



## Riverside County Suicide Prevention Coalition

### Training Meeting Minutes

6/27/2022

3:30PM – 4:30PM

#### **Attendees:**

Andrea Deaton  
Sandy Awad  
Ali Al-Saadoon  
Kathy Cho  
Kayla Henry  
Josephine Perez  
Carina Gustafsson  
Nicole Watson

#### **I. Welcome**

- Those who were present made self-introductions.

#### **II. Introduction and welcoming new members (Kayla and Josephine)**

- Andrea presented the 6 guiding tips for the TRAUMA INFORMED SYSTEM (TIS) which each guiding principle will be discussed during our monthly meeting.
- **June Principle: Safety and Stability**  
(Physiological and emotional safety), how to reset the safety!  
Andrea asked members present to share their ways how to deal with Chaos or much stress.

#### **III. Discussion (Andrea)**

- **Creating a testimonial video About Suicide Prevention- Training:**  
Andrea revealed the idea about the video to be addressing the “why” for the training workgroup, What kind of testimonial story can be used, and extend the resources.  
Andrea asked members about their opinion on what this video must include  
Kathy Shared that it could be more than one video targeting each population, age, and community as she mentioned that the population she is targeting is the LGBTQIA+ and the higher rate of suicide occurring in them, and how we have to reach and support the parents.  
Kayla suggested to be quick videos and using the Tik Tok application as it is the viral way to speak with the youth.  
The videos have to be campaigning for different aspects.

- **Trauma resilience and how to extend the virtual training.**

The next Challenge that Andrea discussed, is the need for the content of the virtual training in the society especially inside riverside county to be (suicide free county), as Prevention and early intervention created the virtual training to help the society during Covid, but lately, we are challenging with a fewer number with the registration for them, so she asked for some ideas to help to promote the presentations:

Dr.Al-Saadoon suggested having contact with the Rotaries Clubs. Kayla Suggested the Man therapy.

To be discussed for the next meeting, to let members the time to think about some more ideas.

**Recommendation:** To find more resources about the Man therapy.

To share Dr. Sally's PDF Presentation during the suicide prevention Quarterly meeting.

#### **IV. Next meeting**

- July 25, 2022