



Riverside County Suicide Prevention Coalition Higher Education Subcommittee Meeting Agenda

Date: 4/24/2023

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:** Sandy Awad, Myeshia Bobo, Hannah Metz, Lynette Sullivan, Sarah Sawaf, Connie Marmolejo, Andrew Thall, Pedro Diaz, Lateasha Allen, Miriam Jimenez

i. Welcome & Brief Introductions

ii. Brief Overview of Meeting Purpose

- a. Relaxation technique
- b. Mental Health Action Week activities overview
- c. Development of videos in the summer
- d. Recruiting additional members

iii. Check-In: Progress / Challenges / Successes

a. Relaxation technique

- i. Butterfly breathing technique by Dr. Lynette Sullivan

b. Mental Health Action Week activities overview

- i. The chancellor's office is offering a Mental Health Action Week.
- ii. It's an initiative for the California Community Colleges that provides free activities that can be attended by all.



- iii. It's important to maximize what is already available and partnering with online activities and events.
- iv. A Directing Change screening will be hosted on May 5th. The event will be co-host with Operation Safehouse.

c. Development of videos in the summer

- i. Dr. Sullivan selected some videos and has requested permission to use the content but has yet to hear back from them.
- ii. Starting the video process with the Riverside County's team like Dylan Colt or RCC digital media team.
- iii. Create a de-escalating a crisis video that follows the Directing Change template.
- iv. With an advance notice, Dylan from the Media and Marketing team can film and edit the video.
- v. The subcommittee will oversee creating the script and getting the actors in place.
- vi. Dylan can meet the subcommittee on a campus or at Rustin to film the video.
- vii. Creating a script can be a challenge for the subcommittee.
- viii. Dylan could possibly travel to all campuses to record so it's not only the UCR background and that way each committee member has a piece of video content. At the same time being mindful that the script should be divided and use the meeting time as a space to develop the script.
- ix. A neutral location may be a good option for filming. For those that are located a little further with an advance notice committee members can plan ahead and drive to the neutral location. Members can represent their college with a t-shirt that represents their college, so all members look uniform.
- x. If members don't have the capacity to travel Dylan could film virtually.
- xi. Dylan is a team of one so traveling to all campuses may be challenging.
- xii. UCR is happy to host the subcommittee for filming. Dr. Marmolejo and Dr. Saawf will be providing lunch and parking.
- xiii. Universities and community colleges should be paired together to show an alliance.

d. Recruiting additional members

- i. Ask other committees if they know someone that works within the college setting to recruit more.

iv. Task and participation review

a. Task



- i. Dr. Marmolejo and Dr. Sullivan will start the outline and keep communication open with the committee to set a time during the summer.

v. Next Steps / Questions / Comments

- a. What capacity do the subcommittee members want to be involved with the video filming?
- b. Next meeting May 22nd from 9AM-10AM

Who Needs to act	What action will move the group forward?	When will the process start and end?	Why is this action a priority?
X Dr. Marmolejo & Dr. Sullivan	Start an outline and set a time for recording	May 22 nd	Begin planning for dissemination of video
Y			