



Prevention and Early Intervention Quarterly Collaborative Meeting

Meeting Minutes
November 30, 2022
12:00pm – 2:00pm Via Zoom

- To view the recorded meeting click here:
<https://youtu.be/JSW3axapR3k>
- Diana Gutierrez - Welcome message; there were 59 attendees
- Trauma informed System (TIS) Moment:
 - Michelle Downs, Staff Development Officer with PEI shared presentation for TIS principle of the month - Find your Ikigai
 - ❖ November core guiding principle is Resilience & Recovery
- PEI Program Spotlight: Mary Hrinko - Office on Aging Care Pathways/Caregiver Program
 - In the year 2000 the National Family Caregivers Program was funded. Services included in this program are:
 - Information and Assistance
 - Case Management
 - Respite Care
 - Supplemental Services
 - Education & Training
 - Care Pathways
 - Information /Resources
 - Support/Camaraderie
 - Respite
 - Support Groups

- Care Pathways is a unique program created by Riverside County Office on Aging. This program addresses prevention and early intervention by offering education and group support. It is directed to family caregivers who face challenges managing their caregiving responsibilities for a friend or loved one, 60 years of age or older.
- Target Populations includes, **but is not limited to:**
 - Caregivers of older adults receiving PEI program services
 - Caregivers of older adults with mental health illness and/or other functional limitations
 - Caregivers of older adults with dementia
- This is a series of 12 weekly, 2-hour classes designed to offer both education and support. These classes are offered in both English and Spanish Countywide with day and evening classes available. Classes are held on-line and in multiple communities. There is a maximum of 15 participants per class.
- Some workshop topics include:
 - Signs of Stress and Stress Reduction Techniques
 - Emotions and Caregivers
 - Taking Charge of Your Health
 - Living with Dementia
 - Legal issues Related to Caregiving
 - Preventing Caregiver Burnout
- Created Care Pathways 2.0 for Care Pathways graduates who requested more support which consists of 4 weekly classes. Workshops in this program include:
 - Emotional Wellness
 - Caregiver Resources
 - Difference in caring for a parent and caring for a spouse
 - Emergency Preparedness Class
- Over 2000 caregivers have registered for the Care Pathways series with an average completion rate over 75%.
- Care Pathways Testimonials:
 - *“I have a more peaceful feeling about where I am in life. I have learned to release some of the guilt and sadness I feel.”*
 - *“I have not had a freak out in 4 weeks!”*
 - *“I am less stressed and depressed. Now I feel as though I have a future.”*
 - *“Through this class I have learned what I cannot change....”*
 - *“This class has made a difficult situation bearable.”*
- Suicide Prevention Awareness Month Activities Overview - Myeshia Bobo
 - Theme for this year was Thriving at all Ages
 - National Suicide Prevention Week: September 4-10, 2022
 - World Suicide Prevention Day: September 10, 2022
 - Received Proclamation from the Riverside County Board of Supervisors on August 30 recognizing Suicide Prevention Awareness Week. The

Riverside County Suicide Prevention Coalition Leadership team Diana Gutierrez and Rebecca Antillon accepted the proclamation. During their remarks they shared information on the Riverside County Strategic Plan for Suicide Prevention, recent data around suicide attempts and deaths as well as recent updates to the coalitions infrastructure and initiatives, and announced the Coalition's 1st Suicide Prevention Summit.

- Riverside County Calendar of Events during September –Suicide Prevention Awareness Month; Riverside County has released a calendar of events with different activities for each week. This calendar can be found by visiting Up2Riverside.org.
 - *Week 1 (9/1-9/3): Physical Wellness*
 - *Week 2 (9/5-9/10): Emotional Wellness*
 - *Week 3 (9/12-9/17): Mental Wellness*
 - *Week 4 (9/19-9/24): Social Wellness*
 - *Week 5 (9/26-9/30): Spiritual Wellness*
- September Presentations & Trainings - offered to 223 participants in English and Spanish
 - Adult Mental Health First Aid
 - Building Resilience & Understanding Trauma
 - Know the Signs Presentations
 - Self-Care and Wellness
 - safeTALK
 - ASIST
 - Talk Saves Lives
- You can find additional resources by visiting <https://www.suicideispreventable.org/prevention-kit.php>
- 1st Annual Suicide Prevention Coalition Summit was held on October 27, 2022. This event consisted of a full day centered around learning, collaboration and development.
 - There were over 220 participants in attendance
 - We had 2 keynote speakers who discussed the important topics of risk and protective factors in BIPOC youth and firearm safety in suicide prevention.
 - Hosted 7 sub-committee breakout rooms.
 - Received 108 commitment cards from the breakout sessions.
 - Launched over 220 Find Your Anchor Boxes.
 - Small blue boxes with various items that are intended to inspire, soothe, and comfort.
 - Boxes are launched into the community in high traffic areas or by gifting this special box to someone that is struggling.

- Our intention is for these boxes to move throughout our county in an organic way to support those in need.
- There were 1,272 combined views on RUHS-PH Facebook page.
- **New!** Riverside County Suicide Prevention Coalition Website!
<https://www.rivcospc.org/>
- PEI Provider Updates
 - **New!** Prevention & Early Intervention Website update.
<https://www.ruhealth.org/behavioral-health/prevention-early-intervention>
 - Grace APCTC -Hosting workshop Raising Happy Kids Empowered by Gratitude Dec. 1st.
 - Nicole APCTC - Star (Parol) Lantern Festival in Temecula Dec. 11th 10am.
- Updates / Community Roundtable/Announcements
 - Kim McNulty - Emerging Healthcare Professionals Dec. 5th at the Cal State Palm Desert Campus 9am -1pm for high school health academy students.
 - Dakota Brown - People with Disabilities Sub-Committee meeting December 2nd 1pm. International Day of Persons with Disabilities is December 3rd. The Living Desert will be having an event beginning at 9am.
- Next Meeting:
 - March 29, 2023 - 12pm - 2pm