

School District Experience to Localized Postvention Response



Angi Meyer, MEDL
Eugene School District 4J



My Why



Agenda



State of the District



Initial Response



Postvention as Prevention

State of the District

January 2022 to June 2022



- **Student loss**
- **County Declaration**
- **Suicide Rapid Response Activation**

Initial Response

- **Care Rooms**
 - **School psychologists and Lane County Public Health, Youth ERA**
- **Critical Incident Stress Debrief (CISM) for staff**
- **Oregon Healing Collective held space for staff and students**
- **Communication of local resources**

Care Solace

Calming the Chaos of the Mental Health System



Postvention as Prevention

LANE COUNTY PUBLIC HEALTH
SUICIDE PREVENTION PROGRAM

COMMUNITY RESILIENCE FORUM

April 14, 2020 | 6:30-7:30
Hilyard Community Center
2580 Hilyard St.
Eugene, OR 97405

Numerous communities in Lane County have been affected by suicide and loss in recent months. We invite you to join us for a conversation about how we navigate these losses and strategies for supporting each other.

Spanish and ASL interpreters will be available on site. The event will be recorded and can be viewed the following day on preventionlane.org. Child care will also be available.

Contact Roger Brubaker with any questions at roger.brubaker@lanecountyor.gov



Community Forum



Self Harm Session

Parent Information Session

SELF-HARM & CUTTING: Suicidal & Non-Suicidal Self Injury

Monday, April 25, 6–7:30 p.m.

Sheldon HS Auditorium
2455 Willakenzie Road



Come learn what to do when your child exhibits signs of self-harm, what it means, and where to seek help.

Spanish and ASL interpretation provided



SUICIDE PREVENTION COMMUNITY TRAINING OPPORTUNITIES



Suicide Prevention Training: Question, Persuade, Refer (QPR)

Learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Open to all parents and interested community members ages 18+.

**Tuesday, May 3
6-7:30 PM**

South Eugene High School
Library, 400 E. 19th Ave.

In-person training by Roger Brubaker,
Senior Community Health Analyst

**Tuesday, May 17
6-7:30 PM**

North Eugene High School
Cafeteria, 200 Silver Lane

In-person training by Roger Brubaker,
Senior Community Health Analyst

Contact: Angi Meyer, 4J suicide prevention/risk assessment specialist, meyer_a@4j.lane.edu

QPR Trainings



PUBLIC HEALTH
PREVENT. PROMOTE. PROTECT.



Eugene
School
District 4J



Downtown
Languages
Education. Empathy. Equity.



HUERTO
DE LA FAMILIA
THE FAMILY GARDEN



Suicide Prevention
Coalition of Lane County



Substance Use and Coping

Parent Information Session

Teen Substance Use & Coping

Tuesday, May 31, 2022
6-7:30 PM

Churchill High School Cafeteria, 1850 Bailey Hill Rd.
Spanish interpretation provided

Presenters:

Sadie Baratta, MPH

Substance Use Disorder Epidemiologist,
PreventionLane at Lane County Public Health
&

Dr. Cheryl Gifford

Director of Mental Health, Serenity Lane

Hear from experts about the rise in youth substance use, recent changes in substances affecting public health, reasons youth use substances, and how you can intervene and support your child.



For more information contact: Angi Meyer
meyer_a@4j.lane.edu



HOME SAFETY OPPORTUNITY

Wednesday, June 15, 8-10 AM
Thursday, June 16, 4-6 PM

4J Education Center, SW Lot
200 N. Monroe St., Eugene

- Pick up a FREE lockbox for your handgun, rifle and/or medication.
- Get information and resources.
- Talk to experts in the field about home safety and how to reduce access to lethal means for self-harm.

For more information contact 4J Suicide Prevention Specialist Angi Meyer at meyer_a@4j.lane.edu



Lockboxes



Wrap --- Team

4J Welcome Center

The 4J Family Welcome Center serves as a bilingual/bicultural liaison between the district, schools and families while maintaining cultural awareness, respect, and dignity.

The vision is to connect families to community resources, assist with basic needs, and assess and evaluate academic placement.

The mission of the welcome center is to serve marginalized and underserved 4J families and assist them with navigating the educational system and accessing resources.

The goal is to have a one-stop center for families to enroll their children in 4J and provide support to schools.



4J CRITICAL INCIDENT STRESS MANAGEMENT (CISM) SESSION

CISM is an intervention protocol developed specifically for dealing with traumatic events. It allows those who have been impacted to share their experiences, process emotions, and receive referrals to additional help in a confidential, professionally-facilitated space. In response to recent student deaths by suicide, CISM is being offered to Eugene 4J School District Staff.

MONDAY JUNE 6, 2022 (IN-PERSON)

Time: 6:00 – 7:30 PM

Location: Lane Education Service District, 1200
State Hwy 99 N, Eugene, OR

TUESDAY JUNE 7, 2022 (VIRTUAL)

Time: 6:00 – 7:30 PM

Zoom Link: <https://us06web.zoom.us/j/4848426773>

Gift cards will be provided to staff who attend in recognition of their time and labor. Prior registration is not required. Please reach out to Del Quest at del.quest@lanecountyor.gov with any questions or requests.



CISMs for Staff

Critical Incident Stress Management



Counselor QPR

T4T





Oregon Healing Collective

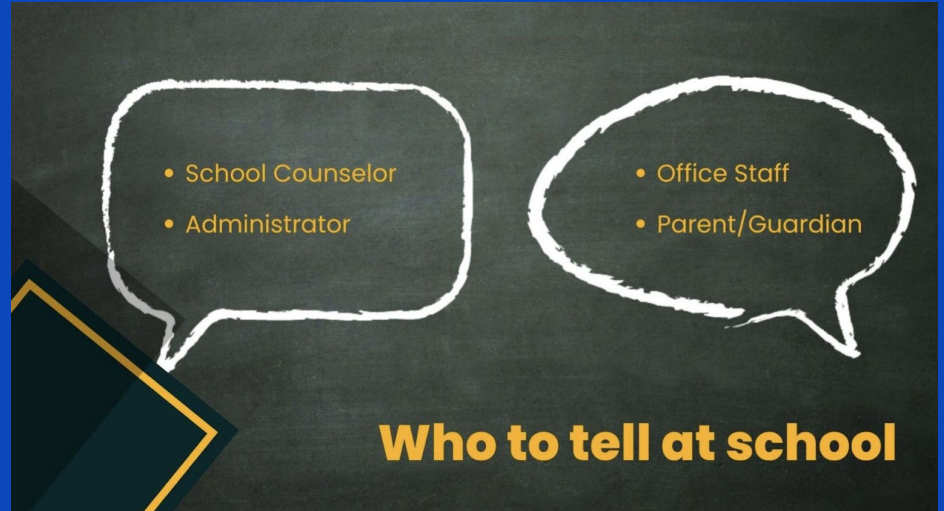
Associate Marriage and Family Therapists:

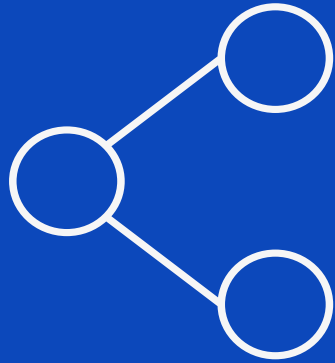
Maryanne Mueller, M.S.

Lauren Hval, M.S.

Middle School

Training






Charter School Support

Support neighboring schools

Schoolwide Screenener




SEHS Universal Screening

Here at South Eugene High School we are working to end the stigma surrounding mental health and suicide. We believe YOU MATTER. Please take a moment to answer the following questions. It will take about 3 minutes.

This form is automatically collecting emails for 4j.lane.edu users. [Change settings](#)

⋮

First Name:  Short answer ▾

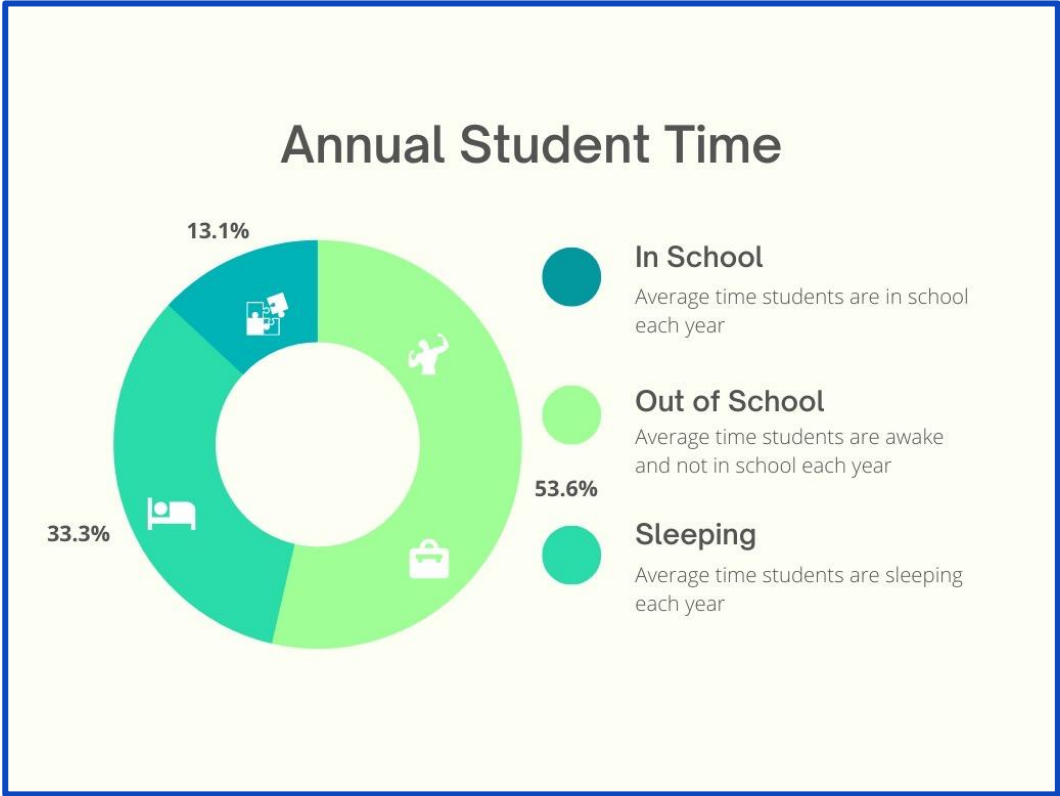
Short answer text



What we learned

- **When crisis hits we fall back on our systems**
- **Schools do not know what they need**
- **Strategic communication is essential**
- **Parents need support**
- **Students need ongoing support**
- **Red Tape**

Intentionally
invite
community
partners in



Changes to the fall 2022 Postvention Response

- 4J Flight Team
- Ongoing Student Grief Support
- Staff Processing
- Grief books



Thank You

Angi Meyer

Special Projects Manager for Prevention Services

- *Suicide Prevention*
- *Behavioral Safety Assessment*
- *Substance Use/Misuse*

Eugene School District 4J

Cell: 458-221-8354

Email: meyer_a@4j.lane.edu

