



Riverside County Suicide Prevention Coalition Higher Education Subcommittee Meeting Agenda

Date: August 29, 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, Lateasha Allen, Myeshia Bobo, Pedro Diaz, Sandra Loureiro, Christina Martinez, Hannah Metz, Lonnie Mills, Mary Rakin, Justine Rangel, Javier Sanchez, Tai Sherrod, Lynette Sullivan, Kevin Wurtz

I. Welcome

- Welcome Pedro Diaz, Hannah Metz, Lonnie Mills, and Tai Sherrod

II. Relaxation Technique

- 5, 4,3, 2, 1 Ground tool facilitated by Dr. Sullivan

III. Suicide Prevention Month Calendar from PEI

- This September PEI's Suicide Prevention Month theme is "Thriving at All Ages" which focuses on exploring ways we can strengthen our physical and emotional wellness at different stages of life. The activities available will be beneficial for all age groups.
- Mental Health Thrival Kits and additional resources for educators and students are available for download at <https://www.suicideispreventable.org/back-to-school.php>
- Safe Talk will be provided on September 7, 2022, from 9:30am- 12:30pm
- ASIST Training will be a two-part training and will be provided on September 20th and 21st from 8:30am-4:30pm.
- Adverse Childhood Experiences (ACES) training will be provided on September 27th from 11:00am-12:00pm in English and 1:00pm-2:00pm in Spanish.
- Peer Support for Suicide Loss will be available on September 15, 2022 and is only available for loss survivors.
- All trainings are available to the public, but spaces are first come first serve.
- Share your participation on social media using #PEISEPT2022
- Activity guide includes a description of what event/activity is being offered and how to access the material for each activity. This activity guide can be tailored to each campus so feel free to share and promote the activity guide. The activity guide and calendar of events

can be found at <https://up2riverside.org/support-suicide-prevention-awareness/> in both English and Spanish.

IV. Suicide Prevention Week Campus Activities

- Moreno Valley College (MVC) will host a suicide prevention virtual trivia night on September 9th. MVC, Norco and RCC offer Know the Signs training once a month. Mental Health First Aid Training will be provided at MVC but currently on hold until a trainer is found. MVC will be hosting a suicide prevention walk. MVC will host a Safe Talk Training on September 20th from 12pm-4pm on campus. MVC and Operation Safehouse will be hosting a directing change screening.
- Mt San Jacinto College will be doing an Art with Impact virtual event that will show mental health movies that target suicide prevention. This event will take place on September 14th from 3:00pm-5:00pm. Eventbrite link: [Mt San Jacinto College presents: Movies for Mental Health \(Online\) Tickets, Wed, Sep 14, 2022 at 3:00 PM | Eventbrite](#)
- Palo Verde College will be partnering with Peace from Chaos to provide resources at a tabling event on September 10th.

V. 988 Educational Toolkit for Higher Education

- Tailor the existing 988 educational toolkit to each individual campus.
- Dial 988 for the Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline)
- Link to access the tool kit: <https://www.samhsa.gov/find-help/988/partner-toolkit>

VI. Reminder about 1st Annual Summit

- The 1st annual Summit for SPC will be on October 27th at the Riverside Convention Center. Registration starts at 8:00am and the events is from 9:00am- 4:00pm. The summit will include keynote speakers and breakout sessions.

VII. Roundtable

- In person trainings on campus sites are now available for SafeTALK Trainings
- PEI can provide Take Action for Mental Health swag or Know the Signs swag for suicide prevention month events. The swag from PEI can only be picked up at the Rustin Conference Center. Please email pei@ruhealth.org to request swag/kits.

VIII. Next Meeting

- September 26, 2022, at 9:00am-10:00am

IX. Action Items

- Review the 988 Educational Toolkit and revisit as a group for the September 26th meeting.

