



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

Wednesday, June 16, 2021

In Attendance: (10)

Co-Chair: Stephanie Lasseigne, IEHP
Co-Chair: Tishani Finnikin, IEHP
Liaison: Andrea Deaton, RUHS-BH
Admin Support: Katie Vazquez, RUHS-BH
Carina Gustafsson, RUHS-BH
Jennifer Butler, Norco College
Kathy Cho, ASIST Master Trainer
Lynnette Navarro-Sullivan, Moreno Valley College
Nicole Boettger, Voices for Children
Rosie Flores, RUHS-BH-SAPT

Absent: (24)

Alejandra Perez, TrueCare
Angel Fajardo, IE Immigrant Youth Collective
Angelina Coe, Shelter From the Storm
Aurelio Sanchez, RUHS-BH Veteran Liaison
Benita Ramsey, BRMG
Carlos Carrio, Moreno Valley College
Charlene Younggren
Cynthia Hwang, RUHS-BH-SAPT
Estee Song, APCTC
Erika Munoz, YHIP Program
Jason Ordonio, Rainbow Pride Youth Alliance
Sr Jennifer Nguyen, SB Diocese
Johnnie Gray, RUHS-BH
Julisa Alvizo-Silva, Public Health- Injury Prevention
Kami Winston, RUHS-BH-SAPT
Linda Hart, African American Mental Health Coalition
Lisa McConnell, Sheriff's Department
Maria Martha Moreno, RUHS-BH
Melissa Vasquez, County of Riverside
Michelle Martinez, VA Loma Linda - SP Team
Nicole Watson, Operation SafeHouse
Rainbow Marler, Operation SafeHouse
Rosalva Campos, City of Indio
Socorro Huerta, Moreno Valley Parks & Rec



I. **Greetings**

- Welcomed and thanked members for joining today's meeting

II. **Review 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 on May 19th, 2021**

- Thanked all sub-committee members for attending the **Know the Signs** training; those that missed the training can register to attend a future training by completing the Google registration form link listed below:
 - English Registration Form: <https://forms.gle/M31fLx7QvJPLQoVv9>
 - Spanish Registration Form: <https://forms.gle/XbrDJDcJUqUm8geZ6>
- If you would like a training provided to your organization, please reach out to PEI to schedule.

IV. **Suicide Prevention Trainings Available**

- PEI trainings are FREE and available to anyone who works and/or lives in Riverside County. PEI's registration process has been updated and the trainings are no longer posted on Eventbrite. Please click on the Google forms listed above (available in English and Spanish) to register for upcoming trainings.
- Discussion on available Suicide Prevention trainings
 - PEI Trainings
 1. Know the Signs
 2. Mental Health 101
 3. Self-Care and Wellness
 4. Building Resiliency and Understanding Trauma
 - Counseling on Access to Lethal Means (CALM) FREE
<https://zerosuicidetraining.edc.org>
 - Question, Persuade, Refer (QPR) Training – FREE through Public Health
 - Strategic Planning Approach to Suicide Prevention <https://training.sprc.org>
- If you know of any trainings that are not mentioned, please email the information to Katie; Information gathered will be distributed at our next meeting.

V. **Plan of Action**

- Begin planning for upcoming Suicide Prevention Month in September



- September is being recognized as Suicide Prevention Month due to both National Suicide Prevention Day (Sept. 10th) and Suicide Prevention Week (Sept. 5th – 11th) both occurring in the month of September. We will be partnering with Substance Abuse and Treatment Programs for National Recovery month that is also in September. There are two things we will begin working on:
 1. Each Mind Matters creates a toolkit each year; visit suicideispreventable.org to view and begin thinking of ideas on how we may begin working on a plan of how our sub-committee can distribute the toolkits throughout our community as well as how we can use to the toolkit to help promote our trainings particularly during the month of September.
 2. Creating a calendar of trainings; similar to May is Mental Health Month. Begin gathering information about available trainings within our community that we can add to the activities on the calendar. These will be available virtually and it will help bring attention to suicide prevention and engage in the topic within our community that is not intimidating.
- Help by supporting the work of the Postvention Subcommittee
 - Often times we will be asked to assist other sub-committees with training inquires; currently the Postvention sub-committee is asking for our assistance in researching available Evidence Based Practices (EBP) for short term grief and loss training specific to suicide for Clinicians.
- Connect with your local city governments/entities
 - Research/Google contacts; gather the name and mailing address of representatives (mayor, city council member, school board member, CEO of a local CBO that works with populations at higher risk, etc.). We will use this list to market Suicide Prevention Month activities.

VI. Transforming Ideas into Actions/Tasks:

- Come to July meeting with the below information:
 1. Each member provide at least five (5) contacts
 - If you are unable to attend next meeting, please email contacts to Katie.
 2. Information gathered on any Grief and Loss trainings for Clinicians specific to suicide; preferred EBP trainings/programs
 3. Familiarize yourself with the toolkit page on suicideispreventable.org

VII. 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 Miriam Resendiz (MResendiz@ruhealth.org) and she will reach out to them as well as placing them on the email distribution list.

VIII. Next Meeting

- Wednesday, July 21, 2021 from 3:00 p.m. – 4:30 p.m.