

# Connecting the Field April 14, 2020







### 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:

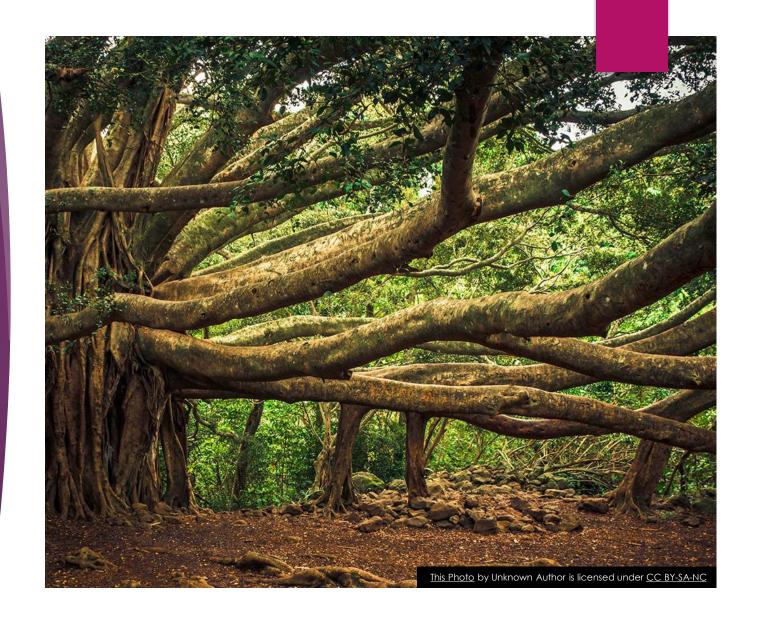
each breath's infinite blessing



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



# 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 GLOBAL PANDEMICS

#### PRIVILEGED



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

#### MARGINALIZED



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

#### DESTITUTE



- -UNABLE TO PRACTICE
- 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.



# 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