



**Alliance Quarterly Meeting
March 12, 2021
9:30 AM – 12:30 PM**

Optional Orientation: 8:45 AM – 9:15 AM

<https://zoom.us/j/92085409818?pwd=QnRkdIpQYjB4aW5yZzE0c0N0L1p0dz09>

Meeting ID: 920 8540 9818

Passcode: 303207

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Minutes

8:45 – 9:15 **Orientation**
Annette Marcus, Alliance Suicide Prevention Policy Manager

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

Ryan Price, Co-Chair of the Alliance, AFSP Area Director for Oregon and Idaho

Ryan Price, Co-chair, welcomed attendees and called the meeting to order. He invited Annette Marcus to share her opening comments.

Annette thanked participants for joining the meeting and asked everyone to sign-in using the chat feature. Today we will be breaking into small groups for a few minutes of “meet and greet” before starting our work. She reminded the group that discussion of suicide may trigger uncomfortable feelings. Annette reviewed the Alliance safe environment meeting protocol including how to reach out to either Jenn or Annette through the chat option for support. Remember this is a group of advocates that include youth and young adults, experts from the field, people who have lost a loved one to suicide and people who have survived one or more suicide attempts. Please practice self-care and reach out for support if needed.



Ryan reviewed the agenda and highlighted Uprise Collective work with the Alliance on equity and inclusion. Ryan thanked OHA for funding this important work and encouraged participants to contact Jenn or Annette with questions.

Ryan asked for a motion to approve the December 2020 quarterly meeting minutes. Leslie Golden made a motion to accept the minutes as presented; Dan Foster seconded the motion. Ryan called for voting members to vote; motion to approve minutes passed; no nays; no abstentions.

Breakout groups convened for a short meet and greet.

9:50 – 10:05 **YSIPP 2.0 Update**

Jill Baker, OHA, Youth Suicide Prevention Coordinator

Jill provided an overview of the revised **draft** graphic of YSIPP 2.0. organizing approach. The graphic depicts foundational elements of the next five-year plan and can be found in the meeting materials. Highlights of Jill's presentation include:

- The draft graphic layout shows the relationship of strategic pillars, objectives, direction and initiatives. It places equity at the center of the work with policy and research/evaluation overlaying all work.
- The strategic pillars are: Tier 1 – health and empowered individuals, families and communities (universal); Tier 2 – clinical and community prevention services (selected); Tier 3 – treatment and support services (indicated)
- Strategic Objectives and Directions will be based on the three pillars and are informed by national and state data, focus groups/key informant interviews, Alliance input and national strategic directions as well as an analysis of YSIPP 1.0 implementation. We are in the process of deciding on what to “start, stop, continue” based on lessons learned over the last 5 years.
- We are using a sectors and special population approach to identify tasks and who does what over the next 5 years.
- As information is collected, UO is assisting with “ease and impact” analysis. We need to consider ease (i.e., what resources do we have, how easy is it to implement, etc.) and impact (greatest impact for our effort) as we identify what our focus will be over the next 5 years.
- YSIPP draft will be delayed by 6 – 8 weeks due to Jill being on medical leave.



10:05 – 10:20

YYEA Update

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

Highlights from the YYEA Update include:

Karli – Reported the goal of the Oregon Youth Advocates Mentoring Program is to pair active adult members on state councils with young adult mentees. With the planning process completed, the project launched in February and is going very well. Matches have been made and is a six month test run with the hopes of continuing the program.

Maya – YYEA continues to work on its goal to increase youth leadership and equity and anti-racist practices. The YYEA equity workgroup is an intersection with suicide prevention. YYEA is a place where BIPOC youth leadership is encouraged and supported.

Olivia - Shared YYEA is focusing on policy work in the area of meaningful youth engagement and among key ideas is a focus on equity. The equity workgroup answered the questions “How should youth be engaged? How do we know youth engagement is working?”. She shared this graphic of key ideas that have been generated, the items in larger font indicates the ones most often mentioned.





Following the YYEA update, Gordon Clay asked about whether there were men or boys in leadership at YYEA. Nikobi Petronelli, YYEA staff, responded that YYEA includes young people with a variety of gender identities.

10:20 – 10:47 **Oregon Health Authority Data Report**
 Meghan Crane, OHA Zero Suicide Program Coordinator
 Drew Allen, Injury Surveillance Research Analyst, Injury and Violence Prevention Program

Meghan opened the presentation and let participants know that Drew would be the primary presenter and she would field questions through the chat feature. Today’s suicide death and suicide-related data is a preview of a report that will be finalized in mid-April once CDC finalizes data. Meghan reminded this data is just one aspect of suicide prevention in Oregon.

Drew reviewed the data, highlights from his presentation include:

Trends indicate 2019 rate of suicide in Oregon, compared to the national average, is similar to 2018. Oregon has a higher rate than the national average on suicide deaths per 100,000.

Youth Suicide in Oregon

Year	Number of Youth Suicides	Suicide Death Rate Per 100,000	Rank Among 50 States (50 is lowest rate)
2014	97	12.9	12
2015	90	12.0	16
2016	98	13.0	15
2017	107	14.1	17
2018	129	17.0	11
2019	116*	15.3	11

*In addition to these deaths among Oregonians aged 10-24, there were two suicide deaths among children younger than 10 in 2019.

Drew reviewed data related to the mechanism of suicide by percentage of age group, 2015-2019. The mechanisms were broken down by firearms, poisoning, suffocation and other. For 18-24 year-olds, firearms accounted for 50.2% and for 10-17 year-olds, suffocation accounted for 48.5% and firearms, 40.4%.



What we know about 2020:

- Based on preliminary data, Oregon has not seen an increase in the number of suicides for 2020 when compared to the same time period in 2019. There were about 90 fewer suicides across all ages in Oregon in 2020 than in 2019 and about 28 fewer than in 2018.
- Preliminary data indicate that suicides among children 17 and younger increased in 2020 to 27 compared to 2019, when 21 suicides occurred. The preliminary number of suicides for this age group in 2020 (27) was less than the number of suicides in 2016 (28), 2017 (31), and 2018 (41).
- Oregonians are experiencing high levels of stress and mental distress due to compounding traumas. (Source: CDC Household Pulse survey). Stress and mental distress **do not** automatically result in increased suicide activity.
- Speculating on the potential impact of COVID-19 on suicide rates can lead to normalizing suicide as a response to the pandemic and could result in increased suicide contagion. Until more finalized data become available, it is premature to speculate on the impact that COVID-19 has had on suicide rates.
- While we saw a decrease in suicide deaths in 2020, we know that many Oregonians are experiencing stress and mental distress. We acknowledge this and the impact that suicide has on different state communities. OHA continues to keep a laser focus on suicide activity in Oregon and will adjust programming and resources to be responsive to the data.

Drew reviewed the data on suicide-related visits to emergency departments, urgent care centers and suicide and self-harm hospital admissions. He also shared details on data sources. Meghan Crane invited everyone to sign up for the OHA Suicide Prevention Network listserv for ongoing information:

<http://listsmart.osl.state.or.us/mailman/listinfo/yspnetwork>

For full details on the data Drew reviewed, see meeting materials.

Prior to the break, Annette took a pause to comment on the earlier conversation re: gender/leadership within YYEA. She acknowledged that that suicide rates for men and boys are higher than for girls and women, and she suggested that the Alliance plan for fuller discussions about this at future meetings. Gordon noted that their comment wasn't intended to diminish the excellent work of YYEA and particularly the work of Karli, Maya and Olivia. Nikobi talked about honoring youth voice and perspective. They noted that members of YYEA include young people with a variety of ways of understanding and relating to their gender identity. She



also highlighted the many ways Olivia, Maya and Karli have stepped into leadership roles.

Annette shared that, as we've been learning, urgency is a part of white culture and we need to think about how we are agenda driven. Ryan added today's conversation about youth leadership is an example of how we need to have space within our agenda so we don't rush our discussions. The executive committee will take a look at future quarterly meeting agendas and how to create more flexibility while getting our work completed.

11:09 – 11:19 **BREAK**

11:20 – 11:45 **Data Discussion**
Small Group Discussion

Attendees broke into to small groups to reflect on the data that indicates suicide deaths are highest amongst 18-24 year-old population. The groups brainstormed what actions need to be prioritized in YSIPP 2.0. The full list from each group is included in the attached meeting materials. Each group was asked to report one key idea, see meeting materials for Jamboards:

- Create an awareness campaign – be sure to go where the young people are so you reach them directly.
- Identify the different populations within the young adult group and reach out in ways that engagement them based on their specific population.
- Work with peer supports and resources to best match how and where to meet the young adults; this is especially important to help with transition from high school to adulthood.
- Engage with youth on college campuses as well as those who did not complete high school.
- Focus on youth outside of college setting – there is a wide range of life needs including young parents, employed/unemployed, etc. Consider a variety of ways to reach out and reach them.
- Increase engagement of 18-24 year-olds on Alliance; maintain connections, relationships, and support after high school graduation/transition to adulthood.
- Youth need a safe place to share and get support; we need better predictors of difficulties for youth.
- Develop resources and find ways to share that reach this population, for example DMV, bars/social gathering places.



11:45 – 12:07 **Perspectives on 2021 Legislation Session**

Lina Estrella DeMoraiso, Chief of Staff for Senator Gelser

Lina briefly shared her personal story and how she came to the important work of suicide prevention. Before speaking to current legislative activity, Lina responded to this question from Annette. “Lina, thank you for sharing your story. I’m wondering if you are seeing more interest in suicide prevention at the legislature level?”

“Yes, I have seen so much change.” She noted there is an increase in understanding and interest in suicide prevention at the legislative level and in society. One reflection that that stigma is going down is that legislators are feeling increasingly comfortable sharing personal stories about how suicide has impacted their lives, which has been powerful.

Senator Gelser’s priority areas are:

- Helplines – Implementation of 988 and 211 helplines.
- Measure 110 – the legislature is working on how to implement Measure 110 in the context of Oregon’s existing systems, rules and law. See information on Measure 110 <https://www.oregon.gov/OHA/HSD/AMH/Pages/Measure110.aspx>
- Out-of-state youth placement – focus is on three key areas: transportation by third party companies, use of restraints, and licensing of referral organizations. There is a very high incidence of substance abuse and suicide for youth treated at these institutions.

Lina thanked the Alliance for its support with legislative activity, it has been a big help.

12:08 – 12:27 **Lethal Means Report and Recommendations**

Jonathan Hankins, Lines for Life

Jenn Fraga, Alliance Suicide Prevention Project Specialist,

Highlights from Jenn and Jonathan’s presentation included:

- Formation of Workgroup – Workgroup was formed in response YSIPP 1.0 objective: “The Alliance will oversee a strategic plan for developing,



implementing, and evaluating means safety counseling and other programs that are research-informed, culturally relevant, and respectful of community values.” The workgroup began in 2020 and its first focus has been on firearm safety as this is the leading means/method used in suicide attempts and is the most lethal.

- Coordinating Focus Groups – Building on Susan Keys work with OHA, focus groups were convened and 32 individuals participated (including firearm owners) from 11 Oregon counties. It was noted that there was a lack of 18-24 year-old participants.
- Findings from Focus Groups and Recommendations of Firearm Owners:
 - Barriers to adoption and promotion of firearm safety and suicide prevention: mental health stigma; underlying belief of suicide not being preventable; lack of information; perceived coerciveness from policy makers; costs of safe storage; and categorization of gun owners at risk.
 - It was clear that temporary separation from firearms is appropriate if the person in crisis reaches out for assistance. It was important that the person responding to a person of concern ask for permission.
 - Recommendations & Strategic Goals: 1) Create messaging directed at firearm owners; due to lack of trust of government data so do not rely on this for messaging. 2) Support creation of an OR firearms coalitions, this should not be an OHA initiative. 3) Clarify ORS 166.435 re: liability and what constitutes an emergency. 4) Foster safe storage through shooting ranges, firearm stores, sheriff’s offices and home storage; have and promote a safe storage map. 5) Create standards for firearms training that includes a suicide prevention module. 6) Convene a cross-sector task force, mission would be to model collective responsibility and logistical coordination not regulation.
- Recent Developments in Oregon Firearm Initiatives
Since the finalization of the focus group report several steps have been taken to promote firearm safety: 1) formation of Oregon Firearm Safety Coalition; 2) conversations with National “Hold My Guns” initiative; 3) collaboration with WSU on bringing firearm safety courses to Oregon; and, 4) AOCMHP coordinating purchase of lockboxes and safe for every local mental health program. See meeting materials for report.



- Next Steps for Lethal Means Workgroup
 - Identified areas to focus work are: training in suicide for firearms owners when securing concealed carry permit; clarification on details and liability for people temporarily holding firearms for someone at risk; follow up/assessment/development of safety plan for individuals discharged from ER; looking into Opioid and substances as a lethal means.
 - Workgroup will move forward with the above priorities. First step will be selecting individuals and subject matter experts related to priorities who will report back to full workgroup to support development of specific SMART goals and recommendations for the field.

Tabled Items

- Small Group Discussion – Lethal Means
- Legislative Update
- OHA Update
- Looking Forward, Setting the Stage for 988 and Future Discussions

12:27 – 12:30 Public Comment and Adjourn

Ryan and Annette thanked attendees for their time and participation. Ryan adjourned the meeting.