



Riverside County Suicide Prevention Coalition
Quarterly Meeting
10/27/2021

Minutes

You can view the recording of this meeting here: <https://youtu.be/mk-d43KJre8>

I. Welcome

- Leadership team introductions
- Suicide Prevention Coalition video: <https://youtu.be/iZ2XGOplOL8>

II. Presentations: Suicide Prevention and Schools

- Suzanna Juarez-Williamson
 - Review of Riverside County statistics of suicide deaths and suicide attempts by age range.
- Kathy King: RCOE - Mental Health Initiative
 - Virtual Wellness Center – a webpage for students, staff and families containing links to community services, videos, strategies for stress relief, fitness, nutrition and art.
 - Mental Health Matters Spirit Week – Different themes and activities designated to each day as well as an art poster contest that received great feedback from families.
 - Professional Development for SEL and Mental Health addressing adult self-care, suicide prevention and trauma informed practices in partnership with Riverside University Health System – Behavioral Health and Public Health.
 - CaREspace created in partnership with Riverside Latino Commission – provides mental health services and resources to Riverside County students, families, schools and the community.
 - WoW Week of Wellness – very successful online event that included videos, ted talks and live workshops centered around workplace wellness focusing on 8 dimensions of wellness.
- Mindy McFarland: Up2Riverside Mental Health – Back to School Toolkit
 - Developed by PEI to help students and educators create conversations about mental health at every grade level. Provides PowerPoint lesson plans and resources tailored by grade levels. The aim of the kits are to promote mental health awareness and reduce stigma.
- Rebecca Antillon: S.P.A.R.E Suicide Prevention and Risk Evaluation
 - Evaluation tool being developed collaboratively by Riverside County Public Health, Riverside County Office of Education and Behavioral Health. Uses the Columbia Suicide Severity Rating Scale as a base and integrates intervention techniques from ASIST. This tool was created to evaluate and reduce risk.
- Rebecca Antillon: Teen Suicide Awareness and Prevention Program (TSAPP)
 - The goals of this program are to increase awareness on the issue of teen suicide, empower youth to act as a resource to their peers, and increase resiliency and protective factors among Riverside County youth. The program offers staff development, community education and student engagement.



- April Jones: Hemet Unified School District
 - Some of the protective factors that have been put in place at HUSD are Social Emotional Learning screenings, bully prevention, stigma reduction and mental health classroom presentations. Sprigeo, which is an online bullying and crisis reporting site extended learning opportunities, PLUS, NAMI on campus, college and career activities, parent liaisons and extracurricular activities.
 - Offering professional development opportunities in partnership with RUHS, Suicide Awareness Week, Mental Health Awareness Week, Stigma Reduction Campaigns
 - Mental health professionals and counselors available at all middle and high school campuses as well as bereavement, grief and loss, anger management, and DBT skills groups.
- Lisa Todd: Palm Springs Unified School District
 - Focus on emotional learning, improving school climate and campus cultures.
 - In regards to prevention, the district provides classroom guidance lessons, mandatory staff training, Youth Mental Health First Aid trainings to teachers and security staff, and crisis resource information is readily available as well as district-wide campaigns, social media presence.
 - In regards to intervention the district has been working on additional staffing of student counselors, Mental Health Therapists etc. Mental health resources such as PSUSD Mental Health Department, CareSolace, and Daybreak are available. Counselors, School Psychologists and site administration receive risk assessment training as well as PREPaRE training.
- Kathleen Sarmiento: Riverside Unified School District
 - Campuses have benefitted greatly from the Anti-Bullying Institute, Operation Safehouse, TSAPP and GenUp resources, support and activities.
 - NAMI on Campus provides community resources to help students, encourages people to recognize early signs of mental illness and is very easy to bring on campus. This club has many opportunities to raise awareness of mental health. Schools connect to the program through their local NAMI affiliate – contact info located on slides from today’s presentation.

III. Additional Resources

- The American Foundation for Suicide Prevention (AFSP) - dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide.
- Project 99 – Their panel of speakers discusses the topics of how suicide directly affects one’s family and community, resources available to those affected, other ways of coping and releasing negative emotions, and reassures students that they are not alone in their time of distress.
- PEI Offers free trainings to the community such as ASIST, safeTALK, MHFA (youth and adult), Know the Signs (can be virtual or in person), and other free virtual trainings: Mental Health 101, Self-Care and Wellness, Building Resiliency and Understanding Trauma, (and coming soon: Grief and Loss).

IV. Suicide Prevention Month Recap – Michelle Downs



- This year's Suicide Prevention and National Recovery Month focus was on Supportive Transitions: Reenter, Reconnect and Rebuild. PEI collaborated with Substance Abuse Prevention and Treatment to recognize the month and promote activities in the community.
- PEI received a proclamation from the Board of Supervisors in recognition of National Suicide Prevention Awareness Month.
- Throughout the month of September, a different weekly theme was presented with different activities, videos and resources that went along with the week's theme. The hashtag #PEISept2021 was used to track the social media presence.
- Four different virtual trainings were offered for free to the community in both English and Spanish.

V. Year one Sub Committee Accomplishments

- Christy Mota - Measuring and Sharing Outcomes
 - The accomplishments for the sub-committee in year one have been the creation of a data dashboard, and data briefs to address data requests related to suicide. As well as the development of a survey to receive feedback from sub-committees to create an infographic on Coalition success to present to the Board of Supervisors and have started to explore potential relationships to gain access to additional data sources.
- Jennifer Carson – Effective Messaging
 - The year one accomplishments for this committee include scheduling and hosting a Public Information Officer Workshop in which 40+ attendees learned about suicide safe messaging. As well as the completion of a Social Media Toolkit in September, that focused on increasing healthy social media. As well as utilizing experts in the field of best practices on messaging about suicide.
- Mary Hrinko - Upstream
 - Over the past year the committee has been able to disperse suicide prevention materials to 9 senior centers throughout Riverside County and were able to confirm that they displayed the materials to the general public. Hung posters in the Office of Aging to heighten awareness of resources to staff as well as distributed a survey to assess coping skills used by seniors.
 - By reviewing data from Riverside County, the committee was able to focus on two populations (youth 10-14 and seniors) and created a video messaging campaign with hopeful messages from youth to seniors. Find the video here:
https://www.canva.com/design/DAEdu3fHEV8/I4x6iqQkjM37csZ99wsgxA/watch?utm_content=DAEdu3fHEV8&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink
- Kathleen Sarmiento and Matthew Fraley – Prevention Engaging Schools workgroup
 - The Committee has explored many options and is looking to move forward by getting more students involved. As well as getting administration staff within the schools involved and present at meetings to approve implementation of resources, using the school psychologists and clinicians within the school systems that are willing to help.
- Andrea Deaton – Prevention Trainings workgroup
 - The committee has been looking at trainings related to suicide assessment, moving beyond recognizing signs of suicide. As well as continuing to focus on getting trainings out into the community, especially as community spaces start to welcome in-person gatherings.



- James Grisham – Intervention
 - During the first year, the committee has accomplished developing questionnaires for crisis services and inpatient units, evaluating crisis services and identifying gaps by developing a flyer to assist service providers with transitions in care as well as addressing best practices by having dialogue with sub-committee members and bringing to the table everyone's different areas of expertise.
 - In regards to means safety, the committee focused on the areas of creating safe environments by reducing lethal means and identifying community businesses to collaborate with to accomplish this. Completed a training with a lethal means reduction expert and collaborated with Riverside Overdose Data to Action (RODA) group.
- Brenda Scott – Postvention
 - In the first year this committee began development of a contract with Trauma Intervention Programs of Riverside County (TIP) to provide Postvention services to survivors of suicide loss, trained TIP volunteers in suicide Postvention specific response with Noah Whitaker and hosted a webinar: *Grief After Suicide* for suicide loss survivors during suicide prevention month with Dr. John Jordan. Presentations from American Foundation for Suicide Prevention (AFSP) & Survivors of Suicide Loss (SOSL) were also included. For more info about becoming a TIP volunteer: https://www.youtube.com/watch?v=7uQ5Yns_pwc

VI. Sub-Committee Recognition

- Everyone has a role to play in suicide prevention and we are grateful to the co-chairs, clerical support staff, and liaisons that have put in time, dedication, passion, and commitment to serving on the Coalition and their efforts to end suicide in Riverside County. A certificate of appreciation and small gift will be provided to each of you.
 - Changes in co-chairs: Sheree Summers, Stephanie Lasseigne, Tishani Finnikin, Sarah Rodriguez, Jill Miller, and Shor Denny have stepped down – thank you for all you have done!
 - Please welcome new co-chair Mary Obedeyi to the Effective Messaging sub-committee!
 - We are looking for new co-chairs for the Trainings workgroup, Postvention, and Upstream sub-committees. If you are interested please email PEI@ruhealth.org

VII. Closing

- The next quarterly meeting will be Wednesday January 26, 2022 9AM to 11AM.
- If you are interested in joining one of the sub-committees contact PEI@ruhealth.org