



COLUMBIA-WILLAMETTE
CHAPTER

October Newsletter

- [Letter from the President](#)
- [October Membership Meeting 2021](#)
- [Student Scholarships](#)
- [Conferences: Grow Your Network](#)
- [Job Openings](#)
- [Mental Health Resources](#)
- [Membership Achievements](#)
- [Welcome New and Returning Members](#)

LETTER FROM THE PRESIDENT

One of the board's top priorities this year is to increase membership and member involvement including the St. Helens, Santiam and OSU sections. Volunteering is one way to expand your safety network and share your knowledge and experience with our community.

If you have a passion for communications, membership management or community service come join the fun! Let me know if you have an interest and I can put you in touch with committee chairs. Wondering who they are? [Learn more](#).



The [executive board](#) is a wonderful community to be part of and we are always looking for new people. Please consider running for 2022-2023 office or nominating a colleague.

In the meantime? See you this Thursday, October 14th at our virtual October Membership meeting.

Sincerely,

Dede Montgomery, CIH, President ASSP CWC

OCTOBER MEMBERSHIP MEETING 2021

Oregon Health Authority presents:
Oregon Adult Suicide Intervention and Prevention Plan
October 14, 2021 | 11:30am - 1:00PM

Register Now for Zoom meeting:

<https://us06web.zoom.us/meeting/register/tZMld-igrDMvHd1gyFOkO1Nt2VIMXlyH9hjC>



The Oregon Health Authority is in the process of developing the first Adult Suicide Intervention and Prevention Plan (ASIPP). There has been a youth plan since 2015, however the adult plan is a new endeavor. Approximately 130 stakeholders and partners have been involved in this process by participating in both large and small workgroups. The small workgroups were based on those populations that have higher rates of suicide with the construction industry being one of them. Please join us to learn more about the ASIPP development including the results of the construction industry work group.

Guest Speakers:

- **Dabra Darmata:** OHA Adult Suicide Prevention Coordinator. She will provide an overview of the prevention plan process.

- **Jennifer Fraga:** Suicide Prevention Project Specialist of the Oregon Community Mental Health Programs which administrates the Oregon Alliance to Prevent Suicide. She will share the "Lived Experience Values and Framework" document.
- **Michelle Banen, MPH, CHES:** Co-founder of Incite Agency for Change with 14 years experience developing comprehensive suicide, sexual violence and substance abuse prevention initiatives. She will highlight the "Principles of Equity Toolkit"
- **Steven Frost:** ASSP CWC Vice President and suicide prevention trainer will focus on specific recommendations made regarding the construction industry.

Other Section Meetings

Santiam Section

Next meeting: **October 12, 2021 / 7:10 am – 8:30 am**

To get the Zoom link, email santiamsection@cw.cassp.org

Topic: **Emergency Planning**

Guest Speaker: **Kathleen Silva, Marion County Emergency Manager**

Mount Saint Helens

Next meeting: **October 15, 2021 / 7:30 - 9:00 am**

Topic: **Fire Prevention**

Mt. St. Helens Section: This section will be meeting virtually until January 2022 via Zoom.

Learn more by connecting with Section Chair [Dave McNiel](#) or [MSHS Secretary](#), or by visiting MSHS webpage. <https://cw.cassp.org/mt-st-helens-section/>.

STUDENT SECTION AT OSU

We welcome student members back to school and look forward to connecting this year. Learn more about the Student Section at Oregon State University by visiting its [webpage](#) or reaching out to its [adviser](#).

STUDENT SCHOLARSHIPS

Students are our hope for the future of environmental health and safety. Which is why, since 1978, the CWC Chapter has awarded scholarships to qualified students attending universities and community colleges in Oregon and Washington. These are made possible by the generosity of our local CWC-ASSP members, individuals, corporations, and local sections.

Each year our chapter awards two scholarships:

- *ASSP Columbia-Willamette Chapter Leadership Award (\$750.00)*
- *Walter G. Thorsell Memorial Scholarship (\$1,000)*

Please review the [application criteria and instructions](#). You can access the application form by following the [link](#) and submit your request for scholarship support by the December 1, 2021 deadline.

If you are a student or know of a student who could use the financial support to complete their education please apply for this free money.

We look forward to reviewing your application!

CONFERENCES: GROW YOUR NETWORK



SOUTHERN OREGON SAFETY & HEALTH CONFERENCE Interactive & Live Virtual Event

October 19 - 21, 2021

Sponsored by ASSP Southern Oregon Chapter and Oregon OSHA

This conference will be held online in a convenient and affordable format. The event will be held online a convenient and affordable format.

- Professional Development Workshop
- Safety Committee 101 & 201
- Hazard Investigation
- Leadership Failures
- Networking Oportunities

Registration is Open!

WORK - LIFE CHALLENGES AND INTEGRATION IN THE CONTEXT OF COVID

Fall Symposium

Friday - November 19, 2021

9 am - 2:30 pm

Virtual / Online Webinar

Low Cost: \$20

Sponsored by the Oregon Institute of Occupational Health Sciences, Oregon Healthy Workforce Center **and** Portland State University Occupational Health Psychology Program

Registration is Open!

JOB OPENINGS

A Chemical manufacturing company in Forest Grove, Oregon is looking for a full-time EHS Specialist. <https://www.empower.associates/job/ehs-specialist/>



Is your company looking for a qualified Safety Professional? Contact Aubrey Sakaguchi, ASP by [email](#), by phone at **(503) 673-5356**, or by fax at **(503) 584-9698** to have your opening posted here.

MENTAL HEALTH RESOURCES

LINES FOR LIFE | BEHIND THE LINES

We Care About Your Health

It's normal to feel anxiety and uncertainty about a widespread health concern in our community like COVID-19, and to be upset or anxious about changes and interruptions to everyday life.

All of our crisis lines are operating as usual, and seeking support over the phone is a great way to practice social distancing.

If you or a loved one are experiencing a mental health crisis,

- call the Lifeline at 1-800-273-8255

If you are 55 or older and feeling isolated or just want to have a friendly conversation,

- call the Senior Loneliness Line at 503-200-1633

If you are 21 or younger and want support for any problem, big or small,

- call YouthLine at 1-877-968-8491 or text teen2teen to 839863

Taking Care During Crisis

It's important to manage anxiety, cope with uncertainty, and stay grounded in truth as the situation unfolds. Here are some tips for taking care during this difficult time:

- 7 Science-Based Strategies to Help Cope with Coronavirus Anxiety
- CDC Tips for Mental Health and Coping During COVID-19 (includes a section for parents about how to support children)
- Reach out to your mental health provider(s) or call our lines for extra support.

Finding Reliable Information

Keep in mind that limiting information-seeking may be beneficial to your mental health.

- Consult trusted sources for the best information - we recommend our partners
 - Oregon Health Authority
 - Centers for Disease Control
- Avoid sensational news reports.

MEMBERSHIP ACHIEVEMENTS

How many acronyms does it take....

Congratulations to chapter members who worked hard to attain professional certifications:

Corinna Kupelwieser, *CSP*

Nathan Taylor, *CSP*

Terra Wheeler, *CHST*

Luke Betts (Broken Tops Chapter), *ASSP ARVP Government Affairs*

Please let us know if your or your fellow member earn any professional certifications.

WELCOME - NEW & RETURNING MEMBERS!

welcome

Need to renew your membership?

Click to view a [video](#) on how to renew on the new ASSP website or [here](#) to be taken to the renewal page.

Working together for a safer, stronger future



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