

On a post-it note, please share the following:

1. On a scale of 1 (easy peasy lemon squeezy) to 5 (stressed depressed lemon zest) how difficult has it been for you to slow down lately?

2. What is 1 thing you can do or request support in doing between today and Friday to intentionally make room for a mental break over the weekend?

3

2

4

4

Currently at a 4, hopefully by tomorrow night I will be at 1! :)

3

4

5

I will clear my "really need to do's" and accept that I will not get to the rest.

I am planning to be on vacation in SE Oregon starting tomorrow where I will be unplugged and in nature for 4 days! :)

Going on a hike with quiet intuitive friends for some soul food

Taking some very needed time off starting tomorrow!

Not add anything to my calendar.

5

Focus on what /needs/ to get done and not what I think needs to get done.

Put Yoga on my calendar so I actually do it!!!

3

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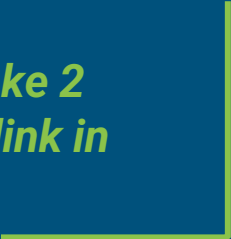
Make space on my calendar on Friday to prepare for Monday.



OAPS Schools Committee

9.21.22

Please share name, pronouns, role in the chat. Please also take 2 minutes to participate in the check-in activity on Jamboard (link in chat).



Agenda

- Debrief of changes in leadership & absences (for those not present in last meeting)
- Guests and new members present
- Co-chair vote (Annette)
- YSIPP Initiative review & updates (Jill)
- Communication Tools (JP)
- Adi's Act Scan Results, impressions, opportunity for committee input and engagement (Claire, JP, SSPW team)
- Review of strategic plan and next agendas
- Debrief & Engagement Opportunities

SSPW Adi's Act Scan

- To gather examples of how suicide prevention, intervention, and postvention is being planned in school districts, with specific attention to diversity, equity, and inclusion, parent, youth and community input, accessibility and innovation.
- To identify what is needed to support strong suicide prevention, intervention, and postvention programming including what guidance, resources, and tools school districts need to develop and implement their plans.
- To inform the Adi's Act support teams, identify opportunities for growth, and measure improvement statewide

- 197 Public School Districts in Oregon
 - SSPW has had contact with a 128
- There are 51 school districts with some version of a district plan posted on their website
 - Content and comprehensiveness varies in all areas (prevention, intervention, postvention, return to school, communication & responsibilities, community specific prevention)
 - 39 of this 51 have logged as being provided TA over the last two years, 20 have received at least 1 mini grant
- 146 School Districts that don't have a plan on their website
 - Of this 146, 50 of them did have a page on JHH ORS Rules for Adi's Act
 - Based on SSPW knowledge, whether we have received a district's plan or not, we know that about 60% of these have been offered TA in the past

- Prevention - In addition to specific prevention related questions, the SSPW program assessed the overall conclusions based on evidence and content in Adi's Act plans, and 77% were rated as having limited evidence, meaning they have limited information including procedures and activities related to prevention in both the universal and special population level.
 - 13% of plans were identified as having good evidence of prevention programming
- Postvention - 1 in every 5 did not have any mention of postvention
- Specific Attention to Communities at Elevated Risk - Majority of plans have no evidence of particular attention to student communities. For each community, between 25-34% of plans mention some evidence speaking to culturally responsive prevention
 - This may only mean a statement such as "the district will pay specific attention to this community". No plans stood out in this area.


- 70% of plan included evidence that they have a role identified to be their trained screener
 - 9% of plans identifies personnel at each school or provides a directory of who to contact to report suicide risk/request a screening
 - 70% of plans were seen as addressing intervention, though with limited evidence or detail
 - 26% of plans had more evidence addressing intervention, and even some had innovative tools to support their school district
- Staff training- 78% have evidence of staff trainings to some degree
 - Majority of that percentage included limited evidence, meaning that they state they will provide a training to staff but does not name plans for implementation
 - 25-27% Identifies specific details to implementing staff trainings (training provided or recommended, tiered roles, schedule and expectations)
 - 23% of plans posted do not mention staff training at all

What does this story tell you? Does this align with your

OAPS SCHOOLS COMMITTEE

Communication
tools review





DOCUMENT SHARING

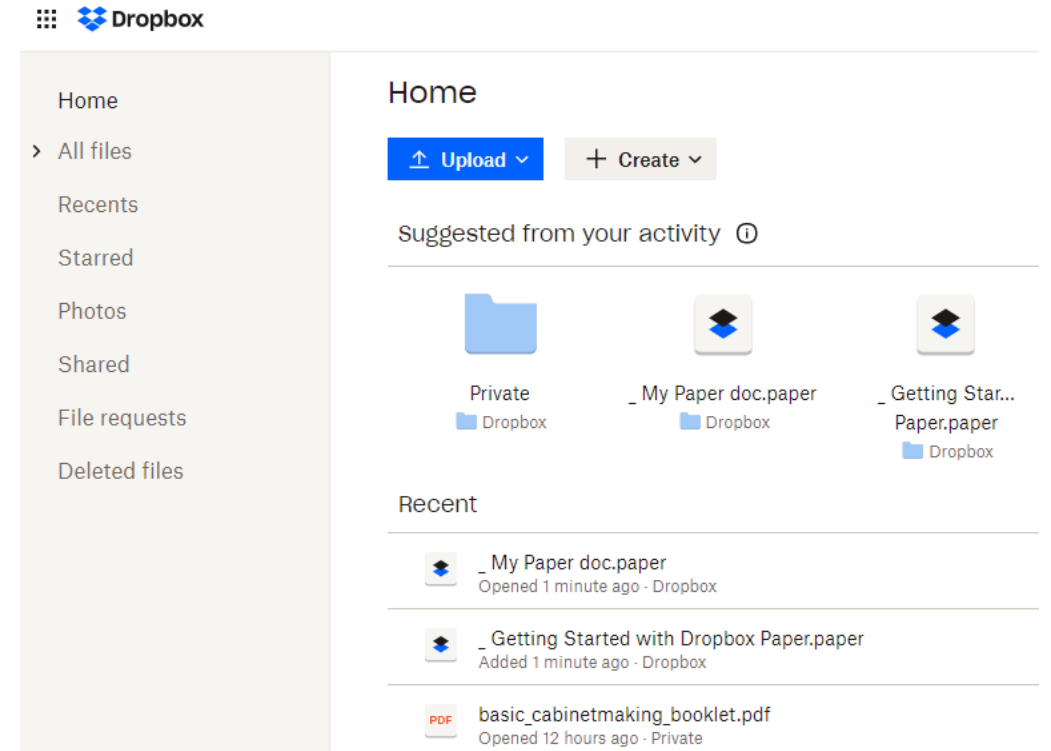
Email attachments

Google Docs/Folder

Other: Dropbox, MS OneDrive, Zoho Docs

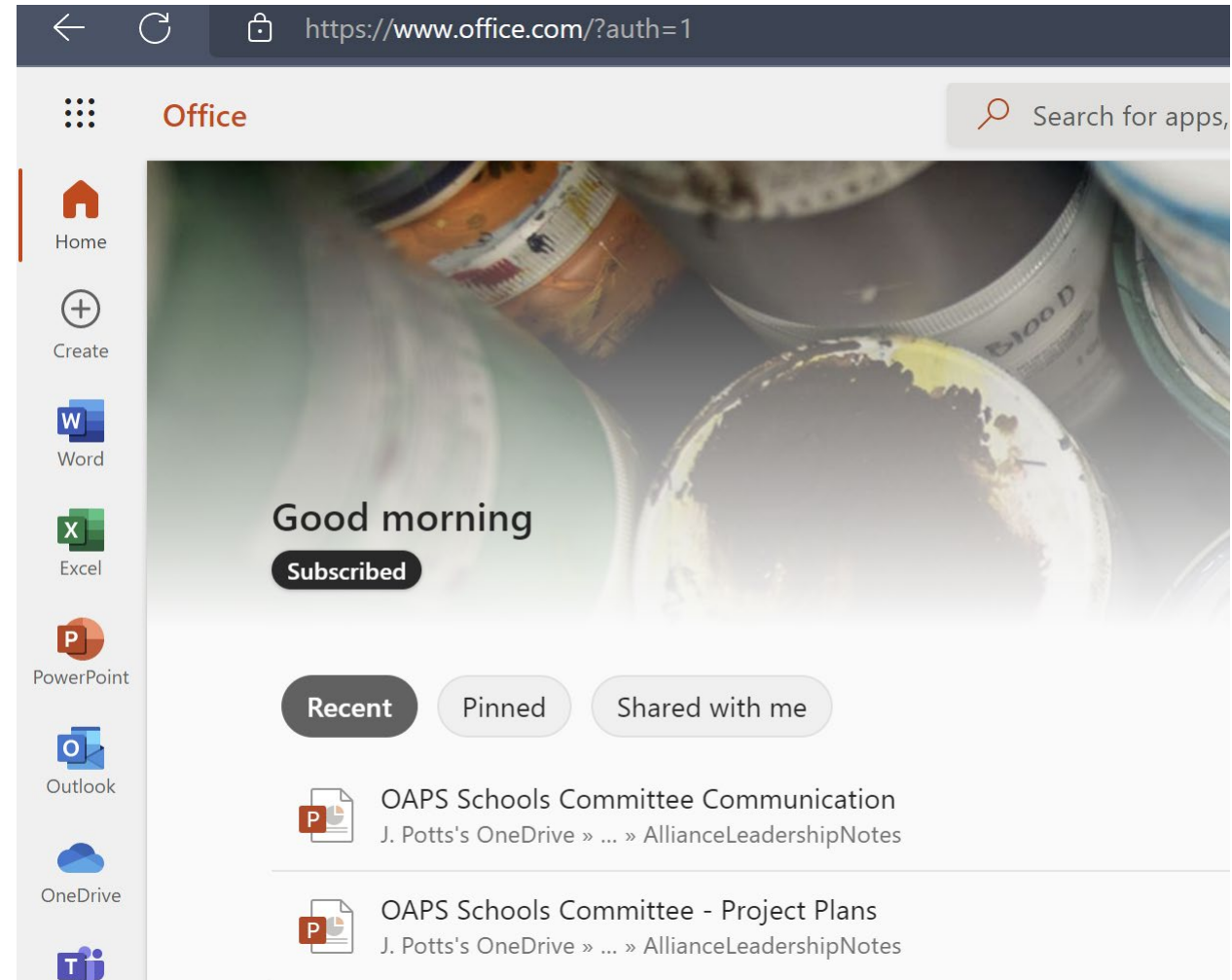
Dropbox

- Free for 2GB
- \$9.99/mo per user (one user can share) for 2TB but 2GB limit applies to free users
- Dropbox “Paper” for collaborative docs
- Signature capabilities
- Can deliver large files that can’t be sent over email



OneDrive









- Microsoft product
- 5GB Free, but no MS office products
- Free web-based online versions of MS office can be used though for co-authoring.
- Best compatibility with other office file types



Google Drive

- Online, web-based collaboration
- Most familiar to many
- 15GB free shared storage (across gmail, photos, drive)
- Starter plan for business is \$3/user/month for nonprofits
- Existing OAPS shared folder under Jen's personal account

Shared with me > Oregon Alliance to Prevent Suicide Schools Committee Materials

Name ↑	Owner
 *updated folder* 8.3.22	Claire Kille
 Adi's Act Materials	Jennifer Amanda
 SchoolsCommittee_FY2022-23	me
 2020-10-21 08.45 Alliance - Schools Committee (NEW).g2m	Jennifer Amanda
 2020-10-21 08.45 Alliance - Schools Committee (NEW).mp4	Jennifer Amanda
 RESPONSE Lincoln 2020	
 Suicide Prevention System Planning Document (Section 36/SB 52)	Request access
 Updated 2020 Continuum of Mental Wellness Supports	

Active
communication,
chat

Email

Slack, FB Workplace,
MS Teams, Discord

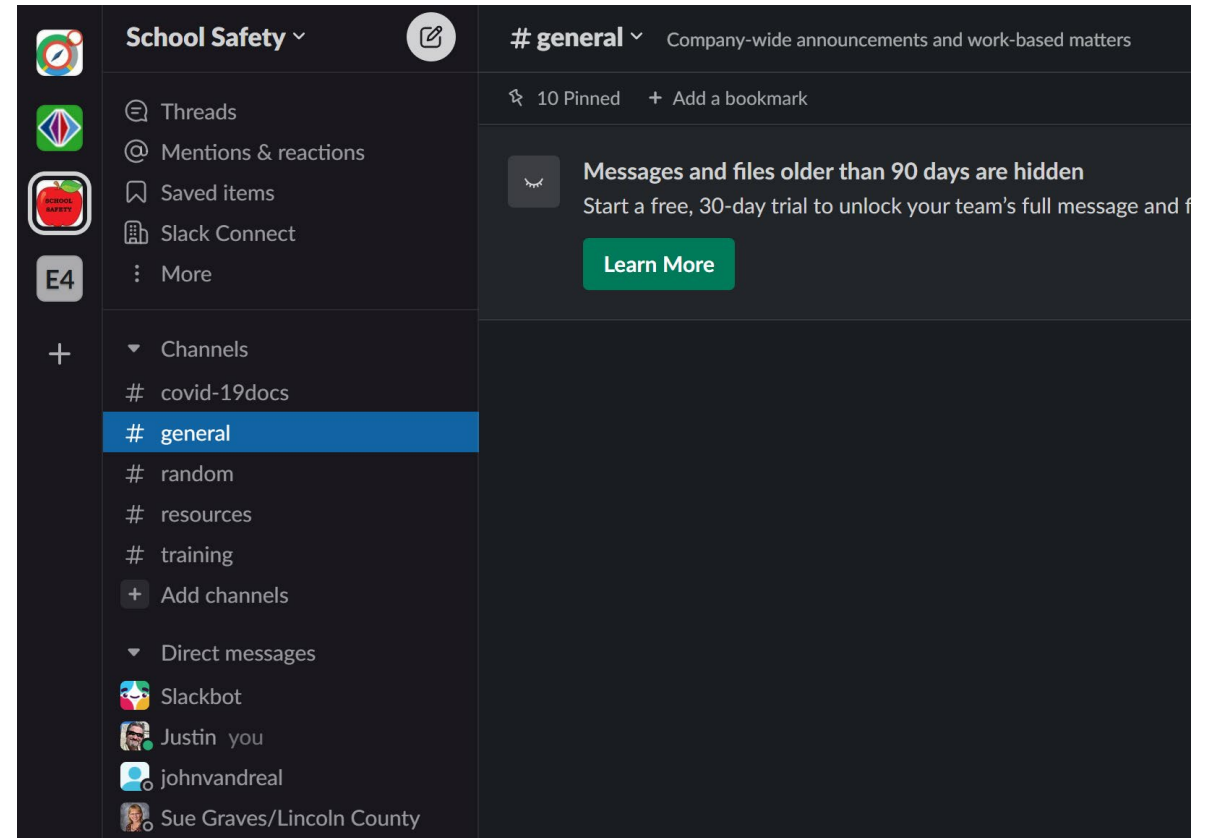
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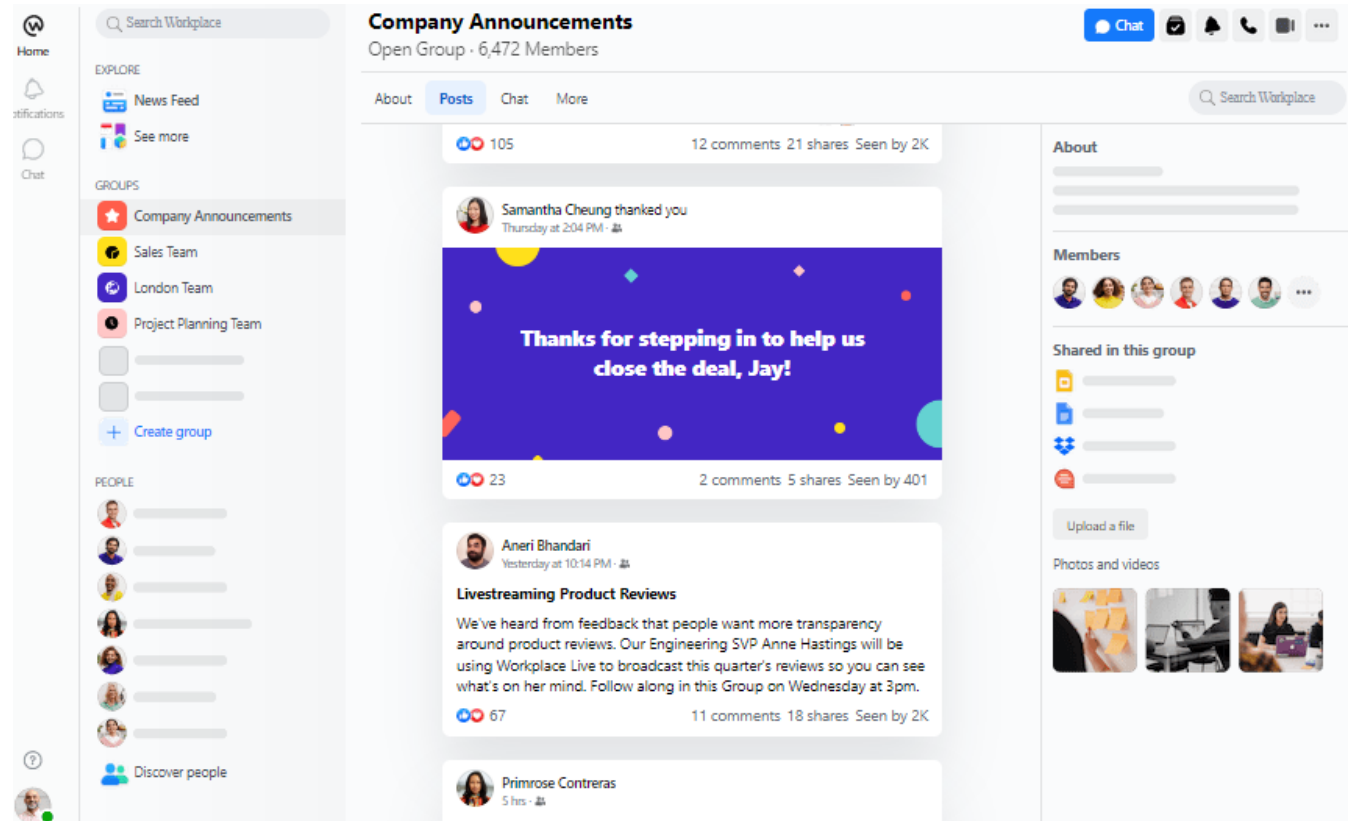
Slack

- Free plan with 90-day access to message and file history
- \$7.25/user/month for “pro” plan (possible nonprofit option)
- Conversations, Q&A, project tracking



Facebook Workplace

- \$4/user/month (nonprofit option)
- Tied into FB ecosystem
- Messaging, survey, live video, knowledge library, groups, news feed



Discord

- Free for online use
- 9.99/user/month
- Chat and collaboration functions
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Project management

Email

Spreadsheets

Trello, Atlassian/Confluence,
Asana, Slack, etc.

Proposal

- Continue google drive use
- Create a google sheet “dashboard”
- Explore option for nonprofit features