



## **Riverside County Suicide Prevention Coalition** **Quarterly Meeting <https://youtu.be/p95yoLNhEG0>**

4/27/2022

9:00AM – 11:00AM

### **I. Welcome**

- Welcome and Introduction by Rebecca Antillon
- Instruction for those requesting CEs were given
- Rebecca introduced Dr Sally Spencer-Thomas

### **II. “Up on the High Wire: Mental Resilience During Tough Times” Presentation by Dr Sally**

- Dr Sally began by sharing about herself and her experience as a suicide survivor and making a call to everyone present to participate in the 30 day commitment that she speaks about in her presentation.
- She defined what “upstream” means and its importance in mental health
- Stress was explained as a spectrum that can go from minimum to burnout and it was discussed in the context of the COVID pandemic.
- Resiliency was described as our mental muscle that needs to be built and strengthened continuously to gain strength, endurance and flexibility.
- Dr Sally explained that although suffering is part of the human condition we all have the opportunity to turn these challenges into a source of power.
- The four approaches to resiliency were shared: be bold, be well, belong and believe
- Be bold: “Feeling fear and doing it anyway.” Dr Sally encouraged everyone to think about fears that each of us has had that are possibly holding us back from doing something to be bold and challenged everyone to think about one area in which we can face this fear and be bold.
- Belong: “Together we are better.” Dr Sally asked everyone to think about who are the people around you who you can call on and who are part of your “A-team.” She encouraged everyone to participate in sending a non-demand message to someone and express your care for them
- Be Well: Dr Sally shared the Wellness Wheel chart and asked everyone to grade themselves on each of the sections, which were physical, spiritual, cognitive and social emotional wellbeing.
- Believe: “You just never know what is on the other side of distress.” Believing that there is something else on the other side of our distress is something that we just need to trust. Dr Sally shared examples of significant people in history who have overcome

mental health conditions such as depression and still went on to do big things in their lives

### **III. Resources**

- The different key categories of protective factors were explained
- Mindfulness is a good resource for the individual level. Some free apps that were listed were Headspace, Calm, Aura, Liberate meditation etc.
- PEI offers community trainings including Mental Health 101 and Self-Care and Wellness
- Other strategies for individuals include exercise, music and spending time with pets
- Some resources for families that were shared are: Family Resource Centers, Parent Support and Training Program, parks and recreation activities, NAMI etc.
- The Riverside Resilience initiative was developed by RUHS Public Health and is a cross section collaboration committed with a goal to empower communities to be more trauma informed by increasing knowledge on adverse childhood and community experiences.

### **IV. Closing with Dr Sally**

- Dr Sally closed with an analogy of birds standing up on the “high wire” and encouraged everyone to think about what it would be like to be like these birds who live by the four approaches to resiliency.

### **V. Next meeting**

- June 27, 2022