrator Approval \_\_\_\_\_

For information on this issue or copies of attachments, please contact Mary Rumbaugh @ 503- 742-5305

May  
2016



Mental Health Awareness Month

It Begins With Us.

# Have you heard?

- Something amazing is happening in Clackamas County.
- We are opening our hearts.
- It's making a difference in the lives of our friends, our families, our neighbors, our co-workers.



- It's saving someone's life.

# We are Stopping STIGMA.

- Clackamas County; the people who work here, the people who lead here, and our bigger community of families connected to each of us are starting to:
  - Learn how to notice when someone might be struggling.
  - Reach out and connect with that person.
  - Help that person connect with supports and resources.



*Mental health matters for all*

- It's saving someone's life.

# We are Walking the Talk.

*“As a department, it’s time to build up and add to our collective knowledge skills and confidence. To that end, we’re taking the large step of training each and every H3S staff member- from top to bottom- in MENTAL HEALTH FIRST AID. Being part of H3S is about being able to offer help and hope when needed.”*

*~ Rich Swift, Director H3S*

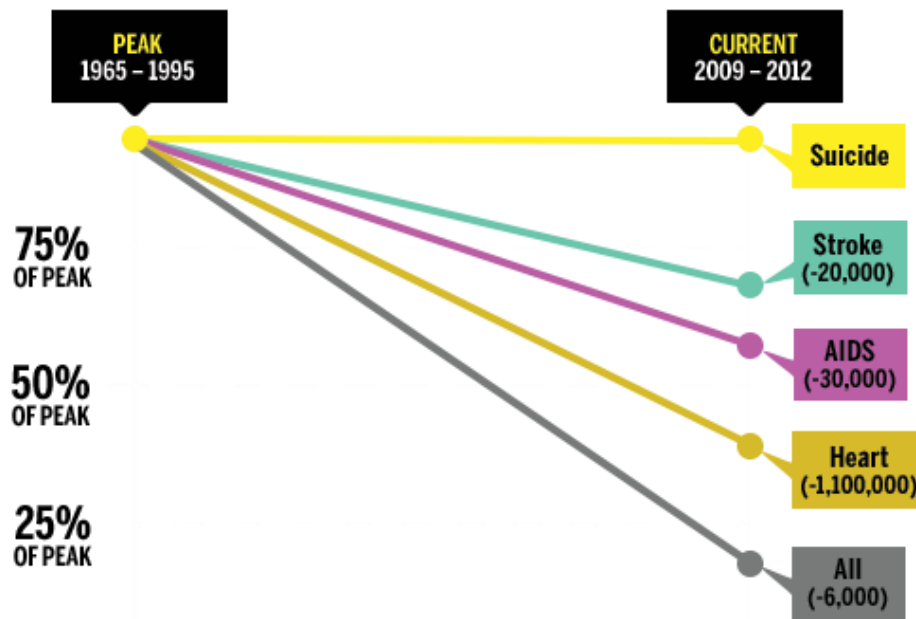
- Rich Swift, Director of Health, Housing & Human Services in Clackamas County is setting out several bold and visionary initiatives to:
  - Break down mental health stigma
  - Promote suicide prevention and;
  - Empower H3S Department employees.
- **Over 366** Health Housing & Human Service Employees have become Mental Health First Aiders.
- Another **120** are currently registered.
- By July 2016 **ALL 586** H3S employees will be certified Mental Health First Aiders.
- It’s saving someone’s life.

# It's Making a Difference:

- *“This was not only good for my work life but personal as well.”*
  - *“Empowering us as First Aiders to recognize signs and approach someone who may need help.”*
  - *“...Potentially a lifesaving skill, and an effective tool to respectfully help a person in need.”*
  - *“I will use this training in some way, shape or form several times a week with my job. Extremely useful to me personally as well.*
  - *“Creating a safe place to discuss mental illness. Separating the myths from the reality of mental illness.”*
- It's saving someone's life.

# We can STILL do a better job.

- Stroke, AIDS and heart disease have dropped dramatically. However: not for suicide. **YET.**

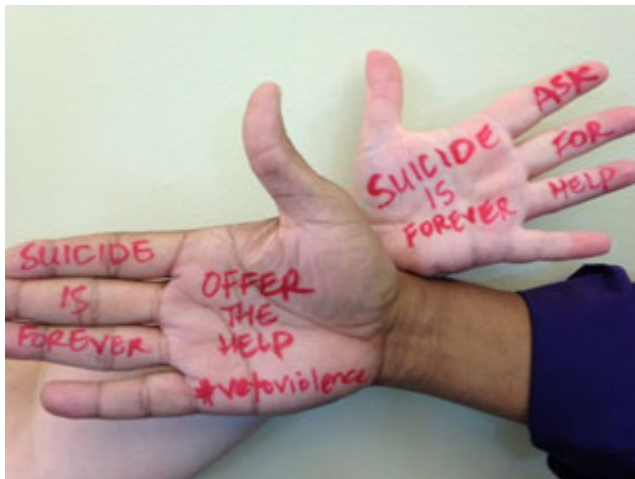


- Attempting to reduce suicides for people in our care to **zero** may seem scary or even impossible but what other number should we strive for?



# What are the FACTS?

- In Oregon, one person dies by suicide every 11 hours.
- Clackamas County loses 52 people a year to suicide.
- 5 of these are our youth ages 10 - 24.



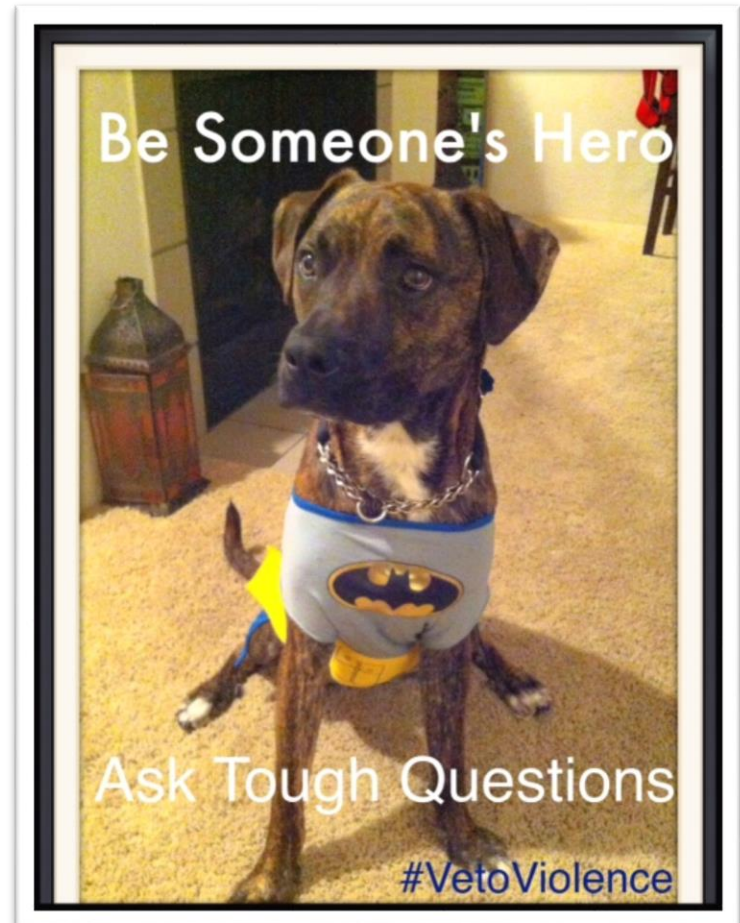
# People thinking about suicide don't want to die, they want to end the pain.

In the month before their death by suicide:

- Half saw a primary care provider
- 30% saw a mental health professional

Risk of suicide is highest in the first 30 days following discharge from:

- An emergency department
- An inpatient psychiatric unit



# It's Time to look at Suicide Care Differently.

- The U.S. has national suicide hotlines and there are suicide prevention programs in every state. There's screening and educational programs.
- Yet over the past decade, the national suicide rate has increased.
- At the same time, aviation safety, automobile safety, homicide rates, stroke, HIV/AIDS and leukemia rates have all decreased.
- In 2003, the suicide rate was 10.8 per 100,000 people. In 2013, it was 12.6.

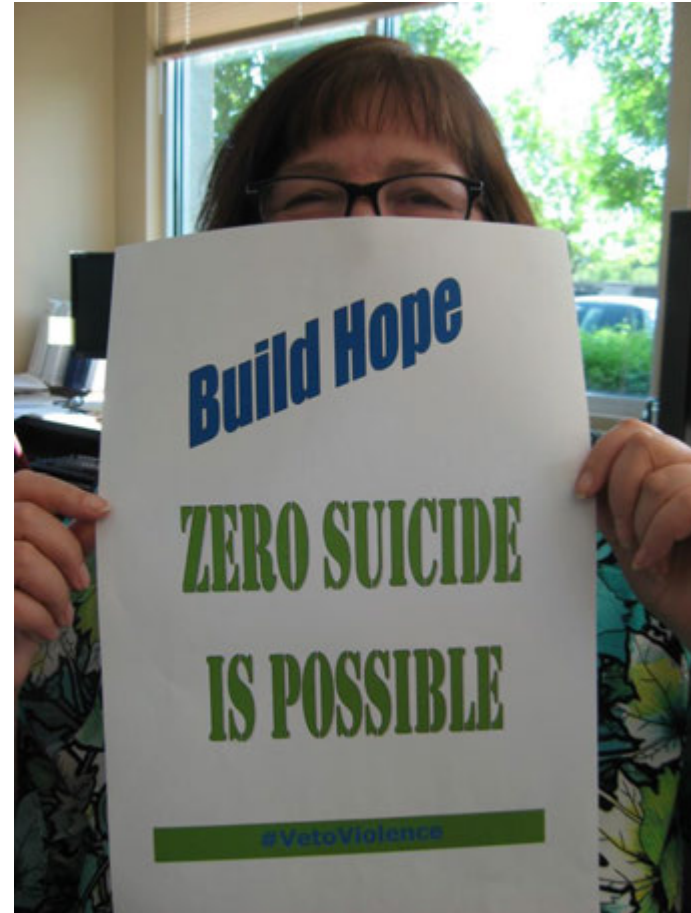
# We have agreed that ZERO deaths to suicide is the only acceptable number.

- Attempting to reduce suicides for people in our care to zero may seem scary or even impossible but what other number should we strive for?
- 52 Deaths is TOO MANY.

“It is critically important to design for zero even when it may not be theoretically possible. It’s about purposefully aiming for a higher level of performance.”

~Thomas Priselac

*President and CEO of Cedars-Sinai Medical Center*



# Lets take the time to: Ask the Question.

- A simple gesture of starting a conversation, is making *extraordinary* strides toward a creating culture of:

- HOPE



- HEALING

- & RECOVERY

It's saving someone's life.

# We are joining our community.

- On Sunday May 15 the Clackamas H3S Team will walk with thousands for the annual NAMI WALK.



# Celebrate Ordinary Superheroes.

- Today we ask that you formally recognize the following people for their outstanding commitment they have made to the work of Hope, Healing and Recovery.
- Clackamas Behavioral Health 2016 SuperHEART AWARDS
  - Rich Swift- Director, Clackamas Health Housing Human Services
  - Michelle Veenker- Executive Director, NAMI- Clackamas
  - Susie Schenk- Mental Health First Aid Trainer
  - Karen Carlin -Mental Health First Aid Trainer
  - Addam Stell-Mental Health First Aid Trainer
  - Cody Welty -Clackamas County Youth
  - Sheila Hamilton -KINK Radio Host and Author



# Thank you.

- Questions? Comments.

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