

# Clackamas County Suicide Prevention Action Plan

## Community Action Team Minutes

March 9, 2023 | 4 – 5pm  
Virtual Meeting

**Attendees:** Elisa Gerber (Chair and facilitator), Mary Clark, Galli Murray, Mike Foley

### 1) Welcome & introductions

**Reviewed purpose of this action team which is to:** Develop, implement, and support community-based programs and education that promote wellness, safe messaging and prevent suicide within our community.

### 2) Reviewed Suicide Prevention Action Plan (SPAP) strategic directions for the Community Action Team:

- 4a. Increase and sustain mental health awareness and suicide prevention training trainer capacity.
- 4b. Increase awareness of suicide prevention related resources and make information accessible to all Clackamas County residents.
- 4c. Develop strong social networks and connections to reduce isolation

### Continued Ideas for Community Event to Decrease Isolation and Increase Connection ([connects to 4c strategic direction](#))

- Monica did speak to Chris Williams in regards to hosting an event that uses lived experience to talk about loneliness and isolation through a lens of hope and recovery: cost will be about \$4900- Chris will do all of the organizing, work with storytellers, do all of the logistic work; as well as find a location to hold the event.
- Galli did reach out to Kim Whitely, Older Adult Behavioral Health Specialist, in regards to champions to possibly help lead conversations. She suggested speaking to others to get more info. Galli will follow up with those contacts given.
- The target audience for the event would be everyone, those that feel lonely and isolated.
- Have those that are a part of the Gatekeepers program (<https://www.oregon.gov/dhs/SENIORS-DISABILITIES/SUA/Pages/Gatekeeper-Program.aspx>) target/reach out to those that aren't normally able to be reached.
- Meals on Wheels connect with the most vulnerable adults (those not going into the community) and we can possibly ad a flyer to be given out.
- Questions to think about: What's the action we're asking individuals to take? Increasing awareness? How do you get people excited to engage in the lonely & isolated work? How do you include/pull in people?
- It was suggested that it would be benefiting to collaborate with or partner with those that are already doing this work with the lonely and isolated in the community: Adult Community Center, Gatekeepers, Meals on Wheels, etc.

### Action items:

- Galli will reach out to Kati Tilton to get someone from Gatekeepers program to join the discussion.
- Galli will connect with Brenda Durbin (Aging Services Advisory Committee) to discuss possibly joining their

meeting/discussions to get ideas.

- Galli will look into offering digital tablets at event; also looking into funding to get the tablets to give away with free Internet or reduced price on Internet. Along with support to train the older adults on how to use them.
- Elisa will look into what she can do on the state in regards to obtaining tablets to give away.
- Galli will create a little narrative to go out to those that support older adults about resources available, as well as trainings.

**Next Action Team meeting:** May 11<sup>th</sup> | 4 – 5pm | Location: Virtual link:

[https://teams.microsoft.com/l/meetup-](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NWE5ZjMyZTUtMmM3OC00NDQ3LWI3Y2EtMjc4ZDBhMTYxYzYx%40thread.v2/0?context=%7b%22Tid%22%3a%2211a5f385-e251-4bf1-b266-597e782882a0%22%2c%22Oid%22%3a%2209ca9670-9f46-4000-b2c9-74201ae76f0a%22%7d)

[join/19%3ameeting\\_NWE5ZjMyZTUtMmM3OC00NDQ3LWI3Y2EtMjc4ZDBhMTYxYzYx%40thread.v2/0?context=%7b%22Tid%22%3a%2211a5f385-e251-4bf1-b266-](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NWE5ZjMyZTUtMmM3OC00NDQ3LWI3Y2EtMjc4ZDBhMTYxYzYx%40thread.v2/0?context=%7b%22Tid%22%3a%2211a5f385-e251-4bf1-b266-597e782882a0%22%2c%22Oid%22%3a%2209ca9670-9f46-4000-b2c9-74201ae76f0a%22%7d)

[597e782882a0%22%2c%22Oid%22%3a%2209ca9670-9f46-4000-b2c9-74201ae76f0a%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NWE5ZjMyZTUtMmM3OC00NDQ3LWI3Y2EtMjc4ZDBhMTYxYzYx%40thread.v2/0?context=%7b%22Tid%22%3a%2211a5f385-e251-4bf1-b266-597e782882a0%22%2c%22Oid%22%3a%2209ca9670-9f46-4000-b2c9-74201ae76f0a%22%7d)

Meetings are open to anyone. All are welcome!