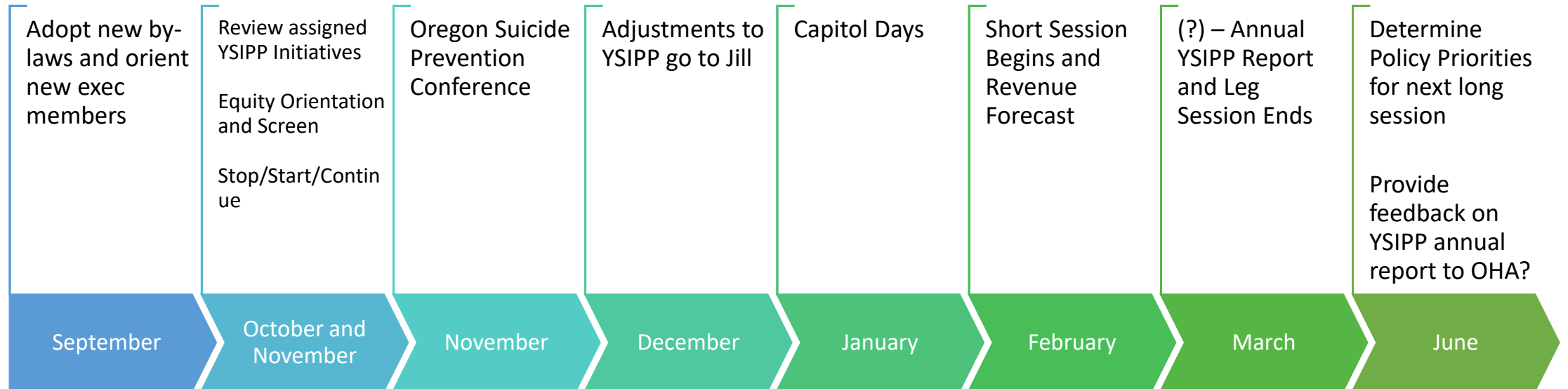




## Executive Meeting

September 11, 2023

# Some Timeline Considerations for Committees



## Pain in the Nation 2023: U.S. Death Rate Due to Alcohol, Drugs, and Suicide Increased by 11 Percent in 2021

### Trust for America's Health

As of July 2023, the total number of youth suicide deaths in 2023 are similar to 2022. However, in that same timeframe, OHA has identified a higher-than-average number of youth suicide deaths in children 14 and younger. Because of this concerning uptick regarding younger youth, **we are asking those serving students in grades 4-9 to pay particular attention to their suicide prevention and suicide intervention policies and procedures.**

To School Administrators and School Leaders, From OHA

“The mental health crisis hitting Americans shows no sign of abating, with provisional numbers for 2022 showing suicides rose by another 2.6% last year. That follows on an overall 5% increase in suicides in 2021, noted officials at the U.S. Centers for Disease Control and Prevention, which on Thursday released the early data for 2022. 49,449 Americans died by suicide”

U.S. News and World Report, Aug 10, 2023

# CDC-Ethnicity and Age Group

- Age-adjusted 2021 suicide rates were highest among non-Hispanic American Indian or Alaska Native (AI/AN) persons (28.1 per 100,000) overall; this group also experienced the highest relative percentage change during 2018–2021 (from 22.3 to 28.1 per 100,000; a 26% increase) ([Table](#)).
- Age-adjusted rates also increased significantly among non-Hispanic Black or African American (Black) persons (from 7.3 to 8.7; a 19.2% increase) and for Hispanic persons (from 7.4 to 7.9; a 6.8% increase) during 2018–2021.
- Non-Hispanic White (White) persons were the only group to show an overall age-adjusted rate decline compared with that in 2018 (from 18.1 to 17.4; a 3.9% decline).

# CDC— U.S. 2021

- Suicide rates among persons aged 10–24 years increased significantly during 2018–2021 among Black persons (from 8.2 to 11.2; a 36.6% increase).
- Among those aged 25–44 years, rates increased significantly overall (5%) and among AI/AN (33.7%), Black (22.9%), Hispanic (19.4%), and non-Hispanic multiracial (20.6%) persons during the examined period.
- Rates among persons aged 45–64 years decreased significantly overall (–12.4%) and among non-Hispanic Asian (Asian) (–15.9%), Hispanic (–9.3%), and White persons (–11.5%). No significant changes were noted among persons aged ≥65 years

- Trevor Project
- 2022/2023 National Survey on the Mental Health of LGBTQ+ Youth
- 28,000 LGBTQ young people (ages 13 – 24):

Demographic	Considered Suicide in the Past Year	Attempted Suicide in the Past Year
Oregon LGBTQ Youth	44%	14%
Oregon Transgender/NB Youth	54%	19%
Ages 13 – 17	46%	17%
Ages 18 – 24	34%	9%
Gay	34%	11%
Lesbian	40%	13%
Bisexual	38%	12%
Queer	44%	16%
Cisgender Men	25%	6%
Cisgender Women	31%	8%
Transgender Women	48%	16%
Transgender Men	56%	23%
Nonbinary/Genderqueer	48%	17%
Questioning	44%	14%
Asian American/Pacific Islander	34%	10%
Black	44%	16%
Hispanic/Latinx	42%	15%
Middle Eastern/North African	47%	18%
Native/Indigenous	53%	22%
White	37%	11%
More than one race/ethnicity	47%	17%



# Equity Process Spot Check for YSIPP Review

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- Orientation to the tool by member of Equity Advisory
- Choose one of the five areas to focus on:
  1. Resource Allocation
  2. Social Context (cultural assets, risk and protective factors)
  3. Intersectionality
  4. Multi-level Lens (Individual, interpersonal, Institutional, Community/Society)
  5. Institutional Accountability
- Look at your assigned initiatives (and if ambitious, other relevant YSIPP initiatives) in the context of at least one of the 5 focus areas above

## P1 | SPOT CHECK HOW IS IT GOING? CAN WE DO BETTER?

How is the initiative changing or maintaining the status quo?

Have there been any unintended consequences?

Is change needed?

No = Continue

How do you know it's working?

How will you know when to stop?



Yes = Pivot or Stop



Is there anything we need to do to repair harm?




## REFLECT

**In what areas are you excelling? How are you celebrating your achievements?**

**What do you see as your biggest areas of improvement?**

**What action steps can you take in the next 3-6 months to further integrate these equity principles?**

**Have any of our values been compromised for the sake of moving this work forward? Why, and how can address it?**

A circular wreath of various botanical illustrations surrounds the central text. The wreath includes green ferns, a red maple leaf, a green bell-shaped flower, a branch with small pink blossoms, a large green leaf, a red bell-shaped flower, purple cornflowers, and a green bell-shaped flower.

# Alliance Youth Focus Groups (High level findings)

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September 2023

# 2023 Focus Groups

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## Adi's Act Focus

- ❑ Gauge student awareness of their school's suicide prevention plans / policy to gather anecdotal information about Adi's Act implementation
- ❑ 76 attendees
- ❑ 44% were age 14-17

## Crisis Line Messaging Focus

- ❑ Learn how youth have heard about different crisis and help lines, which ones they have reached to, hear concerns they have or difficulties in using the lines and use this information to create recommendations to OHA on messaging and advertising of lines
- ❑ 32 attendees
- ❑ 72% were age 11-17

# Adi's Act Themes



- ❑ When students have positive relationships with teachers, they feel safer and identify them as people they can talk to in crisis
  - ❑ The opposite is true when students have negative relationships with teachers, they have a difficult time at school and feel isolated
- ❑ Students believe that having a safe, quiet place to go when they are escalated or having a crisis would be beneficial and help them to manage their crisis
- ❑ Students want their teachers and their peers to receive trainings on suicide prevention and intervention
  - ❑ There were differences in how they think this could be accomplished
- ❑ Students don't believe that resources are easily and readily available both at schools and for ongoing supports
- ❑ Overall, universal screenings about mental health would be helpful but there were some questions and concerns

# Crisis Line Messaging Themes



- ❑ Some schools don't share crisis lines / mental health information
- ❑ For the ones that do, students find it helpful when information is shared on flyers at school in the hallways and bathroom stalls and at counselor offices
- ❑ Calling it a 'crisis' line can make people feel like they can't use the line if they minimize what they are experiencing
- ❑ People want flowcharts / examples of what happens when you call or text a crisis line
- ❑ Not everyone was aware of the SafeOregon Tip Line
- ❑ For those who do know of it, they are worried to use SafeOregon Tip Line because of potential police involvement
- ❑ Students are more likely to talk with someone they are concerned about than report it or call a line about the person because they don't want anything to happen to them
- ❑ Who shares the resources matter. Students report being more open to hearing the information from peers / student leadership than teachers or school staff

# Next Steps



- ❑ Pause on focus groups until March 2024
- ❑ Will be problem solving some of the hiccups that were encountered, reaching out to committees about topics they would like for a focus group, thinking through youth engagement with committees, planning out in-person focus groups, connecting with other organizations around the state



Full Findings will be on the Alliance  
website



A circular wreath of various botanical specimens, including green ferns, red and green leaves, yellow and purple flowers, and a branch with small pink blossoms, framing a central white circle.

Questions?

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