



Riverside County Suicide Prevention Coalition Prevention Engaging school

05.03.2022

3:00- -4:30 pm

Attendees

Andrea Deaton
Mathew Fraley
Kathleen Sarmiento
Nicole Watson
Cherylyn Klemens
Gabi Zerbib

I. Welcome

- Introduction were made by those present.
- Mathew introduced the guest Presenter Gabi Zerbib-District Partnerships Manager for Daybreak Health.

II. Presentation By Gabi Zerbib

- Gabi Shared information about Daybreak, as a virtual extension of an in-school mental health program and team, they work with schools to identify needs and provide end-to-end solutions to meet those needs. they are working with young people who can benefit from mental health support.
- Gabi presented some of the school districts they are partnering with them (Lake Elsinore-Moreno Valley- Palm springs-San Diego- Hemet- Murrieta- Victor Valley -Apple Valley and Simi Valley School district.
- Daybreak provides Virtual classes for families and Staff, on-site services such as drop-In sessions, group therapy, and short-term 1:1 therapy.

III. MIMHM in School

- Matthew Shared about their activity in school and focused on Mental Health Awareness, with games, dances, Rock Painting, bubble blowing, stress balls with rice and essential oils, and body paint with sharpies -all included positive messages, the school promoted Suicide prevention awareness with resources And some PEI swag Prizes for the participants.
- Matthew pans for having some horses for the next year on MIMHM, as an interactive activity that can bring stress down.



IV. Closing

- Thanking attendees and the guest speaker.

V. Next Meeting

- 05.23.22