



Riverside County Suicide Prevention Coalition Higher Education Subcommittee Meeting Agenda

Date: 10/23/2023

Time: 9:00 – 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: Myeshia Bobo, Lynnette Sullivan, Briana Martinez, Samantha Morales-Torres, Sarah Sawaf, Connie Marmolejo, and Christopher Rios Berrios

- i. **Welcome & Brief Introductions**
- ii. **Brief Overview of Meeting Purpose**
 - a. Relaxation technique
 - b. Suicide prevention activities
 - c. Updates on video and its dissemination on college campuses
 - d. International Survivors of Suicide Loss day
- iii. **Check-In: Progress / Challenges / Successes**
 - a. **Relaxation technique**
 - i. Rainbow grounding technique by Dr. Lynnette Sullivan
 - b. **Suicide prevention activities**
 - i. How do we get more colleges and their various departments to get involved in virtual trainings (KTS, Cultural Mental Health panels, etc)?



1. Increase frequency of reminders with flyers. Samantha will set a hold on her calendar to send out reminders before each training date.
- ii. What other virtual activities can we do to allow for further collaboration with the other colleges?
 1. Examples: Trauma-informed stretching webinar, yoga, monthly wellness series
 2. Resource spotlight on social media (peer counselor vs counselors, warm vs hot lines, 988 vs Trevor Project, etc)
 3. Panel with different folks that work with people having thoughts of suicide (first responders, counselors, etc)
 4. Meet all of your mental health professionals/counselors on campus post on social media for May is Mental Health month
 5. Virtual Directing Change screenings through Operation Safehouse for the Western Riverside region. More details are to come on how this could be set up to serve campuses in other regions within Riverside County.
 6. Encourage students to submit films for Directing Change. You may consider reaching out to art/film/health teachers that would like to be advisors and create presentations on how to make a video.
- c. **“How to help a student in distress” video dissemination discussion**
 - i. SPC leadership and the Effective Messaging subcommittee have approved of the video.
 - ii. MVC will be creating a sample email/caption/hashtags for social media (Instagram/LinkedIn) you can use to send the video out, along with next steps and additional information. They will have a draft by the next meeting.
 - iii. Print QR codes to post around campus that would link folks to the video.
 - iv. The video can be posted onto the RUHS-Behavioral Health YouTube channel under the SPC-Higher Education subcommittee folder.
 1. Link the YouTube folder on the SPC Higher Education subcommittee website page.
 - v. The video could be posted onto colleges’ websites.
 1. UCR is hoping to get it approved by their Mental Health team to use it as a marketing tool. They are also considering shortening the video to make it an Instagram Reel.

d. **International Survivors of Suicide Loss Day**



- i. International Survivors of Suicide Loss day is on November 18th, 2023.
 - 1. This date lands on a Saturday this year, so it may be difficult for colleges to participate.
- ii. AFSP has reached out to ask if we would like to partner with them. Myeshia will pass along the information she obtains from them in their next meeting.

e. SPC Conference

- i. Reminder that the Suicide Prevention Coalition Conference will take place at the Agua Caliente Resort in Rancho Mirage on Thursday, October 26th from 8:30 am-4 pm.
- ii. Lynnette and Connie will be playing the video for folks at their tables. Feel free to let them know that the subcommittee is currently considering posting it on YouTube and shortening it to an Instagram Reel.
 - 1. Samantha will share the video with the entire subcommittee in a future email.

iv. Next Steps / Questions / Comments

- a. Next meeting is **November 27th from 9:00-10:00 am**
 - i. Agenda items include a debrief on the SPC conference and discussing plans for colleges to prepare for winter break.
- b. How do we get more committee members involved?
- c. The December meeting will be moved to Monday, December 18th. At the next meeting, we can discuss potentially moving it up another week.

v. Who Needs to act	What action will move the group forward?	When will the process start and end?	Why is this action a priority?
Samantha	<ul style="list-style-type: none"> • Remind subcommittee members of upcoming suicide prevention trainings. • Send out film to entire subcommittee. 	10/23/23	<ul style="list-style-type: none"> • Keep members informed of upcoming events and developments.
MVC	<ul style="list-style-type: none"> • Create drafts of sample email/caption/hashtags for social media (Instagram/LinkedIn) you can use to send the video out, along with next steps and additional information. 	11/27/23	<ul style="list-style-type: none"> • To ensure the proper dissemination of the “How to support a student in distress” video.

