



## **Riverside County Suicide Prevention Coalition** **Prevention Engaging Schools Sub-Committee Meeting Minutes**

January 11, 2022

3:00 pm – 4:30pm

### **I. Welcome**

### **II. Planning Wellness Week**

- In order to avoid conflicting with finals and AP testing the best week for this would be the last week of April.
- The committee will put together a list of resources and a plan of what the week can look like to provide to the school sites and the different districts so that they can put together their own virtual wellness week.
- Safehouse has many virtual resources that can be offered to the schools for wellness week
- COVID-19 K-12 Counseling Student Mental Health Week website has resources for elementary, middle and high school students that can be used as well.
- PEI may be able to provide swag items to give out to the different sites.

### **III. Discussion on SB224**

- Senate bill SB224 states that schools that offer physical health classes now will also need to incorporate mental health and suicide awareness into their curriculums.
- Part of it states that at the extent possible this should include classroom presentations by trained peers or individuals who have experienced mental health challenges.
- The EdSource article mentions groups like NAMI and GenUp talking about the work they have done for mental health in schools.
- Dr Sarmiento brought up the fact that many times people are afraid of how teenagers would react to the mental health material but in her experience, she has seen that they absorb the information well and are capable of helping their peers.
- The schools will have to put something into effect by 2023 and the bill will have to be implemented completely by 2024.
- The focus of clinicians in the school settings is to do therapy and it would be best to at least initially, have that role be separate from the role of teaching and adding the new curriculum.

### **IV. Closing goals/plans**

- The committee plans on bringing the GenUp kids back to one of the meetings.
- There will also be a presentation from TSAP, during the March meeting that will go over how to get this started in schools for those who are interested.
- Cup of Happy will be presenting in February.

V. Next Meeting

- February 1, 2022 at 3PM

