



## Coalition for Suicide Prevention in Clackamas County

*Welcome and Happy New Year*

1. Please sign in and get an agenda/materials
2. Please share and/or review resources on the resource table
3. Help yourself to refreshments
4. Be thinking about one word that describes how you've been practicing self care recently!





## Coalition for Suicide Prevention in Clackamas County

### Moving Forward to Action Plan

1. Build a written plan that reflects what we heard from local voices and includes analysis of strengths and gaps; overarching guide to help us identify where and how to add value – U of O inventory – work group?
2. Bring in content experts, experience on some specific topics to help inform our work – okay to focus on lethal means at next meeting?
3. Low Hanging Fruit – action steps – we'll talk more about some immediate actions that folks can take now



Coalition for Suicide Prevention in Clackamas County

## Listening Sessions - Voices of Clackamas County

260 People in 19 Listening Sessions or individual interviews between July 17, 2018 and November 15, 2018

We appreciate their time, perspectives & expertise to shed light on this topic





## Coalition for Suicide Prevention in Clackamas County

Aging & Disability Resource Center  
Aging & People with Disabilities - DHS  
Aging Services Advisory Council  
American Legion  
American Medical Response  
Arcadia Retirement  
Canby Adult Center  
Canby Schools  
Cascadia Behavioral Health  
Children Youth & Families  
City Managers  
City of Gladstone  
Clackamas County Public Health  
Community Health Workers  
Community Living Above  
Court Appointed Special Advocates  
Dave Romprey Warm Line

Educators  
Elected Officials  
Fire Emergency Medical Technicians  
Estacada Food Bank  
Fire Department  
Folk Time  
Food Bank Customers  
Funeral Home Directors  
Grandparents  
High School & Community College  
Students  
Housing Authority of Clackamas  
County  
Housing Authority Residents  
Juvenile Justice Services

Kaiser Permanente  
LGBTQQ Youth  
Lifeworks NW  
Madrona Recovery  
Mental Health & Addiction  
Association of Oregon  
Mental Health Providers  
Milwaukie Center  
Molalla Adult Community Center  
Molalla River Schools  
NAMI Clackamas  
NARA Northwest  
North Clackamas Parks & Recreation  
North Clackamas Schools  
Northwest Family Services





# Coalition for Suicide Prevention in Clackamas County

Northwest Primary Care  
Older Adult Advisory Council  
Older Adults  
Oregon City Schools  
Oregon Department of Human Services  
Oregon Legislative Staff  
Oregon Project Independence  
OSU Extension  
Pacific Medical Group  
Parents  
Northwest Primary Care  
Parrott Creek  
Peers  
People with Lived Experience  
Planned Parenthood  
Plaza Los Robles Residents  
Police Departments  
Providence Health & Services  
School Counselors  
Self Sufficiency Program – DHS

Senior Companions  
Suicide Loss Survivors  
Support Group Leaders  
The Pathfinders Network  
Todos Juntos  
Veterans and Families Resources Center  
Veterans of Foreign Wars  
Volunteer  
West Linn Wilsonville Schools  
Youth ERA  
Youth Leadership & Youth Advisory  
Councils  
Youth Villages





## Coalition for Suicide Prevention in Clackamas County

### Local Voices Themes – Categories for Suicide Risk

Health

Demographics

Societal  
Influences

Treatment, Services  
& Support

Social &  
Interpersonal  
Dynamics

Individual  
Experiences



## Coalition for Suicide Prevention in Clackamas County

### Local Voices Themes – Categories for Prevention

Inform

Promote  
Connection

Normalize &  
Destigmatize

Improve Access &  
Coordination for  
Treatment, Services  
& Support

Address Risk Factors  
Directly -  
Individually &  
Systemically

Provide Services  
in New Ways



# Coalition for Suicide Prevention in Clackamas County

## Health



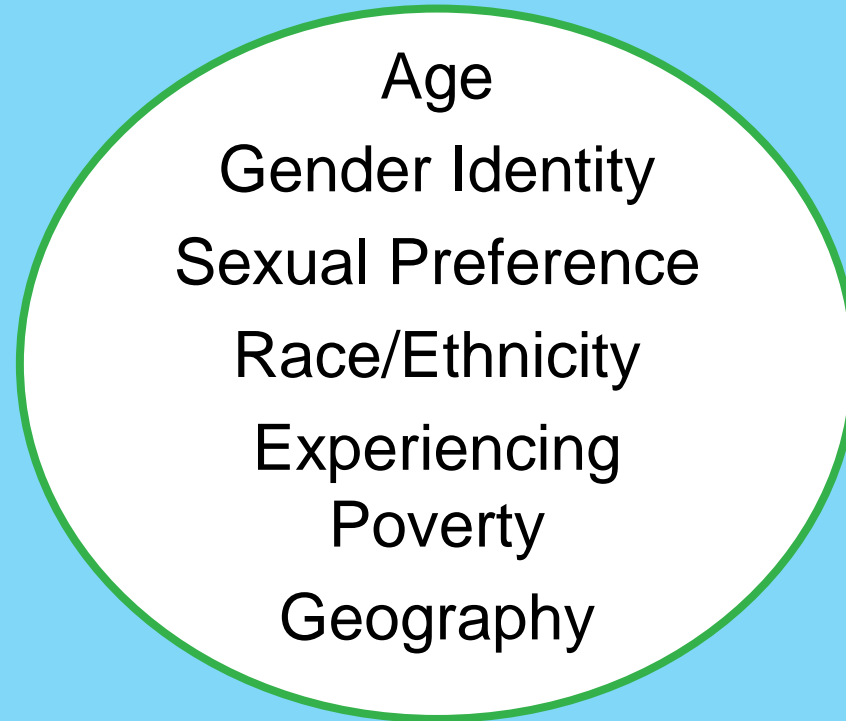
Physical Health  
Mental Health  
Substance Use/  
Abuse  
Gambling and  
other Addictions





# Coalition for Suicide Prevention in Clackamas County

## Demographics





# Coalition for Suicide Prevention in Clackamas County

## Societal Influences



Stigma  
Prejudice &  
Discrimination  
Inadequate  
Training/Education  
Limited Awareness  
Fear of accessing  
treatment



## Coalition for Suicide Prevention in Clackamas County

### Treatment, Services & Support



Limited Access  
Limited Availability  
Conventional  
Treatments Lack of  
Coordination  
Limited awareness  
and access to grief  
support



# Coalition for Suicide Prevention in Clackamas County

## Social & Interpersonal Dynamics



Loneliness  
Lack of Connection  
Lack of  
Belongingness  
Isolation  
Technology



# Coalition for Suicide Prevention in Clackamas County

## Individual Experiences



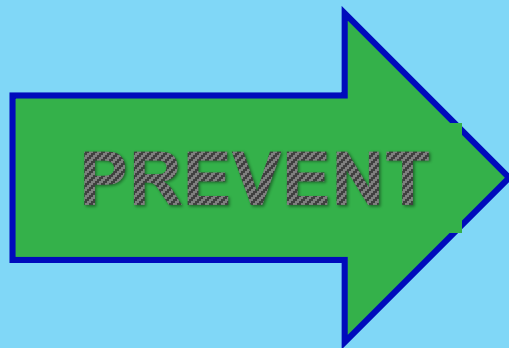
Trauma  
Abuse  
Significant Change/Loss  
Multiple Stressors  
Access to Means  
Suicide Attempts  
Suicide Loss  
High risk Professions





# Coalition for Suicide Prevention in Clackamas County

**Inform**



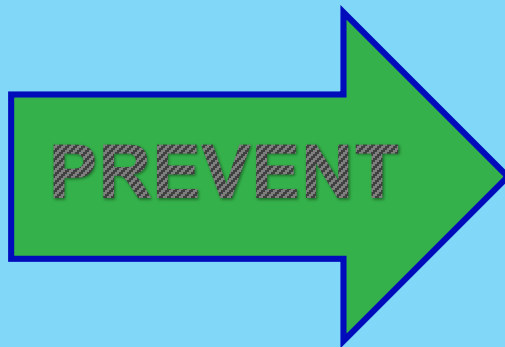
General Messaging  
Targeted PR  
Campaigns  
Widespread Training for  
lay & professionals  
Resources for Help





# Coalition for Suicide Prevention in Clackamas County

## Promote Connection

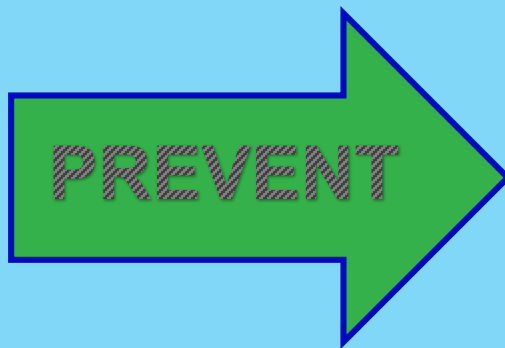


Capitalize on  
existing  
gatekeepers  
(e.g. meals on wheels)  
Outreach  
Utilize Peers



# Coalition for Suicide Prevention in Clackamas County

## Normalize & Destigmatize



Open discussion  
about mental health  
& suicide risk

Make resources  
visible & accessible

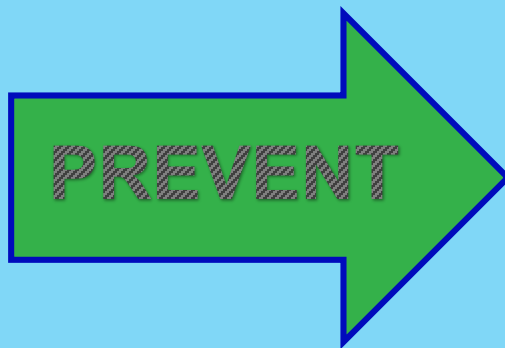
Storytelling





## Coalition for Suicide Prevention in Clackamas County

### Improve Access & Coordination for Treatment, Services & Support

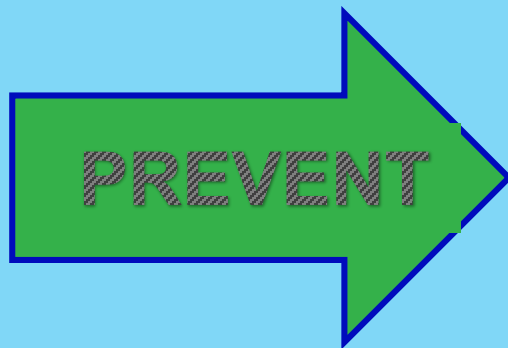


Equitable delivery  
of services  
Increase access to  
services  
Service availability in  
rural areas  
Service Coordination



## Coalition for Suicide Prevention in Clackamas County

### Address Risk Factors Directly - Individually & Systemically



Reduce access to lethal means  
Suicide Risk Screening  
Ask the Question  
Promote Protective Factors



## Coalition for Suicide Prevention in Clackamas County

### Provide Services in New Ways

PREVENT

Peers/Peer Respite  
Outreach/Mobile  
Services  
Provide services in new  
settings  
Emphasize Coordinated  
Follow-Up



Coalition for Suicide Prevention in Clackamas County

More Questions or Thoughts?



**CLACKAMAS**  
COUNTY



Coalition for Suicide Prevention in Clackamas County

## Small Groups

### Appoint a facilitator and note taker

1. What is your reaction to the visual for the themes? Does it make sense to you?
2. What common threads do you see within the risk categories? (identify up to 3 items)
3. What common threads do you see within the prevention categories? (identify up to 3 items)





## Coalition for Suicide Prevention in Clackamas County

### Low Hanging Fruit - Action Items for the Coalition

1. Work group members for gaps and strengths inventory
2. Take Calm training online -  
<https://training.sprc.org/enrol/index.php?id=20>
3. Any action on creating a 9-1-1 for mental health/suicide prevention?
4. Any one know anything about the AFSP lobby day?



# Oregon Sen. Wyden Calls For 911-Like Suicide Prevention Number

by [Kristian Foden-Vencil](#) Follow OPB Dec. 17, 2018 1:30 p.m. | Updated: Dec. 17, 2018 2:39 p.m. | Portland, Ore.

Oregon Sen. Ron Wyden asked the Federal Communications Commission on Monday to create a three-digit phone number for those thinking about taking their lives or in need of mental health support.

There is a national suicide prevention number, 1-800-273-TALK, but it doesn't exactly trip off the tongue. Wyden said a three-digit code, along the lines of 911, would solve that problem.

"More needs to be done to help those in need, and to increase resources and improve access to mental health professionals to help those thinking of suicide," Wyden [wrote the FCC](#). "I believe that a 3-digit code number, similar to 911 for emergencies, would most easily come to mind for those in need of intervention services." The FCC responded to OPB's request for comment by confirming that the agency had received Wyden's letter, and was reviewing it.

Oregon based Lines For Life is recommending 611 as the number. CEO Dwight Holton said it's time to make it easier for people in crisis to access support.

"We all know that for fire or rescue or physical injury, we call 911. Well, we need a 911 for the brain — and that's what a three-digit lifeline will deliver," Holton said.

If the number were to change, it would likely be staffed by the current national suicide prevention hotline. That hotline fields about 2 million calls a year.

The Centers for Disease Control and Prevention reports more than 40,000 Americans die each year from suicide.



## Coalition for Suicide Prevention in Clackamas County

### Closing

1. Next meeting: Meet in February or meet in March?  
If in February = Feb 19, if in March = March 19. Meetings will take place at Clackamas Developmental Services Building (DSB) going forward.
2. Steering Committee Applications – due on January 18 -  
<https://www.surveymonkey.com/r/XD89DBC>







## Coalition for Suicide Prevention in Clackamas County

### Closing

3. Connect Training – primary focus on youth and schools  
In the process of inviting folks in schools and connected to schools from our 10 districts as well as some others.
4. Oregon Suicide Prevention Conference *Communities Build Hope Together* in Sunriver, March 13<sup>th</sup> – 15<sup>th</sup>  
<https://www.linesforlife.org/2019-oregon-suicide-prevention-conference/>

