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IN THE BOARD OF COMMISSIONERS OF THE STATE OF OREGON  
FOR THE COUNTY OF YAMHILL  
SITTING FOR THE TRANSACTION OF COUNTY BUSINESS

In the Matter of National )  
Suicide Prevention Week )  
September 8 – 14, 2014 )

RESOLUTION 14-09-11-1

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THE BOARD OF COMMISSIONERS OF YAMHILL COUNTY, OREGON (“the Board”) sat for the transaction of county business in formal session on September 11, 2014, commissioners Allen Springer, Kathy George and Mary Starrrett being present.

Whereas, suicide is a major public health problem for our communities; and

Whereas, the psychological pain that leads each of these individuals to take their lives is unimaginable and their deaths leave families and friends bereft, and often have a major ripple effect on communities; and

Whereas, suicide is one of the leading causes of death among those aged 15-44 years in the United States and other countries; and

Whereas, connectedness is crucial to individuals who may be vulnerable to suicide; and

Whereas, reaching out to those who have become disconnected from others and offering them support and friendship may be a life-saving act; and

Whereas, the right help must be available at the right time for someone with mental health problems and communities must be able to offer and deliver effectively the full range of treatment options.

NOW THEREFORE, BE IT RESOLVED THAT THE BOARD:

A. Is committed to helping individuals with mental health challenges get connected to local resources and services, such as mental health screenings, crisis services, support networks and educational opportunities.

B. Supports public information and education to our communities via the following activities:

1. Question, Persuade, Refer (QPR), a 1-2 hour training, and after the training participants are considered Gatekeepers in suicide prevention. A gatekeeper is better equipped to recognize a crisis and the warning signs that someone may be contemplating suicide
2. Mental Health First Aid, an 8 hour certification course that introduces participants to risk factors and warning signs of mental health problems; as well as common treatments and local resources so they can help others.

C. Understands that anyone who is experiencing an immediate mental health crisis can call (503) 434-7523, 24 hours a day, 7 days a week or access the state suicide prevention hotline: 1-800-273-TALK or visit the website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Accepted by Yamhill County  
Board of Commissioners on

9.11.14 by Board Order

# 14-553

DONE AT McMinnville, Oregon on September 11, 2014.

ATTEST

YAMHILL COUNTY BOARD OF COMMISSIONERS

BRIAN VAN BERGEN  
County Clerk

*Allen Springer*  
Chairman  
ALLEN SPRINGER

By: *[Signature]*  
Deputy LUCY FLORES MENDEZ

*Kathy George*  
Commissioner  
KATHY GEORGE



*Mary Starrett*  
Commissioner  
MARY STARRETT

FORM APPROVED BY:  
*[Signature]*

*Laura Tschabold*  
County Administrator  
LAURA TSCHABOLD

CHRISTIAN BOENISCH  
Yamhill County Counsel

Accepted by Yamhill County  
Board of Commissioners on

9.11.14 by Board Order  
# 14-553

## HEALTH AND HUMAN SERVICES DEPARTMENT

### ADULT BEHAVIORAL HEALTH

Chemical Dependency – 503-434-7527

Adult Mental Health – 503-434-7523

627 N.E. Evans – McMinnville, OR 97128 – Fax 503-434-9846 – TTY 1-800-735-2900

To: Board of Commissioners, County Administrator Laura Tschabold

From: Silas Halloran-Steiner, HHS Director

Date: September 5, 2014

Re: World Suicide-Prevention Week, September 8-14, 2014

I respectfully submit, for your consideration, the following for a Board Resolution during the combined Informal/Formal next week.

Suicide is a major public health problem. The psychological pain that leads each of these individuals to take their lives is unimaginable. Their deaths leave families and friends bereft, and often have a major ripple effect on communities.

Every year, almost one million people die from suicide; this roughly corresponds to one death every 40 seconds. The number of lives lost each year through suicide exceeds the number of deaths due to homicide and war combined.

Suicide is one of the leading causes of death among those aged 15-44 years in the United States and other countries; these figures do not include suicide attempts which can be many times more frequent than suicide.

Mental health challenges (particularly depression and alcohol use disorders) are a major risk factor for suicide in the United States. Suicide is complex with psychological, social, biological, cultural and environmental factors involved.

Efforts to prevent suicide have been celebrated during Suicide Prevention Week each year since 2003. In 2014, the theme of World Suicide Prevention Week is 'Suicide Prevention: One World Connected.' The theme reflects the fact that connections are important at several levels if we are to combat suicide.

Connectedness is crucial to individuals who may be vulnerable to suicide. Studies have shown that social isolation can increase the risk of suicide and, conversely, that having strong human bonds can be protective against it. Reaching out to those who have become disconnected from others and offering them support and friendship may be a life-saving act.

Connectedness can also be understood in terms of clinical care. A mental health challenge, particularly depression, is an important risk factor for suicide. Internationally and locally, treatments for mental health challenges have improved, but access to these treatments remains limited for some individuals

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*Our Mission: To promote the public's physical, emotional and social well-being through services, prevention, education, and partnerships*

who fall through the cracks due to referral options being limited or because services are not sufficiently well-coordinated. Connectedness and collaboration between services is also important for preventing suicide. The right help must be available at the right time for someone with mental health problems, and communities must be able to offer and deliver effectively the full range of treatment options.

Finally, connectedness is necessary at the local, state, national and international level. Many community leaders, faith-based organizations, clinical and non-clinical organizations are working towards the goal of preventing suicide, but their efforts are not always synchronized. World Suicide Prevention Week has proved to be very successful in encouraging organizations to coordinate their efforts and learn from each other. It has also assisted those who have been bereaved by suicide in making themselves heard in discussions about suicide prevention. This has sharpened the focus on activities that are effective in preventing suicide.

Yamhill County is committed to helping individuals with mental health challenges get connected to local resources and services, such as mental health screenings, crisis services, support networks and educational opportunities. Please don't hesitate to reach out to the County's Prevention Coordinator, Becca Geist at 503-434-7378 for more information or to schedule trainings in one of two evidence-based community trainings Yamhill County offers:

1. Question, Persuade, Refer (QPR) is a 1-2 hour training; after the training participants are considered Gatekeepers in suicide prevention. A gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide
2. Mental Health First Aid is an 8 hour certification course introduces participants to risk factors and warning signs of mental health problems so they can help others, builds understanding of the impact of these challenges, and gives an overview of common treatments.

**Anyone who is experiencing an immediate mental health crisis can call (503) 434-7523, 24 hours a day, 7 days a week.**

**There is also a state suicide prevention hotline: 1-800-273-TALK  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**

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## **Local Resources**

**Yamhill County Crisis Service Line 503-434-7523**

**Suicide Prevention Lifeline 1-800-273-TALK**  
**[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**

### **Mental Health First Aid**

Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone developing or experiencing a mental health problem or crisis.

#### **Mental Health First Aid:**

Introduces participants to risk factors and warning signs of mental health problems,

Builds understanding of the importance of early intervention, and

Most importantly, teaches individuals how to help someone in crisis or experiencing a mental health or substance use challenge.

Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect people to professional, peer, social, and self-help care. Participants do not learn to diagnose, nor how to provide any therapy or counseling – rather, participants gain concrete tools and answers to key questions like “What can I do?” and “Where can someone find help?” and a core five-step action plan to support someone developing signs and symptoms of mental illness or in an emotional crisis.

This interactive 8-hour certification course introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and gives an overview of common treatments. Specifically, Mental Health First Aid participants learn:

Potential risk factors and warning signs for mental health problems, including: depression, anxiety/trauma, psychosis, substance use disorders, and self-injury.

An understanding of the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities.

5-step action plans to help the individual in crisis connect with appropriate professional care.

The evidence-based professional, peer, social, and self-help resources available to help someone with a mental health problem

## **QPR Training**

Yamhill County HHS has two staff members certified in Question, Persuade and Refer (QPR). QPR is 1-2 hours long, after the training participants are considered Gatekeepers in suicide prevention. A gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeepers include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide. As a QPR gatekeeper, participants will learn to recognize the warning signs of suicide, how to offer hope and how to get help to save a life.

Please contact Rebecca Geist at Yamhill County Public Health at 503-434-7382 in order to learn more about suicide prevention trainings or to learn more about behavioral health resources available in Yamhill County. Information can also be found at <http://hhs.co.yamhill.or.us/>.