Clackamas County Suicide Prevention Action Plan
Youth and Young Adults Action Team (YYAAT)

October 9, 2023| 4-5pm
Virtual Meeting

Attendees: Carlos Benson Martinez (Chair and facilitator/Clackamas County), Megan Miller, Sandy Mathewson, Rachel Howard, Kenzie Meyer, Totiana Scott

1) **Welcome to the Youth and Young Adults Action Team meeting & introductions**

   Reviewed purpose of this action team which is:
   Youth and young adults and the agencies and individuals who care for and support them will regularly be provided with skills and resources and will understand their role in suicide prevention.

   Strategic directions for this action team:
   1a. Increase student awareness of how to identify a peer who may be struggling, how to be of support, and when to involve a trusted adult.
   1b. Increase parent/caregiver awareness about suicide warning signs and other areas of suicide prevention such as intervention, postvention and how to navigate accessing help.
   1c. Improve safe transitions from hospital to home and school.
   1d. Increase awareness on the issue of suicide prevention and improve engagement in, and implementation of, effective suicide prevention activities.
   1e. Increase utilization of prevention strategies such as universal suicide risk screenings and upstream curriculum

2) **Lines for Life update**
   - Galli, Carlo, and Megan have been meeting periodically regarding setting up QPR offered specifically for youth. Hoping to do so in schools, training staff and students.
   - Wanting to identify 2 school districts that would be interested and so far have West Linn High School and will get entire staff trained November 20th.
   - Looking on ways to compensate

3) **Volunteers**
   - Compensation will be available for volunteers that are not already getting paid to attend meetings or events. They will receive a $50 visa gift card per meeting/activity.

4) **Updated flyer**
   - There is now an interest form link and QR code
   - It would be helpful if everyone can start sharing flyer
   - Carlos will email the flyer out to everyone

5) **Suicide Prevention Coalition Sides (meeting w/LRIS)**
   - In an effort to reduce barriers to the use of our resource, we will create 2 apps (one for parents/caregivers and one for teens/YA) to ensure these different populations receive relevant information in an accessible and appealing manner.
   - Design elements include:
     o Inclusive font size
     o Using symbols & animations to portray ideas instead of stock photos
     o Representation & diversity in symbols & animation
     o Fun & engaging colors
     o Incorporate SPCCC logo colors
   - App Content:
     o Crisis Support:
       - Crisis lines/support resources on both apps (direct external links to connect)
       - Crisis guides (what to expect while receiving care, calling crisis line, etc.)
     o General Support:
       - Info about community based resources that serve teens/YA
       - Similar app list (w external download links?)
       - Connect to local trainings (QPR, ASIST, CALM)
       - Other community opportunities (How often will the app be updated?)
       - Info about reducing access to lethal means in the parent app
     o Education:
       - Conversation starters (for both youth & adults)
       - Signs, risks, protective factors
       - Suicide prevention FAQ/myth debunk
       - Interactive coping skill/knowledge check/feedback form
   - How would we develop the app:
       - Consult those with lived experience (teens and parents)
       - Review favorable existing apps (we have a list!)
       - Equity and inclusion in discussion/content/graphics
       - Deep dives into: Available resources in community/Data collection

	Youth App			Adult App		
1	**Youth App**			**Adult App**		
2		I. Home Page			I. Home Page	
3			- Why is suicide prevention important? *Local data (refer to Galli presentation) -quick connect to crisis resources - keep it simple and clear			- Why is suicide prevention important? *Local data (refer to Galli presentation) -quick connect to crisis resources -keep simple/clear
4		II.. About us			V. About us	
5			- What is the SPCCC/YYAAT? * Strategic Plan - Mission, vision, values * Strategic Plan - How this app was developed - How can folks get involved? *Information about action teams -inclusive images (focus on youth-community) -disclaimer of when to call 911			- What is the SPCCC/YYAAT? * Strategic Plan - Mission, vision, values * Strategic Plan - How this app was developed - How can folks get involved? *Information about action teams" -inslusive image (focus on caregiver-community) -disclaimer of when to call 911
6		III. Crisis Support			III. Crisis Support	
7			- Crisis lines (including links) * Tri-county resource list - population specific resources - Crisis guides (inlcuding what to expect recieving care) -include videos - crisis support locator (mobile)			- Crisis lines (including links) * Tri-county resource list -population specific resources - Crisis guides (inlcuding what to expect recieving care) -include videos
8		III. General Community Support/Education			III. General Community Support/Education	
9			-Resources *Find a: -trainings - treatment facilities (findtreatment.gov) * trainings available to youth *Community based organizations that serve YYA * Population-based resources * other apps * add info about app (free, device needed, service(s) offered) * printable/inforesources - Education * Signs, risks, protective factors *Conversation starters * Common myths			--Resources * trainings available to youth *Community based organizations that serve YYA * Population-based resources * other apps * * add info about app (free, device needed, service(s) offered) * printable/inforesources *secure firearms - Education * Signs, risks, protective factors *Conversation starters * Common myths
10		IV. Interactive			IV. Interactive	
11			- Coping activities (mindfulness, guided meditation/5 sense meditatio - Printable coloring sheets - Knowledge check -potential screener (with disclaimer)			- Knowledge check
12		VI. FAQ (concise, okay to repeat info)			VI. FAQ	
13			- Common myths - Where can I learn more/get trained? - Why does suicide prevention matter? - How can I get involved?			- Common myths - Where can I learn more/get trained? - Why does suicide prevention matter? - How can I get involved?
14		VII. Feedback			VII. Feedback	
15			- Option to provide contact info for follow up			- Option to provide contact info for follow up
16						
17	Questions	How/who monitors feedback?				
18		Who updates the app?				
19	Design	https://accessibe.com/blog/knowledgebase/ada-compliant-colors				
20		videos				
21	Questions for LF	badges				
22		translations (app wide)?				
23						

- Questions for LRIS
  - Ad policy
    - Are they needed?
    - If so, how do we avoid activating content?
  - Interactive elements possible?
    - Anonymous feedback
    - Coping skill activities
  - Considerations for external links
    - Links to external resources
  - Cookies
    - What are they?
    - Do we have to collect?
    - If so, how do we inform users properly?
  - Sign-in/profile ability
    - Is this necessary/how in-depth?
- Design Considerations

- - Font size can be adjusted by the user.
    - We will provide inclusive graphics/symbolism for LRIS.
    - Screen size differences across android, iOS (iPhone), progressive webpage (maybe)
    - When updating app, users won't see updates/changes or be affected until we click "update."
    - Colors remain visible for those with color blindness/deficiencies.
      - Will be intentional with color choices to ensure this
      - Incorporate SPCCC logo colors.
      - Individual users can't change visual/color experience on the app.
    - Ads are not necessary nor required.
- Data Collections/Age/Tech Considerations
    - 14+ years old external links do not matter.
    - Pay attention to age ratings for similar apps we link in our app.
    - External links can be coded to open within the apps instead of opening in external web browser.
    - Data collection is limited and not necessary.
      - More affordable without having to store users log-in data in the back end of the apps.
    - Cookies: small file downloaded that tracks user identity, history (resources previously visited)
      - Can set how they configure/how in-depth.
    - Won't need Wi-Fi to use the apps generally, but specific features may need Wi-Fi.
- Interactive Components Considerations
    - Could build external webpage that open within app for interactive components such as knowledge checks, feedback form.
    - The feedback form can be anonymous, but could have option to input contact information so we may follow up personally if desired.
    - Need more concrete ideas of interactive components to know if possible, with LRIS or if outside contracting is necessary.

Action items
- Start to mock up app with what we want to look like.

Next meeting: | December 11th from 4 – 5pm| Location: **Click here to join the meeting**

Meetings are open to anyone. All are welcome!