



Riverside County Suicide Prevention Coalition Higher Education Subcommittee Meeting Agenda

Date: 3/27/2023

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, Sandy Awad, Lateasha Allen, Christopher Rios Berrios, Myeshia Bobo, Alisa Huntington, Miriam Jimenez, Sandra Loureiro, Hannah Metz, Machi Rivera, Lynette Sullivan, Sarah Sawaf

i. Welcome & Brief Introductions

ii. Brief Overview of Meeting Purpose

- a. Relaxation Technique
- b. Review Tip Sheets
- c. Discuss Video Scripts
- d. Suicide Prevention Coalition Quarterly Meeting

iii. Check-In: Progress / Challenges / Successes

a. Relaxation Technique

- i. Rainbow grounding technique by Dr. Lynette Sullivan

b. Review Tip Sheets

- i. **Mental Health Stigma- What Is It and How Can We Help Stop It Tipsheet Feedback**

1. The tip sheet is meant to accompany the stigma video to support faculty and staff.. It is one page and formatted as an infographic. The tip sheet was adapted from the NAMI website.
2. The layout is simplistic, and the colors used are relaxing, calming, and appropriate for college students.

3. The tip sheet is simple and direct, easy to read, and uncomplicated.
4. The layout is easy to read, and the headings are clear and direct to what you are looking for. As for the content, we can include more updated data post pandemic from NCHA or ACA and possibly include the differences. Also, include language about stigma pertaining to negative attitudes or beliefs since it is not necessarily always just judgment or disapproval. The tipsheet has great colors, graphics and is easy to read.

ii. Tip Sheet - School Design and Access

1. Riverside County Suicide Prevention Coalition would like to brand the tipsheet with the coalition logo and can be co-branded with each schools' logo.
2. The coalition does not require any sort of color scheme.
3. Canva access can be given but a template of the content might be more accessible for the Public Health Officer to make the tipsheet look standard for the school.
4. To access the tipsheet will a QR code be created? At La Sierra University, pamphlets don't work as much anymore but when a QR code is available whether it is in their lobby or online students scan and read on the go.
5. The tipsheet QR code can be posted on the coalition's website, so it doesn't navigate to Canva.
6. If placed on the coalition website, it will be one standard template.
7. The tip sheet can be uploaded to each school's website and then create a QR code specific for their university.

iii. Tip Sheet Resources

1. The tip sheet will contain countywide resources. There is a space available to insert a university specific campus health center or counseling center.

iv. Helping Students in Distress Tipsheet Feedback

1. This tip sheet was created for faculty and staff to help students in distress using the Validate, Identify, Care, Knowledge, Support & Self-Care (VICKS) model.
2. VICKS was created by Dr. Sullivan to reduce fear when it comes to mental and physical health for those in the Hispanic community. Also, VICKS was created to empower faculty and staff to utilize these strategies when students are in distress.
3. The tipsheet was beautifully presented and will be of good use to faculty members.
4. For section 5, include the employment assistance program (EAP) or similar program. Some language can be "If you find yourself in distress, seek out your own mental health care through your

employer, insurance, community or private pay”. The tipsheet is easy to read, the mnemonic is great, and resources can be customized to each campus.

v. Self-Care After Supporting an Individual in Crisis Tipsheet Feedback

1. The tipsheet was meant for faculty and staff to do some self-care and regulate themselves after supporting any individual who was in distress or crisis.
2. The tipsheet is very straightforward. This tipsheet can be more generally, not exclusively after supporting a crisis.
3. Change the word “crisis” to “supporting students.”
4. Bold or highlight each selfcare type to highlight each paragraph since each section is text heavy. Also, include bullet points for each section. Overall great tipsheet.
5. Loved how the tipsheet incorporated all facets of self-care and not just the physical but emotional, spiritual, etc. Also, highlight the key words in each section.
6. Make the tipsheet in bullet point form to make it easier to read.

iv. Task and participation review

a. Tasks

- i. Dr. Marmolejo created an excel sheet to talk about the rollout timeline for each school. Representatives from each campus please complete.
- ii. Subcommittee has funding to promote/ rollout this series.
- iii. Tipsheet will be placed on a word document to be customized for each school. The finalized tipsheet will be sent to Myeshia. Once the tipsheet is available she will share the link with the QR code that will redirect to a standard coalition specific tipsheet.
- iv. The QR code will not be created until the final document is finalized.
- v. Will the YouTube video be linked to the tipsheet? The video link can be linked to the pdf document.

b. Roundtable

- i. Suicide Prevention Coalition Quarterly Meeting on April 26th from 9-11:30am. Invites are coming soon. The topic will be suicide prevention for first responders.
- ii. The department has recently partnered with Man Therapy to do a county wide campaign. Man Therapy will also attend this meeting to give a presentation on what their campaign is all about what resources are available.

v. Next Steps / Questions / Comments

- a. Get the approval to use the mental health stigma video.
- b. Interns will send Myeshia the stigma PDF handout and word document.
- c. Rollout plan for each school and approval process.
- d. Discuss video scripts for April’s meeting.

e. Next meeting April 24th from 9AM-10AM

Who Needs to act	What action will move the group forward?	When will the process start and end?	Why is this action a priority?
Dr. Sullivan	Get approval to use the mental health stigma video	April 24 th	To determine whether licensing issues exist for the videos selected for the training series. Also, to determine next steps if licensing issues do exist.
MVC Interns	Send Myeshia finalized PDF and word document of the tipsheets.	April 24 th	Begin planning for dissemination of video/tip sheet.
Higher Ed Subcommittee	Complete rollout plans and challenges for each university	April 24 th	Begin planning for dissemination of video/tip sheet.