



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

Date: 2/27/23  
Time: 9:00 – 10:00 am

### 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, Christopher Rios Berrios, Myeshia Bobo, Pedro Diaz, Elizabeth Goold, Alisa Huntington, Miriam Jimenez, Connie Marmolejo, Hannah Metz, Lynette Sullivan, Sarah Sawaf, Sher~~e~~<sup>e</sup> Summers, Andrew Thall

### i. Welcome & Brief Introductions

### ii. Brief Overview of Meeting Purpose

- a. Relaxation Technique
- b. Review Google Form Responses
- c. Suicide Prevention Coalition Quarterly Meeting

### iii. Check-In: Progress / Challenges / Successes

#### a. Relaxation Technique

- i. Mantra Breathing by Dr. Lynette Sullivan

#### b. Google Form Responses

##### i. Stigma Video ~~Feedback~~Feedback

1. Myth busters at the beginning were great. Practical suggestions provided were easy to understand and implement.
2. Very entertaining and helpful and engaging.
3. The video was a little ~~em~~empathy.



4. I enjoyed watching the ~~video,video;~~ the presenter was clear and straightforward with the information.
5. Very interesting video that provides examples on how to reduce mental health stigma.
6. This would be a great video for students but not sure for faculty. I am 50/50.
7. Really like this video, great information and presenter. Having diverse individuals present help with the feelings of inclusion
8. No

**ii. Wellness and Academic Success Video ~~Feedback~~Feedback**

1. Video seems most appropriate for college students specifically but not sure if this would be beneficial for staff/faculty. Tips for managing the transition are great.
2. Mediocre not that engaging.
3. Great to add to a health center website. However, some examples may not be relevant to the community college students.
4. Great video! I love the visuals, but I feel like this video is targeted for high schools.
5. Very informative and short animation that can be helpful for students.
6. Great video for students, not sure for faculty. Also, not all Health Promotion or Well-being centers have counselors.
7. Very relevant to students, helps reinforce help-seeking behaviors.
8. Neutral

**iii. What is Mental Health Video Feedback**

1. Great description of Mental health continuum and how mental health affects various domains of living. Nice Visuals. Acknowledgment of barriers to seeking help was good. Video reference one company several times which might causes issues with licensing.
2. Good basic overview, not very engaging but mediocre.
3. Great overview of mental health
4. Good video as well!
5. The video is very helpful and informative. Really enjoyed it.
6. This is a good introduction video.
7. Really good video helps define what can be a very abstract concept for some individuals.

**iv. What is Therapy Video Feedback**



1. Informative and easy to understand. Great video to educate people on what therapy is, reasons to seek help, and what to expect from therapy. However, not as engaging as the other videos and a bit lengthy. Not helpful for staff and faculty when working with students.
2. Pretty engaging. I'd give it a 7/10.
3. I like the content towards the middle of the video.
4. Great video! I like how we were able to see how the individual was in the session felt realistic.
5. This is a good video to help learn what psychotherapy is and how it can be helpful.
6. This is a good video.
7. Very informative. Makes therapy more relatable. ~~also~~ Also, helps put into perspective situations students might be experiencing and when therapy may be necessary.

**v. Video for Faculty on Identifying & Referring at Risk Students**

1. Great video. I like that it shows some examples of changes in students' behavior that staff and faculty should look out for. It also provides an example on how to discuss your observation and concerns with the student. This video seems very applicable for staff and faculty.
2. Very good and provocative and realistic.
3. Relevant video. A little long and some shaming statements.
4. Great video, I like to see how the situation was ~~role-played~~ role-played!
5. This video is great because it provides a great example of how someone can refer a ~~risk~~ student.
6. Yes, I love these types of videos! More realistic and perfect fit.
7. I like the role-playing; it helps professors identify students experiencing difficulty.
8. Yes

**vi. Stigma Fact Sheet to Accompany Video**

1. Great information, but a bit lengthy for folks wanting a quick read. The statistics from page 1 were published in 2013. Is there more current data we can pull from?
2. Helpful
3. Great resource
4. Spreadsheet has way too much information.
5. Fact sheet is good however, YouTube video links did not work.

6. I do like this sheet; however, the links are not viewable.

**vii. Worksheet for Faculty on Identifying/Helping Troubled Students**

1. Good information on warning signs and helpful approaches staff/faculty to support students. Text is a bit dense, but the information is helpful. Would need to be customized at the bottom for county and campus specifics.
2. Just OK too much information on one page.
3. Great template, we could use this as a guide.
4. Too much information on the spreadsheet.
5. Worksheet is very informative however could add additional crisis text numbers.
6. Great start and can be used as a foundation for each campus.
7. I like the one-on-one meeting aspect of this worksheet. It would help the students feel more comfortable and at ease to disclose information.

**viii. Worksheet for How to Help People in Distress**

1. Good content not very engaging.
2. I only see the videos.
3. No critique.
4. This worksheet is great, I like how it has video examples and resources.
5. I didn't see the worksheet I saw the video ~~was that it~~ ~~that is that?~~
6. Has a video, tipsheet, and the extra resources all in one place. Yes
7. Yes

**ix. Top Choices**

1. Reducing Mental Health Stigma
2. Identifying & Referring at Risk Students

**c. Tip sheet and videos**

- i. Creating a video and tip sheet that addresses the following topics: ~~includes~~-what is mental health? How to reduce stigma? How do you take care of yourself?
- ii. If a video already exists, we shouldn't reinvent the wheel. A buddy video can be added if any information is missing.
- iii. Not a good use of the committee's time if the resources and videos are already created.
- iv. For licensing purpose just contact the organization to use their content.
- v. Tip Sheet should be a single page in infographic style.
- vi. Create a training series that is released ~~can be done~~ quarterly to be allow more time ~~ble~~ to develop our own content.



- vii. To disseminate educational material UCR needs 1 month and MSJC needs 2 weeks for approval.
- viii. Interns are available to support and assist.

**d. Challenges**

- i. La Sierra University has had challenges with faculty managing crisis situations. Faculty and staff's anxiety or feelings about the situation has made the situation worse.
  1. UCR offer phone consultations for staff and faculty. The phone consultations are provided by a therapist, and they provide tips, recommendations, and guidance. UCR also provides trainings and roleplaying to help practice and release that anxiety.
  2. Mental Health First Aid and Safe Talk are great trainings and resources to reduce faculty and staff's anxiety.
  3. Creating a framework or model on different strategies and resources for each campus
  4. SAMHSA Suicide Safe app has case studies along with conversation starters, follow up questions and examples.
  5. Kognito is a 30-minute online simulation that can be taken ~~en~~ing at any time. The app provides roleplaying with students, shows campus resources and provides a certificate. Although it is an online simulation, ~~but~~ it sets a foundation if staff or faculty are meeting with a student in crisis. Website: <https://kognito.com/>
- ii. La Sierra University might have some barriers when sharing videos on campus.

**iv. Task and participation review**

**a. Roundtable**

- i. La Sierra University will be having a memorial week/ spiritual week for a student that passed away due to suicide last year.
- ii. The TAY center in La Quinta is fully staffed and has a new CBT for LGBT group on Wednesday.
- iii. The University of California Riverside (UCR) Health Well-Being & Safety Division's Collective Impact Team (CIT): Mental Health Allies are inviting you to a FREE event focused on Destigmatizing Mental Health in Our Community, skills to support your wellness journey, grounding practice, free food, and giveaways!
  1. Event Date: March 7th, 2023
  2. Time: 11:30 am – 12:30 pm
  3. Free Parking: Lot 30-GOLD (valid between 9 am - 2 pm)

**b. Reminder**



- i. Suicide Prevention Coalition Quarterly Meeting on April 26<sup>th</sup> from 9-11:30am. Flyer coming soon. The topic will be suicide prevention for first responders.

v. **Next Steps / Questions / Comments**

- a. Create a draft tip sheet to accompany video(s) for Higher ED.
- ~~b. Create or find a buddy video.~~
- ~~c. Create a spreadsheet for rollout, strategies, and challenges for the committee.~~
- ~~d. Look into licensing issues for the video in reducing mental health stigma.~~
- ~~e. Next meeting March 27<sup>th</sup> from 9AM-10AM~~

Who Needs to act	What action will move the group forward?	When will the process start and end?	Why is this action a priority?
<del>Moreno Valley College &amp; Norco College Interns Committee</del>	<del>Creating a draft tip sheet</del>	<del>March 27<sup>th</sup></del>	<del>Promote resources and strategies for staff and faculty in higher ed</del>
<del>Dr. Connie Marmolejo</del>	<del>Create a spreadsheet for rollout, strategies, and challenges for the committee.</del>	<del>March 27<sup>th</sup></del>	<del>Begin planning for dissemination of video/tip sheet.</del>
<del>Moreno Valley College &amp; Norco College Interns</del>	<del>Look into licensing issues for the video in reducing mental health stigma.</del>	<del>March 27<sup>th</sup></del>	<del>To determine whether licensing issues exist for the videos selected for the training series. Also, to determine next steps if licensing issues do exist.</del>

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