



Riverside County Suicide Prevention Coalition **Upstream Sub Committee Meeting Minutes**

Date 02/01/2022

Time: 9:00AM-10:30AM

- 1. Introductions (Rebecca)**
- 2. SPC - Upstream Committee Mission – Mary**
 - Focus of the upstream committee is to support healthy and connected communities by increasing services focused on fostering belonging and promoting resilience as a protective factor against suicide.
- 3. Older Adult – Mary**
 - Quarterly Meeting Recap-Seniors that are in skilled nursing facilities are also at high risk for suicides
 - Surveys, sent out surveys to online groups regarding connectedness and their community. Received quite a few back, pull needs from those responses on how we can help them.
- 4. Where do we want to go next?** Expand our reach to see what other agencies are doing and look at daily reassurance programs to expand our list of resources for our seniors. See if safe and effecting messaging sub-committee are doing anything geared towards seniors. (Becky will reach out to the co-chairs of that committee to get more information.)
 - Brainstorm -Video Series
 - Love ideas speaking about resiliency
 - Video guidelines, maybe consider a platform everyone can access, utilize resources in the school, Maybe asking for parents consent first before having students participate. Want to promote these videos in their schools
 - School/student participation, have students share how they manage their own stress and wellbeing, second chance option and acknowledging them by recognition
 - Timeline-Shoot for May, mental health month since directing change ends in May.

- Upstream Committee will send in application to be reviewed by behavioral health

5. **Action Items:** How do we get this information out and how do we release it? Developing consent forms to share with local colleges. Review Funding request application (Internship opp.) Reach out to directing change to see if they have resiliency videos we can reuse. Mary will send out the survey they sent out in the past to see if we need to tweak it or other centers, we can send it to.
6. **May is Mental Health Month – Rebecca**
 - Theme: Becky will reach out to BH in case we don't hear about a theme by the next meeting.
 - An idea; Encourage older adults to create connectivity
 - Putting a blurb on your signature line, postcards to seniors with home delivered meals, or someway to send them messages of resiliency and the importance of staying connected. Friendship Line, Pearls Program etc.
 - Random acts of kindness kits going out to 100 schools in Riverside County
7. **Closing – Mary**
 - What are you doing this month to practice resiliency? Self-care, having grace for yourself, focusing on being in the moment, connecting with older adults to be there for others
8. **Next Meeting, March 1, 2022 9am**

