



Riverside County Suicide Prevention Coalition
Prevention Trainings Sub-committee Meeting Minutes

Wednesday, February 18, 2021

In Attendance: (10)

Chair: Stephanie Lasseigne, IEHP
Chair: Tishani Finnikin, IEHP
Liaison: Andrea Deaton, RUHS-BH
Admin Support: Katie Vazquez, RUHS-BH
Benita Ramsey, BRMG
Carina Gustafsson, RUHS-BH
Carlos Carrio, Moreno Valley College
Cynthia Hwang, RUHS-BH-SAPT
Estee Song, APCTC
Nicole Watson, Operation SafeHouse

Absent: (20)

Alejandra Perez, TrueCare
Alexxis Acosta, IEHP
Angel Fajardo, Inland Empire Immigrant Youth Collective
Angelina Coe, Shelter From the Storm
Charlene Younggren
Erika Munoz, YHIP Program
Jason Ordonio, Rainbow Pride Youth Alliance
Julisa Alvizo-Silva, Public Health- Injury Prevention
Kami Winston, RUHS-BH-SAPT
Linda Hart, African American Mental Health Coalition
Lisa McConnell, Sheriff's Department
Lisa Roybal, VA Loma Linda
Lynnette Navarro-Sullivan, Moreno Valley College
Maria Martha Moreno, RUHS-BH
Melissa Vasquez, County of Riverside
Michelle Martinez, VA Loma Linda - Suicide Prevention Team
Nicole Boettger, Voices for Children
Rainbow Marler, Operation SafeHouse
Rosalva Campos, City of Indio
Rosie Flores, RUHS-BH-SAPT



- I. **Greetings**
 - Welcomed and thanked members for joining today's meeting
- II. **Suicide Prevention Coalition - Prevention Trainings Sub-committee's Goal**
 - Increase detection and screening to connect people to services based on suicide risk.
 - Trainings to increase effectiveness of suicide risk screenings, assessments, and trauma –informed practices.
 - Trainings to support identification and intervention to effective care.
- III. **Review from Previous Meeting**
 - Reviewed identified signs of suicide discussed by subcommittee members
 - Talking about: Wanting to die, being a burden to others, guilt or shame
 - Feelings of: Empty, hopeless, trapped, or having no reason to live, sad, more anxious, agitated or full of rage, unbearable emotion or physical pain.
 - Changing Behavior, such as: Making a plan, withdrawing from friends and family, taking dangerous risks, extreme mood swings, eating/sleep more or less, and using drugs or alcohol more often.
- IV. **Review from Quarterly Meeting**
 - Discussion of what each subcommittee shared during the meeting; if you would like those meeting minutes, please email your request to Melissa Jacks at MJacks@RUHealth.org.
- V. **Suicide Prevention Trainings Available**
 - Discussion on available Suicide Prevention trainings
 - If you have not already attended PEI's trainings, registration is required and they are FREE to anyone who works or lives in Riverside County. Please visit Eventbrite for more details: <https://ruhs-bh-pei.eventbrite.com/>
 - In-person trainings are currently not approved; the training schedule will be emailed to committee members when PEI has trainings on calendar.
 - Question purposed; Are there training(s) you would like to have during our meeting? Please send suggestions to Katie.
 - If you know of any trainings that were not discussed, please email the information to Katie; Information gathered will be distributed at our next meeting.
- VI. **Suicide Prevention Trainings: ASIST, safeTALK and MHFA**
 - Questions were asked about these specific trainings;
 - ASIST and safeTALK: Livingworks owns the rights the ASIST and safeTALK and currently they do not allow us to facilitate these trainings on an online platform. These trainings are typically done in-person and they are not available at this time.
 - MHFA: Trainings that are being offered online have a cost associated either for the trainer or the participants therefore this training is also not available at this time.



VII. Identified Challenges

- Discussion among members in regards to trainings not being available in different languages; this gap was identified that needs to be bridged.
 - Subcommittee member, Estee, shared she knows ASIST Master Trainer, Cathy Choy. Cathy facilitates ASIST in Korean and English as well as being a volunteer Counselor at DiDi Hirsch. Estee will invite Cathy to our next meeting in hopes that an overview of services will be provided that may help with training outreach, etc.

VIII. Plan of Action

- Identify prevention strategies to assist getting members of Riverside County trained in suicide prevention.
- Research how to acquire/create an environmental scan to identify individuals most vulnerable; identified populations are:
 - Domestic violence victims
 - Woman's shelters
 - LGBTQ+
 - Homeless shelters
 - Parents/families
 - Providers
 - Veterans
 - Etc.

IX. Tasks

- Subcommittee members identified missing organizations/agencies that should be asked to join the committee; below are the tasks of some of the subcommittee members
 - Andrea D. will reach out to: Moreno Valley's Parks and Rec; Socorro and Law Enforcement RUHS-BH CBAT Team; Tiffany and/or Riba
 - Tishani F. will reach out to: IEHP Service Provider(s)
 - Stephanie L. will reach out to: personal faith-based organization
 - Katie V. will reach out to: RUHS-BH Veteran Services Liaison; Aurelio and RUHS-BH Senior Peer Support Specialist; Dylan and MVUSD Parent Partner; Aida
 - Estee S. will reach out to: ASIST Master Trainer and DiDi Hirsch Volunteer; Cathy Choy and Parkview Hospital Marketing Coordinator; Lori Elder
 - Carlos C. will reach out to Coordinator of Veterans Center at MVC; Lisette
 - Nicole W. will reach out to her identified contacts
- If you know a person from an identified organization that is missing from our subcommittee please invite them to our next meeting; you may also share their email with Katie and she will forward the calendar invite with the Zoom link.
- We will begin here and report back at the next meeting; this list will continue

X. Invitation to join future meetings

- If you know anyone who would like to join the Prevention sub-committee or the Suicide Prevention Coalition, please have them email Melissa Jacks (MJacks@ruhealth.org) and she will reach out to them as well as placing them on the email distribution list.

XI. Next Meeting

- Wednesday, March 17, 2021 from 3:00 p.m. – 4:30 p.m.