

Alliance Quarterly Meeting

Date: Friday, September 11, 2020 Time 9: 30 a.m. – 12:30 p.m. Orientation 8:45 a.m.

Join the meeting from your computer, tablet or smartphone.

https://uoregon.zoom.us/j/99112422699

Call In: 253.215.8782; Access Code: 99112422699#

Attendance:

Ariana Brooks John Seeley Meghan Crane Charlette Lumby Jon Rochelle Michelle Bangen Chelsea Holcomb Jonathan Hankins Mila Rodriguez-Adair Chris Sovari Joseph Stepanenko Olivia Nilsson Cindy Smith Judah Largent Patty Card Dan Foster Julie Magers Rebecca Marshall Dana Cohen Lissman Julie Scholz Robyn Metcalfe Danette Killinger **Justin Potts** Roger Brubaker David Westbrook Kaliq Fulton-Mathis Roxanne Wilson Debra Darmata Karli Read Sandy Bumpus Don Erickson Khanya Msibi Sarah Trejo

Elissa Adair Kimberlee Jones Shanda Hochstetler **Emily Morrisey** Kirk Wolfe Sierra Henderson Kris Bifulco **Emily Moser** Spencer Lewis **Eric Bowling** Kristin Fettig **Shane Roberts** Eric Martz Laura Rose Misaras **Stephanie Cisneros** Fran Pearson Leslie Goldon

Fran Pearson Leslie Goldon Stephanie Willard
Gabrielle Colton Lev Schneidman Steve Ware
Galli Murray Linda Hockman Suzie Stadelman
Gary McChonahay Liz Thorne Spencer Delbridge
Gordon Clay Lon Staub Tanya Pritt

Grace Bullock Maria Pos Tia Barnes
Jenna Oh Maria Antonia Botero Tim Glascock
Jill Baker Mark Hammond Wren Fulner
Joanna Wright Maya Bryant Zev Braun



Minutes

9:30 – 9:50 Welcome, Introductions and Agenda Overview

Annette Marcus, Policy Manager, Alliance David Westbrook, Alliance Chair, Lines for Life, Chief Operating Officer Galli Murray, Co-Chair of the Alliance, Suicide Prevention Coordinator in Clackamas County

Annette Marcus welcomed attendees and asked everyone to use the chat feature to introduce themselves, no verbal introductions were made due to the number of participants. Attendees were asked to provide their name, pronoun (for example, he/she/they), where they live or work, their organization and/or role. This will help us to have a smooth meeting and to organize people into small groups later

Galli Murray thanked attendees for joining the meeting today. She acknowledged the challenges of our current situation of COVID-19, evacuations and unhealthy air caused by wildfires around the state, and racial injustice. In these trying times, coming together today shows the strength of our group and our support for the communities we serve. Remember to take care of yourself and –

- Let us know with a private chat if you're having a tough time and need someone to talk with.
- Take a break when you need to get up and stretch, get yourself a cup of tea or a bite to eat. Please mute yourself unless you have a comment.
- It can help to draw doodles, take notes or pat your cat or dog during the meeting
- Remember, this is a group of advocates that includes youth and young adults, experts in the field of suicide, people who have lost a loved one to suicide, and people who have survived one or more suicide attempt.
- Galli acknowledged today David is stepping down from his position as chair of the Alliance. She shared her appreciation for his guidance, wisdom, and thoughtful leadership. It has been a pleasure and an honor to serve on the Alliance with you. Thank you. We will be circling back to expand on our appreciation at the end of our meeting.
- David thanked Galli and gave her a warm welcome as the incoming chair.
- Galli reminded attendees this is a public meeting and encouraged attendees to pass along information about Alliance meetings to those you know and those you come in contact with who may be interested in participating.
- Before starting the business portion of the meeting, Galli provided an overview of the "Big View, Review, and Preview":



Big View - The Alliance is an advisory group to OHA and is in a supporting role for the implementation of the YSIPP. It is an advocacy and policy organization focused on suicide prevention and intervention.

Review – The last two quarterly meetings focused on policy development for the next legislative session. Alliance members began meeting with legislators over the past two months to move policy priorities forward. The Executive Committee also met over the summer to continue to strengthen Alliance operations and prioritize activities for the upcoming fiscal year. Preview - Today we will be voting on revised by-laws, a mission and vision

Preview - Today we will be voting on revised by-laws, a mission and vision statement for the Alliance, and new positions to the executive committee. The rest of the meeting will focus on development of the next 5-year Youth Suicide Intervention and Prevention Plan.

9:50 – 10:15 **Alliance Business**

Galli Murray, Co-Chair of the Alliance, Suicide Prevention Coordinator in Clackamas County

- June Quarterly Meeting Minutes
 Galli asked if there were any additions or corrections to the June quarterly meeting minutes; hearing none, she called for a motion to approve the minutes as presented. Motion: Justin Potts made a motion to accept the minutes; John Seeley seconded the motion. Vote: The motion passed with no nays and no abstentions.
- Vote on Changes made to align By-Laws with the State Fiscal Year
 The bylaws have been revised to bring timelines into alignment with the State
 Fiscal Year calendar. The changes are minor and today we're voting to adopt
 the revisions. Galli asked for comments or discussion. Hearing none, she
 called for a motion. Motion: David Westbrook moved to adopt the revised
 bylaws as presented. Gary McConahay seconded. Vote: The motion passed
 with no nays and two abstentions.
- Justin Potts requested staff post the bylaws on the Alliance website.
- Vote on Nominations (See Attachment 2)
 Galli explained that today we're voting on nominations to the Executive
 Committee. Annette reviewed how the committee is structured: The Alliance
 Chair and Co-Chair are automatically on the committee as are chairs from
 each of the standing committees. If committees have a co-chair structure,
 only one can serve on the Executive Committee as a voting member. OHA and
 Public Health colleagues attend Executive Committee meetings, however,
 they are not voting members. Additional positions on the Executive
 Committee are:
 - Two persons identifying as having direct lived experience of intrusive suicidal thoughts, urges and/or behaviors (including suicidal attempts)



- A person with lived experience identifying as a bereavement loss survivor (i.e. family member of a person who attempted or dies by suicide)
- Two young adult representatives, who may be supported at executive committee meetings by a non-voting adult ally.
- Up to two at-large members
- A healthcare provider
- A person representing schools (K-12) or colleges and universities

Annette shared that over the summer a call for nominations was sent to members and affiliates and the names going forward today are a combination of responses from members, affiliates and self-nominations. This is in-line with the process per the bylaws. Executive Committee positions must be approved by October 1st.

Galli reminded the group today's meeting is being recorded. She explained multiple positions are being filled on the Executive Committee and the nomination ballot (see below) indicates candidates nominated for each position.

Vice-Chair

Ryan Price (He/Him) – Co-Chair of the Outreach and Awareness Committee. Director for the Oregon (and Idaho) American Foundation for Suicide Prevention

Lived Experience

Dan Foster (He/Him) – Serves on the Lethal Means workgroup and workforce, expert ASIST trainer, works with GOBHI and holds CCO position.

Lon Straub (He/Him) – New Alliance member, father of Adi and key advocate for SB52, known as Adi's Act. Currently assisting Alliance with strategic project management.

At-Large Members

Gordon Clay (They/Them) – New Alliance member. Chair of the Suicide Awareness and Prevention Council for Curry. Has led and procured funding for anti-bullying and suicide prevention campaigns.

Leslie Gold (She/Hers) – New Alliance member, Director of IT and Security at Lines for Life, key member of Lines for Life leadership team.

Galli proposed a two-step process: first, a motion to accept the nomination ballot as presented and a second process whereby each nominated candidate will be voted on separately. Galli opened the floor for discussion. The group asked for clarification on voting members and after a review of the list attached to the agenda, it was suggested to remove the names of our colleagues from OHA and Public Health as they are not voting members.



Motion: Justin Potts made a motion to amend the membership list to remove the OHA and Public Health members names. Julie Magers seconded. **Vote:** Motion passed with no nays and no abstentions.

Some members indicated they were not clear on the positions being filled and process and requested more time to consider the ballot. Staff will send out materials in response to questions. Julie Magers asked staff to include a table that shows names of members on the executive committee, role and terms.

Motion: Justin Potts motioned that Alliance staff and current Executive Committee produce a chart of outgoing members, current members, incoming members, role of each person and term on the committee to be voted on prior to September 30. Spencer Lewis, seconded. Vote: Motion passed with no nays and one abstention.

David Westbrook asked that the chair and vice-chair positions be voted on today to maintain the leadership structure. **Motion:** Julie Magers motioned to accept the nominations of Galli Murray as Chair and Ryan Price as Vice-Chair for the next two-year term. Stephanie Willard seconded the motion. **Vote:** Motion passed with no nays and no abstentions.

Discuss and Vote on Proposed Vision and Mission

Galli opened the discussion asking that if there are no major changes to the draft vision and mission that we move forward to adopt. She noted the Executive Committee spent time developing the vision and mission and the principles and values statements will be developed in concert with the radical inclusivity and equity workgroup. We will report on progress on the principles and values statements at the December quarterly meeting. The group reviewed the draft mission and vision statements.

Draft Mission

The Alliance advocates and works to inform and strengthen Oregon's suicide prevention, intervention and postvention policies, services and supports to prevent youth and young adults from dying by suicide.

Draft Vision (proposed revisions in red):

In Oregon all young people have hope, feel safe asking for help, can find access and receive to the right help at the right time to prevent suicide, and live in communities that build resilience, foster healing, connection, and wellness.

Motion: Julie Scholz made a motion to adopt the vision as modified and the mission as presented. Gordon Clay seconded the motion. **Vote:** Motion passed with no nays and no abstentions.



10:30 - 10::40

YYEA Update

Karli Read, YYEA Representative on Executive Committee Maya Bryant, YYEA Representative on Executive Committee Olivia Nilsson, YYEA Representative on Executive Committee

Maya reported YYEA is making changes and has set new goals to increase youth leadership and improve equity and anti-racist practices. The changes include:

- Youth Leaders youth will facilitate meetings
- Youth Meeting Coordinators assist Youth Leader at meetings
- Equity and Inclusion Workgroup will identify practices that support youth
- Team Building working together to engage youth and build leadership

Kali Reed was unable to attend today, Emily Morrissey presented Kalie's report re: mentoring program update. The mission of the mentoring program is "To amplify youth voice and create equity within the Behavioral Health State Councils". To achieve their mission, YYEA has created a workgroup that has been in the process of creating a state council mentoring program which will be piloted through councils such as the Children's System Advisory Council and Health Transitions Statewide Steering Committee. Highlights of the program include:

Pair young adult mentees and adult ally mentors together with the directive of amplifying youth voice at the table of state councils. Pairings will be for six months and emphasize a mutually beneficial relationship The workgroup has been engaged in creating paring forms, program guides and support and evaluation materials.

Olivia reported an update on the LGBTQ mini grants (\$216,000 funded through OHA). YYEA participated on the committee to review and score the 81 applications. The debrief by committee identified three main takeaways which will be used as a needs assessment to inform YYEA work:

- Gender affirming care
- Peer support
- Resilience and creativity

Upcoming plans for YYEA include a focus group with John Seeley on YSIPP 2.0 and continue working with the Healthy Transitions Project and the



Alliance to provide suicide prevention stories of hope, health, and healing for Suicide Prevention Month.

10:43 – 10:53 **Break**

10:53 – 11:02 **YSIPP 2.0 Overview**

Annette Marcus, Policy Manager, Alliance John Seeley, University of Oregon Suicide Prevention Lab

John - At the June Quarterly meeting we presented a 12-month timeline we're following to complete the YSIPP 2.0 five-year plan by June 30, 2021. Over the summer we have:

- Reviewed and summarized YSIPP 1.0 implementation
- Reviewed other state plans and reports which we're summarizing
- Data review and gap analysis is underway
- Coordinated with the Alliance and other partners on key input from stakeholders. Today is your opportunity to join in the process; there will opportunities as well.

11:02 – 11:47 **YSIPP 2.0 Small Group Activity**

Annette reviewed the small group process: There are 7 sector-based groups and each of you have been assigned to a group based on your expertise, interest and experience. The groups have a pre-assigned facilitator and note taker. When you get together identify who will be reporting back to larger group, the report out should focus on 1 or 2 key points for each of the three questions. **Action:** Follow-up survey to Alliance to ensure that your key input for YSIPP 2.0 is recorded and can contribute to the next YSIPP. Survey and timeline to be developed by U of O Lab.

11:47 – 12:15 **Small Group - Report Out**

Annette facilitated a report out from the small groups. The University of Oregon Suicide Prevention Lab will use the feedback in developing the next YSIPP. Detailed small group notes are available and on file. Each small group focused on a different sector: K-12 Education, Higher Education, Child Welfare / Juvenile Justice, Behavioral Health, Physical Health, Communications and Media, Faith Community, and Policy / Legislation. The following are broad themes shared back to the Alliance from sector discussions:



- Trauma informed care needs to be included; recognize that treatment for trauma is good upstream prevention practice. Important need is for the systems of care collaborating; more discussion about suicide and training with parents and children/youth; build trust in these systems.
- Generally, the state needs better coordinated communications regarding available and appropriate resources for informing diverse groups of youth and building resilience in different contexts.
- Make vertical communications at high school have clear lines of communication from policy level to community, especially at schools and for youth.
- How do we establish partnerships to create systems accountability?
- Put mental health up front as a priority some teachers and education professionals are having conversations but happening at an individual level, not at top or system level.
- Normalize mental health/suicide at the school level create an environment where talking about mental health, depression, anxiety, and suicide are more normalized.
- Improve health education at schools; there are specific health education standards for mental health topics but few school districts dedicate time to this.
- Passing bill requiring CEUs for behavioral health and a path forward to expand requirement for other professionals.
- Lethal Means/Firearm Safety this is key for preventing attempts; need legislation to move this forward; safe storage of firearms is essential.
- Complete a gap analysis to assess and determine what legislation is needed to fill gaps in services, supports and funding.
- Increasing age of YSIPP across the document broadly to include higher aged individuals (ex. 26 years old).
- Focus on networking between various sectors as well as between individuals; build connections between caregiver and youth
- Educate youth to identify and manage resources when transitioning to outside of the college/university setting (ex. graduation)
- Needs to include representation from non-university campuses (ex.
 Vocational schools and community colleges) and non-college attending individuals in that age range
- Disconnect between the community and the college/university suicide prevention initiatives and services/programs
- Utilizing trusted community member in faith communities is very important and can be a key resource when addressing sensitive issues – like lethal means/gun safety.
- For individuals who lose support from their faith communities due to stigma about suicide need an internal champion in the religious



organization to help faith communities understand how to support those who are experiencing suicidal ideation.

- Rural areas have few resources and faith community options. Youths
 need opportunities for mentorship, such as after school program, so that
 they have a safe person to talk to.
- A plan on suicide prevention in faith communities needs to be elevated; every faith community or church is different; plans need to reflect flexibility.
- There needs to be more effective safety planning, including means
 restriction that includes family/caregiver/primary supporter. Family peer
 support should be funded and available to help families support a young
 person in these times.
- Need universal screening and training to support safety planning and make sure peer support for both youth and families is included, funded, and prioritized.
- We need true trauma-informed care that honors the youth's culture; also need supportive transition back to the community and prompt access to services afterwards. There should be peer support in hospitals to navigate systems for families and youth
- There needs to be more of a safety planning capacity in a primary care
 office. Primary health care providers "gotta ask the question". They have
 to be comfortable knowing what to do with that question, comfort of
 asking is still a huge barrier.
- When youth present to ER or hospital, the lack of discharge plans, direction, follow up. Also, the challenge of hospitals discharging individuals that truly aren't safe to be discharged.
- Lack of suicide prevention training/education in formal education systems for future mental health professionals.
- Improve training for MH professionals in treatment of suicide thoughts and behavior.
- Given what we know about risk of suicide after a hospital visit, improving transitions so they are safe and smooth.
- Further education on severe mental illness in schools, juvenile justice, primary care; further education on youth suicide risk assessment, further education on effective treatment and the need to monitor progress or lack thereof.
- Training, information and supports for schools, as well as coordination.
- Lack of bilingual and providers who are part of the communities they serve

Annette thanked the presenters and asked if anyone had anything to add.

Antonia commented that we've missed an important piece. For immigrants and those with English as a second language, there is a barrier to services



because there are not enough bilingual and culturally appropriate providers. This affects trust between provider and the person seeking help. It is also the case with police/law enforcement personnel. Immigrant populations don't trust police which makes it especially difficult if there is a mental health situation. Annette thanked Antonia for that important feedback. Annette reminded members there will additional opportunity to provide input.

12:15 – 12:20 **OHA Update**

Jill Baker, OHA, Youth Suicide Prevention Coordinator Meghan Crane, OHA, Zero Suicide Program Coordinator Shanda Hochstetler, OHA, Youth Suicide Prevention Coordinator

Jill reported that the OHA report has been submitted in writing and will be attached to the minutes. She read the following letter:

September 11, 2020

Dear Alliance to Prevent Suicide, The heaviness of this time is palpable. And yet, and still, there are places of hope and light and good. As we give this OHA update, I am co-housed with Shanda's family while we wait to hear about how the merging fires near my home in Scio react. That community is grieving the loss of one of their 8th grade student's life who didn't get the notice to evacuate on time. The converging fires seem representative of the merging hard things circling around us right now.

When I was younger, my parents didn't allow us to have video games because they were certain my brothers and I would be instantly corrupted. So, when I would go to my piano lessons at my more worldly neighbor's house, I would play her video games while I waited for my turn for a lesson. One game involved these boxy looking villains trying to attack a fortress. You couldn't do anything to kill or hurt them, you just could frantically stack wooden boxes up around the fortress. Every time a villain would get close enough to bump into the wooden boxes, some would fall away, but you were still safe unless all your wooden boxes had been destroyed.

Friends, we have a tall, tall barrier of protective wooden boxes. Especially when we look at the collective picture of what is happening in Oregon. I could give you a thousand examples of helpers, of heroes, of love and support just from my tiny Scio community. In the context of the hard work that this group does day in, and day out, here are some of the wooden boxes that have been securely been put into place since out last meeting.

• 18 community-based organizations received funding through the Alliance to Prevent Suicide to provide affirming and protective activities to our LGTBQ+ friends in Oregon. These dollars will transform over the next few months into podcast, dance projects, mentoring opportunities, gender-affirming supplies, and direct access to affirming mental health care providers statewide. Among other things. This was masterfully done through the leadership of Kris Bifulco and the LGTBQ+ workgroup of this Alliance.



- 53 Rockstar champions of suicide prevention were submitted for appointment as members. Our very own Annette and Jen organized, contacted, and affirmed a place and space for a downright beautiful combination of new members and those who have been the giants of suicide prevention since the inception of this Alliance.
- Oregon led the conversation with Livingworks (who give safeTALK and ASIST trainings)
 to advocate for a virtual training option of some sort. Tim and Maria at the Association
 of Community Mental Health Programs have been instrumental in creatively adjusting
 to meet a very evident hole in our defense for suicide prevention in Oregon.
- Alliance members have met with state lawmakers to advocate for better training for behavioral health providers and to move forward the policy you all decided upon at our last meeting.
- Our Big Six coordinators have continued to recruit, train, support, and resource communities all across Oregon. Literally, in every county in Oregon.
- The work that Lon Staub, Basic Rights Oregon, this Alliance to Prevent Suicide has
 moved forward an important step for Adi's Act which requires school districts to
 create and improve suicide prevention, intervention and postvention plan. We have
 money and resources to get to school districts in Oregon. Please contact Kahae at Lines
 for Life to link your local school district and create reinforced wall in your community.

And although I cannot give you numbers because of data use agreements and to protect the confidentiality of the families that have experienced the hardest tragedy of all with the loss of a loved one to suicide, and although this has been harder than any of us knew when the stay-athome orders began, youth suicide rates have NOT increased since the pandemic began. That is good news and should be celebrated as we wrap up suicide prevention week and continue with suicide prevention month. What we are doing matters. It's making a difference. Our work and sweat and tears and passion and good ideas and willingness to set aside ego in the name of collaboration matters. It's making a difference.

Far aside from my role in the Oregon Health Authority, as a human, as a mother, as someone who lives with and loves others with a mental health diagnosis – I am proud of Oregon. And I feel so grateful to be in the place that I am. Literally, today. But also in this work. Thank you for showing up – time and time again.

Holding tightly to hope, Jill Baker Youth Suicide Prevention Policy Coordinator Oregon Health Authority

12:20 Alliance Staff Update

Annette Marcus, Policy Manager, Alliance

An update presentation was tabled due to time constraints; a written update is attached.



12:20- - 12:25 **Appreciation**

Galli thank David for his time with the Alliance and expressed her deep and sincere gratitude for his two years serving as chair. You've been a mentor, a champion and leader. And, you've left mighty big shoes to fill! David thanked Galli and commented that he knows he's leaving the Alliance in good hands with Galli as chair and Ryan as vice-chair.

Annette also thanked David and commented she appreciates how he has guided the Alliance, supported staffed, encouraged all of us to do our best – "I've learned and benefited from your mentoring. I will miss you. I wish times were different so we could give you a proper send off. Your certificate of appreciate is ready and will be presented when we can gather for a group thank you and celebration. Thank you, David."

12:25 – 12:30 **Public Comment**

Galli asked if there was any public comment. Kirk Wolfe, member, appreciated the small group activity and asked for similar processes in the future.

Galli adjourned the meeting at 12:29.

Meeting materials are posted at: https://oregonalliancetopreventsuicide.org/about-us/quarterly-meetings/



Attachment 1

Alliance September Quarterly Meeting Orientation Attendance

Ariana Brooks

Charlette Lumby

Chris Sovari

Cindy Smith

Dan Foster

Dana Cohen Lissman

David Westbrook

Don Erickson

Elissa Adair

Gabrielle Colton

Galli Murray

Grace Bullock

Joanna Wright

Joseph Stepanenko

Justin Potts

Kimberlee Jones

Kris Bifulco

Laura Rose Misaras

Maria Pos

Mark Hammond

Patty Card

Roxanne Wilson

Sarah Trejo

Stephanie Cisneros

Spencer Delbridge

Tia Barnes



Attachment 2

Current Executive Members and their Roles

- Galli Murray, Co-Chair to the Alliance (Will be transitioning to Chair)
- Don Erickson, Workforce Committee Co-Chair
- Laura Rose Misaras, Someone having direct lived experience
- Ryan Price, Outreach & Awareness Committee Co-Chair
- John Seeley, Data & Evaluation Committee Chair
- Kimberlee Jones, Schools Committee Chair
- Jill Baker, OHA
- Shanda Hochstetler, OHA
- Kirk Wolfe, Healthcare Provider
- Meghan Crane, OHA
- Deb Darmata, OHA
- Emily Morrissey, Youth Era staff to YYEA (Youth and Young Adult Engagement Advisory)
- Karli Read, Youth Member
- Olivia Nilsson, Youth Member
- Maya Bryant, Youth Proxy Member

Positions that need to be filled

- Vice-Chair to the Alliance
- Representative from K-12 School, College, or University
- Someone having direct lived experience of intrusive suicidal thoughts, urges and/or behaviors (including suicidal attempts).
- A person with lived experience identifying as a bereavement loss survivor (i.e. family member of a person who attempted or dies by suicide)
- Up to two at large members

Nominations

- Vice-Chair
 - Ryan Price (He/Him
- Live Experience
 - Dan Foster (He/Him
 - Lon Straub (He/Him
- At Large Members
 - Gordon Clay (They/Them)
 - Leslie Gold (She/Hers)



List of Current Voting Members (September 2020 – September 2022)

Aniceto, Juanita

Baker, Jill Barnes, Tia

Botero, Maria Antonia

Brubaker, Roger Bryant, Maya Bumpus, Sandy Campbell, Iden Chisholm, Laura

Clay, Gordon Cooper, Emma

Crane, Meghan

Delbridge, Spencer

Erickson, Donald

Fettig, Kristin

Foster, Dan

Fulner, Wren

Gelser, Senator Sara

Goldon, Leslie

Hochstetler, Shanda

Holcomb, Chelsea

Jackson, Rosanna

Jones, Kimberlee

Largent, Judah

Lewis, Spencer

Lumby, Charlette

Magers, Julie

Marshall, Rebecca

McConahay, Gary

Misaras, Laura Rose

Murray, Galli

Nilsson, Olivia

Nunez-Pineda, Jesus

Pearce, Pam

Pearson, Fran

Potts, Justin

Price, Ryan

Pritt, Tanya

Read, Karli

Roberts, Shane

Ruona, Amy

Schneidman, Lev

Scholz, Julie

Seeley, John

Staub, Lon

Stepaneko, Joseph

Stadelman, Suzie

Stringer, Sydney

Vigna, Olive

Willard, Stephanie

Wilson, Roxanne

Wolfe M.D., Kirk