



Riverside County Suicide Prevention Coalition Higher Education Subcommittee Meeting Agenda

Date: 9/25/2023

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: Myeshia Bobo, Lynnette Sullivan, Briana Martinez, Sarah Sawaf, Anniemarie Morales, Jordan Contreras, Andrew, Hannah Metz, Krystal Hays, and Alisa Huntington

- i. **Welcome & Brief Introductions**
- ii. **Brief Overview of Meeting Purpose**
 - a. Relaxation technique
 - b. Suicide prevention activities
 - c. Updates on video and its dissemination on college campuses
- iii. **Check-In: Progress / Challenges / Successes**
 - a. **Relaxation technique**
 - i. Grounding technique by Dr. Lynnette Sullivan
 - b. **Suicide prevention activities**
 - i. Moreno Valley College hosted 2 Know the Signs trainings, Directing Change film screening, incorporated facts related to suicide prevention throughout the week, and had a resource fair with local mental health

resources on and off campus. Andrew held a workshop on suicide prevention for first responders students.

- ii. UC Riverside Counseling and Psychological Services (CAPS) and the UCR NAMI club will hold a social media campaign and table together on Wednesdays.
- iii. Norco College will be hosting Know the Signs trainings in collaboration with Moreno Valley College.
- iv. RUHS-BH has been offering trainings (Know the Signs, ASIST, SafeTALK), making social media posts, promoting the SPC conference, and partnering with American Foundation for Suicide Prevention (AFSP) to sponsor the 3 Out of the Darkness walks.

c. Out of the Darkness Walk (Riverside)

- i. Saturday, September 30th at Fairmount Park
- ii. Join the coalition's team at:
<https://supporting.afsp.org/index.cfm?fuseaction=donorDrive.event&eventID=9600>
- iii. Volunteers requested! If interested, please email Myeshia and arrive by 8 am. You will be dismissed at 12 pm.

d. UCR Filming updates

- i. The "How to support a student in distress" video was filmed at UCR. It is now in the revision and editing process.
- ii. Coalition leadership loved the video so far. It has also been sent to the Effective Messaging subcommittee for review.
- iii. There are no objections to including college logos from colleges that are not as involved in the subcommittee. If you have any thoughts about this, please contact Myeshia.
- iv. The text at the end of the video will be edited to look more aesthetically pleasing and easier to read.
- v. This video is meant for staff and faculty who are supporting students (professors, TAs, student union employees, etc), especially those who may not know how to help a student in distress.
- vi. Dissemination on each campus will look different; you may choose to send it in an email blast, watch it during a staff meeting, etc. More to be discussed at the next meeting.
- vii. There is a handout that has all of the information from the video, which can also be shared along with the video.

viii. MVC will be creating a sample email/caption/hashtags for social media (Instagram/LinkedIn) you can use to send the video out, along with next steps and additional information. They will have a draft by the next meeting.

e. SPC Conference

i. Register for the Suicide Prevention Coalition Conference at the Agua Caliente Resort in Rancho Mirage today! It will take place on October 26th from 8:30 am-4 pm. Here is the registration link:
<https://www.eventbrite.com/e/2nd-annual-suicide-prevention-coalition-conference-tickets-710346755267>.

f. International Survivors of Suicide Loss Day

i. International Survivors of Suicide Loss day is on November 18th, 2023.
 ii. At the next meeting, we will discuss how we can support students who have been impacted by suicide loss throughout the month of November.

iv. Next Steps / Questions / Comments

a. Next meeting is October 23rd from 9-10 am

v. Who Needs to act	What action will move the group forward?	When will the process start and end?	Why is this action a priority?
MVC	Creating drafts of sample email/caption/hashtags for social media (Instagram/LinkedIn) you can use to send the video out, along with next steps and additional information.	10/23/23	To ensure the proper dissemination of the "How to support a student in distress" video.
Everyone	Register for the SPC conference on October 26 th .	10/26/23	To ensure everyone reserves a seat and may attend the conference.