

April 20, 2020

Supplemental Youth Suicide Postvention Guidance

COVID-19 Adjustments – Guiding Questions to Consider

This document is a supplemental resource for local mental health authorities to adapt their current Suicide Postvention Plan during the COVID-19 crisis.

The entities responsible for initiating and coordinating the community response to each case of suicide that meets the criteria established in SB 561 (2015) are:

- Senate Bill (SB) 561 from Oregon's 2015 Regular Session
- SB 485 from Oregon's 2019 Regular Session
- SB 918 from Oregon's 2019 Regular Session identifies local mental health authorities (LMHAs).

Questions to consider in a remote youth suicide postvention response

What youth-serving entities or people were likely affected by this death?

If a list of known contacts and people affected is not possible or healthy for your team to address without extra supports, consider contacting Oregon Health Authority (OHA) to activate the Rapid Response Team, Jill Baker at 503.339.6264 or jill.baker@dhsosha.state.or.us for more information.

- Consider:
 - Family members
 - Close friends
 - Church, sports and extra-curricular groups
 - Tribal affiliation
 - Online social contacts
 - School community
 - Other youth-serving systems or entities in which the youth was involved.

What technology will we use to offer remote options for small or medium-sized groups affected to gather with mental health supports?

Some options include [Zoom](#), Google [Hangouts](#), [Discord](#) (app), [Houseparty](#) (app). Be sure the technology platform you choose works on your devices. Do a test run before you invite those who have been affected to a meeting.

How will we communicate about the available support options?

Consider providing local schools and youth-serving organizations in your area a sample announcement with information to post to their social media, websites and listservs. Consider asking parents, teachers and administrators at affected schools to post the information available as well.

How often will we (or partners) check-in with those potentially affected?

Until school is back in session, it is important to be proactive and persistent in outreach and check-ins with young people and their families. OHA recommends offering to set a schedule for checking in. The affected person can adjust the schedule as needed.

Are there other potential partners that could be included in longer-term responses?

Is there staff from youth-connected agencies or organizations that could be used creatively during this time to connect with youth and offer ongoing support? Examples might include Boys & Girls Clubs, faith leaders or schools.

Other resources

Is there someone our local mental health authority can call for technical assistance?

The following people are available to troubleshoot, brainstorm or provide resources as needed to local mental health authorities.

Jonathan Hankins, Suicide Rapid Response coordinator
JonathanH@linesforlife.org 541.591.5045

Annette Marcus, Alliance to Prevent Suicide liaison
amarcus@aocmhp.org 530.570.5115

OHA Suicide Prevention Team:

Jill Baker, Youth Suicide Prevention	Jill.Baker@dhsoha.state.or.us
Shanda Hochstetler, Youth Suicide Prevention	Shanda.Hochstetler@dhsoha.state.or.us
Meghan Crane, Zero Suicide	Meghan.Crane@dhsoha.state.or.us
Debra Darmata, Adult Suicide Prevention	Debra.Darmata@dhsoha.state.or.us

OHA also recommends the following resources for LMHA's:

The Connect Program: [Postvention](#)
Suicide Prevention Resource Center: [Postvention](#)

I am from a school district, what resources are there for us?

OHA contracts with Lines for Life to provide a statewide coordinator for Suicide Rapid Response. The local mental health authority must decide if they want to request these resources. However, the coordinator is available for technical assistance for any youth-serving entity.

Jonathan Hankins, Suicide Rapid Response coordinator
JonathanH@linesforlife.org 541.591.5045

OHA also recommends the following resources for schools:

After a Suicide: A [Toolkit](#) for Schools

Suicide Prevention, Intervention and Postvention: Step by Step [guide](#)

Accessibility: Everyone has a right to know about and use Oregon Health Authority (OHA) programs and services. OHA provides free help. Some examples of the free help OHA can provide are: sign language and spoken language interpreters, written materials in other languages, Braille, large print, audio and other formats. If you need help or have questions, please contact Mavel Morales at 1-844-882-7889, 711 TTY, OHA.ADAModifications@dhsoha.state.or.us.