



**Riverside County Suicide Prevention Coalition**  
**Quarterly Meeting**  
**April 28, 2021**

**Minutes**

- I. Welcome & Introductions
  - Self-introductions by the Coalition leadership Diana Brown & Rebecca Antillon
- II. Presentation: “Means Safety, Addressing Access to Lethal Means” by Stan Collins
  - How does means safety fit into suicide prevention? The comprehensive approach to suicide prevention created by the Suicide Prevention Resource Center lists reducing access to lethal means as one of the key elements. Means safety is identified as part of the local strategy and is one of the most effective strategies for suicide prevention. How to restrict or reduce access to lethal means?
    - Place the person in a safer environment
    - Put a barrier between the person and the means
    - Create time between the person and the means
    - Make the means (and an attempt) less lethal
  - Most efforts to prevent suicide focus on why people take their lives. But as we understand more about who attempts suicide and when and where and why, it becomes increasingly clear that how a person attempts - the means they use - plays a role in whether they live or die. - [MeansMatter.org](https://www.meansmatter.org/).
  - Questions to ask yourself to inform Means Safety strategic planning:
    - What data collection systems are in place to track trends on means used in suicide deaths/attempts.
    - What are the most common methods used for suicide deaths and attempts?
    - Are there any existing means restriction efforts underway? Are there existing coalitions you can partner with?
    - Are there any specific sites frequently used for suicide?
    - Are we providing training on “Counseling on Lethal Means” to gatekeepers and professionals?
  - Some key components of Means Safety Efforts include:
    - Public Awareness: Posters, PSAs, brochures
    - Gatekeeper Trainings: Pharmacists, firearm instructors, gun shop owners, family members
    - Lethal Means Counseling
  - PowerPoint presentation shared is available upon request if you did not receive it. Please email [PEI@ruhealth.org](mailto:PEI@ruhealth.org).
  - The full presentation and quarterly meeting can be viewed by visiting the RUHS-BH Youtube page or by clicking the following link [Suicide Prevention Coalition Quarterly Meeting](#).



### III. Progress Reports from sub-Committees

- *Effective Messaging Committee* – Jennifer Carson shared that the committee has been split into two workgroups. One workgroup is focused on safe messaging and the other is focused on Public Relations-communication. The safe messaging group has been discussing the Riverside County Spanish speaking population and how they can make the message accessible and inclusive. They have developed a core messaging document. They will also be creating a toolkit to share with the community. Sarah Rodriguez shared a draft document created for a toolkit that will be directed at journalists, people who are influential in their community and people who run social media groups that provide information to their communities. The goal is to have other organizations use the toolkit as well to share the message.
- *Measuring and Sharing Outcomes Committee* - Joseline Franco shared the sub-committee has been discussing how they would like to present the data when it is being requested. Should there be briefs and if so how will the requesting agency access them? They have been receiving requests from education offices. They would like to invite the school districts to join the sub-committee so that they can share the resources they currently have and determine what is still needed. They will be working on developing a data request document that will be shared with anyone requesting data so that they can have a better understanding of what is being requested.
- *Upstream Committee* - Shor Denny shared that Mary Hrinko has joined the sub-committee as co-chair. The sub-committee has been focusing on how to impact two groups, youth and older adults. They have been working with youth at different schools to create videos that will be shared with seniors at elder care centers and senior living facilities. They are requesting assistance from the effective messaging sub-committee to finalize these videos. A survey has been created to share with the older adults to see how they can assist in getting them connected and involved in the community. Mary will be working on the survey and will share at the next quarterly meeting. They are anticipating having some data to share based on the survey.
- *Prevention–Trainings Committee* - Stephanie Lasseigne shared they are currently focusing on recruiting for the sub-committee to increase and diversify the sub-committee to increase expertise within the committee. They will be outreaching to Veterans, domestic violence shelters, homeless shelters, LBGTQ community etc., to ensure the community has access to training materials. They would also like to increase the knowledge and expertise within the sub-committee by taking the available trainings. There is a need for suicide prevention trainings in other languages aside from English and Spanish such as Korean, Vietnamese, Chinese and Arabic.



- *Prevention-Engaging Schools Committee* - Dr. Kathleen Sarmiento shared they are currently discussing ways to share more information with schools and how to offer more trainings. They have discussed the various programs that are available as well as adding the Suicide Prevention Hotline on the student badges. Matt Fraley shared they have been following up with the school districts to see what they are doing to share the suicide prevention message. Hemet and Moreno Valley school districts have been using BARR, Building Assets and Reducing Risks. Some riverside school districts have SAP counselors that do individual counseling as well as circle groups. Other school districts have mindfulness lessons and self-care coping skills. Kathleen also shared that they have been working to review existing youth programs. They have partnered with a group called GenUp, which is working with state senators to pass mental health bills like SB14 which is a bill to ensure absences due to mental health are considered excused. This bill also includes that 50% of school staff undergo training and allowing students grade 10-12 to undergo mental health training as well. In addition there is bill SB 224 which requires students to receive mental health instruction 3 times during each school year. The committee discussed what school districts this group is currently in and was able to connect them to other school districts that would benefit from the program.
- *Intervention Committee* - Jim Grisham shared they are currently working to improve collaboration and follow through with different levels of care. They have been reaching out to crisis providers, inpatient units and emergency departments. They have divided into sub sub-committees according to the regions. One of the goals is to have better collaboration to ensure there is better follow through when consumers go from one level of care to another. They have developed some questions that are being asked when reaching out to the different care providers. He shared some of the questions that the committee has identified. In an effort to try to increase collaboration with these centers one of the questions is if someone from their agency would like to be involved in the SPC Coalition. They have also begun to discuss best practices regarding means safety.
- *Postvention Committee* - Dr. Jill Miller shared the sub-committee has decided to use the LOSS Team Training which focuses on an active postvention model made up of a team of trained survivors who would visit the suicide scenes to disseminate information and resources. They also plan to build a volunteer base to recruit and train and also hope to expand TIP (Trauma Intervention Program) volunteers. They are hoping to work with the coroner's dept. to send LOSS kits to survivors. Brenda Scott shared they are also working on recruiting more involvement from different agencies such as hospitals, colleges, IEHP and social workers, to the sub-committee to add different levels of expertise. They also discussed 988.



#### IV. Q&A

- How can we get more information about the education sub-committee?
  - Please email [PEI@ruhealth.org](mailto:PEI@ruhealth.org) for more information.
- Are we allowed to join these subcommittees or find out the dates/times they join?
  - Yes, you can join any sub-committee you are interested in, for more information and for the times/dates of each meeting please email [PEI@ruhealth.org](mailto:PEI@ruhealth.org) with your request.
- Announcement:
  - Diana shared May is Mental Health Month: Virtual Campaign will be launched at the beginning of May. The theme this year is Hope for Change. PEI will be distributing a calendar of activities as well as an activity guide, which includes details of each activity and how they can participate. A video will be sent out every Monday in May with the activity for that week.
  - Rebecca shared the Teen Suicide Prevention and Awareness Program have developed some videos as part of the May is Mental Health Campaign that will be shared with schools who would like to promote messaging for the month. For more information please email [RAntillon@ruhealth.org](mailto:RAntillon@ruhealth.org).

#### V. Closing remarks

- Anyone with interest in joining a sub-committee of the Suicide Prevention Coalition should contact [PEI@ruhealth.org](mailto:PEI@ruhealth.org)

#### VI. Next Quarterly Meeting: Wednesday, July 28<sup>th</sup>, 2021 at 9:00am – 11:00am

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Notes recorded by: Miriam Resendiz, Secretary I