

**Upstream Focus to Addressing Suicide Prevention  
December 8, 2020 9-10:30am**

**Attendance:**

Shor Denny  
Curley Palmer  
Sheree Summers  
DaphneeThomas  
Lanicee Causly  
Mary Hrinko  
Georgina Ramirez  
Christian Romero  
Rebecca Antillon

**New members:**

Mary Hrinko

**Agenda:**

- I. Building connectedness and belonging
  - a. What are their needs for managing stressors and building resiliency?
- II. Promoting resiliency through skill building
  - a. What skills should be taught?
    - i. "Life skills encompass many concepts, but most often include coping and problem-solving, emotional regulation, conflict resolution, and critical thinking."

Next meeting: **January 5, 2021**

**Populations to focus on:** Youth (10-14), mature adults, and particular ethnic groups.

**Ways to reach out to at risk populations:** PSA's.

Can this subcommittee engage in policies?

- I. Building connectedness and belonging.
  - A. What are their needs for managing stressors and building resiliency?
    - 10-14 youth.
    - Mature adults.
    - Ethnicities (Asian, Latino, and African-American.)

Faith based organizations- Curley Palmer will also reach out. More time and energy to connect with FBO.

**Barriers to giving seniors devices and access to technology:** Lack of staff, lack of devices, lack of access to interaction.

**Targeting strategies (brainstorm):** Tik Tok contest. Teaching them how to maintain mental health and build resilience. Integrating elderly with the youth, book clubs, etc. Social media is not a safe place for ALL youth or adults. What are other ways we can connect youth besides using technology? Drive through events with schools. Implementing FBO. How to outreach to seniors in regards to faith? Leveraging FBOs to increase connectedness and belonging. Leveraging different technologies. Handing out information through testing sites. Each mind matters material and up to us campaign.

**Ideas for future:** One meeting we focus on mature adults and one meeting with youth.

**Next meeting:** January 5, 2020. 75% talking and flushing out ideas with elderly population, 25% with youth.

**Send over strategies to other subcommittees.**