

Clackamas County Suicide Prevention Action Plan Community Action Team Minutes

September 14, 2023
4 – 5pm Virtual
Meeting

Attendees: Galli Murray (facilitator), Monica Parmley- Frutiger (Chair and facilitator), Kristine O'Brien (Portland VA, Community Engagement Specialist), Mike Foley (Community Member), Totiana Scott (Clackamas County)

1) Welcome

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

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

- 4a. Train youth and young adults how to identify signs and symptoms of someone who is struggling.
- 4b. Increase and sustain mental health awareness and suicide prevention training trainer capacity.
- 4c. Increase awareness of suicide prevention related resources and make information accessible to all Clackamas County residents.
- 4d. Develop strong social networks and connections to reduce isolation

The team previously discussed wanting to begin regular communications in Sept to bolster strategic direction “4c. Increase aware increased suicide prevention related resources and make information accessible to all Clackamas County residents.”

Clackamas County’s communications team (PGA) has agreed to let us use 3 communication tools on the regular. The external newsletter that goes to 1000’s of ClackCo residents, the County internal newsletter that goes to ALL Clackamas County employees and the H3S Dept newsletter that goes to approximately 700 staff.

PGA has asked for 12 pieces of content that are no more than 150 words total. This will be the content that goes into the above.

Previous idea that we discussed wanting to inform our community about:

- Free trainings: gettrainedtohelp (Consult with Kathy)
- County calendar
- Postvention
- Urgent MH Walk-in Center: Consult with Jeffrey Anderson
- Crisis and Support Line
- Peer Support (Folktime, MHAO, NAMI, VA, Youth ERA, The Living Room, [BOB](#), David Romprey Warmline): Kristine
- Consultation availability and resources: Galli
- Youth resources (info in HS papers too): Consult with Carlos
- Culturally-Specific resources (Racial Equity Support Line)
- Support groups: Wise Warriors, Portland Grief House, Galli’s email responses
- Safe messaging and the importance of language when talking about suicide: Kristine

- Rose city resource guide? <http://rosecityresource.streetroots.org/#/>

Monica developed a tool that we might consider using to track when topics are scheduled for communication/distribution to the community, when and how: https://docs.google.com/spreadsheets/d/1-HraLF_3isrxkBKAiqr6KHVPBjpWsgeicOrtTplHpZ4/edit?invite=CLOp_KUI#gid=0

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Monica added information to the following tool for tracking:

Community Action Team Communication Plan: https://docs.google.com/spreadsheets/d/1-HraLF_3isrxkBKAiqr6KHVPBjpWsgeicOrtTplHpZ4/edit?usp=sharing

This tool is also linked in the first row of the SPCCC Action Team Workplans spreadsheet:

<https://docs.google.com/spreadsheets/d/1ueaYbp6PuAsv1-YWSpcUkhLcwe5I8qU82HYE9zQdFks/edit?usp=sharing>□

Action items/Follow up:

- Galli will talk to PGA about getting connected to Pamplin.
- Galli will ask PGA what the lead time is if we have trainings or events coming up and would like their assistance.
- Galli will reach out to Carlos to ask for his thoughts on possibly putting an ad for SP resources in the high school/community college papers. Also asking Carlos what resources they would like to be included.
- Galli will reach out to Jeffery Anderson to see if context already exists for urgent MH walk-in center

Next Action Team meeting: November 9th 2023 4 – 5pm | Location: [Click here to join the meeting](#)

Meetings are open to anyone. All are welcome!