



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

Date 5/3/2022

Time 9-10:30 AM

Attendees:

Rebecca Antillon
Christian Romero
Rosemary Lopez
Lynda Bailey
Curley Palmer
Daphne Thomas

1: Welcome/Intro (Becky)

2. Goals of the committee (Chris)

3. April meeting minutes recap (Rose)

- Kits for the older population, resources, Activities and help provide some suicide information for this population.
- Putting together wellness kits would give us an opportunity to connect with and talk with a population we wouldn't normally be able to.

4. Older adult focus: Discuss Funding Application-Wellness kits for home-bound seniors. (Becky)

- Donations are normally given for these health kits but can also have them co-branded (\$1.00) for each bag.
- Normally put a list of the items together by a certain date and see what items we would like to purchase.
- Include any general information or flyers in each kit.
- Becky went over Application with the group, to receive funding for the wellness kits. Mary would complete the application and send to Becky for review and the subcommittees would be reviewing our application as well and once we receive a majority of yes votes then it will be moved forward. The application will need to have final approval from behavioral health. Application needs to have objectives and details on how we will implement the project who will benefit from this initiative, as well as a narrative that is no more than 2 pages etc. Hopefully we can start this process in July?
- The dollar amount that we ask for is dependent on how often we are trying to reach them and how many we are trying to reach. Tend to spend about \$6-\$8 on each Kit. Maybe ask for about \$10,000? This will help us
- Talked about Meals on wheels for home bound patrons and include wellness kits with their meal pickup. We could also have other entities help distribute them out via nurses/case workers/ counselors etc. We could also have service groups help distribute like churches, local colleges and/or their clubs could help deliver these kits maybe sometime in the fall (Daphne)
- City wide initiative called Love Riverside Day. That helps nonprofits fulfill their needs usually during fall season can help assemble kits or disseminate them. Should consider utilizing the groups for dissemination of the kits to homes.

5. Youth focus: May Is Mental Health Month-Directing Change Monthly Prompt (Becky)

- Monthly prompt is called "Dear Me", how can we help ourselves use healthy coping strategies etc.
- Directing Change will be giving us all their great submissions from people in Riverside County and we can see who we can share these videos/ submissions with and what groups it can be beneficial for.

6. Action Items

- Lynda will talk to Goeske Senior Center Director to see how many people are coming to the center and see who might need these wellness kits.
- Can Each of us look at the application and jot down any notes, suggestions or ideas that would help us complete the application
- Come up with a number/Draft of application in 2 weeks of how many kits we would like so Lynda has an idea of when and how much to order the items. This will all be sent out by Rose for review by the committee members so we can look over this together in our June meeting.
- Create a short list of items we would like to include in these kits (Becky, Rose, Chris, and Lynda) then send these out to the group for input.

Next Meeting, June 7th @ 9am