



# Riverside County Suicide Prevention Coalition

## Sub-Committee Quarterly Report

### October 26<sup>th</sup>, 2023

#### Measuring and Sharing Outcomes

**Regularly Scheduled Meetings: 3<sup>rd</sup> Thursdays, 9:00am-10:00am.**

Sub-Committee Goal(s):	Advance data monitoring and evaluation.
Sub-Committee Objective(s):	1. Partner with coroners and medical examiners to develop a method for accessing data for improved suicide prevention strategies
Last Quarter's Actions:	<ul style="list-style-type: none"> <li>• Ensured that data statistics/reports distributed by Riverside County are a unified message from our coalition.</li> <li>• Strengthened partnership with surveillance team members to oversee data for youth suicides in Riverside County.</li> <li>• Ongoing completion of data requests from subcommittees and Riverside County at large.</li> <li>• Finalized Data Brief and is under review.</li> </ul>
Community Partners Needed:	Coroner's Office and School Districts
Priority Activities this Quarter:	<ul style="list-style-type: none"> <li>• Complete data story map to add to the Suicide Prevention Coalition's (SPC) website so that local data is readily available to the community.</li> <li>• Release data brief with current data around suicide in Riverside County.</li> <li>• Ongoing completion of data requests from subcommittees and Riverside County at large.</li> <li>• Develop surveys for specific target groups to better plan prevention activities.</li> </ul>

#### Effective Messaging Sub-Committee

**Regularly Scheduled Meetings: TBD. This subcommittee will begin meeting quarterly in 2024. More details to come soon!**

Sub-Committee Goal(s):	Increase safe reporting of suicide and healthy social media use.
Sub-Committee Objective(s):	<ol style="list-style-type: none"> <li>1. Increase safe reporting of suicide.</li> <li>2. Increase healthy social media use.</li> <li>3. Partner with members of media to provide information about resources.</li> <li>4. Integrate best practices into public campaigns and communication strategies about suicide.</li> </ol>
Last Quarter's Actions:	<ul style="list-style-type: none"> <li>• Partnered with Caltrans and the city of Corona to develop suicide prevention signage placed near bridges and overpasses in an effort to reduce suicides. Signage was placed this quarter!</li> </ul>
Community Partners Needed:	Continued Support of community members, sub-committees, etc.
Priority Activities this Quarter:	<ul style="list-style-type: none"> <li>• Ongoing support to all subcommittees for review of best practices and safe messaging for projects.</li> <li>• Schedule workshop for Public Information Officers (PIOs) on safe messaging around reporting suicide attempts and deaths.</li> </ul>



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#### Upstream

**Regularly Scheduled Meetings 1<sup>st</sup> Tuesdays 9:00am-10:30am**

Sub-Committee Goal(s):	Increase connectedness between people, family members, and community. Increase resiliency and help-seeking.
Sub-Committee Objective(s):	<ol style="list-style-type: none"> <li>1. Increase services focused on fostering a sense of belonging.</li> <li>2. Promote a culture free of stigma and discrimination.</li> <li>3. Integrate activities into community-based services that increase life skills.</li> <li>4. Expand services to increase help-seeking behaviors and promote messages of resiliency, recovery, and hope.</li> </ol>
Last Quarter's Actions:	<ul style="list-style-type: none"> <li>• Youth initiative –Our subcommittee will begin to address the negative climate of social media and create a wellness calendar to share on social media, as well as with county departments and community communications teams.</li> <li>• Older Adult Initiative – Successful distribution of 2400 kits to homebound older adults at increased risk for suicide. Final kit assembly is in October and kits will be delivered before the holiday season.</li> </ul>
Community Partners Needed:	Continued support from community members, sub-committee members, etc.
Priority Activities this Quarter:	<ul style="list-style-type: none"> <li>• Promote and disseminate social media calendar.</li> <li>• Final distribution of kindness kits, tracking, and evaluation.</li> <li>• Develop pilot training/presentation for senior center staff on the effects of social isolation on seniors. Provide educational materials with mental health tips and resources to accompany training.</li> </ul>



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#### Prevention - Trainings Sub-Committee

**Regularly Scheduled Meetings: Quarterly. Next meeting is scheduled for Nov. 2nd from 12pm-2pm**

<b>Sub-Committee Goal(s):</b>	Increase detection and screening to connect people to services based on suicide risk.
<b>Sub-Committee Objective(s):</b>	<ol style="list-style-type: none"> <li>1. Trainings to increase effectiveness of suicide risk screenings, assessments, and trauma-informed practices.</li> <li>2. Training to support identification and intervention to effective care.</li> </ol>
<b>Last Quarter's Actions:</b>	<ul style="list-style-type: none"> <li>• Created a public service announcement (PSA), which local trainers were utilized to discuss the importance of being trained in suicide prevention.</li> <li>• Created an outreach plan to encourage widespread sharing of the PSA to reach every individual of Riverside County.</li> </ul>
<b>Community Partners Needed:</b>	ASIST, safeTALK and MHFA trainers and continued support of members, other sub-committees, etc.
<b>Priority Activities this Quarter:</b>	<ul style="list-style-type: none"> <li>• Dissemination of PSA and outreach to local business about screening PSA (Movie theaters, gas stations, waiting rooms, DMV, etc.)</li> <li>• Continuous efforts to increase the number of trainings offered and training attendance through outreach.</li> </ul>

#### Prevention – Higher Education

**Regularly Scheduled Meetings: 4<sup>th</sup> Mondays, 9:00am-10:00am**

<b>Sub-Committee Goal(s):</b>	Standardize policies and curriculum to promote connectedness and address suicide risk.
<b>Sub-Committee Objective(s):</b>	<ol style="list-style-type: none"> <li>1. Increase education and awareness regarding mental illness and suicide amongst college students and staff.</li> <li>2. Assist schools with the implementation of trauma-informed practices.</li> <li>3. Promote increased help seeking behaviors amongst college youth.</li> </ol>
<b>Last Quarter's Actions:</b>	<ul style="list-style-type: none"> <li>• Successful recording of a training video for staff and faculty titled, "How to Help a Student in Distress."</li> <li>• Continuous implementation of self-care techniques to Staff/Faculty reiterating the importance of taking care of yourself so that you can take care of your students.</li> </ul>
<b>Community Partners Needed:</b>	Continued support of community members, sub-committees, etc.
<b>Priority Activities this Quarter:</b>	<ul style="list-style-type: none"> <li>• Develop a dissemination plan to distribute the first training video.</li> <li>• Determine topic for next video in training series and begin filming.</li> </ul>



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#### Prevention- Engaging Schools Sub-Committee

**Regularly Scheduled Meetings: 4th Mondays, 10: 00a.m-11:30a.m. (during the academic year)**

<b>Sub-Committee Goal(s):</b>	<i>Increase detection and screening to connect people to services based on suicide risk.</i>
<b>Sub-Committee Objective(s):</b>	<ol style="list-style-type: none"> <li>1. Implement programs that foster social emotional growth.</li> <li>2. Develop and implement standardized suicide risk assessment tools and prevention plans.</li> <li>3. Assist schools with the implementation of trauma-informed practices</li> </ol>
<b>Last Quarter's Actions:</b>	<ul style="list-style-type: none"> <li>• The Committee Co-chairs successfully collaborated with the RCOE web design team to update the <a href="#">suicide prevention page</a>.</li> <li>• We now have representatives from 19 out of 23 Riverside County school districts on the sub-committee email list, as well as five area charter schools.</li> </ul>
<b>Community Partners Needed:</b>	Riverside County School Districts
<b>Priority Activities this Quarter:</b>	<ul style="list-style-type: none"> <li>• Increase district participation in the sub-committee.</li> <li>• Complete CDPH Pilot Project implementation planning document.</li> </ul>

**How can other sub-committees potentially help you in your efforts?**

- Broader collaboration with the Upstream and Training sub-committees would be beneficial to sub-committee objectives #1 and 3.

**What additional support or resources may be needed?**

- The sub-committee would like to elevate current upstream practices and connect these practices with other district priorities such as, social-emotional learning and trauma-informed practices.



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#### Intervention Sub-Committee

**Regularly Scheduled Meetings: 3<sup>rd</sup> Wednesdays, 1:00pm-2:30pm**

<b>Sub-Committee Goal(s):</b>	Deliver a continuum of crisis services across the county and evaluate crisis services to identify gaps in care. Create safe environments by reducing access to lethal means and develop professional competence to reduce risk and promote community safety.
<b>Sub-Committee Objective(s):</b>	<ol style="list-style-type: none"> <li>1. Improve transition in care of consumers following a hospitalization or a consumer/family contact with crisis system of care.</li> <li>2. Develop relationships with community partners that are willing to work with the committee to reduce access to lethal means to improve community safety.</li> <li>3. Develop a recommendation for countywide best practice professional trainings on means safety and consumer care for the consumer with suicidal ideation.</li> </ol>
<b>Last Quarter's Actions:</b>	<ul style="list-style-type: none"> <li>• First distribution of the Firearm Lock initiative pilot has begun! Firearm Locks have been distributed at Health Fairs and by RUHS Crisis teams to individuals at risk for suicide.</li> <li>• Ongoing collaboration with RUHS-BH Workforce Education &amp; Training (RUHS-BH WET) and other subcommittees to develop and implement a training pilot of Cultural Competency and Awareness training for Senior Clinical Therapists and Crisis Support supervisory staff.</li> <li>• Obtain additional printing of care transitions flyer to provide to crisis support services and programs countywide.</li> </ul>
<b>Community Partners Needed:</b>	RUHS-BH Crisis team, RUHS-BH WET,
<b>Priority Activities:</b>	<ul style="list-style-type: none"> <li>• Continuation of the Firearm Lock Distribution Pilot. We will continue to invite participation in the pilot. We will assess the experience of any participants.</li> <li>• Develop and implement a training pilot of Cultural Competency and Awareness training for Senior Clinical Therapists and Crisis Support supervisory staff.</li> </ul>



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#### Postvention Sub-Committee Quarterly Meeting Updates

**Regularly Scheduled Meetings: 4<sup>th</sup> Mondays, 10am-12pm**

Sub-Committee Goal(s):	Expand support and services following a suicide loss.
Sub-Committee Objective(s):	<ol style="list-style-type: none"> <li>1. Develop and implement postvention team(s) to coordinate effective response at various levels and across multiple settings.</li> <li>2. Implement and expand survivor's support groups into systems of care to address immediate, delayed, and ongoing support.</li> <li>3. Provide trainings to clinical staff on complicated grief and bereavement to better serve suicide loss survivors.</li> </ol>
Last Quarter's Actions:	<ul style="list-style-type: none"> <li>• Members of the Postvention subcommittee along with the Trauma Intervention Program (TIP) attended all three Inland Empire Out of the Darkness Walks, in which connections were made with loss survivors and community groups across Riverside County. Increasing members and group facilitators.</li> </ul>
Community Partners Needed:	Loss survivors, Coroner's Office, Law Enforcement
Priority Activities:	<ul style="list-style-type: none"> <li>• Request another team lead from Survivors of Suicide Loss (SOSL). Explore alternative suicide loss support group curriculum.</li> <li>• Develop training curriculum and recruit therapists to offer short-term, no cost, suicide grief counseling to suicide loss survivors.</li> <li>• Long-term: Focus on youth support/resources.</li> </ul>

**How can other sub-committees potentially help you in your efforts?**

- Other committees can promote TIP services throughout the community to increase awareness and the need for volunteers.

**What additional support or resources may be needed?**

--We need to contact another suicide loss curriculum owner (AFSP or Didi Hirsch) to explore an alternative product.