



Suicide Prevention in Washington County

www.co.washington.or.us/suicide

Suicide Prevention Council

Established in 2013, members include mental health providers, first responders, educators, the faith community, NAMI, hospitals, government organizations, survivors of suicide loss, law enforcement and other concerned citizens.

Vision: Zero is Possible. We are supporting the 2012 National Strategy for Suicide Prevention of eliminating suicide and its devastating effects right here in Washington County.

Strategies: Our committee is partnering with Washington County Public Health on the Community Health Improvement Plan and is implementing strategies in each of the four goal areas of the national strategy (healthy communities, clinical and community prevention, surveillance research and evaluation, and treatment and support services).

Trainings

With initial funding from Health Share of Oregon, the tri-county region established a training website and developed a corresponding mental health promotion media campaign. Sign up for free trainings at www.GetTrainedtoHelp.com. The following trainings are available:

- Applied Suicide Intervention Skills Training (ASIST) — Suicide first aid for anyone
- Question, Persuade, Refer (QPR) — Brief suicide awareness training for anyone
- Mental Health First Aid (adult and youth versions)

Washington County, with tri-county partners, will continue to promote trainings to support the goal that zero is possible. State Mental Health Promotion Grant funds also support development and enhancement of a training continuum for suicide prevention and mental health.

Additional training opportunities include:

- Counseling on Access to Lethal Means (CALM)
- Specific and customized suicide prevention and mental health trainings available upon request

Suicide Fatality Review Subcommittee

This multidisciplinary team is led by our medical examiners. They review each death after the next of kin has given written permission for them to do so. The death review process results in recommendations for future prevention and intervention efforts.

Social isolation, depression, relationship issues and access to means were the risk factors most common throughout the reviews. Individuals were often seeking medical treatment in the period prior to their suicide; hence, this was one identified area of potential intervention.

Zero Suicide Initiative

A federal Garrett Lee Smith Youth Suicide Prevention grant allows Washington County to implement the Zero Suicide Initiative with local health systems and to expand training and support for youth suicide prevention in schools. Washington County is currently meeting with regional healthcare leaders to determine how the Zero Suicide Initiative can be applied in the county.

Additional Achievements

- We held the Summit of Hope on May 13, 2015. Approximately 200 community members from various sectors were in attendance to hear about the Zero Suicide Initiative and talk about how the concept can be applied in Washington County.
- We have trained 16 new trainers who have trained more than 1,050 community members in the last year.
- We established the first Survivors of Suicide Loss support group in Washington County through a partnership with the Dougy Center and Suicide Bereavement Support. More information is available at www.sbsnw.org.
- In August 2015, we participated in a Suicide Education Town Hall, which focused on suicide prevention, risk factors, and Washington County resources. It was filmed at TVCTV. Find the link on our website.

For more information on anything related to suicide prevention in Washington County, contact Meghan Crane at 503-846-4748 or meghan_crane@co.washington.or.us.