

Upstream Focus to Addressing Suicide Prevention November 24th, 2020

Attendance:

Irene Hjelmervik
Robert Gonzalez
Christopher Duffy
Shor Denny
David Navarro
Rebecca Antillon
Ryan Natividad
Christian Romero
Lanicee Causly
Curley Palmer
Daphney Thomas
Angela Gordon

Guest Speaker:

Joseline Franco

I. Updates and announcements

- Duffy reached out to TAY, has not heard back.
- Robert reached out to UCR and Mt. San Jacinto, has not heard back.
- Shor received contact back and has brought upon new members.

II. New Group Members

- Kirley Palmer
- Dafney Thomas
- Dr. Angela Gordon Nicols

III. Data Review- Suicide in Riverside County

- Deaths in RC to suicide: 2017 (276) 2018 (253) 2019(257)
- 2020 has seen an increase in wellness checks, informal data.
- Increase in deaths by suicide within the (10-14) age group. 2019 (0.9%) 2020 (3.2%)
- The 10-14 age group may be experiencing a lack of protective factors due to COVID 19.
- Seniors in RC also have a high percentage of deaths in RC. Over 30 percent consistently throughout the past couple of years.
- Seniors are possibly lacking engagement in senior facilities. They need SUPPORT WITH ACCESS. Telephone booth for senior residents?
- We can reach out to universities and high schools as they have requirements for community service.
- PSA's on coping skills, different stages. (TIK TOK)
- Using social media for our younger groups.
- Virtual support group that focuses on developmental stages, addressing these stages, social/emotional skills, physical limitations and looking at ways to help with this process.

- For our younger groups utilize directing change and other social media platforms such as TIK TOK.
- Male adults have higher percentage of suicide deaths in RC. White male have the highest percentage of deaths.
- Significant increases of suicide deaths within the African American and Asian population.
- Race/Ethnicity (10-14) Hispanic, African Americana and the Asian population having the highest percentage of deaths by suicide.
- Western County having the highest percentages of deaths by suicide.

ALL THIS DATA IS IN THE POWERPOINT THAT JOSELINE FRANCO HAS PROVIDED.

Next Meeting: December 8, 2020. 9-10:30am.

Goals/Agenda

- I. Building connectedness and belonging
 - a. What are their needs for managing stressors and building resiliency?
- II. Promoting resiliency through skill building
 - a. What skills should be taught?
 - i. "Life skills encompass many concepts, but most often include coping and problem-solving, emotional regulation, conflict resolution, and critical thinking."