



**Riverside County Suicide Prevention Coalition
Upstream Committee
March 2, 2021**

In Attendance:

Shor Denny
Sheree Summers
Rebecca Antillon
Irene Hjelmervik
Ryan Natividad
Lanicee Causly
Curley Palmer
Daphney Thomas
Robert Gonzalez
Kathleen Sarmiento
Matthew Fraley
Karen Sykes
Christian Romero
Dulce Martinez-Luna

Minutes

Announcements:

Curley followed up with faith-based groups and got a few responses.

Mandy Smith did not accept the invite, but she is willing to help. Robert will follow up with Mandy to see if he received the correct email. Karen Sykes joined the coalition as a faith-based organization. Robert finalized the survey for our senior population.

Kathleen updated the team on her subcommittee goals:

Ed code section 215 and other mental health policies across the district are aiming to implement certain prevention pieces (k-12), working on socio-emotional learning and looking at existing suicide prevention programs. They are providing a recommended list to districts to facilitate for every school district to have at least one youth program and have that on campus to increase youth engagement to help with connectedness. One program that is of interest is the BARR (Building Assets and Reducing Risks) Program. The BARR program supports youth 14 and under.

Ed code 215 states that grades 7-12 should have regular scheduled meetings for students to have suicide prevention implemented from school employed mental health professionals or suicide prevention experts,



addressing procedures related to suicide prevention, intervention and postvention. K-6, beginning 2020-2021, want suicide prevention pieces to be added through K-6. Sandy Hook Promise program covers the younger age group. It is suggested that we have a toolkit for parents to support their kids with mental health resources.

Other Notes From The Meeting:

Kathleen suggested we include some socio-emotional training for parents. We should look for local programs. Community Now is a program that works in our community that teaches grades 3-12.

Karen Sykes from crossword church stated that her church implements lessons on resiliency throughout the year.

Questions to Address:

How do we connect with more faith-based organizations? Do we change the messaging and focus more on self-care? Use the term "Stress Management" to make men feel more included?

Shor mentioned we should address self-hate or "colorism."

Things to Think About:

We should put our efforts on PSA's, teaching videos, messaging and connect with our community like PTA's, faith-based organizations and youth organizations.

Reminders:

Include statement of purpose in the survey and have it approved by the coalition before sending it out. Mary was to review the statement purpose and sent it to Robert to include it in the survey.

Next meeting goals/agenda: 04/02/2021

Look at Alvord School district videos, we will discuss this on our next meeting.