

Alliance Oregon
to Prevent Suicide
Hope • Help • Healing

Connecting the
Field
April 14, 2020

Alliance Oregon
to Prevent Suicide



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Agenda

- ▶ Centering
- ▶ Alliance Update – Connect and Advocating in An Uncertain World
- ▶ Update from Lines for Life – Youthline, Schools and Rapid Response
- ▶ OHA S-PIP Team
- ▶ Innovative Outreach: COVID 19 – Lane County, Bethany Grace
- ▶ Quick Insight: Working with Families with Children with Behavioral Health Issues – Dan Foster, GOBHI

In the virus chart, the line swoops up
to mark the stricken in a wave
that surges, while a lower line
ekes out finite hospital beds.

In the Wall St. chart, stocks tumble
down in a jagged line, blips of hope
crushed in descent, erasing gains
Of the long binge.

May my line be flat for ordinary
days—half a cup of rice, the last
apple, second pot for the teabag,
and dusk in gratitude:
each breath's infinite blessing

Kim Stafford, Oregon Poet Laureate, *Poems for the Pandemic*



Mindful Moment

- ▶ Five things you see
- ▶ Four things you feel
- ▶ Three things you hear
- ▶ Two things you smell
- ▶ One thing you taste



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Framing Messages

The Alliance supports youth and families and promotes public policy to:

- Promote a sense of **hope** and highlighting resilience.
- Make sure the right **help** is available at the right time
- Engage individuals and communities in the **healing** process after an attempt or suicide

Framework for Safe Messaging



- ▶ **Safety** – avoid content that increases risk for vulnerable individuals or is unhelpful by reinforcing problematic norms, conveying negative stereotypes or undermining prevention.
- ▶ **Positive Narrative** – promote the positive in some form, such as sharing resources, telling positive real stories, describing action steps, and featuring program success.
- ▶ **Guidelines** – use specific guidance or best practices that apply to messaging.
- ▶ **Strategy** – plan and focus messages so they are as effective as possible. This includes integrating communications with other efforts, defining clear, achievable and measurable goals, understanding the audiences, identifying a “call to action” and providing resources for taking action.



Together: We Got This!



STORMS OF CRISIS GLOBAL PANDEMICS

PRIVILEGED MARGINALIZED DESTITUTE

PRIVILEGED

- EASILY ABLE TO WORK FROM HOME
- EXTRA TIME FOR FUN ACTIVITIES
- BEING ABLE TO HOME SCHOOL THE KIDS
- ACCESS TO ADEQUATE

MARGINALIZED

- LARGE PERCENTAGE OF ESSENTIAL WORKFORCE
- LIMITED ACCESS TO CHILDCARE
- MORE LIKELY TO BE IMMUNOCOMPROMISED

DESTITUTE

- UNABLE TO PRACTICE SOCIAL DISTANCING
- NO FINANCIAL SUPPORT
- LOW ACCESS TO WATER AND DISINFECTANTS

HOPE

*Connecting the Field-Building Hope by Sharing Innovations and Experience

*Focusing on Resilience and messages of connection

HELP

*Advocating for better suicide intervention and management training for the behavioral health workforce

*Hosting an online conversation with organizations serving LGBTQ youth

*Supporting trainings

HEALING

*Adapting postvention responses for “shelter at home” world.

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Update from Oregon Health Authority

Trauma Informed Oregon Guidance

- ▶ **Safety** – How can you provide physical safety (e.g., access to essential services, safe spaces) but also emotional safety (e.g., someone is looking out for me).
- ▶ **Consistency** – In what ways can you promote consistency even as things are ever changing. For example, getting up at the same time even if you are not going to work, school, or services. Developing a routine/daily schedule for students at home.
- ▶ **Transparency** – How can you provide clear, direct, and accurate information and keep this updated? Consider offering multiple ways of information sharing (e.g., websites, videos with closed caption, twitter, email, flyers, etc.) and in multiple languages.
- ▶ **Peer Support** – How can you support each other in this response? Using technology to check in on how colleagues, friends, family, and neighbors are doing as well as sharing your ideas for coping. Join online groups that are supporting neighbors.
- ▶ **Collaboration**– How are your strategies including those impacted? Are communities included in the decisions and kept up to date?
- ▶ **Culturally Responsive**– Are you considering the cultural strengths and needs of the community as you plan responses? Who has and does not have access to resources?

What Can We Do Together?

- ▶ Share stories of hope and resilience
- ▶ Highlight best practices across the state
- ▶ Develop mutual support across the field to address challenges and support one another
- ▶ Inform OHA and ODE of local and regional needs
- ▶ Share funding and other resource opportunities
- ▶ Strengthen local, regional and state coalitions



BE KIND

**YOU NEVER KNOW
WHAT BATTLES
PEOPLE MAY BE
FIGHTING OR WHO
THEY MAY BE
SUPPORTING. YOUR
KINDNESS CAN LIFT
THEM UP, WHILE
THEY ARE LIFTING
OTHERS, CREATING
SUPPORTS YOU
NEVER DREAMED OF**

-LIFE'S NEW NORMAL