



# Riverside County Suicide Prevention Coalition

## Sub-Committee Quarterly Report

### July 26, 2023

#### Measuring and Sharing Outcomes

**Regularly Scheduled Meetings: 3<sup>rd</sup> Thursdays, 9:00am-10:00am.**

<b>Sub-Committee Goal(s):</b>	Advance data monitoring and evaluation
<b>Sub-Committee Objective(s):</b>	1. Partner with coroners and medical examiners to develop a method for accessing data for improved suicide prevention strategies
<b>Last Quarter's Actions:</b>	<ul style="list-style-type: none"> <li>Co-chairs from all eight SPC Sub-committees met in May to review latest data trends in Riverside County.</li> <li>Revised and disseminated data needs survey for coalition sub-committees to reflect new quarter's goals.</li> <li>Internal data reports were developed to supplement the delay in data brief and story map.</li> <li>Funding provided by the California Department of Public Health (CDPH) Youth Suicide Pilot Project to begin surveillance activities for the next two years.</li> </ul>
<b>Community Partners Needed:</b>	Coroner's office, school districts, and more community members.
<b>Priority Activities this Quarter:</b>	<ul style="list-style-type: none"> <li>Data statistics/reports distributed by Riverside County are a unified message from our coalition.</li> <li>Create new survey to gather information on current resources to then align efforts in similar areas of suicide prevention.</li> <li>Strengthen partnership with surveillance team members to oversee data for youth suicides in Riverside County</li> <li>Finalize data brief and SPC story map to publish on SPC website.</li> <li>Ongoing activity - Assist other sub-committees with data collection and inquiries.</li> </ul>

**What additional supports or resources may be needed?**

*-Provide training/overview on available data sources (e.g., HCAI, Cal-IVRS, ESSENCE, etc.) to data sub-committee.*



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**July 26, 2023**

### Upstream

Regularly Scheduled Meetings 1 <sup>st</sup> Tuesdays 9:00am-10:30am	
Sub-Committee Goal(s):	Increase connectedness between people, family members, and community. Increase resiliency and help-seeking.
Sub-Committee Objective(s):	<ol style="list-style-type: none"> <li>1. Increase services focused on fostering a sense of belonging.</li> <li>2. Promote a culture free of stigma and discrimination.</li> <li>3. Integrate activities into community-based services that increase life skills.</li> <li>4. Expand services to increase help-seeking behaviors and promote messages of resiliency, recovery, and hope.</li> </ol>
Last Quarter's Actions:	<ul style="list-style-type: none"> <li>• Youth initiative – Utilize social media content developed by La Sierra University social work students to promote protective factors for suicide targeting youth across the county. In total, 16 images and content were created for use on various social media platforms. The students branded all messaging with the SPC logo.</li> <li>• Older Adult Initiative – The kindness kits have had great success and positive feedback. We've had one distribution so far and are currently planning for the next distribution. For the first distribution 1,000 kits were assembled and distributed to numerous local organizations throughout Riverside County in April/May. Assembly of Kit 2 was completed on July 19, 2023. We will begin distribution the week of July 24<sup>th</sup>.</li> </ul>
Community Partners Needed:	We need assistance in finding additional organizations that serve seniors/isolated older adults to help with kindness kit distribution. We also need assistance with promotion.
Priority Activities this Quarter:	<ul style="list-style-type: none"> <li>• Continue working on kindness kit distribution and find opportunities to promote the project county-wide.</li> <li>• Continue to brainstorm/strategize on how to outreach to additional organizations that can help with distribution. We also want to publicize the project to help with informing our communities of this service.</li> <li>• Discuss ways to continue engaging and supporting resilience education for our youth.</li> </ul>

### Effective Messaging Sub-Committee

Regularly Scheduled Meetings: 2 <sup>nd</sup> Wednesdays, 10:00am-11:00am.	
Sub-Committee Goal(s):	Increase safe reporting of suicide and healthy social media use.
Sub-Committee Objective(s):	<ol style="list-style-type: none"> <li>1. Increase safe reporting of suicide.</li> <li>2. Increase healthy social media use.</li> <li>3. Partner with members of media to provide information about resources.</li> <li>4. Integrate best practices into public campaigns and communication strategies about suicide.</li> </ol>
Last Quarter's Actions:	<ul style="list-style-type: none"> <li>• Media materials for statewide means safety pilot project have been created and are currently under review.</li> </ul>
Community Partners Needed:	Continued Support of community members, sub-committees, etc.
Priority Activities this Quarter:	Begin planning for press conference in October highlighting the coalition's current initiatives and successes. Upcoming meeting set for August 14 <sup>th</sup>



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Prevention - Trainings Sub-Committee	
<b>Regularly Scheduled Meetings: Quarterly. Aug. 3rd and Nov. 2nd from 12pm-2pm</b>	
<b>Sub-Committee Goal(s):</b>	Increase detection and screening to connect people to services based on suicide risk.
<b>Sub-Committee Objective(s):</b>	<ol style="list-style-type: none"> <li>1. Trainings to increase effectiveness of suicide risk screenings, assessments, and trauma-informed practices.</li> <li>2. Trainings to support identification and intervention to effective care.</li> </ol>
Last Quarter's Actions:	<ul style="list-style-type: none"> <li>• The Trainings Sub-committee is undergoing structural changes to better support the Suicide Prevention Training Trainer Cohorts in Riverside County. This workgroup will now meet quarterly. The trainers for safeTALK, Applied Suicide Intervention Skills Training (ASIST), and Mental Health First Aid (MHFA) will meet each quarter to come together to discuss and work on creating PSA video(s) targeted to at-risk populations to help create awareness of available trainings in the County.</li> <li>• The Trainings Sub-committee introduced 19 new safeTALK trainers and 21 new ASIST trainers.</li> </ul>
<b>Community Partners Needed:</b>	Individuals trained to facilitate suicide prevention gatekeeper trainings such as safeTALK, ASIST, and MHFA.
<b>Priority Activities this Quarter:</b>	<ul style="list-style-type: none"> <li>• Host first meeting after restructuring to include certified/registered trainers in safeTALK, ASIST, and MHFA. Meeting will occur on August 3<sup>rd</sup> and once per quarter thereafter.</li> <li>• Create PSA video(s) promoting suicide prevention gatekeeper trainings.</li> <li>• Develop plan to share PSA with community (i.e., sponsored social media posts. movie theaters, DMV, doctor's offices, etc.)</li> </ul>

**What additional supports or resources may be needed?**

*-RUHS-BH Marketing team could assist in the creation of PSA videos.*



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#### Prevention – Higher Education

**Regularly Scheduled Meetings:** 4<sup>th</sup> Mondays, 9:00am-10:00am

<b>Sub-Committee Goal(s):</b>	Standardize policies and curriculum to promote connectedness and address suicide risk.
<b>Sub-Committee Objective(s):</b>	<ol style="list-style-type: none"> <li>1. Increase education and awareness regarding mental illness and suicide amongst college students and staff.</li> <li>2. Assist schools with the implementation of trauma-informed practices.</li> <li>3. Promote increased help seeking behaviors amongst college youth.</li> </ol>
<b>Last Quarter’s Actions:</b>	<ul style="list-style-type: none"> <li>• Ongoing development of a mental health awareness, stigma reduction, and suicide prevention campaign tailored to the higher education community. Developed and completed first script for 3-5 min “refresher video” with approval of SP leadership. Video focuses on educating staff/faculty on how to help a student in distress.</li> <li>• Continue to provide wellness interventions and resources to support staff/faculty self-care and wellness during monthly subcommittee meeting.</li> </ul>
<b>Community Partners Needed:</b>	Increased participation from all Riverside County colleges and universities. RUHS-Behavioral Health Marketing team to help us with filming.
<b>Priority Activities this Quarter:</b>	<ul style="list-style-type: none"> <li>• Reschedule filming of video refresher.</li> <li>• Obtain approval from content creators to utilize selected YouTube videos in future training series.</li> <li>• Develop dissemination plan for videos and tip sheets.</li> </ul>



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## Sub-Committee Quarterly Report

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### Prevention- Engaging Schools Sub-Committee

**Regularly Scheduled Meetings: 4th Mondays, 10: 00a.m-11:30a.m.**

<b>Sub-Committee Goal(s):</b>	<i>Increase detection and screening to connect people to services based on suicide risk.</i>
<b>Sub-Committee Objective(s):</b>	<ol style="list-style-type: none"> <li>1. Implement programs that foster social emotional growth.</li> <li>2. Develop and implement standardized suicide risk assessment tools and prevention plans.</li> <li>3. Assist schools with the implementation of trauma-informed practices</li> </ol>
<b>Last Quarter’s Actions:</b>	<ul style="list-style-type: none"> <li>• Four new team members were added to the sub-committee.</li> <li>• The co-facilitators have begun working with RUHS leaders on the CDPH Suicide Reporting and Crisis Response Pilot Project, which includes the RCOE AACI unit.</li> </ul>
<b>Community Partners Needed:</b>	RCOE, participating districts, RUHS-Public Health, RUHS-Behavioral Health
<b>Priority Activities this Quarter:</b>	<ul style="list-style-type: none"> <li>• Increase district participation in the sub-committee.</li> <li>• Redesign RCOE suicide prevention webpage to include local and national suicide prevention resources.</li> <li>• Determine how to move forward with SPARE in 3 pilot school districts through CDPH Suicide Response Pilot Project.</li> </ul>

**How can other sub-committees potentially help you in your efforts?**

*o Engaging Schools focuses on the full continuum of support for suicide prevention. Broader collaboration with the Upstream and Training sub-committees would be beneficial to ES sub-committee objectives #1 and #3.*



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#### Intervention Sub-Committee

**Regularly Scheduled Meetings:** 3<sup>rd</sup> Wednesdays, 1:00pm-2:30pm

<b>Sub-Committee Goal(s):</b>	Deliver a continuum of crisis services across the county and evaluate crisis services to identify gaps in care. Create safe environments by reducing access to lethal means and develop professional competence to reduce risk and promote community safety.
<b>Sub-Committee Objective(s):</b>	<ol style="list-style-type: none"> <li>1. Improve transition in care of consumers following a hospitalization or a consumer/family contact with crisis system of care.</li> <li>2. Develop relationships with community partners that are willing to work with the committee to reduce access to lethal means to improve community safety.</li> <li>3. Develop a recommendation for countywide best practice professional trainings on means safety and consumer care for the consumer with suicidal ideation.</li> </ol>
<b>Last Quarter's Actions:</b>	<ul style="list-style-type: none"> <li>• Continued to distribute care transition flyer to crisis services and programs countywide. Crisis teams have had a positive response to the distribution, as well as, requests for additional flyers to share with consumers.</li> <li>• We have gained a new subcommittee member from RUHS-Public Health and are partnering with her to initiate a Firearm Lock pilot as part of our efforts for Suicide Prevention Month in September.</li> <li>• Subcommittee identified a Cultural Competency and Awareness training by Dr. Joyce Chu that will introduce best practices for administering culturally sensitive suicide risk assessments for our county's most vulnerable populations.</li> </ul>
<b>Community Partners Needed:</b>	RUHS-Public Health, RUHS- Medical Center, Cultural Competency Manager, RUHS-BH Crisis teams.
<b>Priority Activities:</b>	<ul style="list-style-type: none"> <li>• As a part of the September is Suicide Prevention Month activity, we are proposing a Firearm Lock initiative that is hoped to partner with the statewide initiative. Sub-committee will seek one-time funding from SPC to begin initiative.</li> <li>• As a part of the September is Suicide Prevention Month Activity, we are proposing a training pilot of Cultural Competency and Awareness training for Senior Clinical staff and Crisis Care direct care Supervisory staff. Sub-committee will work with SPC Leadership and Trainings subcommittee on proposed training.</li> </ul>

**How can other sub-committees potentially help you in your efforts?**

*-The Safe & Effective Messaging Subcommittee can assist us in developing Suicide Prevention Coalition materials to accompany future Firearm Lock distribution efforts. Additionally,*



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#### Postvention Sub-Committee Quarterly Meeting Updates

**Regularly Scheduled Meetings: 4<sup>th</sup> Mondays, 10am-12pm**

<b>Sub-Committee Goal(s):</b>	Expand support and services following a suicide loss.
<b>Sub-Committee Objective(s):</b>	<ol style="list-style-type: none"> <li>1. Develop and implement postvention team(s) to coordinate effective response at various levels and across multiple settings.</li> <li>2. Implement and expand survivor's support groups into systems of care to address immediate, delayed, and ongoing supports.</li> <li>3. Provide trainings to clinical staff on complicated grief and bereavement to better serve suicide loss survivors.</li> </ol>
<b>Last Quarter's Actions:</b>	<ul style="list-style-type: none"> <li>• Volunteer facilitators successfully completed Survivors of Suicide Loss (SOSL) support group training.</li> <li>• RUHS-BH Prevention &amp; Early Intervention (PEI) is developing a training curriculum with an external consultant and recruiting therapists to provide short-term, no cost, suicide grief counseling to suicide loss survivors. RUHS-BH-PEI developed an application for community-based therapists interested in providing these services. Application is being finalized.</li> <li>• In June 2023, TIP responded to 6 of 9 suicide deaths in Riverside County. All 6 had follow-up. All 9 received a LOSS kit. Other months had similar success.</li> </ul>
<b>Community Partners Needed:</b>	AFSP Inland Empire/Desert Chapter
<b>Priority Activities:</b>	<ul style="list-style-type: none"> <li>• Finalize application for community-based therapists interested in providing grief counseling for survivors of suicide loss. Release application for recruitment.</li> <li>• Sub-Committee will reach out to Survivors of Suicide Loss (SOSL) to request another team lead to work with the trained volunteers to develop support groups and provide them throughout Riverside County.</li> <li>• The sub-committee will also explore alternative suicide loss support group curricula.</li> <li>• TIP will conduct outreach at the Sat. Sept. 30th, Riverside County Out of the Darkness Walk and the Sat. Oct. 7<sup>th</sup> Coachella Valley Out of the Darkness Walk to recruit volunteers.</li> </ul>

**How can other sub-committees potentially help you in your efforts?**

*-Other committees can promote TIP services throughout the community to increase awareness and the need for volunteers.*

**What additional supports or resources may be needed?**

*-We need to contact another suicide loss curriculum owner (AFSP or Didi Hirsch) to explore an alternative product.*