



Riverside County Suicide Prevention Coalition
Upstream Focus to Addressing Suicide Prevention
February 2, 2021

Minutes

Attendance:

Shor Denny
Sheree Summers
Gabriela DiGiovanni
Lanicee Causly
Mary Hrinko
Curley Palmer
Daphney Thomas
Robert Gonzalez

Business:

- We need to partner with a FBO as it is a very important sector in our community.
- Daphne will reach out to the LYNC program to see if we can get an intern.
- Shor will invite Pastor Karen Sykes.
- Daphne is a part of La Sierra 7th-Day Avenist Church and will ask if they are aware of the City wide partnership for pastors for future connections

Elderly population:

- **How do we target this population?**
 - gVirtual platforms
 - Potential issues may be that some elderly groups do not trust using technology.
 - What particular populations do we want to target first?
 - Family caregivers can be a great start. Mary has access to these communities. Usually female caregivers are the ones interested in being in a support group or in social engagement.
 - Starting with the Riverside County caregiver support group in which Mary is connected to, also former caregivers. Young caregivers included.
- **How do we get participation?**
 - Including a purpose in the meeting not just a mere support group.
 - **Social engagement and purpose**
 - Youth doing a video for this support group and having elderly create a response together forming a sense of connectedness.
 - Alvord school district AVID students are really excited to start doing videos.
- **Other elderly support groups**



- Family caregiver support program (national)
- Ellen caregiver support center
- Alzheimer's Association support groups (Coachella and IE)

Modes of action:

- Give Mary's support group our purpose and what we are doing. Also, what is expected of them through this group.
- Also, a survey to get an idea of what this support group is interested in, measurable outcomes, etc.
- Sheree will work on a simple statement of purpose.
- Create a no more than five question survey that Mary can give to this group.
- **Survey to be completed by February 16, 2021. Robert will create a survey monkey once questions are finalized.**

Draft sur

Statement of Purpose: Your interaction with youth or others can help them increase connectedness.....

- What might be some topics you enjoy talking on? sports, religion, travel, culture, etc.
- Would you like to speak or share with others such as the youth? What hobbies or interests or careers?
- How often do you talk to other people throughout the week? (measuring social connectedness)
- Names some things you do that have helped you to remain hopeful during this pandemic?-Curley
- If you could share some advice with youth on ways to increase their hope and gratitude during tough times, what would it be?-Curley
- Are you satisfied with your own sense of connection to others? To the community?-(0-10 rating scale) Daphne
 - If yes, what helps with this?
 - If no or a low #, do you have any ideas that might help change this?

Next meeting: March 2, 2021. (Focusing on youth population)