



Riverside County Suicide Prevention Coalition Higher Education Subcommittee Meeting Agenda

Date: 11/27/2023

Time: 9:00 – 10:00 am

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: Connie Marmolejo, Samantha Morales-Torres, Alisa Huntington, Lynnette Sullivan, Christopher Rios Berrios, Jordan Contreras, Sarah Sawaf, Sheree Summers, Brianna Martinez, and Hannah Metz

- i. **Welcome & Brief Introductions**
- ii. **Brief Overview of Meeting Purpose**
 - a. Relaxation technique
 - b. “How to help a student in distress” video dissemination discussion
 - c. Debrief on SPC conference
 - d. Future subcommittee goals
 - e. Document: Postvention – A Guide for Response to Suicide on College Campuses
- iii. **Check-In: Progress / Challenges / Successes**
 - a. **Relaxation technique**
 - i. Grounding technique by Dr. Lynnette Sullivan
 - b. “How to help a student in distress” video dissemination discussion



- i. UC Riverside will reformat the video to post as an Instagram Reel on the Active Minds account. They will also attach the video whenever professors and other faculty reach out and ask for assistance when helping a student.
 - i. This post can be created as a collaboration with other schools' accounts. We plan to collaborate with our participating schools to ensure we have a cohesive roll out of the video on social media. Please ensure you notify your school's social media liaison to accept the collaboration request from the UCR Active Minds Instagram page. We will be posting on Monday, December 4th.
 - ii. Below are the Instagram handles for our participating schools. Please let us know if you would like to also be tagged in our collaboration post. We can add up to 5 collaborations in one post.
 - a. ucr_caps
 - b. norco_student_health
 - c. mvc_wellness
 - ii. MVC has created an email draft that can be used to send the video and the tip sheet to all faculty and staff. Connie will send out an email on Thursday, November 30th to the subcommittee with more information. Please share this email on Monday, December 4th.
 - i. We could use the link to the video from the UCR CAPS YouTube channel or see if the video has been posted on the SPC website and direct folks there.
 - a. Samantha will contact Myeshia to ask about updates by Wednesday, November 29th.
 - b. Otherwise, the UCR CAPS YouTube video link is:
<https://www.youtube.com/watch?v=g09OM8vzWt4>
 - iii. At the next meeting, we will debrief on how social media and email roll out went for each site.
- c. **Debrief on SPC Conference**
- i. The general consensus was that the venue and food were great, and it was nice to meet and learn about other subcommittees.
 - ii. During the tabling portion, they found that guests who were interested in joining were not from higher education institutions, but rather wanted to provide trainings or collaborate with us.
 - i. How do we feel about extending the invitation to non-higher education institutions?

- a. It was agreed that we should aim to strengthen our relationship with institutions within the county first, then we can consider inviting more folks to the table, such as students and CBOs. In the meantime, we can invite these folks to provide trainings.
- b. However, some community colleges do not have a health/wellness center, so not everyone has a direct role that may allow them to join our subcommittee.
 - i. Potential solutions:
 - 1. Lynnette will contact therapists on campuses to serve as representatives for their site.
 - 2. Connie and Lynnette will also contact colleges to see if there are any interns (for health education or MSWs) interested in joining.
- c. The institutions that we are hoping to include in our subcommittee are College of the Desert, Loma Linda University (Murrieta campus), and Mt. San Jacinto
 - i. We will attempt reaching out first. If that doesn't work, we can ask the coalition co-leads to contact them as well.
 - ii. We are also open to inviting folks from graduate institutions, such as medical and law schools.
 - iii. We should consider inviting representatives from satellite campuses that have students living with the county, such as Cal State San Bernardino in Palm Desert.
 - 1. Sarah will get in contact with folks working at the CSUSB Palm Desert location.
- d. **Document: Postvention – A Guide for Response to Suicide on College Campuses**
 - i. This document will be sent out to the subcommittee to learn more about postvention.

iv. Next Steps / Questions / Comments

- a. STEM and Criminal Justice students seem to be hesitant to seek help, as they are afraid it will show up on their record or will need to be disclosed upon applying for graduate education.



- i. We need to ensure faculty and staff are trained to help students and themselves.
- ii. Sarah shared that after reviewing medical school applications, there is one self-disclosed question asking about one’s past struggles with their mental health. It is entirely within the student’s discretion how they choose to answer the question.
- b. It was suggested that we should make a calendar with upcoming events and trainings for folks to stay informed. We can also include measurable goals for us to meet.
 - i. We should try to make more videos or have additional collaborative efforts. An example could be each school offering to host a cultural mental health panel in certain months.
- c. Connie shared that there is a CA Mental Health grant that will be opening soon for new applications. She will share more information with the subcommittee once the application opens.
- d. Next meeting is **December 18th from 9:00-10:00 am**
 - i. Agenda items include a debrief on the email and social media roll out of the “How to support a student in distress video”, updates after contacting more school representatives to join our subcommittee, a plan for our next video, and discuss our subcommittee goals for the next quarter.

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 & Connie	<ul style="list-style-type: none"> • Contact Myeshia to decide which video link to share for the email draft. • Notify the subcommittee of which link to use, and send out the email draft with the proper attachments. 	11/30/23	To ensure the proper and timely dissemination of the “How to support a student in distress” video prior to finals week at each campus.
Everyone	<ul style="list-style-type: none"> • Notify Connie and Sarah if they would like to be included in the collaboration post on Instagram, and send us the Instagram handle. Ensure they accept the collaboration request. 	12/4/23	To ensure the proper and timely dissemination of the “How to support a student in distress” video prior to finals week at each campus.

	<ul style="list-style-type: none"> Send out a mass email to their schools' faculty and staff with the provided email draft and attachments. 		
Lynnette, Connie, and Sarah	<ul style="list-style-type: none"> Contact schools to invite more representatives to join the subcommittee 		To strengthen and grow our subcommittee.