



## **Riverside County Suicide Prevention Coalition Higher Education Subcommittee Meeting Agenda**

Date: May 23, 2022

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: Isabel Aguilera, Latsha Allen, Myesha Bobo, Elizabeth Goold, Alisa Huntington, Sandra Loureiro, Connie Marmolejo, Lynette Sullivan, Sheree Summers, Shirly Warren**

#### **I. Welcome**

- Quick overview of the meeting's agenda by Dr. Sullivan

#### **II. Relaxation Techniques**

- 5,4,3,2,1 Grounding tool. 5 things you can see. 4 things you can feel. 3 things you can hear. 2 things you can smell. 1 thing you can taste.

#### **III. May is Mental Health Month Successes**

- Mental health workshops, email blast on mental health awareness, weekly newsletter included mental health resources, UCR student health fair that included a pre and post survey, therapy dogs, mental health art campaigns, Active Minds collaboration, a cup of happy hosted by Operation Safehouse, Mental Mondays and Wellness Wednesday live Instagram events.

#### **IV. June Suicide Prevention Activities**

- Moreno Valley college can facilitate the following activities Directing Change screening, virtual Know the Signs Presentation, and Operation Safehouse.
- Norco College and Moreno Valley College offers a virtual Know the Signs training once a month

#### **V. Roundtable**

- United Way program provides a toolkit to thrive.
- <https://www.insidehighered.com/news/2022/05/17/seven-professor-actions-contribute-student-well-being-infographic>
- <https://www.samhsa.gov/find-help/988/partner-toolkit>

- Know the Signs training and survey will be tailored to college students and will include a feedback section to discuss what can be added and what is missing.

## VI. Action Items

- Dr. Sullivan will create a Know the Signs flyer.
- Integrate and highlight protective and risk factors in Higher Ed subcommittee.
- Promote strategies to help decrease stigma and increase the ask for help.
- Subcommittee invitation to be sent out to college students and RUHS-Crisis Team
- For next month agenda, tailor educational tool kit from 988
- Discuss suicide prevention month plans

## VII. Next Meeting

- Next meeting will be on June 27<sup>th</sup> from 9AM- 10AM

