



**Coalition for Suicide Prevention in Clackamas County**  
**Meeting Notes (12.03.18)**

Tuesday November 13, 2018 4:30 pm to 6:30 pm  
Oregon City Library, Oregon City OR

*Please sign in, make a nametag, grab an agenda, help yourself to refreshments and check out the resource table.....and have a seat!*

Goals:           Begin building relationships between participants  
                  Deliberate and if time allows, decide on meeting guidelines  
                  Learn about data

4:40 pm       **1. Welcome & Opening           (20 minutes)       Galli**

**Information and Begin Building Relationships:** Agenda Overview, Introductions, Minutes

- a. Welcome & Agenda Overview – Galli
  1. Acknowledge Facilitators
  2. Safety First – Resource People
- b. Introductions & Icebreaker – Galli
  1. Name, Role, Organization and briefly, if you had to – what would be your go to Karaoke song?
- c. Minutes available here and online – Any questions or corrections – let us know via email - Galli
- d. Good News – SAMSHA Grant – Galli

**Notes for this section: Galli Murray—Welcome and Opening—**There will be various facilitators at meetings. Reminder that all feelings and thoughts are welcome—support available and identified if participants feel the need for support. Everyone introduced themselves—Name, Organization (if applicable) or reason for attending, the song they would sing if they had to perform Karaoke.

Minutes from the previous meeting are available on the website. Let us know if there is something missing or wrong. (No changes requested.)

Clackamas County received a SAMSHA Grant—over 2 million dollars over five years to Clackamas County to enhance Mental Health centers, primary care, Behavioral Health clinics, and provide training and staff for suicide prevention.

There is a Resource Table in the room. Feel free to bring resource information and put it on the table. Galli has included information regarding medication disposal.

5:00 pm       **2. Meeting Guidelines           (30 minutes)       Kathy**

**Decision:** Review/Discuss/Adopt, if time, Meeting Guidelines (Full Group)

- a. Introduce content and process – guidelines are one of the building blocks of coalition charter & structure; will evolve over time. Guidelines are posted on large sheets around the room; people receive color coded dots
- b. Instructions:**



- a. **No Dot:** *If you agree with it and/or can live with it.*
  - b. **Yellow Dot:** *if you have questions or want clarification.*
  - c. **Red Dot:** *If you don't agree with the guideline.*
  - d. **If something is missing:** *write it on the "What's Missing" flip chart*
- c. Discussion: Facilitator confirms guidelines without comment, then to those with yellow stickies and intent is clarified; then the red to understand. If we go beyond the time we have, we table the discussion to the next meeting; conclude with brief summary.

**Notes for this section:** **Kathy Turner—Meeting Guidelines**—on the second page of the agenda are proposed meeting guidelines. The group has the opportunity to disagree or ask for clarification on any of these guidelines. Kathy gave out red dots for disagree and yellow dots for clarification.

7. A—Some participants put red and yellow dots on this guideline and raised questions about this and wanted changes—they want details and real stories which may impact others. The discussion talked about what people are OK to share and what people might find activates uncomfortable feeling.

8. Phone use rule—people asked for some latitude and discretion to check phones.

9. Group members can advocate for changes for meeting time use.

10. How language is used is important in these meetings.

12. Clarification--Generalities can oversimplify a complex situation —ie 'all people do this' Try to be as specific as possible

13. Clarification--When discussing preferences, describe qualities you'd like to see in addition to a specific program or approach

**Other Meeting Guidelines (other than the ones listed above) are approved. Changes will be made to the guidelines in question for further discussion.**

### 5:30 pm **3. National, State and Local Data (35 minutes) Galli & Erin**

**Information & Discussion:** Review and discuss data related to suicides and attitudes about suicide and suicide prevention in a presentation and large group discussion

Notes for this Section: **Erin Schwartz and Galli Murray--National State and Local Data**—(see also the power point for this section)

Numbers of the national suicide rate are not declining like other causes of death. Stronger efforts have been made to decrease these other causes of death than have been made for suicide prevention. More, money, training, staff for these other causes of death. Suicide should be considered a national health crisis, based on the number of deaths. It is the 10<sup>th</sup> leading cause of death. Men account for 77.23% of suicides. Women are three times as likely to attempt suicide. They die less because rescue rates are higher for drug attempts than suicides using other methods.

Suicide is the 8<sup>th</sup> leading cause of death in Oregon. For people 15 to 34 it is the 2<sup>nd</sup> highest cause of death. Third highest for people 35-44. There are six times as many suicides as homicides.



Suicide is trending up over time in Clackamas County. There are 15.5 suicides per 100,000 people in Clackamas County. 78% are male, 22% female.

Age breakdowns and method of statistic gathering was discussed and shared. There are no suicide numbers for people under 10 due to HIPPA laws. The early ages of suicides occurring brought up discussion about the need to start education much earlier in school than we do now. Parents and caregivers need more resources.

Data from public opinion polls may under-represent because people aren't comfortable talking about suicide with pollsters. Polls do show that people want mental health care to be part of health insurance plans. Mental Health is often left out of wellness plans. People who do access mental health treatment find it helpful. Barriers to getting help: knowing how to access, money, having access. People often don't ask others if they are suicidal because they are afraid of the answer and lack knowledge of how to help.

What do the statistics mean for our work? We want to determine:

- What are the right approaches?
- come up with different action plans for different age groups/demographics/geography
- tracking—knowing which groups are most affected. Local statistics are most important for this information.

Discussion about other things that this information tells us--relationships with people/contact is important. Lack of connection causes higher risk. Bringing people from different groups/silos will improve how we deal with suicide as a county. Education is needed. The data is hidden. People only hear about celebrity suicides—people don't know its happening. We need a paradigm shift so that physical and mental health are treated equally and there is not a stigma on mental health.

Some people suggested sharing contact information within the group so group members can help each other out and be resources. Next meeting's sign-up sheet will have space for that. People need to reach out to individuals that they see need help. Media attention will help get the information out. We need to find out what other communities and countries are doing that worked—this work has already been started. Post-vention is important—taking care of those impacted by suicide so that they don't commit suicide—contagious phenomenon. The military has recognized this phenomenon and worked on interventions for troops post a suicide. Clackamas County also does post suicide out reach.

6:10 pm      **4. Low Hanging Fruit (10 minutes)      Kathy**

### **Taking Action: Increase training, education and awareness**

- a. North Clackamas – considering having every teacher and classified staff trained in QPR – Michael Ralls
- b. QPR Training: Let people know;



**QPR (Question, Persuade & Refer) Suicide Prevention  
First Aid Training  
Tuesday, December 4, 10:30 am to NOON  
Oregon City Library Community Room  
606 John Adams Street Oregon City, OR 97045  
18 years of age or older, please**

c. Raising Awareness – 'Tis the Season of Self Care Postcards

Notes for this Section: **Low Hanging Fruit—Kathy Turner and Michael Rawls—North Clackamas** has a goal of having QPR training for all schools staff

'Tis the Season of Self Care Postcards provided to send to others, and write one to yourself.

QPR training—December 4<sup>th</sup> 10:30 to Noon at the Oregon City Library. No registration required. Let everyone know.

6:25 pm **5. Closing (5 minutes) Galli**

Looking forward: Charter and Steering Committee formation

Notes for this Section: **Closing—Galli Murray—Next steps—formation of a charter. Expanding leadership opportunities.**

Next meeting—December 11<sup>th</sup>, same time but at DSB building. Kathy will send an appointment to participants for the meeting.

### **Next Meeting:**

**\*\*NOTE DIFFERENT LOCATION\*\***

Tuesday, December 11, 2018

4:30 to 6:30 pm

**Clackamas County Development Services  
Building**

**150 Beaver Creek Road, Room 119/120**

Oregon City, OR 97045

Please stack chairs, if you are able, when leaving, thank you and see you next time



## MEETING GUIDELINES

Highlighted guidelines below are in the process of being revised; see meeting notes.

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. Communicate about the topic safely.
  - a. Please don't share details of a suicide attempt or death, particularly the person's name or family, the location, the method, the contents of a note or other message, or any other assertions about causes. These details can activate people who are vulnerable.
  - b. Please don't share personal stories that are told in the meeting outside the meeting.
  - c. Please use the phrase "died by suicide" instead of commit – commit is a word associated with a crime or a sin.
  - d. Please don't use the terms successful or unsuccessful when talking about attempts/suicides – just say attempts or died by suicide – so that we avoid attributing positives or negatives.
8. Please place mobile phones on vibrate; avoid using electronic devices; take important calls/emailing/texting outside the room. Thank you for your cooperation.
9. The co-chairs and meeting facilitators are charged with managing the agenda, the discussions and the time; please cooperate with their requests.
10. We welcome stories of lived experience and recognize their importance; and to communicate safely, please avoid sharing details.
11. Please raise your hand to be recognized by the facilitator if you want to contribute to the full group.
12. Please give specific examples, when possible.
13. Please speak about interests not positions.
14. Identify next steps that foster commitment to the goals.
15. 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.