

Mid-Valley Suicide Prevention Coalition Strategic Plan, 2024

Mission: The Mid-Valley Suicide Prevention Coalition empowers individuals to save lives by promoting mental health, creating an open space for community connectedness and making suicide prevention an approachable topic across the lifespan.

Goal 1: Align community efforts around Mental Health Promotion and Suicide Prevention by leaveaging community resources and decreasing siloed work to reduce duplication.				
Activity	Partnerships	Action Step	Output(s)	Results
<i>What will you do?</i>	<i>Who are the organizations involved?</i>	<i>What are the steps your organization will take?</i>	<i>What will be produced, measured, or counted? By when?</i>	
1.1 Survey the Coalition	Marion and Polk Coordinators	<ul style="list-style-type: none"> *Review other surveys *Create survey *Lunch survey to the group *Analyze and implement action items from survey 	<ul style="list-style-type: none"> *The survey will be ready to distribute at the January 2024 Coalition meeting. *By February 2024, the results will be analyzed and implementation will begin. 	
1.2 Create strategic plan for the Coalition	Marion and Polk Coordinators Coalition Members	Steering Committee to help guide in developing the action plan	<ul style="list-style-type: none"> *By December 2023, have a draft of the action plan to share with Steering Committee. *By the January 2024 Coalition meeting, the action plan will be ready to share. 	
1.3 Increase the membership to the Coalition for groups not currently represented, i.e., youth, tribes, older adults	Marion and Polk Coordinators Coalition Members	<ul style="list-style-type: none"> *Identify groups not represented *Reach out to and invite new community partners *Rotate meeting locations between Polk and Marion Counties to increase accessibility. 	<ul style="list-style-type: none"> *By June 2024, with the assistance of the Steering Committee, create list of groups not represented. *By June 2024, create plan on outreach to the identified groups. *Ongoing: work with Steering Committee and greater Coalition to personally invite people to the group. 	

Goal 2: To decrease stigma around mental health and suicide				
Activity	Partnerships	Action Step	Output(s)	Results

What will you do?	Who are the organizations involved?	What are the steps your organization will take?	What will be produced, measured, or counted? By when?	
2.1 Community outreach events during awareness month and beyond.	High Schools, Colleges, CBO, Coordinators, Coalition members	<ul style="list-style-type: none"> *Outreach to target areas first (higher risk zip codes) *Outreach to other areas with individuals that are higher risk *Create process that community groups can help promote Coalition at events they attend 	<ul style="list-style-type: none"> *By December 2024 the group will have held 12 community outreach events. *By September 2024 create tabling kits that can be given to Coalition partners for events. 	
2.2 Increase Spanish materials around mental health and suicide prevention		<ul style="list-style-type: none"> *Explore how to create Spanish video/audio *Work with community partners to create handouts in Spanish 	<ul style="list-style-type: none"> *By June 30, 2024, Spanish materials created. 	
2.3 Provide education and outreach to small employers in Marion County	all	<ul style="list-style-type: none"> * Create workgroup to create packet *Work with coalition on how to promote 	<ul style="list-style-type: none"> * By September 2024 packets created * Process of how coalition members can share packet *5 number of packets distributed by December 2024 	
2.4 Create tool youth tool kit for Mental Health Awareness month	Youth Era, Pacific Source, others....	<ul style="list-style-type: none"> *Create workgroup toolkit *Create Focus group *Distribute kit to youth serving organizations and schools 	<ul style="list-style-type: none"> * By April 1, 2023, create kit distribute *By April 8, 2023, offer kit to 10 youth serving organizations 	
2.5 Support gatekeeper trainings in the community	Salem Health, Santiam Hospital, Incite, MCHHS, Polk County, WESD, OFSN, Willamette University, WOU, Marion and Polk Counties	<ul style="list-style-type: none"> *Promote QPR to community organizations and businesses *Offer QPR survey and data collection to community trainers *Promote the free QPR booklet opportunity 	<ul style="list-style-type: none"> *By Dec. 30, 2024, provide 3 QPR classes in the community *By Jan. 15, 2025, create an end-of-year QPR class report with available data *By January 2024, have the QPR booklet request added to the website and promote at each Coalition meeting 	

Goal 3: Enhance Coalition Infrastructure

Activity	Partnerships	Action Step	Output(s)	Results
<i>What will you do?</i>	<i>Who are the organizations involved?</i>	<i>What are the steps your organization will take?</i>	<i>What will be produced, measured, or counted? By when?</i>	
3.1. Update the coalitions' website	Marion and Polk County, web developer and graphic designer	*Update pages on website	Ongoing	
3.2 Develop guidelines for committees	Coalition Coordinators and Steering Committee	*Document business elements for Coalition committee (e.g., term lengths, etc.)	Documentation finalized by May 2024 Coalition Meeting	