



Riverside County Suicide Prevention Coalition Higher Education Subcommittee Meeting Agenda

Date: January 23, 2022

Time: 9:00AM- 10:00AM

Subcommittee Objectives:

- ❖ Development and dissemination of a Mental Health awareness, stigma reduction, and suicide prevention campaign tailored to the higher education community.
- ❖ Design a training program for faculty that fits within the time constraints of higher education (TIP sheets, brief self-paced videos/webinars, etc.).
- ❖ Staff/Faculty self-care and wellness (take care of yourself so that you can take care of your students).

- ❖ **In Attendance:** Isabel Aguilera, Lateasha Allen, Christopher Rios Berrios, Myeshia Bobo, Emily Craig, Pedro Diaz, Alisa Huntington, Miriam Jimenez, Sandra Loureiro, Connie Marmolejo, Hannah Metz, Justine Rangel, Lynette Sullivan, Sherre Summers, Andrew Thall



I. Welcome

II. Relaxation Technique

- Mantra deep breathing by Dr. Lynette Sullivan

III. Suicide Prevention Video Script

- MVC interns are utilizing Directing Change videos.
- Using Directing Change videos will allow the material to be launch sooner.
- Directing Change videos are brief and informative for students and faculty.
- Interns are reviewing Directing Change videos to identify gaps.
- Create a tip sheet to review and summarize the video created.
- Videos selected or created must be ~~keep~~ under 2 minutes or less.
- The committee will review the videos collected to narrow down and create a list of 5-10 videos.
- ~~Once a~~ Interns will create video list. ~~is created,~~ the committee will provide comments and feedback.
- Directing Change encourages the use of their videos, so copyright should not be an issue.
- Video topics to be focused on is mental health, destigmatizing and de-escalation skills for students and staff.

- Directing Change has created videos that incorporate cultural components.
- How does wellness connect to academic success is a future topic to be discussed.

IV. Reminder: Suicide Prevention Coalition Quarterly Meeting 01/25 9am-11am via zoom

- The quarterly meeting will have Noah Whitaker as a guest speaker and will focus on suicide postvention efforts and best practices.

V. Roundtable

- Mt San Jacinto College will host an Art with Impact event on February 1st ~~that~~ is open to the community. There will be an additional Art with Impact event in May for Mental Health Awareness Month.
- MVC and Norco College are maximizing on cultural components for their campus. They honor a cultural mental health calendar and every month they offer a cultural mental health panel. In the month of February MVC and Norco will be doing an African American Mental Health panel.

VI. Next Meeting

- February 27th from 9AM-10AM
- Provide feedback ~~using the~~ ~~to~~ a google form ~~the team of interns created to review~~ ~~with~~ the videos and printed materials the ~~y~~ ~~team of interns~~ have compiled.

