



Riverside County Suicide Prevention Coalition Higher Education Subcommittee Meeting Agenda

Date: 8/28/2023

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: Lynnette Sullivan, Myeshia Boba, Samantha Morales-Torres, Krystal Hays, Sheree Summers, Hannah Metz, Sandra Loureiro, Jordan Contreras, Maria (Machi) Rivera

- i. **Welcome & Brief Introductions**
 - a. Welcome Samantha Morales-Torres from RUHS-Public Health!
- ii. **Brief Overview of Meeting Purpose**
 - a. Relaxation technique
 - b. Suicide Prevention Month trainings, activities, and resources
 - c. Updates on filming
- iii. **Check-In: Progress / Challenges / Successes**
 - a. **Relaxation technique**
 - i. Rainbow grounding technique by Dr. Lynnette Sullivan
 - b. **Art With Impact - Movies for Mental Health with Riverside County Campuses**
 - i. Movies for Mental Health is a workshop that focuses on empowering young adults, educators, health professionals and community members



to gain a better understanding of mental health within their environment. Knowing that art speaks the language of our interior worlds, we harness film to engage with young people on the vital topic of mental health, inspiring and empowering them to tell their own stories and access resources available to them.

- ii. Package includes a discussion to create a brave space for talking about mental health (25 mins); viewing of 3 short films from the OLIVE Film Collection with facilitated reflection and discussion with participants (50 mins); and panel discussion with student speakers, campus and community resources (45 mins).
- iii. We can request funding from RivCo to ensure it is free to all our partnering school sites.
- iv. This would be ideal as a May is Mental Health month activity.

c. TA4MH Digital Toolkit review

- i. Unfortunately, RivCo does not have any resources for distribution for Suicide Prevention Week this year.
- ii. Instead, please feel free to utilize the [Annual Suicide Prevention Week Activation Kit](#) from suicideispreventable.org. They have lots of resources available, such as: activity sheets, printable materials (posters, cards, banners), resources for diverse communities, social media post ideas, and more!
- iii. For future reference, you may order printed materials from their site [here](#).

d. Suicide Prevention Month Trainings

- i. September trainings include SafeTalk, Know the Signs (virtual), and ASIST.
 - 1. You may view training dates [here](#)!
- ii. RUHS-Behavioral Health offers monthly KTS presentations every 2nd Thursday from 2-4 pm.
 - 1. You can register [here](#)!

e. Out of the Darkness Walk

- i. This event will take place on September 30th, 2023 from 9 am-12 pm at Fairmount Park in Riverside.
- ii. Join the coalition's team at:
<https://supporting.afsp.org/index.cfm?fuseaction=donorDrive.event&eventID=9600>

- iii. Our team name is RC Suicide Prevention Coalition. This event will be an opportunity for us to recruit more members to our coalitions. Please share this event with family, friends, and colleagues!

f. UCR Filming Updates

- i. New filming date is Friday, September 8th, from 9-11 am at The Well in UCR.
- ii. Please aim to arrive between 8:45-9 am. We ask that you wear your college site gear as you will be asked to share resources for your students at your school site for 30 seconds.
- iii. You may be permitted to submit a video instead, if you are not available to attend this filming date. More information regarding specific criteria will be shared soon.

g. Suicide Prevention Activities

- i. Dr. Krystal Hays will be holding a presentation on Suicide Awareness and Prevention on Saturday, September 9th at her church. All are invited to attend.
- ii. Palo Verde College will be attending the Peace from Chaos 2nd Annual Suicide Awareness Event and Community Candlelight Vigil on Saturday, September 9th. This event is open to the public.

iv. Next Steps / Questions / Comments

- a. Next meeting September 25th from 9AM-10AM

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?
Myeshia Bobo	Send a calendar invite with filming event information at UCR	8/28/2023	Prepare for video production at UCR