



Riverside County Suicide Prevention Coalition

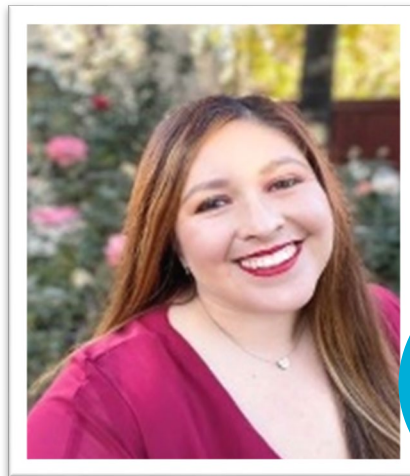
Sub-Committee Quarterly Report

April 26, 2023

Measuring and Sharing Outcomes	
Regularly Scheduled Meetings: 3 rd Thursdays, 9:00am-10:00am.	
Sub-Committee Goal(s):	Advance data monitoring and evaluation
Sub-Committee Objective(s):	1. Partner with coroners and medical examiners to develop a method for accessing data for improved suicide prevention strategies
Last Quarter's Actions:	<ul style="list-style-type: none"> Revising data brief/story map utilizing most current and accurate data. Content is currently in review process. New co-chair: Krystal Silguero
Community Partners Needed:	Coroner's office, school districts, and more community members.
Priority Activities this Quarter:	<ul style="list-style-type: none"> Publish data brief and story map on SPC website to allow public access to current suicide data in our county. Revise sub-committee data survey to reflect new quarter's goals. <p>Ongoing activity - Assist other sub-committees with data collection and inquiries.</p>



Sub-Committee Co-Chair:



**Krystal
Silguero**



Riverside County Suicide Prevention Coalition

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Upstream

Regularly Scheduled Meetings 1 st Tuesdays 9:00am-10:30am	
Sub-Committee Goal(s):	Increase connectedness between people, family members, and community. Increase resiliency and help-seeking.
Sub-Committee Objective(s):	<ol style="list-style-type: none"> 1. Increase services focused on fostering a sense of belonging. 2. Promote a culture free of stigma and discrimination. Integrate activities into community-based services that increase life skills. 3. Expand services to increase help-seeking behaviors and promote messages of resiliency, recovery and hope.
Last Quarter's Actions:	<ul style="list-style-type: none"> • Ordered supplies for Wellness Kits. Volunteers will begin assembly late April/early May. Project launch is tentatively set for May. • Sub-committee is working with La Sierra University Social Work students to help create social media content that targets youth and can be shared on multiple platforms. • Training/Presentation for senior center staff on the effects of social isolation on seniors is tabled until the Kindness Kit project is completed.
Community Partners Needed:	ALL – Promotion of kindness kits to targeted population (isolated older adults)
Priority Activities this Quarter:	<ul style="list-style-type: none"> • Kindness Kit assembly and project launch. Finalize distribution plan and evaluation measures. • Schedule meeting with Social Policy Professor at La Sierra University to develop social media project criteria. • Formalize outreach to senior centers across the county and assess willing to participate in staff training regarding the effects of social isolation on seniors.

Effective Messaging Sub-Committee Quarterly Meeting Updates

Regularly Scheduled Meetings: 2 nd Wednesdays, 10:00am-11:00am.	
Sub-Committee Goal(s):	Increase safe reporting of suicide and healthy social media use.
Sub-Committee Objective(s):	<ol style="list-style-type: none"> 1. Increase safe reporting of suicide. 2. Increase healthy social media use. 3. Partner with members of media to provide information about resources. 4. Integrate best practices into public campaigns and communication strategies about suicide.
Last Quarter's Actions:	Media materials for means safety have been created and are currently under review. Expected completion in May/June.
Community Partners Needed:	PIOs across county organizations/departments
Priority Activities this Quarter:	<ul style="list-style-type: none"> • Recruit means safety ambassadors to participate in statewide means safety pilot program as messengers/spokespeople. • Develop press packets for media on safe reporting of suicide. <p>Ongoing activity - Assist other sub-committees with development of their materials to provide feedback on safe messaging and best practices.</p>



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Prevention - Trainings Sub-Committee Quarterly Meeting Updates

Regularly Scheduled Meetings: 3 rd Mondays, 3:30pm-4:30pm	
Sub-Committee Goal(s):	Increase detection and screening to connect people to services based on suicide risk.
Sub-Committee Objective(s):	Trainings to increase effectiveness of suicide risk screenings, assessments and trauma-informed practices. Trainings to support identification and intervention to effective care.
Last Quarter's Actions:	<ul style="list-style-type: none"> The Trainings Workgroup is undergoing structural changes to better support the Suicide Prevention Training Trainer Cohorts in Riverside County. This workgroup will now meet quarterly. The trainers for safeTALK, Applied Suicide Intervention Skills Training (ASIST), and Mental Health First Aid (MHFA) will meet together each quarter to discuss fidelity to their respective models, evaluate potential trainings to bring in to Riverside County, and discuss other ways to support the work of the Suicide Prevention Coalition. We are looking forward to this shift and continuing to work toward the goal of training everyone who lives or works in Riverside County in at least one Suicide Prevention Gatekeeper Training!
Community Partners Needed:	Individuals trained to facilitate suicide prevention gatekeeper trainings such as safeTALK, ASIST, and MHFA.
Priority Activities this Quarter:	<ul style="list-style-type: none"> Create PSA video(s) promoting suicide prevention gatekeeper trainings. Develop plan to share PSA with community (i.e. sponsored social media posts. movie theaters, DMV, doctor's offices, etc.)

Prevention – Higher Education

Regularly Scheduled Meetings: 4 th Mondays, 9:00am-10:00am	
Sub-Committee Goal(s):	Standardize policies and curriculum to promote connectedness and address suicide risk.
Sub-Committee Objective(s):	<ol style="list-style-type: none"> Increase education and awareness regarding mental illness and suicide amongst college students and staff. Assist schools with the implementation of trauma-informed practices. Promote increased help seeking behaviors amongst college youth.
Last Quarter's Actions:	<ul style="list-style-type: none"> Developed content for first installment of training series for college staff/faculty. Training tool will include a tip sheet and short video focused on strategies to reduce mental health stigma. Self-care techniques are implemented during each meeting and committee members are encouraged to utilize these skills with students, staff, and faculty on their campuses.
Community Partners Needed:	Participation from college faculty/staff from each campus in Riverside County.
Priority Activities this Quarter:	<ul style="list-style-type: none"> Establish a strategic plan for disseminating training series on college campuses across Riverside County. Develop video content for future installments of the training series. Develop wellness activities for faculty/staff on college campuses across Riverside County.



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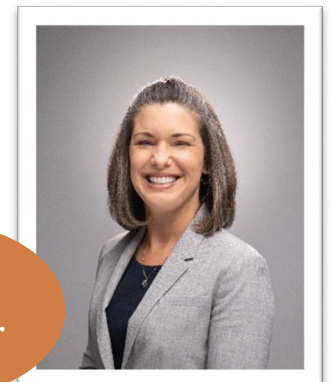
Prevention – Engaging Schools Sub-Committee Quarterly Meeting Updates

Regularly Scheduled Meetings: 1 st Tuesdays, 3:00pm-4:30pm	
Sub-Committee Goal(s):	Standardize policies and curriculum to promote connectedness and address suicide risk.
Sub-Committee Objective(s):	<ol style="list-style-type: none"> 1. Implement programs that foster social emotional growth. 2. Develop and implement standardized suicide risk assessment tools and prevention plans. Assist schools with the implementation of trauma-informed practices.
Last Quarter's Actions:	<ul style="list-style-type: none"> • RUHS & RCOE have been providing the following trainings to school staff by request: QPR (Question. Persuade. Refer.), Know the Signs, Social Emotional Learning, PBIS (Positive Behavioral Interventions & Supports) • Districts/Schools serving grades 7-12 have a policy on pupil suicide prevention. • SPARE (Suicide Prevention and Risk Evaluation) is currently being piloted in three school districts. Received grant funding to support further implementation of tool.
Community Partners Needed:	Representation of K-12 Districts (highest priority). School admin, school psychologists, clinicians, and students.
Priority Activities:	<ul style="list-style-type: none"> • Build a resource sheet of all the suicide prevention policies for the 24 districts in Riverside County w/ links to the policy. • Building a year-long schedule of trainings/workshops to strengthen existing programs that foster social emotional growth. Build implementation plan that includes training, coaching, and fidelity. • Work with RCOE Assessment, Accountability, and Continuous Improvement Unit to build measurement tool to evaluate SPARE pilots.

- **How can other sub-committees potentially help you in your efforts?**
Engaging Schools focuses on the full continuum of support for suicide prevention. Other sub-committees can help by assisting the sub-committee with resources, tools, and frameworks that pertain to TK-12 and student serving communities.
- **What additional supports or resources may be needed?**
Resources and supports to increase district involvement. This may include a Google Survey provided to Riverside County School Districts to inquire about the topics around suicide prevention in the areas of needed support, date/time of meetings, and overall frequency of meetings. Additionally, a list of researched-based practices that reduce death by suicide on a shared document provided to Riverside County School Districts.



Sub-Committee Co-Chair:



Denise
Granger



Riverside County Suicide Prevention Coalition

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Intervention Sub-Committee Quarterly Meeting Updates

Regularly Scheduled Meetings: 3 rd Wednesdays, 1:00pm-2:30pm	
Sub-Committee Goal(s):	Deliver a continuum of crisis services across the county and evaluate crisis services to identify gaps in care. Create safe environments by reducing access to lethal means and develop professional competence to reduce risk and promote community safety.
Sub-Committee Objective(s):	<ol style="list-style-type: none"> 1. Improve transition in care of consumers following a hospitalization or a consumer/family contact with crisis system of care. 2. Develop relationships with community partners that are willing to work with the committee to reduce access to lethal means to improve community safety. 3. Develop a recommendation for countywide best practice professional trainings on means safety and consumer care for the consumer with suicidal ideation.
Last Quarter's Actions:	<ul style="list-style-type: none"> • Continued to distribute care transition flyer to crisis services and programs countywide. Received feedback that the flyers have been helpful, as well as, requests for additional flyers to share with consumers. • Sub-committee will participate in a Means Safety pilot program organized by the statewide Striving for Zero initiative. Pilot is set to launch in summer 2023. Sub-committee will select "ambassadors" across the county to collaborate with gun sales stores and gun ranges to address the issue of suicide prevention and firearm safety.
Community Partners Needed:	Trainings sub-committee
Priority Activities:	<ul style="list-style-type: none"> • Continue distribution of care transitions flyers and collect feedback from partners on consumer and family responses. • Determine "ambassadors" for the Means Safety Pilot program. • Invite various community member partnership in development of training materials



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Postvention Sub-Committee Quarterly Meeting Updates

Regularly Scheduled Meetings: 4th Mondays, 10am-12pm

Sub-Committee Goal(s):	Expand support and services following a suicide loss.
Sub-Committee Objective(s):	<ol style="list-style-type: none"> 1. Develop and implement postvention team(s) to coordinate effective response at various levels and across multiple settings 2. Implement and expand survivor's support groups into systems of care to address immediate, delayed, and ongoing supports. 3. Provide trainings to clinical staff on complicated grief and bereavement to better serve suicide loss survivors.
Last Quarter's Actions:	<ul style="list-style-type: none"> • Folders for loss survivors are being distributed by the Trauma Intervention Program (TIP). • RUHS-BH Prevention & Early Intervention (PEI) developed an application for community-based therapists to participate in a bereavement counseling program offering up to eight free sessions to survivors of suicide loss. Application is being finalized. • TIP training expanded to the desert region of the county.
Community Partners Needed:	AFSP, SOSL, IEHP, RUHS-BH, TIP, NAMI
Priority Activities:	<ul style="list-style-type: none"> • Continue outreach efforts to recruit TIP volunteers and encourage completion of training. • TIP will follow up on distribution of LOSS kits for suicide loss survivors. • PEI will release application for community-based therapists to be trained in suicide bereavement counseling and offer 6-8 sessions funded by PEI to suicide loss survivors. Application scheduled to be released in the coming quarter and will remain open until funding is exhausted. • Survivors of Suicide Loss (SOSL) will work with the trained volunteers to develop support groups and provide them throughout Riverside County. • Continue to recruit suicide loss survivors to facilitate support groups for Survivors of Suicide.

• ***How can other sub-committees potentially help you in your efforts?***

They can support us in the recruitment of survivors of suicide loss to facilitate support groups. We could also use support in identifying volunteers for TIP who will directly support survivors immediately after the loss.

• ***What additional supports or resources may be needed?***

TIP continues to try to expand their contract to other parts of the county. Desert Region is a large focus still as there is no TIP services there. Perhaps the Effective Messaging subcommittee could help TIP get an article in a local desert paper if they have a contact. If residents were interested in having TIP in their area, they would advocate to their representatives. We could also use support in establishing messaging to get the word out about the recruitment of volunteers to run SOSL support groups.