



Riverside County Suicide Prevention Coalition Quarterly Meeting July 26, 2023

Minutes

To view recorded meeting click the following link: <https://youtu.be/UZ4U3AN7NJM>

I. Welcome & Introductions

- Self-introductions by the Coalition leadership Diana Brown & Rebecca Antillon
- Leadership shared an overview of the Riverside County Suicide Prevention Coalition and the strategic plan. For more information on the Suicide Prevention Coalition and its sub-committees please visit the following link: <https://www.rivcospc.org/>

II. Presentation: Dr. Jodi Jacobson Frey, "National Guidelines for Workplace Suicide Prevention"

- 9 Practices to make Suicide Prevention a Health & Safety Priority
 - Leadership - Cultivating a caring culture focused on community well-being
 - Job Strain Reduction - Assess and address job strain and toxic work contributors
 - Communication - Increase awareness of understanding suicide and reduce fear of suicidal people
 - Self-Care Orientation - Self-screening and stress/crisis inoculation planning
 - Training - Build a stratified suicide prevention response program specialized training role
 - Peer Support & Well-Being Ambassadors - Informal and formal initiatives
 - Mental Health & Crisis Resources - Evaluate and promote
 - Mitigating Risk - Reduces access to lethal means and address legal issues
 - Crisis Response - Accommodation, re-integration and postvention
- Upstream Goals - Build protective factors and prevent problems
- Midstream Goals - Early identification and link to care
- Downstream Goals - Manage crises and restore functioning
- Upstream has the greatest level of impact
- Why Peer Support Matters in the workplace;
 - Peers are often highly trusted and first to know
 - Liaison to services
 - Support follow up
 - Preferred method in male-dominated communities
 - Helper effect
- Immediate Response: Acute Phase
 - Coordinate: Contain the crisis



- Notify: Protect privacy
- Communicate: Reduce potential for contagion
- Support: Offer practical assistance
- Short Term: Recovery Phase
 - Link: to support
 - Comfort: Promote healthy grieving
 - Restore: Functioning in workplace
 - Lead: Build trust in organizational leadership
- Long-Term: Reconstruction Phase
 - Honor: Anniversary or milestone dates
 - Sustain: Transition from postvention to prevention

III. Presentation: Shayla Gerity, "Notice.Talk.Act.® at Work"

- 64% of workers are struggling with mental health or behavioral health issues yet only 19% used their company's mental health care benefits in 2022.
- 56% of organizations felt that mental health was the most important element that they offered as part of their well-being programs.
- 80% of benefits leaders believe it's an employer's responsibility to prevent employees from developing work-related mental health problems.
- Notice.Talk.Act.® at Work is a 35-minute e-learning training module supporting leaders and people managers to:
 - Raise awareness about the impact of mental health in the workplace.
 - NOTICE changes that are not typical and may be signs of a potential mental health concern.
 - TALK by checking in and letting a person know that you care.
 - ACT by connecting a person with services and supports.
- 96% of participants would recommend this training to others.
- 93% of participants agreed the training prepared them to Notice, Talk, and Act at Work.
- 90% of participants rated the training excellent or good.

IV. Q&A

- Will Notice, Talk, Act.® at Work be part of PEI trainings?
 - This training will not be part of PEI ongoing trainings.

V. Learning Opportunities:

- Know the Signs (2 hour training)
- safeTALK (3-4 hour training)
- ASIST (Applied Suicide Intervention Skills Training 2 full days)



VI. Closing Remarks

- Please visit the SPC website: <https://www.rivcospc.org/>

VII. Next Quarterly Meeting: 2nd Annual Suicide Prevention Conference

Thursday, October 26th, 2023 at 8:30am - 4:00pm

This will take place in person at the Agua Caliente Casino Rancho Mirage located at 32-250 Bob Hope Dr., Rancho Mirage, CA 92270.