

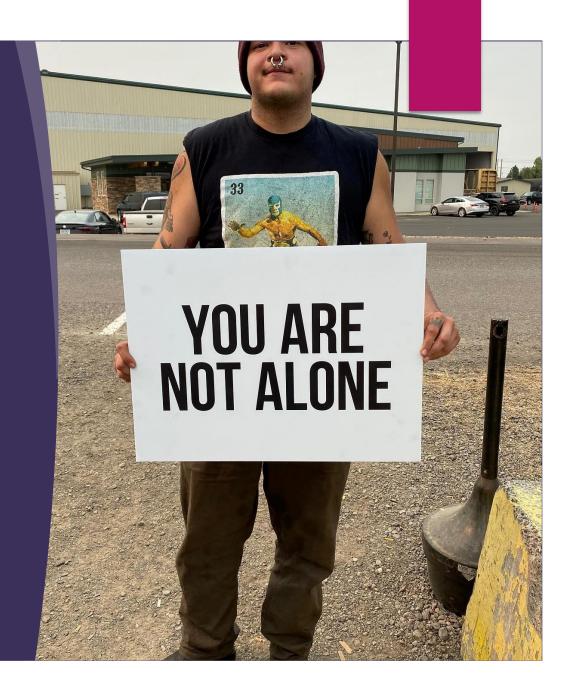
Please enter your name, pronouns, title, organization, email and coalition in the chat box.

Regional Coalitions and Friends Webinar

February 23, 2022

OAPS Work on Firearm Safety and Lethal Means Restriction

- Welcome, Agenda Overview
- History of the Firearm Safety and Lethal Means Restriction Workgroup
- Firearm Owner Focus Groups and Findings
- Current Focus of the Firearm Safety and Lethal Means
 Restriction Advisory Group Suffocation and Overdose / Poisoning
- Looking at one of the top means used by Youth / Young AdultsOverdose / Poisoning
- Firearm Owner Focus Group Recommendation: Creation of OFSC
- Lethal Means Restriction work at the Coalition Level



Oregon Alliance to Prevent Suicide: Our Vision

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

Safety

- ▶ Please take care of yourself during today's webinar
- We'll be hearing about means used for suicide attempts.
- No specifics will be shared by presenters and we ask that attendees also not share specifics in the chat or during Q&A.
- ► If you need to talk with someone, please feel free to message either Annette or myself through GoTo
- You can also use the following crisis lines:
 - Lines for Life 800-273-8255
 - Crisis Text Line 741741, text Oregon
 - Oregon Behavioral Health Support Line 800-923-4357

Safe Messaging

Quick reminders about safely sharing our stories and lived experiences from AFSP:

Do

- Be at a safe place in your recovery
- Define key messages
- Emphasize the journey
- Consider your audience
- Practice
- Send the message that help is always available

Don't

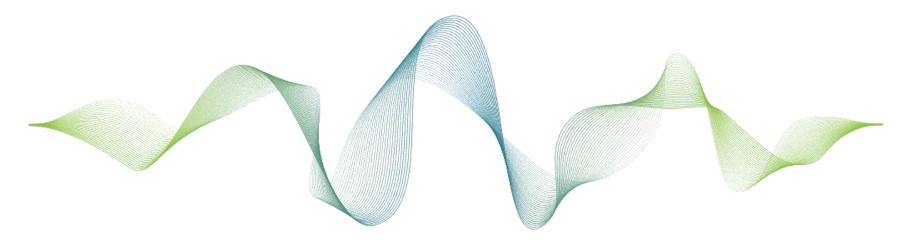
- Don't use the phrase "commit suicide"
- Don't refer to a suicide attempt as "successful," "unsuccessful" or as a "failed attempt"
- Don't refer to lethal means or method used in an attempt
- ▶ Don't simplify suicide
- Don't glorify suicide
- Avoid portraying suicide as an option

History of the
Firearm Safety and
Lethal Means
Restriction
Workgroup

Firearm Owner Focus Groups and Findings

ELISSA ADAIR WITH LINES FOR LIFE





Firearm Safety: Perspectives from Focus Groups

Lines for Life is a regional nonprofit dedicated to preventing substance abuse and suicide and promoting mental wellness.

We envision a world where hope, health and recovery are within reach of all.





Background





Youth Suicide and Firearm Safety in Oregon

43% said YES

State of Oregon Crosstab Percentages (SHS 2020)

Grade: 11th		During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?		
		Yes	No	Total
How long would it take you to get and be ready to fire a loaded gun? The gun could be yours or someone else's and it could be located in your home, or car, or someone else's home or car.	I could not get a loaded gun	51.7	56.0	54.2
	Less than 10 minutes	22.7	23.5	23.2
	10 or more minutes, but less than 1 hour	12.0	9.5	10.6
	1 or more hours, but less than 4 hours	5.1	4.2	4.6
	4 or more hours, but less than 24 hours	2.9	2.6	2.8
	24 or more hours	5.6	4.1	4.8
	Total	100.0	100.0	100.0

Preliminary data from the Oregon Student Health Survey Dashboard, 11th Grade, 10,000 students



Youth Suicide and Firearm Safety in Oregon

17% said YES

State of Oregon Crosstab Percentages (SHS 2020)

Grade: 11th		During the past 12 months, did you ever seriously consider attempting suicide?		
		Yes	No	Total
How long would it take you to get and be ready to fire a loaded gun? The gun could be yours or someone else's and it could be located in your home, or car, or someone else's home or car.	I could not get a loaded gun	48.8	55.2	54.1
	Less than 10 minutes	25.1	22.7	23.1
	10 or more minutes, but less than 1 hour	10.9	10.7	10.7
	1 or more hours, but less than 4 hours	5.1	4.4	4.5
	4 or more hours, but less than 24 hours	3.3	2.7	2.8
	24 or more hours	6.9	4.4	4.8
	Total	100.0	100.0	100.0

Preliminary data from the Oregon Student Health Survey Dashboard, 11th Grade, 10,000 students





Focus Group Methodology – Spring 2019

- 31 self-identified firearm owners
- 75 minute group or individual interviews conducted on Zoom
- Recruited through personal networks

GOAL: to better understand how firearm owners communicate about and practice firearm safety. This understanding is intended to inform how best to advance cultural norms around safe storage and reduce stigma around mental health safety planning.

How do we address firearm safety with firearm owners in ways that respect and protect the rights of the gun owners while keeping persons who are suicidal safe?





Examples of what we heard...

One participant explained: "The state of Oregon has taken an approach to criminalize non safe storage of firearms if those firearms are stolen or used by someone in an illegal manner or to commit a suicide and that has been part of the gun control agenda and this coerciveness tends to turn a lot of gun abiding gun owners off so this suicide prevention aspect gets confused in the gun control aspect and people tend to resist it and find it [coercive]—instead ... give a tax credit for the purchase of a gun safe, more involved than gun locks which work but are pretty minimal, than that might be an approach that might be more welcome to encourage change." More generally, regulations and government agency were suspect when it came to firearm safety or temporary separation from firearms. "I would not relinquish my guns to an agency, but I would gladly give them to my family."





Examples of what we heard...

There was recognition that individual outreach would be needed to encourage change in safety practices. "I think that it's got to be a personal message that they connect with, I thought the same way too, but this is what I found (when my child attempted suicide)." He went on to think through how a gun owner might respond to outreach — "I'm not going to talk to you if you are not a pro-gun guy." Whereas a gun owner could engage from a point of solidarity: "I agree with you but there are some better ways to do things." Some thought that gun store clerks and staff at shooting ranges could initiate these conversations as well.





Examples of what we heard...

Participants expressed that they and others they knew feel bad and even responsible if a suicide happened or were to happen with someone in their family or circle. That was not an experience that they wanted "on them." One shooting instructor shared that a person he trained told him that they had come close to suiciding (gun loaded and in hand) and stopped because they knew how bad the instructor would feel if that person had completed. Another grandparent said that he had purchased a safe to protect his wife because she was the one primarily at home with the grandkids and it would be her fault if anything happened.





Language Matters

It was important that the person responding to a person of concern ask for permission. Phrases or strategies that gun owners thought they might use to respond:

- I'd expect you to do the same for me because we care about each other.
- I am coming from a place of love.
- Is it okay for me to hold your guns for now?
- One person noted the difference between access and possession: "How about I take the cylinder out and keep it for a while? How about you lock them up and I take the key?" Another option considered in one group was changing the combination on a safe or lock box (though if there was an override code or need for a locksmith this might prove expensive or ineffective).

WORDS to use – mental safety plan; safeguard; safekeeping





KEY TAKEAWAYS

- Concealed carry permit holders are a priority population for outreach/education
- Integrate suicide prevention with hunter education that is provided at young ages
- Prioritize gun community awareness and education friend to friend, family to family
- Social media and print campaigns by gun owners for gun owners were seen as impactful
- Consider a way to certify providers as gun-conversant/friendly, ready to support gun owner safety
- Address the tautology that gun owners want their guns accessible for safety storing it may make them feel less safe – need storage that is fully accessible for self-defense
- Direct and clear communication is a gun culture value encourage mental safety "buddies" and pre-planning. Parallel scenarios were: designating a sober driver, taking someone's keys away to prevent drunk driving and designating a guardian for your children (your gun has a guardian like your child)

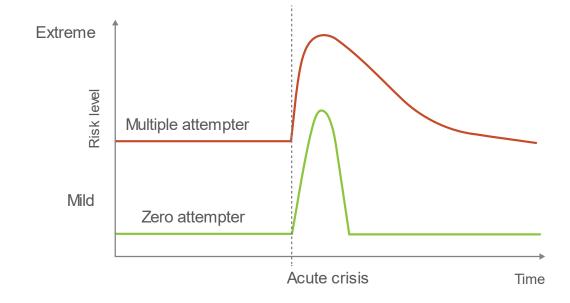




Fluid Vulnerability Theory (FVT)

Suicide risk is composed of two dimensions:

- **1) Baseline:** Individual's "set point" for suicide risk, comprised of static risk factors and predispositions
- 2) Acute: Individual's short term or current risk based on presence of aggravating variables and protective factors





Fluid Vulnerability Theory (FVT)

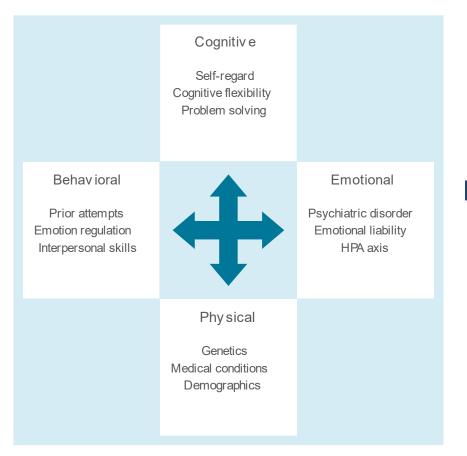
- FVT posits that risk for suicide changes over time with both stable and dynamic factors
- Emergent process
- Change is nonlinear and dynamic
- Change is best measured within people than between people (in terms of risk assessment)
- Suicidal episodes are time-limited
- Risk factors that both trigger a suicidal episode and determine the duration and severity of an episode are fluid
- Imminent risk cannot endure beyond periods of heightened arousal
- Baseline risk varies from person to person





The Suicide Mode

Predispositions



Acute

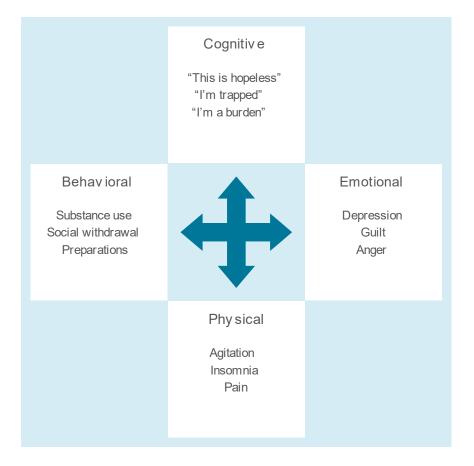
Trigger

Relationship problems Financial Stress

Perceived loss

Physical sensation

Negative memories



(Bryan, 2016)





Helpful Things to Say

- "It's okay to be anxious or scared about INSERT."
- "I understand that you're feeling angry about INSERT."
- "Anyone facing this would get upset. It's a difficult situation and everyone is trying their best."
- "I'm so glad that you told me you're feeling really lonely. This is really tough."
- "Tell me more I'm listening."
- "I love you no matter what."





Key Steps: Training and Practice! **Opening:** "Are you okay? Have you been feeling (insert emotion) lately? How long have you been feeling that way?"

Ask the Question: "Are you thinking of suicide?"

Ask about Plans: "How would you do it? When? Where?"

Listen: "What's brought you to this place? What has helped in the past? Who's been helpful to you?"

Show Care: "I'm on your side. We can get through this. It's important to me that you are safe. I want to keep you safe."

Offer Help: "Let's go/call and get more people who can support and help you. We can go/call together if you'd like."

For questions and more information:

Elissa Schuler Adair, PhD

Program Evaluator ElissaA@linesforlife.org

To support our work:

https://www.linesforlife.org/donateonate





Current Focus of the
Firearm Safety and Lethal
Means Restriction
Advisory Group —
Suffocation and Overdose
/ Poisoning

JONATHAN HANKINS, LINES FOR LIFE

Looking at one of the top means used by Youth / Young Adults — Overdose / Poisoning

PAM PEARCE, COMMUNITY LIVING ABOVE

Firearm Owner Focus
Group Recommendation:
Creation of OFSC

DONNA-MARIE DRUCKER, OREGON FIREARM SAFETY COALITION

Oregon Firearm Safety Coalition: History

- ▶ In 2020 Lines for Life was asked to conduct focus groups with firearm owners by the Oregon Alliance to Prevent Suicide - YSIPP - Lethal Means Work Group. Focus groups were developed and moderated by Susan Keys and Elissa Adair
 - Suicide prevention was code for gun control,
 - Lack of trust of information when it came none gun owners.
 - No one was working along side the Oregon firearm community to directly address firearms and suicide
- Review of other states work and conversations with firearm owners
 - Other states were successfully working directly with firearm owners
 - ► Firearm Safety Coalitions and Gun Shop Projects
 - Firearm owners wanted to directly address the issue of firearm suicide
- Fall 2020 With the support of Jonathan Hankins/LFL OFSC is established

Why this work is necessary

- 21 million background checks related firearms were conducted in 2020 a 60% over 2019
- About one million firearms sold in Oregon in the last 24 months
- 40% of firearms sold 2019-2021 were to first time buyers
- Access to firearms, particularly handguns, is a major risk factor for suicide Male handgun
 owners were eight times more likely to die via their handguns than non-gun owners, and
 Female handgun owners were 35 times more likely to die via their handguns than other
 women who didn't own guns.
- Over 80% of all firearm related deaths in Oregon are suicide.
- Firearms account for at least 50% of all suicides, that number increases to 80% in some rural areas.

Collaborations and partnerships

because we accomplish more when we work

together

Suicide Prevention

- Lines for Life
- AFSP
- Oregon National Guard
- Clackamas County
- Washington County
- Yamhill County
- Hold My Guns
- WTTA
- Oregon Alliance to Prevent Suicide
- Safer Homes WA

Firearm Community

- OSSA Oregon state shooting association
- OASR Oregon association of shooting ranges
- TCGC Tri County Gun Club
- DRRC Douglas Ridge Rifle Club
- ARPC Albany Rifle and Pistol Club
- NSSF Nation Shooting Spots Foundation
- Liberal Gun Club
- Pink Pistols
- Oregon Gun Owners
- SRC Firearms
- Kids S.A.F.E Foundation
- DPO Gun Caucus

Veteran Oriented

- VA
- ODVA
- VFW
- Together with Veterans
- Healing Waters
 - WA County VSO
- Tillamook County VSO
- Clatsop County VSO

Public Health

- OHA: Meghan Crane
- OHA: Emily Watson
- OHSU/PSU: Susan DeFrancesco
- VA: Kathleen F. Carlson
- WA County epidemiology: Kim Repp

What we've been doing

- Built a diverse coalition of over 60 members focused on reducing firearm suicide
- Developed relationships with the Oregon firearm community
- Formed partnership with the Oregon State Shooting Association and Oregon Association of Shooting Ranges
- Connected County suicide prevention to local gun clubs/ranges
- Introduced QPR to Washington and Clackamas County gun clubs
- Brought suicide prevention module to 3rd largest gun club new member orientation
- · Developed relationships with County Suicide Prevention across the state
- Became an official partner of the Clackamas County Suicide Prevention Coalition
- Launched Together With Veterans
- Formed partnership with Veterans of Foreign Wars
- Became Oregon National Guard resource partner
- Collaborated with AFSP to create the first Oregon Firearm Suicide Prevention video

Goals for 2022

Connect County suicide prevention local firearm community

Suicide prevention training for firearm community
Counseling on Access to Lethal
Means
Firearm culture training

Offsite storage for firearm owners

Suicide prevention for Veteran and Military connected community

Cultural Responsiveness
Create
trainings/resources/support
For our diverse firearm owning
community

Gun Shop Project

Lethal Means Reduction work at the Coalition Level

GALLI MURRAY, CLACKAMAS COUNTY SUICIDE PREVENTION COALITION

5 Senses

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Thank you!

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