



Riverside County Suicide Prevention Coalition **Upstream Sub Committee Meeting Minutes**

Date 04/05/2022

Time: 9:00AM-10:30AM

Attendees:

Rebecca Antillon
Mary Hrinko
Christian Romero
Rosemary Lopez
Lynda Bailey
Pearl Rodriguez

- 1. Welcome/Introductions - Rebecca**
- 2. SPC - Upstream Committee Goals- Mary**
 - Why we are here and our focus
- 3. February meeting minutes recap - Rebecca**
 - How we can support our seniors in skilled nursing facilities
 - Survey Results
 - Video Series, school participation and permission slips etc.
- 4. Older adult focus: Discuss resource list and share senior survey - Mary**
 - Can we all draw from each other's resource list to contact the older community and do some outreach.
 - Night of hope and joy at the Janet Goeske Center
 - Maybe do a presentation at a senior center for the staff so that they can be aware of the at-risk older adults and try and gain people to join our committee.
 - Multi Tier approach, provide education and training to senior center staff, then we can connect to organizations that serve the senior population and then we can create material or provide materials that are already available to help at risk populations and have them posted at these sites, Then we can create a "senior corner" so we can have a designated area where we can have these materials regarding mental health with tips and resources they can connect with.
 - Set up a schedule on a quarterly basis with these organizations so the information comes out on a consistent basis and create new forms of this information, so people are constantly looking at it.
 - Find a way to distribute kindness kits to seniors that have universal items to give out. (Stuffed animals, slippers, socks, gloves, hand sanitizer, sudoku/crossword books, reading books, pj's, blankets)
 - Use kindness kit idea but make it Upstream, add self-care items (Stuffed animal, battery operated fans, hand sanitizer, add information and resources)

- Get different agencies to help with co-branding so we can show a coordinated effort amongst all of us
- Bags with something specific for this initiative, Lynda can try and split costs/donations to purchase bags for this initiative.
- Deliver these kindness kits all year long?
- Next Steps: Funding? Time frames on implementing something like this,

5. Youth focus: May is Mental Health Month, application for funding an intern, and phone line video – Rebecca

- Didn't get to discuss. We will postpone until next meeting.

6. Action items:

- Mary will ask about delivering the "kindness" bags through meals on wheels and see what the organizations say. Mary will also gather phone numbers that we will use to distribute.
- By 4/19 have all the information and resources we want to use for older adult initiative-forward to Mary and see how we want to distribute that information. (Stickers, flyers, etc.)
- Lynda Can check in to see what co-branding could look like. Will check in with RMC to see if we can get into their locations.
- Becky will review application for funding to see whether we can start collecting these items for these boxes/bags

7. Next Meeting, May 3, 2022 9am

