

September 23, 2021

Board of Commissioners
Clackamas County

Members of the Board:

Presentation of
September – Suicide Prevention Awareness Month

Purpose/Outcomes	In honor of Suicide Prevention Awareness in September, Health, Housing and Human Services Department’s Suicide Prevention Coordinator has prepared a presentation to the Board and citizens of Clackamas County in hopes of increasing awareness around the prevalence of suicide and, more importantly, the intentional work being done to decrease rates.
Dollar Amount and Fiscal Impact	No fiscal impact to the County
Funding Source	N/A
Duration	The month of September is dedicated to Suicide Prevention Awareness, but programming occurs throughout the year.
Previous Action	The Board has been supportive of addressing mental health and suicide prevention awareness in our community as well as supporting and participating in strategies that increase awareness of mental health.
Strategic Plan Alignment	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) County’s Performance Clackamas goals: “Ensure Safe, Healthy and Secure Communities”
Counsel Review	N/A
Procurement Review	No procurement needed – information for presentation purposes only
Contact Person	Rod Cook, H3S Director – (503) 650-5677
Contract No.	N/A

BACKGROUND:

Health, Housing and Human Services Department is presenting on the prevalence of suicide and the role that H3S is playing to reduce these numbers. In 2015, H3S committed to being intentional and strategic about how to provide care for those we serve that is suicide safe.

This presentation will highlight the prevalence of suicide on national, state and local levels as well as prevention efforts being undertaken by H3S and others to decrease these rates.

The presentation will include:

- National Suicide Prevention Awareness Month – September 2021 by Galli Murray, Suicide Prevention Coordinator with Health, Housing and Human Services Department

Respectfully submitted



For Rodney A. Cook
Rodney A. Cook, Director
Health, Housing & Human Services

Attachments:

- 1) *National Suicide Prevention Awareness Month – September 2021* presentation slide deck



PRESENTATION TO THE BOARD OF COUNTY COMMISSIONERS:

SUICIDE PREVENTION AWARENESS MONTH

Rodney Cook, Director
Health, Housing and Human Services

Galli Murray, Suicide Prevention Coordinator
Health, Housing and Human Services

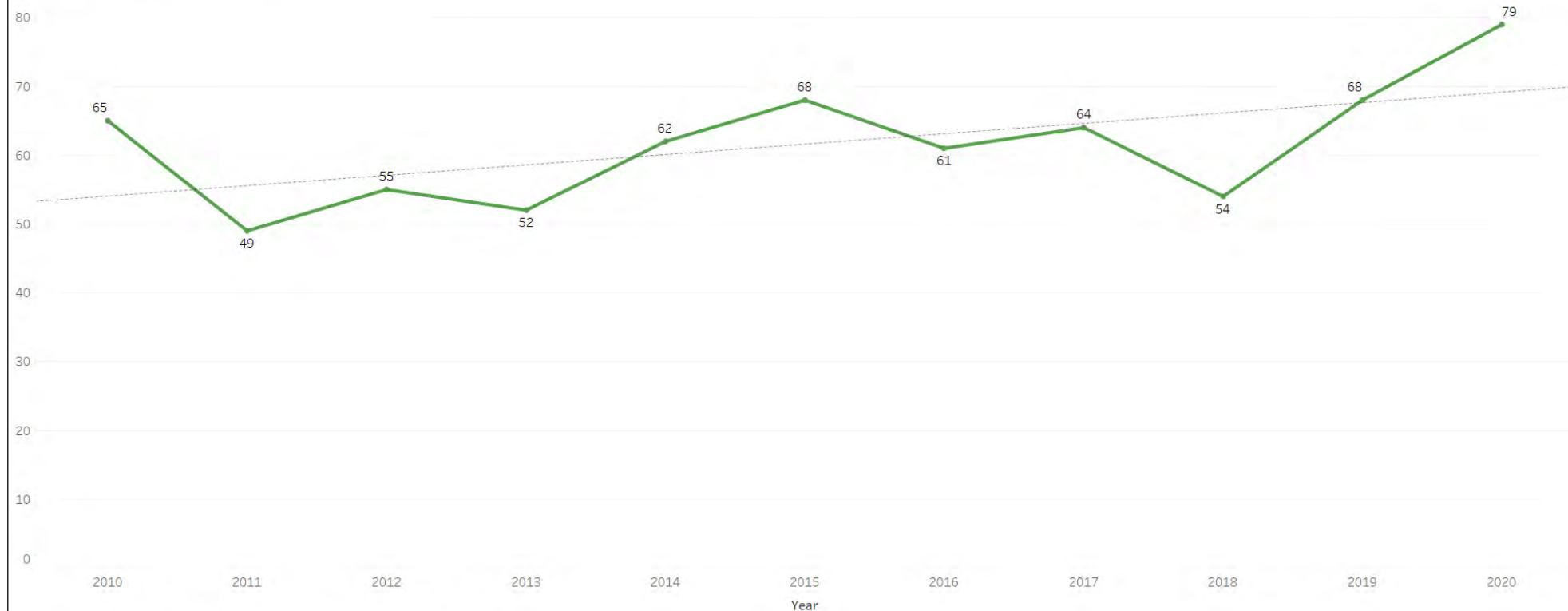
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A BRIEF REVIEW . . .

- 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.

CLACKAMAS COUNTY SUICIDE DEATHS 2010 – 2020

Clackamas County Deaths from Suicide by Year
2010 - 2020



The trend of count of 2010-2020 for DCSheet Date of death (2010-2020) Year.

THE WORK OF SUICIDE PREVENTION

- 21, 933 total individuals seen so far in 2021 in our Primary Care Clinics
- 19, 418 individuals completed the Patient Health Questionnaire
- 984 individuals identified as Positive (Endorsed Question #9 on Questionnaire)*
- 687 individuals completed the Columbia Suicide Severity Rating Scale Screening if Positive PHQ

This is 21,933 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)*

THE WORK OF SUICIDE PREVENTION

Human Resources Department

Provide ongoing consultation to Human Resources as to how our County can be even more intentional about supporting our workforce after a death of a client, colleague or a stressful event.

Clackamas County Sheriff's Office

Provide suicide prevention training at CCSO's Crisis Intervention Training (CIT) and ongoing consultation as to how to be even more intentional about suicide prevention in the jail and other touchpoints.

School Districts

Each of the 10 districts have received technical support in developing a district wide suicide intervention and prevention protocol as well as committed to training every staff member.

THE WORK OF SUICIDE PREVENTION

Clackamas County Juvenile Department

- Juvenile Department has and will continue to train all staff in suicide prevention

Law Enforcement Agencies

- Lake Oswego Police department trained all police officers in Applied Suicide Intervention Skills Training (ASIST)
- Clackamas County Sheriff's Office has committed to training all jail staff

Domestic Violence Agencies

- Clackamas Women's Services is training all staff in Applied Suicide Intervention Skills Training (ASIST)



THE WORK OF SUICIDE PREVENTION

Clackamas County Coalition to Prevent Suicide

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

Clackamas County Suicide Fatality Review

- Partnership with Medical Examiner's Office and H3S
- A multidisciplinary group of professionals and community members that meets to evaluate the circumstances leading to and causing suicides in order to improve community and service systems and to take action to prevent suicide.

THE WORK OF SUICIDE PREVENTION

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

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. Being intentional about this work is the only way to decrease deaths.
- Instead of believing that this work belongs to mental health professionals, help us to shift the paradigm that everyone has a role and responsibility.

QUESTIONS?

Galli Murray, LCSW

Suicide Prevention Coordinator

Clackamas County Health, Housing and Human Services

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