

February 2024 SBHC Youth Suicide Prevention Info Session Notes and Resources

Training Overview:

Training was the top identified need from 2023 SBHC survey on suicide prevention, intervention and treatment protocols. Oregon Health Authority offers or sponsors a lot of trainings and it can be challenging to know what trainings are right for various settings or staff people. Please reach out to [Jill Baker](#) if you have specific questions.

OHA Big River Trainings:

<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le3548.pdf>

Trainings for Schools:

<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le221850b.pdf>

Suicide Prevention and Intervention for Latine Communities Online Training:

NEW! Free 3-hour virtual training with continuing education credits:

<https://raicesdebienestar.ce21.com/>

How to sign up / learn about trainings:

- Association of Community Mental Health Programs:
<http://www.aocmhp.org/training-events/>
- Child and Family Behavioral Health Team (OHA) Newsletter sign up:
<https://public.govdelivery.com/accounts/ORHA/signup/37675>
- Recently posted newsletter trainings:
https://content.govdelivery.com/accounts/ORHA/bulletins/384abc1#link_3
- SBHC SPO Newsletter sign up:
https://public.govdelivery.com/accounts/ORHA/subscriber/new?topic_id=ORHA_83

Youth Suicide Assessment in Various Environments:

Youth SAVE contracts were recently awarded/ renewed and the training will be starting again soon! Youth SAVE was recommended during info session for the safety planning focus and it has distinct trainings (with different tools and

different CEUs) for non-clinical youth workers, medical providers and behavioral health providers.

- REAP, Inc will begin offering [Youth SAVE](#). More information on REAP, Inc can be found on their [website](#) and you can learn more about REAP, Inc being awarded the Youth SAVE contract [here](#).
- [Oregon Pediatric Society](#) will maintain the contract for medical providers.

If there is interest OHA can sponsor a Youth SAVE training specifically for SBHC staff.

Advanced Skills:

- CAMS – Collaborative Assessment and Management of Suicidality – if interested you can just buy the workbook <https://training.cams-care.com/products/3rd-ed-cams-book/> but trainings are offered
- DBT – beneficial for the focus on distress tolerance especially when working with students with ongoing thoughts of suicide

Other Training Notes from session:

- Scheduling time for trainings can be difficult. Consider ways for staff training to be spread out across staff over time or assessing what level of training might be needed for individual staff.
- Staff in all positions can support suicide prevention not just therapist

Culturally Specific Initiatives:

“Although Oregon’s overall youth suicide rate dropped by 26% between 2018 and 2021, almost all of that decrease was among White-identified youth. For Black and African American, American Indian, Alaska Native, Asian, Hispanic, and multi-racial young people, suicide deaths between 2018 and 2021 remained similar or increased in Oregon.”

- OHA is actively adapting Big River Trainings for cultural relevancy and to be provided in additional language.
- Ruth Zuniga from Raices de Bienestar developed [course](#) also linked above and spoke at the Oregon Suicide prevention Conference (Day 4 video) <https://www.linesforlife.org/ospc2023/>

- Tribal Specific Train the Trainer (OR, WA, ID) for Sources of Strength (SOS), Mental Health First Aid (MHFA), Question, Persuade, Refer (QPR), and Connect Postvention
- Black Youth Suicide Prevention Statewide Coalition – Currently accepting applications for youth consultants (please share with youth in your communities! Application closes March 20th, 2024)
<https://docs.google.com/forms/d/e/1FAIpQLScxngxn6GmMkzdVBzFwZtchP9UC36UyYBmTGiiqIEGIJUpMkw/viewform>

Other Notes from Session:

- Connection is integral to suicide prevention gives us a lot of opportunities to support students
- There is a big need around supportive adults being equipped to have a non-crisis conversation about suicide
- SBHCs should have some awareness or connection to Adi's Act:
<https://oregonalliancetopreventsuicide.org/sb-52/>

You can get this document in other languages, large print, braille or a format you prefer free of charge. Contact SBHC Program at sbhc.program@state.or.us or 503-798-2852 (voice and text). We accept all relay calls.

This document will not be updated. Training details, information session notes and hyperlinks are current as of February 27, 2024 but information or links may change. Please contact sbhc.program@state.or.us if you need more current information.