



Riverside County Suicide Prevention Coalition
Postvention Sub-Committee
November 22, 2021

In Attendance:

Brenda Scott, Co-chair
Diana Gutierrez, Liaison
Mirna Gomez, Clerical Support
Kelly Ortiz
Magda Stewart
Arlene Ferrer
Donna Dahl

Minutes

- I. Welcome & Introductions
- II. Review of committee goals
 - One of the goals of the committee is to include more peer support groups for survivors of suicide loss in Riverside County.
- III. Kelly Ortiz shared her personal experience as a suicide loss survivor; her personal experience supports the need for peer-to-peer support. She expressed the difficulties that can be found when seeking therapy and that the best treatment comes from those who are from the same survivor population.
 - Kelly offers impression services for suicide loss families where she makes jewelry, keychains etc. with their loved ones fingerprint. She is working on having business cards made. Magda and Kelly will be in contact on possibly including these in the suicide loss kits and the resource guide as a resource/service for survivor families.
 - Magda and Kelly will also speak about possibly getting pins from “Pin Pugged”
- IV. Updates on Resource Guide and Loss Kits
 - The resource guides will go to print in mid-December
 - The pins, pens and books will be ordered also mid-December and the kits will be ready to go in early January.
- V. Staff for TIP
 - Crisis Team Manager interviews will begin the last week of December and the position will hopefully begin in the first week of January. Resumes are due on December 22nd.
 - Looking to hire from within first, but job opening will be put out if there is a lack of internal interest.
 - Requirements for this job include being willing to go on calls and to participate in TIP training.
 - Magda is waiting on an MOU for office space.
 - Magda has received feedback form one of her volunteers who received suicide specific training and has been on suicide calls. The volunteer reported that although she was not doing anything different she was more aware of the survivor’s complex grief.



- Volunteers are very well trained in expanding the story and making it all about the client, even when disclosing if they are also survivors themselves.

VI. Bereavement Counseling

- Eight therapists have reached out and expressed interest in receiving the training and in being a part of the PEI funded free sessions for community members that are survivors of suicide loss.
- There are two trainings that are available for providers: one is by Dr Jordan through AFSP and there is another version through the American Association of Suicideology.
- IEHP can provide this training to their providers at no cost to Riverside County. They are ready to put out a flyer to their providers but need to have a concrete date and time of when the training will happen.
- A possible date for this training is in the early part of 2022, possibly February or March.
- The focus will be for Riverside County providers but depending on the maximum number of participants preferred by the trainer it may be open to more of IEHPs providers outside of the county.

VII. Things to consider for year two

- How to increase peer support groups and recruit suicide survivors that can facilitate these groups?
- Compassionate Friends are a group that are not suicide specific but can potentially be a good resource and get suicide specific training and help in connecting with suicide loss survivors. Kelly will send Magda and Diana the contact info that she has for people in Compassionate Friends.

VIII. Recruitment Outreach Plan

- The committee needs to create a flyer or social media post that can be used to recruit suicide loss survivors that can become group facilitators.
- Once the committee puts something together it will be ran through the Effective Messaging committee to make sure that it follows safe messaging guidelines and the coalition branding.
- An email will go out to the sub-committee requesting that people participate in putting together social media posts or flyers for the outreach plan.
- Brenda will put together some content and provide it to the committee for feedback by the next subcommittee meeting.
- An email will be sent out containing the Grief After Suicide webinar recording, the flyer for the webinar and other materials that were sent out after the webinar.
- In order to try and engage the subcommittee members more an email speaking about the concrete things that the committee is working on can be sent out asking for participation.
- An invitation to a collaborative meeting will be sent out to the different organizations in Riverside County that can become potential resources.
- Magda and Brenda will facilitate the meeting and Donna will draft out content for the invitation.

IX. **Next Meeting: January 24, 2021: 10:00 AM – 12:00 PM**

Notes recorded by Mirna Gomez, RUHS – PEI