



Riverside County Suicide Prevention Coalition
Upstream Focus Sub - Committee
November 10, 2020

In Attendance:

Irene Hjelmervik
Robert Gonzalez
Christopher Duffy
Shereee Summers
Shor Denny
Rebecca Antillon
Ryan Natividad
Christian Romero
Lanicee Causly
Curley Palmer

Absent:

Dianne Leibrandt
Gabriela DiGiovanni

Minutes

Agenda:

- I. Welcome Back
- II. Updates and announcements
- III. Group member composition
- IV. Our goals- building connection and resiliency
- V. Timelines- what do we want to achieve before January 27th
- VI. Review our county's statistics
- VII. Next meeting: Tuesday, Nov. 24th, 9010:30am

Group member composition:

- Irene will reach out to faith based communities. (Harvest and Sandals) The Grove church.
- Shor Denny will reach out to Black Chamber of Commerce and County of Riverside NAACP.
- Duffy will reach out to telecare and recovery innovations.
- Rebecca will reach out to Lidredas Campacinas.



- Robert will reach out to UCR, Mt San Jacinto. Sheree will reach out to other colleges.
- Victor Community Services (Lanicee) and Tay consumer. (Duffy).

Goals:

Pgs: 24-26

Healthy and Connected Communities

Definition:

Promote effective programs and practices that reduce suicidal behaviors and support wellness and recovery by increasing social engagement and access to peer support services.

Promoting resiliency

Definition:

Promote effective programs and practices that enhance protective factors by teaching coping and problem solving skills, and strengthening internal supports that promote resilience.

Promote a culture free of stigma and discrimination by allowing for an open dialogue about mental health.

Timelines:

What should we accomplish by January 27th, 2020?

- **As a group we should be able to clearly articulate where we are heading and how we are getting there.**

Objectives/Brainstorming:

- Which communities are we targeting? (Populations most impacted by suicide)
- Making sure we invite voices to the table. Getting information from others.
- Gain a better understanding of what our community needs in terms of protective factors and resilience building.
- Stay broad and universal within our approach but first we should look at our most impacted.
- What skills are our communities missing?
- Look at skills for each age range and demographics because skills needed can vary.
- Look at our populations that are at greatest need and ultimately expand this to the community at large.
- Reach out to the data and evaluation sub committee.

Next meeting goals/agenda: 11/24/2020

- Short data presentation for those populations most at risk
- Expanding our voices and connecting with other groups.
- Start talking about particular skill sets and what resiliency looks like. Also, keeping in mind a universal mindset.
- What do we want to achieve by January 27th?