



**Riverside County Suicide Prevention Coalition**  
**Quarterly Meeting**  
**Wednesday, July 28, 2021**  
**9:00am – 11:00am**

**Minutes**

- I. Welcome & Introductions
- Self-introductions by the Coalition leadership Diana Gutierrez & Rebecca Antillon
- II. Presentation: “Care Transitions” by Sandra Black and Robert Stohr
- What is considered a “transition?” Transitions can be conceptualized as an event or series of events that cause fundamental changes in the fabric of daily life – what people do, where they do it, and with whom.
  - Transitions can be unsettling, disorienting, and stressful. They can impact our mental health and increase suicide risk.
  - Positive coping skills. Resilience, and connectedness to family, friends, and our community can act as protective factors to help us navigate transitions.
  - Suicide Prevention & Care Transitions:
    - The transition between inpatient settings to outpatient community settings is a time of elevated risk for suicide.
    - Care transitions support individuals navigating this challenging transition and increase the likelihood that they will connect with the services and supports they need for ongoing healing and recovery.
    - Providing specific interventions that are designed to bridge the gap between inpatient and outpatient services before patients leave can triple the odds of successful care transition.
    - Special Considerations for Care Transitions:
      1. Caring contacts – Care transition coordinator, health centers, crisis hotlines, community supports, family/peer involvement
      2. Follow-up care – Easy access to outpatient care, crisis safety plan
  - Best Practices for Follow-Up:
    - Safety Planning – Establish a Safety Plan and use it to structure follow-up calls
    - Integrate – fully integrate the Follow-Up Program into your Center’s objectives
    - Consider – consider a range of follow-up methods (i.e. home visits, calls/texts, emails)
    - Intervention is needed between discharge from hospital and the first appointment with an outpatient provider. Greatest suicide risk is 1 week post discharge
    - Follow-Up typically occurs between 24-72 hours after initial contact focused on reviewing the safety plan and care coordination. Then at intervals, going forward to ensure the person is successfully connected with appropriate supportive services.
  - Community Partnerships to Consider:



- Mobile Crisis Services
- Emergency Responders: Law Enforcement & EMS/Paramedics
- Jail Diversion Programs
- 911 Dispatch Centers
- Domestic Violence Shelters
- Substance Abuse Service Providers
- Resources Shared:
  - Know the Signs Suicide Prevention Week Kit - [suicideispreventable.org](https://suicideispreventable.org)
  - Action Alliance - <https://theactionalliance.org/healthcare/caretransitions>
  - Zero Suicide Transition Toolkit - <https://zerosuicide.edc.org/toolkit/transition>
  - Follow – Up Matters Program - <https://followupmatters.988lifeline.org/#lifeline-centers>

- III. Planning for September – Suicide Prevention Awareness Month Presentation by Melinda McFarland
- In the month of September, we recognize Suicide Prevention Week (Sept 5-11), World Suicide Prevention Day (Sept 10), and National Recovery Month. This year’s theme is “Supportive Transitions: Reconnect, Re-enter and Rebuild.”
  - Suicide Prevention Toolkits are available. PEI received a limited quantity of physical toolkits including: Journal Outreach Mini Kit for Youth, English & Spanish outreach kits, and a bilingual Trivia Game Kit. There are several online resources that are free to download at [suicideispreventable.org](https://suicideispreventable.org)
  - Online resources are available at <https://www.suicideispreventable.org/back-to-school.phpf> or schools, parents, and youth to assist with planning suicide prevention activities.
  - This year there is also a focus on engaging pharmacists as gatekeepers and partners in suicide prevention. Pharmacists are encouraged to attend webinars on suicide prevention, participate in local activation activities, and share information about suicide prevention with their members.
  - Suicideispreventable.org is hosting a Suicide Prevention Week Challenge. Learn more here <https://www.suicideispreventable.org/wp-content/uploads/2021/07/SPW-21-Challenge-Card.pdf>
  - Riverside County will be releasing a full calendar and activity guide of local events around suicide prevention. Coming soon!
- IV. Progress Reports from sub-Committees
- Effective Messaging Committee – The committee split into two workgroups; one workgroup focuses on safe messaging and the other is focused on Public Relations-communication. Workgroups are actively recruiting for membership.
  - Measuring and Sharing Outcomes Committee – The sub-committee has been continuing to review data requests and discuss best practices around sharing data with the community. A data request document is currently in development to share with anyone requesting data so that the sub-committee can have a better understanding of what is being requested.



- *Upstream Committee* - Mary Hrinko has joined the sub-committee as co-chair. The sub-committee has been focusing on engaging youth and older adults. The committee continued to work with youth at different schools to create videos that will be shared with seniors at elder care centers and senior living facilities. They will work with the effective messaging sub-committee to finalize these videos.
- *Prevention–Trainings Committee* – The sub-committee is focused on recruitment at this time to diversify the sub-committee and increase expertise within the committee. The sub-committee would also like to increase the knowledge and expertise within the sub-committee by taking the available gatekeeper trainings for suicide prevention.
- *Prevention-Engaging Schools Committee* – The sub-committee continues to share existing resources, programs, and trainings. They have discussed adding the Suicide Prevention Hotline on the student badges. The sub-committee is continuing to explore what suicide prevention messaging, risk assessments, and resources are available in districts across the county.
- *Intervention Committee* – This sub-committee is continuing to work on improving collaboration and follow through with different levels of care. They have continued reaching out to crisis providers, inpatient units and emergency departments to explore strategies that ensure better follow through when consumers go from one level of care to another.
- *Postvention Committee* – The sub-committee is continuing to work on the development of LOSS Teams made up of trained survivors who would visit the suicide scenes to disseminate information and resources. They also plan to expand TIP (Trauma Intervention Program) volunteers through outreach and training.

**V. Closing remarks**

- Anyone with interest in joining a sub-committee of the Suicide Prevention Coalition should contact [PEI@ruhealth.org](mailto:PEI@ruhealth.org)

**VI. Next Quarterly Meeting: Wednesday, October 27, 2021 at 9:00am – 11:00am**