

# MID-VALLEY SUICIDE PREVENTION COALITION

**Date:** Tues. March 19, 2019

**Time:** 3:00 – 4:30 pm

**Location:** Salem Health Community Health Education Center (CHEC)  
939 Oak St. SE | Salem, OR | Building D | Classrooms 1&2

## Meeting Minutes

Time	Topic
3:00 pm	Welcome & Introductions
3:10 pm	<b>Oregon Suicide Prevention Conference</b> <ul style="list-style-type: none"><li>Coalition members who attended the conference shared some key takeaways:<ul style="list-style-type: none"><li><b>Phil Blea</b> appreciated their more upstream approach, which included Mental Health Promotion, and not <i>only</i> Suicide Prevention. He attended high quality sessions that were more about advocating for systems change. Hearing directly from the youth was also valuable; they are pushing us to think more about how to keep youth feeling connected at a time when they're feeling less and less so.</li><li><b>Kristi Woolner</b> attended standout postvention sessions (including a CONNECT training) that really drove home "postvention as prevention" and the importance of safe messaging. <a href="#">Scott Poland</a> shared information about some great assessment and postvention toolkits, including <a href="#">Montana's Crisis Action School Toolkit on Suicide</a>, in a few different sessions.</li><li><b>Alyssa Gaiser</b> also gained a lot hearing from the youth panel. Themes that stood out to her include youth needing to know the resources; texting resources are especially nice to have; youth are going to their peers for support; social media is here to stay, so we need to figure out how to leverage it and get youth the information that they need and want; youth want to be a <i>part</i> of the conversation, to be listened to and validated. Alyssa also appreciated hearing about the development and work of central OR's tri-county coalition, the <a href="#">Central Oregon Suicide Prevention Alliance</a>.</li><li><b>Abby Warren</b> echoed the valuable information presented in a number of sessions by the Central Oregon Suicide Prevention Alliance, including their challenges, strategies, comradery and collaboration across counties, timeline for their work, etc.</li><li><b>Charlette Lumby</b> took away the need for more parent education. Hearing from the youth that they won't go to their parents for fear of them "freaking out" was a huge concern. We need to be creative about how to get resources and information out via social media – specific messages and platforms for youth vs. parents, in collaboration with youth-serving agencies.</li><li><b>Michelle Bangen</b> echoed the great information and resources shared in many sessions, especially approaches to <a href="#">postvention and lessons learned</a> in four Oregon counties and <a href="#">planning and assessment tools</a> for the coalition. Abby Warren and Stephanie Gilbert also offered a great session about Polk County's #OK2ASK campaign and video series. If you still haven't seen those, check them out <a href="#">here</a> and <a href="#">here</a>!</li></ul></li><li>Presentation materials from most sessions are available on the <a href="#">conference website</a>. There were so many great sessions and there's likely something for everyone!</li></ul>

Time	Topic
3:35 pm	<p data-bbox="329 241 831 283"><b>Coalition Planning Survey/Interest Form</b></p> <ul data-bbox="329 283 1242 346" style="list-style-type: none"> <li data-bbox="329 283 1242 315">• Thank you to those who took time to complete the brief survey (n=31).</li> <li data-bbox="329 315 1242 346">• We reviewed the results which can be found <a href="#">here</a>.</li> </ul>
3:45 pm	<p data-bbox="329 399 673 441"><b>Working Group Worksheets</b></p> <ul data-bbox="329 441 1502 1333" style="list-style-type: none"> <li data-bbox="329 441 1502 504">• We debriefed the <a href="#">worksheet exercise</a> from February’s meeting, which had everyone break into interest areas for potential working groups.</li> <li data-bbox="329 504 1502 535">• Groups shared highlights and keys for moving forward: <ul data-bbox="381 535 1502 1333" style="list-style-type: none"> <li data-bbox="381 535 1502 703">○ <b>School Prevention Partnership</b> (report out by <b>Tim Glascock</b>): Parents are important to include; need to build skills and supports for youth, schools, <i>and</i> parents; there may be opportunities for survivor groups within the schools; consider opportunities for expanding <a href="#">PAX Good Behavior Game</a> for social and emotional learning throughout the districts (an effort currently underway)</li> <li data-bbox="381 703 1502 829">○ <b>Media &amp; Communication</b> (report out by <b>Jenna Wyatt</b>): Need to consider who the specific audiences are, what they need, and then create a communication plan for each; will develop new coalition marketing materials that can be shared at events, etc., and consider ways to promote the group and resources more broadly</li> <li data-bbox="381 829 1502 1039">○ <b>Trauma Informed/ACEs</b> (report out by <b>Clay Peterson</b>): The group’s discussion focused primarily on the homeless community given a general lack of connection between ACEs, mental health, and homelessness; would like to start by combatting current non-trauma informed responses to the homeless community on the part of local businesses by providing “trauma 101”/ACEs trainings to the Chamber of Commerce; should identify and connect with other local groups doing similar work</li> <li data-bbox="381 1039 1502 1228">○ <b>Training</b> (report out by <b>Alyssa Gaiser</b>): Would like to complete the needs assessment/gap analysis started in the fall to assess community capacity and more fully understand where trainings are already happening; would be helpful to develop/build capacity within an active pool of QPR facilitators; will create a facilitator needs assessment and work to identify champions within a wide range of organizations/communities to help expand training reach in the region</li> <li data-bbox="381 1228 1502 1333">○ <b>Strategic Planning</b> (report out by <b>Michelle Bangen</b>): Will collect and review completed worksheets to begin building our coalition’s strategic plan; will develop draft documents of collaboration, charter, etc. and bring back to the group for feedback</li> </ul> </li> </ul> <p data-bbox="329 1344 462 1375"><b>Next Steps</b></p> <ul data-bbox="329 1375 1502 1554" style="list-style-type: none"> <li data-bbox="329 1375 1502 1480">• If you have an interest in being a member of any of the working groups, or in providing some level of leadership, please email <a href="#">Michelle</a>. <b>We want and need your participation to keep this awesome work moving forward!</b></li> <li data-bbox="329 1480 1502 1554">• We will convene individuals who have expressed an interest in leadership to develop a uniform structure/process for working groups, and to support next steps for each.</li> </ul>
4:00 pm	<p data-bbox="329 1596 941 1638"><b>Partner Spotlight – Claggett Creek Middle School</b></p> <ul data-bbox="329 1638 1502 1900" style="list-style-type: none"> <li data-bbox="329 1638 1502 1732">• <b>Donna Wyatt</b>, 8<sup>th</sup> Grade Health &amp; Health Occupations Teacher and <b>Teagan Castleman</b>, former student, shared the rationale and roadmap for a 5-week curriculum that explores depression, mental health promotion, and suicide prevention.</li> <li data-bbox="329 1732 1502 1795">• Their slides outlining each component, along with video links, sample lessons, photos, examples of their final project, and materials distributed around school can be found <a href="#">here</a>.</li> <li data-bbox="329 1795 1502 1900">• Students have been so engaged in the project and it appears to have made an impact on the entire school’s climate. Students are more comfortable reaching out for help and are seen with resource cards prominently displayed on folders, etc.</li> </ul>

Time	Topic
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- To learn more about the curriculum, contact [Mrs. Wyatt](#). She can also connect you with Teagan if you are interested in having her present.
- If you are aware of opportunities to share this information with other teachers, please consider inviting Mrs. Wyatt to share her curriculum and class outcomes!

**4:20 pm Partner Updates & Announcements**

- **CORRECTION: Marion County Health & Human Services (MCHHS), Salem-Keizer Public Schools and the Salem and Keizer Police Departments** are hosting free screenings of the film [Screenagers](#) on **April 11 & April 16, 6-8 pm**. More info can be found [here](#).
- **MCHHS** is working with Mt. Angel, Woodburn, and Gervais school districts to train 60 teachers in the [PAX Good Behavior Game](#) **May 8-10**. For more info, contact [Kelly Martin](#).
- **Western Oregon University** is hosting an **Out Of the Darkness Walk** for Mental Health Awareness Month on **May 17, 4-6 pm**. The entire community is encouraged to participate. Cody Welty, former WOU student who appeared on the [Today Show](#) will speak at the event. Contact [Tim Glascock](#) if you are interested in volunteering, hosting an agency table (no cost), or for more info.
- **The PEERPOCALYPSE conference**, which will be **May 20-23 in Salem**, is great for peer workers, people receiving mental health services who provide support (personally or professionally), mental health professionals, folks connected to other human services, and supervisors interested in using peer employees effectively. Visit [PEERPOCALYPSE](#) for the schedule, workshop descriptions, and more info. **The Mid-Valley Behavioral Care Network (BCN)** is offering many scholarships for peers and providers in the region. Applications can be found [here](#) and are **due April 7**. Contact [Clay Peterson](#) with scholarship questions.
- **The Oregon College & University Suicide Prevention Project (OCUSPP)** will be hosting a training with Dr. Thomas Joiner, psychologist and leading expert on suicide, **June 27, 10 am-4:30 pm at Portland State University**. Cost for non-OCUSPP members is \$125, which includes **5 CE's** for health professionals. Registration and more info can be found [here](#).

**4:25 pm What's Next?**

- **Next meeting:** Tues. April 16, 3-4:30 pm, Salem Health Community Health Education Center (CHEC), Classrooms 1&2
- Coalition meetings have been scheduled in the CHEC through July.  
**Thank you, Salem Health!**

**Parking Lot**

- Resources related to peers
- Access to lethal means (especially guns)
- Increasing outreach to parents
- Sexting as a topic leading to suicide
- Community readiness assessment
- Vicarious trauma for first responders

**Action Items**

- If you are interested in being a member of or providing some level of leadership to any of the coalition working groups, please email [Michelle](#). **We want and need your participation!**