



Riverside County Suicide Prevention Coalition

Engaging Schools Sub-Committee

Tuesday, December 7, 2021

In Attendance:

Dr Kathleen Sarmeinto*
Matthew Fraley*
Andrea Deaton
Mirna Gomez
Blanca Maldonado
Wager Nick
Lydia Valenzuela
Myeshia Bobo
Shirley Warren

*Sub-Committee Co-Chair

Minutes

I. Introductions

- Welcome and brief introductions/ success stories

II. Coping During the Holidays Discussion

- Dr Sarmiento and Matthew opened up the meeting for a discussion on things that can help students/staff cope during this holiday season.
- Blanca recommended some apps like Breathe and Insight Timer which are apps that can help with breathing exercises and meditation.
- Dr Sarmiento shared multiple handouts that included breathing exercises for elementary through older students.
- The handouts were all made available in the chat and will be attached to the meeting minutes email.
- Matthew shared the stress ball activity where students can make stress balls using balloons and flour.
- The group discussed further on activities and resources that can be beneficial to students and help them cope.

III. Next Meeting

- January 4, 2022