



Riverside County Suicide Prevention Coalition Higher Education Subcommittee Meeting Agenda

Date: 6/26/2023

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, Christopher Rios Berrios, Myeshia Bobo, Dylan Colt, Emily Craig, Krystal Hays, Alisa Huntington, Sandra Loureiro, Andrea Putnam, Lynette Sullivan, Sarah Sawaf

- i. **Welcome & Brief Introductions**
 - a. Welcome Krystal Hays from California Baptist University!
- ii. **Brief Overview of Meeting Purpose**
 - a. Relaxation technique
 - b. Monthly Know the Signs training (student focused examples)
 - c. Monthly Cultural Mental Health Panels
 - d. Update on Video Filming
- iii. **Check-In: Progress / Challenges / Successes**
 - a. **Relaxation technique**
 - i. Rainbow grounding technique by Dr. Lynette Sullivan
 - b. **Monthly Know the Signs training (KTS) (student focused examples)**
 - i. Extended the KTS training to all colleges and universities.
 - ii. Would the coalition be interested in offering KTS to students, staff, and faculty?

- iii. The KTS training needs to be approved by admin for some college campuses.
- iv. KTS training is a good way to introduce the topic for those individuals that are unable to attend the safeTALK training. The KTS trainings are available online via zoom and only 90 minutes long.
- v. Norco College and Moreno Valley College (MVC) will continue to provide monthly KTS trainings and extend the invitation to other colleges to join.
- vi. Norco College and MVC includes student focus examples in their KTS signs trainings.
- vii. UCR is on board with advertising the KTS training on their campus.

c. Monthly Cultural Mental Health Panels

- i. 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. Students can share their experiences and how they are managing their mental health. Every month the panel is dedicated to a heritage.
- ii. The mental health panels are all virtual.
- iii. A generic flyer advertising the monthly cultural mental health panels needs to be created and approved to be advertised to all colleges and universities.

d. Update on Video Filming

- i. On July 11th UCR will host the Higher Ed sub committee to film the video that is geared towards faculty and staff, so they know what to do when a student is in distress. For those that are attending please inform Dr. Marmolejo of your attendance and school shirts are required.
- ii. The subcommittee will be given 30 seconds to share their campus resources towards the end of the video.

e. Challenges

- i. Having faculty and staff call 911 or transportation to a hospital when an individual is in crisis. Staff and faculty are hesitant to involve themselves and feel anxious when an individual is talking about suicide.
- ii. Setting boundaries with faculty/staff with students.

iv. Task and participation review

a. Roundtable

- i. CBU is discussing gun violence prevention in relation to suicide.
- ii. Stan Collins website [Home - MHSOAC - Means Safety \(strivingforsafety.org\)](http://Home - MHSOAC - Means Safety (strivingforsafety.org))
Means Safety: Striving to Keep a Loved one Safe from Suicide through gun safety.

v. Next Steps / Questions / Comments



a. Next meeting July 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. Marmolejo	Send a calendar invite with filming event information at UCR	07/24/2023	Begin planning for video production at UCR
✗Higher Ed Committee	Respond to calendar invite and provide parking information to purchase parking permits.	07/24/2023	Begin planning for video production at UCR