



## **Riverside County Suicide Prevention Coalition Higher Education Subcommittee Meeting Minutes**

Date: June 27, 2022

Time: 9:00AM- 10:00AM

### **Subcommittee Objectives:**

- ❖ Development and dissemination of a Mental Health awareness, stigma reduction, and suicide prevention campaign tailored to the higher education community.
- ❖ Design a training program for faculty that fits within the time constraints of higher education (TIP sheets, brief self-paced videos/webinars, etc.).
- ❖ Staff/Faculty self-care and wellness (take care of yourself so that you can take care of your students).

**In Attendance:** Isabel Aguilera, Lateasha Allen, Christopher Berrios, Myeshia Bobo, Elizabeth Goold, Alisa Huntington, Charles Lee Johnson, Sandra Loureiro, Connie Marmolejo, Mary Rankin, Machi Riveria, Lynette Sullivan, Sheree Summers, Kevin Wurtz

#### **I. Welcome**

- Welcome Christopher Berrios from La Sierra and Charles Lee Johnson from CBU

#### **II. Professional Wellness (self-care strategies)**

- Progressive muscle relaxation technique led by Dr. Sullivan
- Additional wellness can include a hybrid schedule for administration and faculty. Also encouraging staff to participate in continued education, mental health activities and learning about psychoeducation. Some campuses provide students and staff with safe spaces as well as weekly newsletter with self-care strategies. Drop-in groups with different activities are also used as a professional wellness technique.

#### **II. Hot Topics**

- Anxiety has been the number one hot topic among students and usually stemming from testing and time management. Relationship management is another hot topic among students.

#### **III. Active Mind Peer Group**

- Student clubs and no need to training
- Student leaders

#### **IV. Know the Signs Training**

- The training can be tailored by adding school mental health resources to resource slides. The

training is also available to every school in Riverside County. The training can be broken into two parts to allow discussion. Also, examples used during training can be tailored to specific audiences or school.

#### V. Suicide Prevention Awareness Month

- Theme: Thriving at All Ages
- Calendar activities for suicide prevention months are currently in the works.
- Calendar and website link are in development.
- If the events are open to the public, please let the county know and they can help promote and assist with the event.
- MSJC will be hosting an art event and movie showings available to students, staff, and community members.
- Suicide prevention walk at Moreno Valley College
- Directing change screening for Suicide Prevention Month
- Several trainings will be offered during suicide prevention month.

#### VI. Next Meeting

- July 25<sup>th</sup> at 9:00 AM- 10:00AM

#### VII. Action Items

- Anxiety curriculum from UCLA for staff and students will be shared by Lateasha Allen.
- Follow up on whether the Know the Signs training can be recorded and distributed.
- Can Directing Change screenings be offered to all Riverside County colleges?

