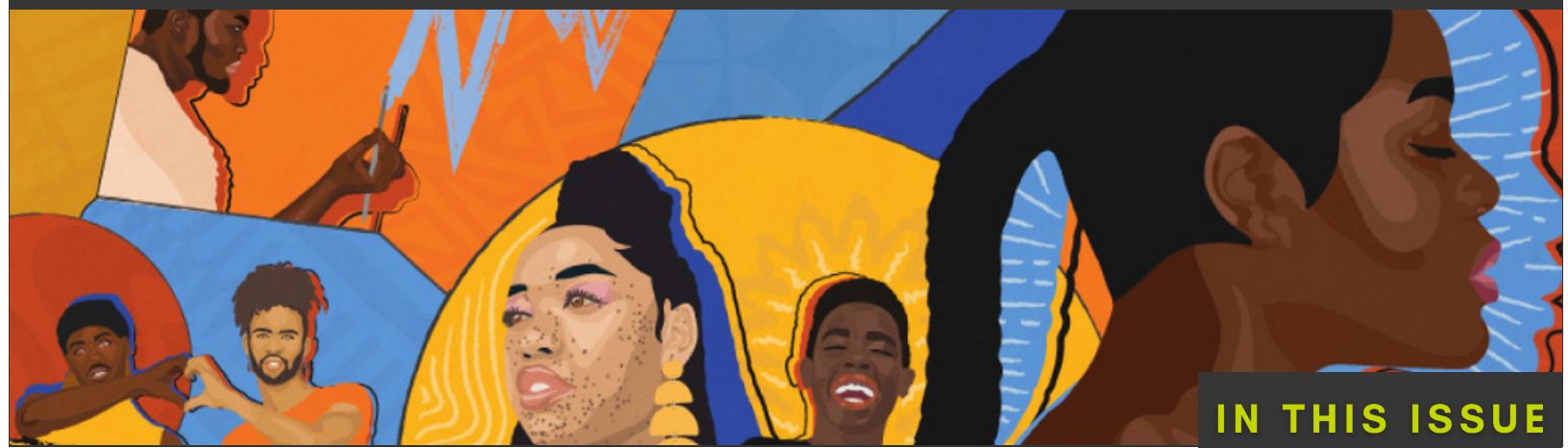




PEI PULSE

VOL. 7 • ISSUE 1 • FEB 2024

RIVERSIDE UNIVERSITY HEALTH SYSTEM - BEHAVIORAL HEALTH (RUHS-BH)
PREVENTION AND EARLY INTERVENTION (PEI) NEWSLETTER



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**Riverside
University**
HEALTH SYSTEM
Behavioral Health
Prevention and Early Intervention

HOW TO OVERCOME STIGMA IN THE AFRICAN AMERICAN COMMUNITY

While there may be a lot of awareness and research for cancer and other physical health conditions, we struggle as a nation when it comes to prioritizing mental health. And that especially applies to the **mental health of African Americans**.

Only one in three African Americans who need mental health care services receives it. Plaguing issues of poverty, mass incarceration, and financial hardships have increased mental illness and suicide in the African American community. According to the Office of Minority Health, "Adult African Americans living below poverty are three times more likely to report serious psychological distress than those living above poverty." Social-economic issues make it difficult for those living in these circumstances, but what can we do as individuals to make our community better?

We can expand our voices and services into our community to reduce critical issues—and we can reduce stigma in our culture and community.

Here are a few things you can do as a person of color to reduce stigma:

- **Start the conversation** about mental health with your peers, loved ones and those close to you.
- **Show compassion** If you have a loved one or know someone who could potentially be struggling, they may be ashamed of speaking about it. Being present and showing your compassion will go far.
- **Do not be judgmental:** Language matters
- **Start advocating** People with lived experience are very effective advocates and can help so many people around them while also investing in their own mental health.
- **Embrace your voice** In the black community, more people promoting solidarity are talking about their struggles publicly, but we need more people to share experiences. We are at our best when using human connection and connectivity. Share your story.

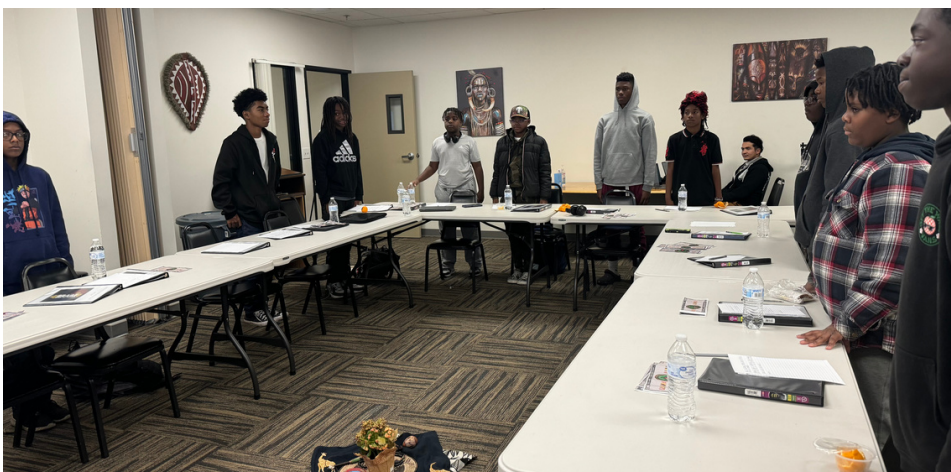
Dr. Martin Luther King said: "Darkness cannot drive out darkness, only light can do that. We must live and show up to be the light."

PROGRAM SPOTLIGHT



Building Resilience in African American Families (BRAAF) is a program that seeks to enrich the African American community, targeting youth ages 11-13. It is comprised of three components that introduce and instill the seven Nguzo Saba principles to the youth and their families. In addition to the principles, African proverbs, and RIPSOs (specifically designed by the creator of the program) are used to help the youth navigate life on their journey to Black adulthood. The afterschool *Rites of Passage* program is offered throughout the school year and incorporates traditions that are still practiced in native African culture.

Another component, specifically geared to the parents, uses the curriculum, *Guiding Good Choices*, along with the monthly Parent Empowerment meetings, to provide a safe place for parents of the African American youth to create a village of elders and collectively prepare the youth to be responsible young leaders within their community. Additionally, a third component, Cognitive Behavioral Therapy, is implemented by a clinician to reduce risk factors and increase protective factors. The program stresses to the youth and their family the importance of unity and strives to help the youth recognize their "future in the making" by using all three components throughout the program.



PEI FUNDING OPPORTUNITIES

Visit the public purchasing website to learn more about the upcoming funding opportunities:
<https://purchasing.co.riverside.ca.us/open-bids>

To get on our PEI notification list and receive this link, email DAGutierrez@ruhealth.org.

INTERESTED IN DOING BUSINESS WITH RIVERSIDE COUNTY?

Register with RivcoPRO today! To request an invite or more info., email RivcoPRO@rivco.org or call (951) 955-3410.

Registration in RivcoPRO is required for vendors to do business with Riverside County and to view/submit for open bidding opportunities. Be prepared with the following when requesting an invite:

1. Legal Business Name
2. Contact Name
3. Contact Email

Registration is open to new and existing vendors.

SEEKING MENTAL HEALTH PRACTITIONERS

The Riverside County Suicide Prevention Coalition, funded through MHSA, Prevention and Early Intervention, is seeking qualified licensed mental health practitioners to provide bereavement counseling services to survivors of suicide loss. Practitioners will provide short-term, low-intensity, early intervention services to decrease subsequent suicide risk by survivors of suicide loss. To apply Visit <https://www.rivcospc.org/> or Scan the QR Code:



PARTNERS IN INCREASING AWARENESS



Suicide is Preventable -- *Know the signs*

- Talking about wanting to die.
- Looking for a way to kill oneself.
- Talking about feeling hopeless/having no purpose.
- Talking about feeling trapped or unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious, agitated, or reckless.
- Sleeping too much or too little.
- Withdrawing or feeling anxious.
- Showing rage or talking about revenge.
- Displaying extreme mood swings.

To learn more, visit suicideispreventable.org.

CRISIS TEXT LINE

TEXT CONNECT TO 741741

HELPLINE

951 - 686 - HELP (4357)

SUICIDE AND CRISIS LIFELINE

800 - 273 - 8255 or 988



Each Mind Matters is now Take Action for Mental Health

Take Action for Mental Health is an evolution of the Each Mind Matters (EMM) campaign. Over the last decade, EMM has had a positive impact on reducing stigma of mental illness and increasing awareness of mental health needs and resources. Take Action for Mental Health builds on this progress and asks Californians to take action to support ourselves and the people we care about. To learn more, visit www.takeaction4mh.com.

The California Mental Health Services Authority (CalMHSA)

CalMHSA is a Joint Powers Authority formed by California counties and cities, focused on the efficient delivery of mental health services and resources. The MHSA PEI component was designed to increase awareness of and access to mental health services, reduce the negative impacts that mental illness can have on a person's well-being, reduce stigma, and prevent suicide. To learn more, visit www.calmhsa.org.



FREE PRESENTATIONS

Building Resiliency and Understanding Trauma is a 2-hour presentation that focuses on understanding and defining trauma and its impact on the brain. Topics include Child Traumatic Stress (CTS), Adverse Childhood Experiences (ACEs), and Adverse Community Experiences and Resilience. Disponible en Español bajo petición.

Mental Health 101 is a 1.5-hour presentation that focuses on mental health issues, stigma reduction, risk and protective factors and local mental health resources. Disponible en Español bajo petición.

Self-Care and Wellness is a 2-hour presentation focused on understanding how stress affects you psychologically, spiritually, interpersonally and physically. Strategies learned help attendees manage stress and build resiliency. Disponible en Español bajo petición.

Know the Signs Presentations is a 2-hour presentation focuses on understanding how to recognize the warning signs of suicide, how to find the words to have a direct conversation with someone in crisis and where to find professional help and resources. Disponible en Español bajo petición.

Applied Suicide Intervention Skills Training (ASIST) is a two-day workshop that equips participants on how to properly respond to someone at risk of suicide. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid.

SafeTALK is a 3-hour in-person class that teaches participants how to recognize someone who is having thoughts of suicide and how to connect them to resources.

Mental Health First Aid teaches participants how to support someone developing signs and symptoms of a mental illness or in an emotional crisis.

To register, please visit the link below or scan the QR code.
<https://www.ruhealth.org/behavioral-health/pei-community-education>

For questions, please call 951-955-3448 or email PEI@ruhealth.org.

These trainings are made possible by RUHS BH PEI and funded through the Mental Health Services Act.



CONNECT WITH US

 @ruhsbh

 @rubsbh

 @RUHSbh

RUHS BH PEI SEEKS TO:

- Increase community outreach and awareness regarding mental health within unserved and underserved populations.
- Increase awareness of mental health topics and reduce discrimination.
- Prevent the development of mental health issues by building protective factors and skills, increasing support, and reducing risk factors or stressors.
- Increase education and awareness of Suicide Prevention; implement strategies to eliminate suicide in Riverside County; train helpers for a suicide-safer community.
- Address a condition early in its manifestation with relatively low intensity and relatively short duration (less than one year).

To learn more, please visit:
www.ruhealth.org/behavioral-health/prevention-early-intervention.

EVENTS

BLACK HISTORY MONTH



Black History Month is celebrated the entire month of February to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

"History has shown us that courage can be contagious, and hope can take on a life of its own."
- Michelle Obama



SUICIDE PREVENTION QUARTERLY MEETING

Save the date!

**Wednesday, April 24, 2024 | 9 a.m. to 11:30 a.m.
Pacific Time (US and Canada)**



Scan the QR Code to register or
Visit <https://www.rivcospc.org/>
for more information

Register in advance for this meeting:
<https://ruhealth.zoom.us/join/register/tZlPfu-przsrG9R7X4yrpcs8PGz0GWWlH2Ic>

After registering, you will receive a confirmation email containing information about joining the meeting.
Quarterly meetings will be held via Zoom.

Directing Change Program & Film Contest

OPEN TO MIDDLE, HIGH SCHOOL AND COLLEGE STUDENTS (12-25)

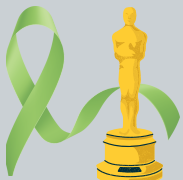
DEADLINE: MARCH 1

FREE TO PARTICIPATE

Cash prizes for youth (up to \$1000)

Regional winners advance to the statewide round of judging.

The annual Riverside County recognition ceremony is on May 16.



Directing Change

Program & Film Contest

www.DirectingChangeCA.org



FOR CONTEST RULES, SUBMISSION CATEGORY DETAILS, ENTRY FORM & OTHER INFORMATION
VISIT THE [CONTEST PAGE. **HTTPS://DIRECTINGCHANGE.ORG/RIVERSIDECOUNTY/**](https://directingchange.org/riversidecounty/) OR SCAN THE QR CODE.