



**Riverside County Suicide Prevention Coalition
Prevention Sub-Committee – Engaging Schools Workgroup
1/13/2021**

In Attendance:

Kathleen Sarmiento- Chair, Riverside USD
Matthew Fraley– Chair, Riverside USD
Andrea Deaton – PEI Liaison
Melissa Jacks– Clerical Support, RUHS BH PEI
Alyse Michaelis, Reach Out
Anita Shirley, CNUSD
Cherylyn Klemens, BH Parent Support & Training
Jessica Oakes, Hemet USD
Lynnette Sullivan, Moreno Valley College & Norco College
Michelle McCarthy, Project 99 & Murrieta Valley USD
Carlos Carrio, Moreno Valley College

Absent:

Alex Engen, RUHS BH
Berenice Zuniga, Sigma Beta Xi
Bettye Turner-January,

Minutes

- I. Brief overview of the 3 goals for the workgroup
 - Consistent, standardized and effective implementation of Education Code Section 215 and other mental health policies across districts
 - Support implementation of evidence-based strategies such as Social Emotional Learning (SEL) and mindfulness, to enhance youth academic achievement and wellness, decrease risky behaviors, and improve relationships with peers and teachers to increase student engagement and connectedness
 - Review existing suicide prevention youth programs and provide a recommended list of districts to facilitate that every school has at least one youth program on campus to increase youth engagement



- II. Workgroup members shared what suicide prevention efforts are currently in place at their school site and whether or not their school site has mental health professionals employed.
- Anita w/ CNUSD:
 - Comprehensive suicide policy for prevention that has been in place for the last 5 years utilized by staff. They utilize
 - Kognito, all staff take course at the beginning of the year.
 - Partnership with the text line (741-741) with a unique moniker, CNUSD. If someone uses their moniker, they receive data on the backend.
 - TSAPP at all intermediate and High School.
 - Gaggle which alerts school sites and district office if self-injury, suicide or other risk associated words are used on school devices.
 - Care Solace.
 - Lynnette & Carlos w/ Moreno Valley College:
 - Kognito, they cannot require staff or faculty to complete training but they incorporate it into flex credits. Full time staff must complete training each year and it is one they are able to take for credit.
 - QPR trainer on staff as well as SafeTALK, ASIST, and Mental Health First Aid.
 - Plans to implement Know the Signs trainings on campus.
 - They offer Mental Health and wellness webinars.
 - Michelle w/ Project 99 & Murrieta Valley USD:
 - Advocates for increased support
 - Provide QPR training for families, staff, and students.
 - Comprehensive suicide prevention plan in place
 - Michelle noted that it feels like they are usually operating on defense mode instead of offense.
 - Andrea w/ PEI:



- Shared that contractors have prevention services on campus (Operation Safehouse) such as depression focused program – Stress and Your Mood, Trauma based program- CBITS, and Peer based program surrounding stigma reduction.

III. Discussion on Goal 1 - Consistent, standardized and effective implementation of Education Code Section 215 and other mental health policies across districts

- Briefly viewed education code 215
- Kathleen noted:
 - one thing we will need to really think about is ways to engage grades 1-6 since most programs in place focus on middle and high school.
 - Another thing we will need to review is what road blocks or issues might we have in regards to the education code?
 - What are different routes we might take to implement this? In example, what clubs on campus or key staff do we train? How might we tackle core requirements?
- Discussion:
 - How do we make sure that schools have adopted this policy?
 - Michelle M - A comprehensive and sequential plan is needed that guides school staff to know the appropriate language and how to have the discussion of suicide with all grade levels. I.E. talking about feelings/emotions vs. suicide for kinder students.
 - Kathleen commented that this is something we can dive deeper into with Goal 2
- Decided upon objective for goal 1: Come up with specific prevention policies for K-10th grades

IV. Discussion on Goal 2 - Support implementation of evidence-based strategies such as Social Emotional Learning (SEL) and mindfulness, to enhance youth academic achievement and wellness, decrease risky behaviors, and improve relationships with peers and teachers to increase student engagement and connectedness



- We need to review how we implement self-care, coping skills, mindfulness, and conflict resolution with focus on mental health piece in all the schools that is evidence based or peer reviewed.
- We could potentially effectively get it to every student in High School by incorporating it into the Language Arts or English class.
- Review how we get a social emotional curriculum in schools
- Jessica w/ Tahquitz High School: all freshman participate in program called BARR (Building Assets Reducing Risks) each week during English, Science, or Math. By the time they reach sophomore year they should be better equipped in social emotional learning. Hemet High is the West Coast model for the program. Additionally, they have the NAMI Ending the Silence presentation on campus every year, Mental Health First Aid trainings for staff, Mind program with Reach Out.
- Michelle: Knows of something in place for elementary but unsure of the name of it.
- Anita shared that CNUSD cannot afford evidence based curriculum so the counselors are the ones creating the curriculum. Also, mentioned that teachers can incorporate social emotional learning by understand what it looks like.

V. Discussion on Goal 3 - Review existing suicide prevention youth programs and provide a recommended list of districts to facilitate that every school has at least one youth program on campus to increase youth engagement

- Discussion on including these questions in survey that will be sent to school districts and we well as poll our committee members.
- Will be gathering information and reviewing what is available
- Question: How do we measure that students are receiving it?
- Michelle spoke of a training and program that Mary O. with Public Health does for leaders on campus.
 - Andrea will reach out to Mary to get more information.
- Question regarding how we get resources to get these trainings on campus.
 - Jessica – They utilize NAMI presentations since they are offered at no cost



- Anita noted that trainings need to be provided to not only counseling staff but teachers as well since teachers have the most face time with the students.

VI. Questions / Comments / Action Items

- Comment from Matthew: Think about how to support the kids when they start returning to campus and how we might incorporate a goal that meets that need as well.
- Comment from Anita: Her thought would be helpful to focus on goal #2 first before goal #1. If they have not yet adopted the policy on campus, goal #2 would be null and void. Wants support from the board before implementing.
- Action Items:
 - Send survey out to schools – Melissa
 - Connect with Mary O. – Public Health to inquire on program she is a trainer for – Andrea
 - Send out Ed code 215 to workgroup to ask them to review and come to next meeting with ideas for objectives for goal 1.

VII. Next Meeting:

- Review interpretations on Ed code and discuss objectives
Wednesday, February 10th, 2021 3:00pm - 4:30pm